

galery

124 the DEVELOP issue





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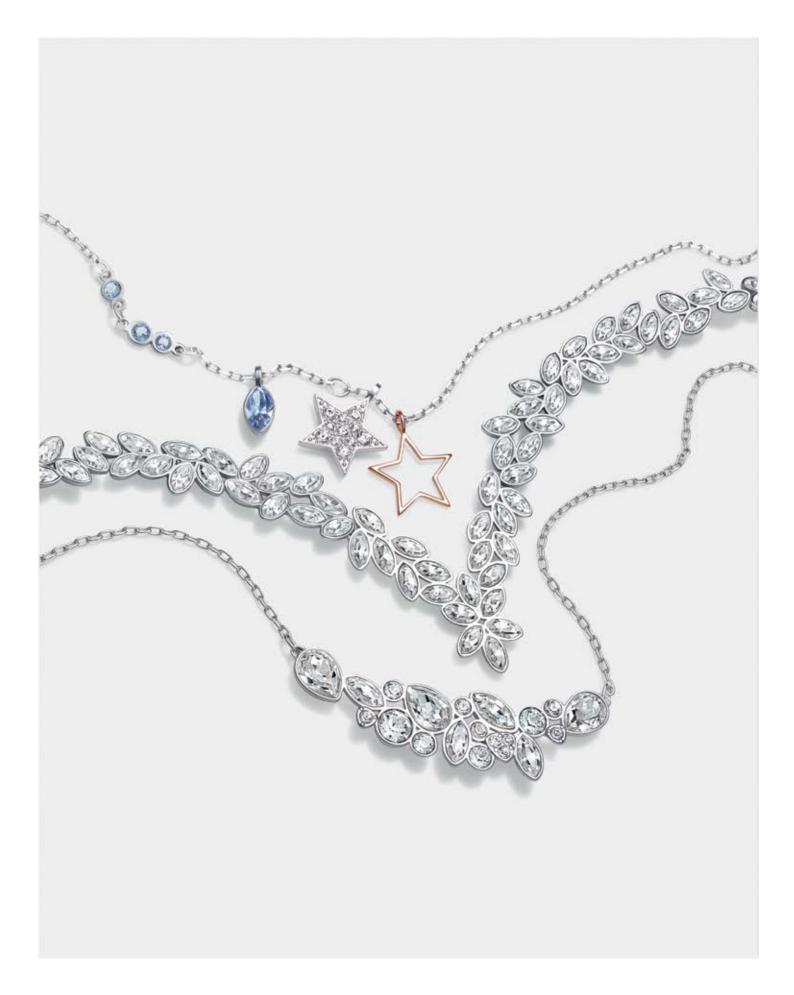


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gallery

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

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published with gusto in Jersey b

factory

edito

ave a look around you. The last of the falling leaves littering the gutters, increasingly dark evenings, colder weather and not-so-gradual emergence of Christmas themes everywhere you glance will surely remind you that we are heading into the penultimate month of the year. Came quickly, didn't it?

November could probably be described as something of a 'shoulder month', wherein we are expected to hurry-up and wait for the the festive season to kick off in earnest, but for at least half of the population, it's become 'ours', and we're keeping it!

You see, starting in 2004, men everywhere began to be encouraged to keep their razors off their upper-lips to raise awareness of – and money for – specifically male issues such as prostate and testicular cancers. Whilst 'growing a mo' seems to have fallen out of favour in the last year or two, November, by default, has emerged as the traditional time to celebrate, discuss and indeed illuminate all things manly.

"But..." I hear you cry, "...this was supposed to be the 'Develop' issue!". Don't worry guys and girls, we've kept that in mind, and we've actually done our best to encompass both elements in the features that make up your monthly dose of awesome. Who says men can't do two things at once?

So then, if you are a regular peruser of the beautifully tactile culture-fest that is Gallery, there's at least a fifty-percent chance that you are 'of a heterogametic nature'; that is, you have that extra Y chromosome that makes you 'male'. Now, whether that makes you a man or not is something that warrants a little more investigation. So on page 18 of this issue you'll find a direct discussion of the chemical component that does, literally, make you a man, what's been happening to it globally, and what you can do to reclaim and restore your own.

Also, we'll be venturing boldly into testosterone territories, as we not only uncover some of the Island's premier man-caves, but we give you directions to the virtual stronghold of virility and introduce you to the roughest, toughest corner of the internet – the 'manosphere'.

All that's left then, is for me to point out that in order to enjoy this issue in the authentic spirit of masculinity (regardless of what sex you happen to be), you have our permission to escape to the quietest part of the house, and take as long as you like in there!

Yours,

Rick

(Complaints Department at Gallery)



gallery



COVER CREDITS

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MODEL James Springthorpe

CLOTHES Mac by Oliver Spencer from Roulette

Shirt by Carhartt from Tib Street



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7

gallery #124 [DEVELOP]

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Stephen is a Year 11 Victoria College student who came to work with us for two weeks during October through the Project Trident scheme. He enjoys both watching and playing sports such as football and tennis (see page 143) , and has used his interests to help him write several pieces of work for the magazine including the Davis Cup piece mentioned above, our Misc page and a piece about Brazilian Soccer.

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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WELCOME TO MY WORLD

JOHN TRAVOLTA

In the lead role: John Travolta, movie legend and aviation aficionado. Guest star: the legendary North American X-15 that smashed all speed and altitude records and opened the gateway to space. Production: Breitling, the privileged partner of aviation thanks to its reliable, accurate and innovative instruments – such as the famous Chronomat, the ultimate chronograph. Welcome to a world of legends, feats and performance.

CHRONOMAT 44

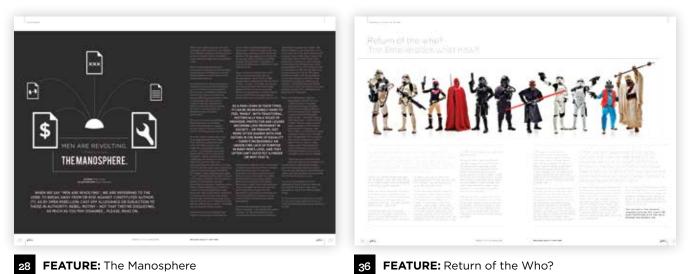




INSTRUMENTS FOR PROFESSIONALS"

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ON THIS **NOVEMBER...** IN JERSEY

04.11.15 POP UP ART EXHIBITION

BANJO// 10.3O-4PM //FREE ENTRY Islanders have the opportunity to view an exhibition of noteworthy British and French 19th and 20th century artwork, including three important works by French impressionist painter and sculptor Edgar Degas, for just one day. London-based art dealer Browse & Darby will display a collection of British and French paintings, drawings and sculptures, art at the exhibition, which is sponsored by independent stockbroking and investment management company Ravenscroft.

06-07.11.15 JERSEY TECH FAIR FORT REGENT// FRI 9.30-5.30PM //

SAT 9.3O-4.3OPM//FREE ENTRY Fancy flying a drone or having a go at computer coding? Or perhaps you've always wanted to try out a virtual reality headset or some electronic dough! The Jersey Tech Fair gives you the chance to immerse yourself in the future of technology now. With workshops, talks and exhibitors there is something for everyone from the complete tech novice to seasoned developers. From 3D printing to eHealth and high tech crime, there is a host of hands-on experiences, workshops and talks.



O4.11.15 - 14.11.15 THE JERSEY EISTEDFODD

JERSEY OPERA HOUSE // 10AM //TICKETS £3

From the 4th of November to the 14th of November, the Jersey Opera house is taken over by the Jersey Eisteddfod. With a large variety of music, drama and public speaking on display, this is an excellent event to visit to witness Jersey's youngsters performing from 10am until late. This is a special chance to see Jersey's top young performers all in one place at one time, competing against each other.

12.11.15 - 14.11.15 THE SUPERNATURAL KINGDOM

ST. MATTHEWS GLASS CHURCH // 9AM ONWARDS // £40 PER PERSON Isabel and Ivan Allum are prophetic voices in the nations and highly sought after teachers. They speak out of the overflow of God's heart and bring the life changing word of God with integrity. Come and experience the Supernatural Kingdom and learn to live it as a lifestyle. This is a great event for anybody who wants to get in touch with their spiritual side.

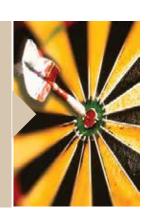
15.11.15 DOG WALK FOR JERSEY CHESHIRE HOMES LONGBEACH CAR PARK //

9:30AM//£5 PER DOG

This walk is for a great cause and will be great fun as well. With hot drinks, supplied by Jersey Coffee Car being handed out afterwards, and entry into a prize draw offered to each dog owner for a minimum donation of £5/dog there is a lot of incentive to come along and walk the dog. Non-dog owners are also very welcome for £2 per person, which includes a hot drink.

12.11.15-14.11.15 JERSEY FESTIVAL OF DARTS THE MONTEREY HOTEL// VARIOUS TIME

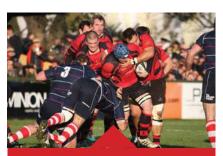
With its biggest prize pool yet, at £20,000 pounds, the Jersey Festival of Darts is going to be bigger than ever before. Having previously attracted world renowned darts players such as Phil Faylor and John Lowe, this will be an exciting festival for darts ans all around the island. With accommodation coming from ust £139 per person, including free entry into the spa pool, and party night, this event is an exciting prospect



14-15.11.15 JERSEY'S FITTEST

JERSEY CROSSFIT GYM // 9AM // £45 PER TEAM OF 2

Jerseys Fittest will pit business against business; individual against individual in a physical battle based on a fitness phenomenon that has taken the world by storm, and importantly all in aid in of a fantastic local charity, Les Amis. Come down to Crossfit Gym to find Jersey's fittest business. Each team consists of 2 people, 2 males or 2 females. Businesses can enter as many teams as they like.



14.11.15 JERSEY RUGBY CLUB BRITISH AND IRISH CUP GAME

JRFC, ST PETER // 2.30PM // TICKETS FROM £6

Jersey takes on the Doncaster Knights in the British and Irish Cup at the Rugby Club in St. Peters. With a 2:30 kick off, there should be a real buzz surrounding this game, and all rugby fans are welcome. Tickets are available from the JEP office in Five Oaks and at Red Properties in St. Helier.

28-29.11.15 SIMPLY CHRISTMAS

GREVE DE LECQ BARRACKS // 10AM - 5PM//FREE ENTRY This vibrant and colourful Christmas market showcases Jersey's finest artisans. With over 30 exhibitors selling their wares inside the barracks and workshops, storytelling, live music, plus hot food concessions and the Chai Mamas yurt outside on the parade there will be lots going on for everyone to enjoy. This is a great way to start getting you in the mood for Christmas and help you get on the way with your present shopping too!



IN GUERNSEY

14.11.15 THE RON CHRISTMAS FAYRE BEAU SEJOUR//11AM - 2PM//30P ADMISSION//

The Guernsey Society for Physically Disabled People will be holding their annual Christmas Fayre once again, with Christmas items, clothes, DVDs, CDs, books, jewellery and toys all on sale, there is something for everybody on sale.

16.11.15-20.11.15 GLOBAL ENTREPRENEURSHIP WEEK

VARIOUS LOCATIONS//FREE//VARIOUS TIMES "Made in Guernsey" is the central theme of this year's Global Entrepreneurship Week in Guernsey. Staged by Startup Guernsey, the event encourages local talent to reach its full potential. This event provides a range of opportunities, including workshops and activities for innovators and job creators Throughout the week tours based on the theme of "Made in Guernsey" will take place to showcase the island's manufacturers including Offshore & Marine electronics

19.11.15 NATIONAL THEATRE: OF MICE & MEN

PRINCESS ROYAL CENTRE FOR PERFORMING ARTS//7PM//TICKETS FROM £15

Starring Golden Globe winner James Franco and Chris O'Dowd, this Broadway Production of this classic tale will be coming to Guernsey for one night only, with such big names and high quality production on display, it is an event not to be missed. Reviews have called Franco "excellent" in this production and the mesh between George and Lennie is "strong" and "key to the production's success"

28.11.15 ST PETER PORT CHRISTMAS LIGHTS ST. PETER PORT//FREE

......

Father Christmas is coming to visit Guernsey to turn on Christmas lights that line the streets of St. Peter Port and are a recurring sight in the town over Christmas months. With the lights lining the whole town,

this is an excellent way to get into the Christmas spirit



ELSEWHERE

11 NOVEMBER 2015

DIWALI

INDIA

Diwali, or the "Festival of Light" is celebrated each year around November time. Many people will decorate their homes with lights and oil lamps. Gifts are given and fireworks are set off giving this celebration the party atmosphere.

WWW.DEEPVALI.NET

12-22 NOVEMBER 2015

PIRATE WEEK FESTIVAL

GEORGE TOWN, CAYMAN ISLANDS

Every November, the Cayman Islands play host to an onslaught of scallywags and rapscallions at the annual Pirates Week Festival. Though the festival is known as Pirates Week, celebrations actually last for 11 days. This fun-filled event comes complete with a simulated pirate invasion and plenty of fancy dress. Prepare to be transported into a world that has gained notoriety due to Disney's popular film series the Pirates of the Caribbean. There are plenty of Jack Sparrow look-a-likes marauding the streets of George Town so best be on the look out or you might end up in Davy Jones' Locker.

WWW.PIRATESWEEKFESTIVAL.COM

15-22 NOVEMBER 2015

ATP WORLD TOUR FINALS

02 ARENA, LONDON, ENGLAND

The world tour finals taking place in the O2 arena in London features only the top eight players in the world in the final showdown of the year. Each player participating has been fighting for their place over the year in ATP 1000 and with only the best players qualifying, there won't be a match not worth watching. Who can take the title? Is it a resurgent Nadal, or dominant Djokovic, or maybe even crowd favourite Andy Murray. This tournament is not worth missing

WWW.ATPWORLDTOUR.COM

19-22 NOVEMBER 2015

THE AUSTRALIAN MASTERS

MELBOURNE, AUSTRALIA

The annual Australian Masters is one of the biggest golfing events in Australasia, with a prize pool of A\$1,000,000, the tournament attracts a large variety of players from around the world, showing off a high level of quality golf. The tournament rotates between several courses around the Melbourne area, and this year the Masters will take place at the Huntingdale Golf Club, which has hosted the event several times before

AUSTRALIANMASTERS.COM.AU

26 NOVEMBER 2015 THANKSGIVING

NEW YORK, USA

Thanksgiving is the biggest event in the US calendar, Christmas aside. However, before the nation sits down to watch the traditional NFL game taking place, another hallowed tradition takes place in New York, the Macy's Thanksgiving Parade, which is a pageant of giant balloons, floats, cheerleaders and dancers in this iconic New York event.

SOCIAL.MACYS.COM/PARADE/

Exciting developments: a preview of Jersey's most exclusive new properties



WORDS Grant Runyon ILLUSTRATIONS Will Bertram

Those of us who are lucky enough to call Jersey home don't need to think very hard about the factors that make this island such a desirable place to live. We are blessed with natural beauty, a mild climate and proximity to the European mainland, and our community benefits from excellent public services and a very low rate of crime. Some might say we live in paradise, but paradise doesn't come cheap, which is why the going rate of a two bedroom bungalow is nudging half a million quid.

Even though the global economy has wilted like a deflating balloon, Jersey's housing market has stayed pumped up like Amy Childs. Apparently this happens, despite normal people all being broke, because the cost of land and labour is so high that poor property developers struggle to make a profit - I've seen estate agents begging on the streets for enough money to buy hairgel, their skinny suit

trousers caked in pigeon droppings and dried caviar. It's very sad.

This makes it gratifying to be able to offer this exclusive preview of property developments to Gallery readers. Our commercial partners have worked around the clock to create a range of homes to suit all tastes, lifestyles, and budgets. You no longer have to dream about the day you get your foot on the housing ladder - unless of course you leave it too long and these homes all get snapped up by buy-to-let landlords who will own you in bondage like some scabby mediaeval peasant. What are you waiting for? Run to the bank in your underpants and demand a mortgage RIGHT NOW. Just don't demand it whilst holding a shotgun, or you'll be living in a different kind of new build - one up at La Moye.

Flushing Valley Homes home is where the throne is

We expect strong interest in this development of traditional Jersey family homes, located towards the upper end of the idyllic Belozanne valley. Our rustic gated community features a range of options, from two bedroom semi-detacheds to four beds on their own plot. It offers great access to town and all modern services - you won't have to worry about mains water or drains, because it is expected that the nearby processing plant will continue operating until the mid 2020s. By that point, we're confident you'll be used to the smell and will come to miss it. Each address comes with its own, extremely fertile, garden and residents with a keen interest in sustainable living have the option of pursuing home power generation from the abundant reserves of methane in this area. Starting at £350,000, we anticipate each property in this development will be quickly snapped up, especially the highly desirably addresses at number one and number two. Call our office today to arrange a viewing - we expect to be busy but we can definitely try and squeeze one out. Prospective buyers should note that guest parking is extremely limited, and cars parked outside the designated zone run the risk of being stripped for their parts and crushed.





The Cuckoo's Nest

a fully serviced apartment village

This charming former hospital in St Saviour has been sensitively redeveloped to feature premium modern conveniences whilst retaining all of its historic charm and character. In a first for Jersey, we are thrilled to introduce a New York-style 'dormitory' living experience for young professionals. The compact, easy-to-maintain accommodations range from chic converted cells to larger padded studio apartments and incorporate a variety of period features that are sure to spark conversation with your envious guests. Many properties feature manacle points, barred windows and timeshare enjoyment of the disembodied, howling spirits that appear in communal areas whenever the grounds are enclosed in fog, which is every Saturday night. Nestled in the countryside of St Saviour, residents can stroll round the reservoir, along moonlit paths and across the sodden ground of numerous deserted graveyards. St Helier is just a short (daytime) drive away, but at home in the Cuckoo's Nest you'll hear the screech of the owl, the mysterious scraping of bats and the terrifying hiss of the greasy, foot-long centipedes that crawl across the ceiling at night ... and occasionally your face. These apartments are fully serviced by a dedicated maintenance staff, who you'll soon recognise through their surly demeanour, greying skin and white coats. Residents will be expected to sign up to a code of conduct - infractions will be enforced by a sudden injection in the neck and two weeks in "the hole".

The Toaster Oven

a grand design with views of Havre des Pas and St Aubin's Bay

For too long, Jersey's elite residents have been unable to boast a local address that can match the most exclusive modern developments they experience in places like Dubai, London and Hong Kong. Buildings such as The Shard and the Burj Al Arab aren't just statement addresses, but landmarks in their own right. Sadly, St Helier has consistently remained second class when it comes to towering monuments of glass and steel. Local architects have denounced this short-sighted focus on buildings that don't block out the sun, but the challenge has always revolved around securing planning permission for the type of monumental edifice that the island so badly needs. That is, until now. We are proud to announce that negotiations have achieved an historic compromise and that work will soon begin to create an extension offering residential accommodation above the crown jewel of La Colette, the energy from waste plant. By merely tripling the height of the existing building, our architects plan to create a prestige development to be known as "The Toaster Oven". Finished to the highest standards, residents will experience the best in modern design, a helipad on the roof and unbeatable access to St Helier marina, as well of what remains of Havre des Pas after construction. This ultra-modern development features internal waste disposal, 24 hour external lighting and selfgenerated underfloor heating. Windows unfortunately do not open, but the cutting-edge air filtration system has been developed in collaboration with Yankee Candle and Jo Malone. The Toaster Oven - where good taste is baked in and life is always served well done.



Wohnung JE3

European style modernism in St. Peter's Valley

Moving away from the more traditional homes, we felt that Jersey's avant-garde creative community would resonate with this bespoke development of extremely distinctive modular dwellings. Connoisseurs of mid-century architecture have reassessed the raw concrete aesthetic popularised by Le Corbusier as an enduring influence to post-millennial design, and this development wittily marries that sensibility with the contemporary trend towards repurposing vintage working spaces into quirky, minimalist homes. For those of you who don't have asymmetrical haircuts and vintage bicycles, that translates as us constructing a bunch of flats in the disused German tunnels. Each property will showcase the signature exposed brickwork and weathered concrete of this unique location and comes pre-fitted with a menacing looking coffee machine and a top-of-the-range Apple iMac. If you make your home at Wohnung CONTA JE3, we are able to guarantee that your meditative enjoyment of minimalist techno music will remain undisturbed by noise or WARNING light pollution from the outside world. This development is less suitable for children and individuals requiring vitamin D, but is SATIR sure to be a prime location in the event of a nuclear and/or zombie holocaust.





So this month's theme is DEVELOP. Cool. I guess you can look at that in a number of different ways – the first thing that came into my head was a caterpillar building a cocoon and turning into a butterfly, which then got me thinking about the butterfly effect, and how poetic an idea it is... but then I got sad because I doubt a sweet little caterpillar has any idea that by turning into a beautiful butterfly he's running a pretty serious risk of causing a tsunami on the other side of the world. That's too much responsibility for a mini-beast to handle.

It also got me thinking of the word 'develop', and the different meanings it has. If you're over 30 or a ridiculous hipster, you'll remember having to get film developed. I guess develop is a pretty interesting choice of word for the process – it implies that it starts as something lesser before enhancing into something better. I suppose that's because of the negatives being turned into... well... positives? Is that what they're called? I don't know, I'm not a photographist.

I do like that idea though, to turn from something lesser to something better. I feel like that's what we all aim for. The interesting thing for me is that there's never really a specific 'better' that we all aim for and eventually reach. The 'better' that we aim to develop into is always something in the distance. It's pretty imperative to our existence that we always strive to improve. Imagine if cave-men invented the wheel and were just like 'Oh, nice one. Bye', and then just stopped inventing stuff. After a quick Google search and some wiki-surfing, I have learned a bit about a guy called Charles Holland Duell, who famously said that everything that can be invented has been invented. That was in the 1800s. I know - what a dickhead. Maybe he tweeted about it on his iPhone 6s whilst drinking a Nespresso coffee and watching Netflix on his smart TV? Or maybe he was just lazy and wasn't in the mood to talk about the development of society that day. Now apparently the authenticity of this quote is questionable, but I'm fairly sure that's because of how embarrassing a statement it is. I still find it weird that in my eight years of adulthood, I have seen the invention of the smart phone, the development of

fibre-optic broadband... oh, and by the way, we landed a sodding selfie-taking robot on Mars! When I first started listening to music, I would go to Woolworths and buy cassettes, but now, in 2015, the year that Marty and Doc came back to the future, I get laughed at for having CDs in my car. It's all about streaming now apparently.

It is a little scary how the rate of development is increasing. I'm fairly sure that when I'm an old man I'm going to be Skyping my grandchildren from my retirement home on Mars. Maybe... I guess I'm not sure whether it's worth the commute (then again teleportation will probably be a thing by then anyway). One thing that does weight-gain. I've been with my girlfriend nearly five years, and I still learn new things about her every day. The other day I opened her laptop and saw a virtual cat simulator. When she saw my bemused face she told me 'not to worry, he's nice. His name is Rob'. Now, we have two real life cats, but apparently she finds it more fun to create fake digital pixelated ones to feed and clean up after. That woman will always remain a mystery to me.

I realise these articles are starting to sound like one of those 'summing the theme up' monologues from Scrubs, but I do want to say that it's important for us to never stop developing – even if it's just us finding new

"One thing that does make me sad though is that I know I'll never discover the secret to time travel, because if I did the first thing I'd do is come back in time to now as I write this and tell myself the secret to time travel, which I haven't done, so whatever."

make me sad though is that I know I'll never discover the secret to time travel, because if I did the first thing I'd do is come back in time to now as I write this and tell myself the secret to time travel, which I haven't done, so whatever.

I do think development is a scary and increasingly important concept, and in answer to Mr Duell's ridiculous comment – I don't think we'll ever be done inventing and discovering, both as a species and as individuals. I feel like I develop in new ways every day, and not just in terms of ways to be happy – and no, that doesn't mean have sex in a cupboard or something. What it really means is that you should cocoon yourself in happiness and become a beautiful butterfly of self-development. Oh God. I think I was just sick in my mouth a little. That sounds like it should be on a Facebook post written in Comic Sans with a picture of a Minion next to it. I don't even know what I mean by it – maybe something along the lines of 'always strive to be better than lesser'.... Or, you know what, better yet do whatever you want; I'm not your boss.

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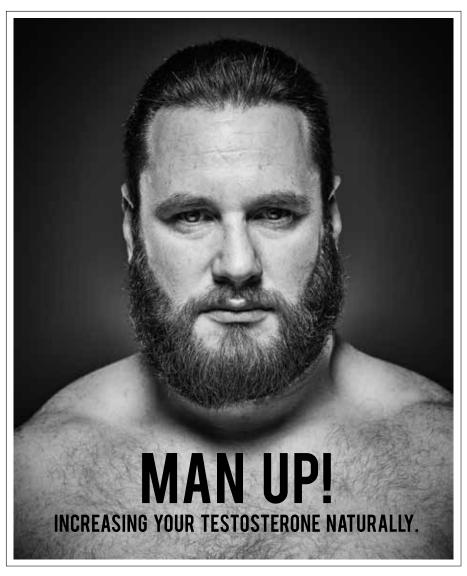




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WORDS Rick Jones PHOTOGRAPH Danny Evans

TESTOSTERONE. WHAT IS IT, EXACTLY? TECHNICALLY, IT'S AN ANDROGEN – A STEROID HORMONE THAT DETERMINES MALE CHARACTERISTICS, AND THE END RESULT OF A PROCESS KNOWN AS THE HYPOTHALAMIC-PITUITARY-GONADAL AXIS. IN HEALTHY ADULT HUMANS, MALES WILL HAVE AROUND 8 TIMES THE AMOUNT OF IT THAN THEIR FEMALE COUNTERPARTS AT ANY GIVEN TIME, AND PRODUCE AROUND 20 TIMES MORE OF IT THROUGHOUT THE COURSE OF A DAY.

In lay-speak, it's what makes a man a man – and as we're celebrating all things masculine this issue, we'll talk about the good stuff – sufficient levels of it in the bloodstream contribute to emotional resilience, confidence, mental clarity, competitive drive, muscle-mass and tone, lower body fat, a healthy sex-drive, greater bone density and – according to more recent research – reduced risk of heart disease, obesity, diabetes, depression and a host of other illnesses. Testosterone production is highest during and after puberty, and tends to be naturally influenced thereafter by a variety of factors such as relationship status and fatherhood, physical activity, sleep-quality, diet and hydration levels.

Without going into too much detail here, a young man with a healthy, active lifestyle and a diet that contains (not just consists of) adequate protein, fats (critically), carbohydrates, water and minerals should be reaping all of the aforementioned benefits of optimal testosterone levels, and striking out into the world with plenty of vigour and enthusiasm!

However, despite ever-increasing trends towards healthier lifestyles and diets, modern men seem to exhibit less and less masculine characteristics all the time, and shuffling, unmotivated, emotionally defeated boys sporting distinctly unmanly bodies (most notably the dreaded 'man-boobs') are ever more prevalent if you look around you. What's worse, all of these things create a circular condition whereby a deep-seated (and often unrealised) sense of shame feed into the negative actions (bad diet, tendencies to self-isolation and crippling shyness, smoking and excessive drinking and so on) compound the problems.

Men as we know them are in crisis. Testosterone levels are falling globally and the results are manifesting themselves physically and psychologically all around us. If you don't believe the first part of that statement, check out the results of this study as published in the Journal of Clinical Endocrinology and Metabolism: http://press.endocrine.org/doi/abs/10.1210/ jc.2006-1375. In case you are reading this somewhere with no internet connection, here are the crucial parts:

RESULTS: We observe a substantial ageindependent decline in T that does not appear to be attributable to observed changes in explanatory factors, including health and lifestyle characteristics such as smoking and obesity. The estimated population-level declines are greater in magnitude than the cross-sectional declines in T typically associated with age.

CONCLUSIONS: These results indicate that recent years have seen a substantial, and as yet unrecognized, age-independent population-level decrease in T in American and European men, potentially attributable to birth cohort differences or to health or environmental effects not captured in observed data.

SO WHAT DO WE THINK IS HAPPENING? For

a start, we're facing a massive chemical assault on testosterone from a number of sources. Many plastic containers, bags and even coatings on till receipts contain a chemical called Bisphenol A (BPA). This readily absorbs into food and even through skin, and acts like the main female hormone – estrogen – in the body, resulting in lower testosterone. Likewise, areas with either natural or treatment-plant recycling of water from waste water contain traces of women's birth-control pills and implants – themselves derived from synthetic estrogen-like compounds.

Next, the trend in the past two decades towards low-fat diets, and the vilification saturated fats have robbed male bodies of the critical nutritional building block of testosterone: dietary cholesterol. Without adequate amounts of saturated fats, the body cannot create optimal amounts of testosterone – along with many other important steroid hormones.

There are undoubtedly other, more subtle factors at play; a decline in physically challenging manual jobs, lower responsibility placed on men as 'providers and protectors' than found traditionally, and much greater calls for a reigning in of typically masculine behaviours – usually made in the name of political correctness.

THEFIX.

In the name of all things manly, here's a quick guide to putting your balls back in action and raising your testosterone levels, naturally. **4.RESTUP.** You'll need adequate sleep to produce testosterone in appreciable quantities, so avoid those late-night gaming and Facebook sessions on a work night, they're robbing your manhood. Additionally, here's a man's mantra for resting (but only once your work and workouts are done): never stand when you can sit, never sit when you can sprawl, never sprawl when you can lie down and never lie down when you can sleep.

5.DITCH THE PLASTIC. To avoid synthetic estrogens from BPA's, don't heat your food in plastic containers, go for whole foods that come unpackaged wherever possible and avoid drinking from plastic cups and

WE'RE FACING A MASSIVE CHEMICAL ASSAULT ON TESTOSTERONE FROM A NUMBER OF SOURCES. MANY PLASTIC CONTAINERS, BAGS AND EVEN COATINGS ON TILL RECEIPTS CONTAIN A CHEMICAL CALLED BISPHENOL A (BPA). THIS READILY ABSORBS INTO FOOD AND EVEN THROUGH SKIN, AND ACTS LIKE THE MAIN FEMALE HORMONE – ESTROGEN – IN THE BODY, RESULTING IN LOWER TESTOSTERONE.

1.GET MOVING. Lift weights or conduct intense interval training at least three times weekly. Challenge yourself to do better each time, and enjoy the feeling of mastering your body – after all, it's the one thing that you and you alone are in charge of, regardless of status or position, imagined or otherwise.

2. OPENUP. We're talking posture here. A study conducted by Harvard professor and sociologist Dr. Amy Cuddy showed that holding 'power postures' – arms open, hands on hips, head high increased testosterone by 20% in just a few minutes, whereas the opposite, closed, arms and legs crossed type postures resulted in a 15% drop in testosterone in the same timeframe. So spread yourself out and take up some space.

3. CHOWDOWN. Specifically, get adequate amounts of your daily calories from saturated fats, as cholesterol is the main raw material your body needs to synthesize steroid hormones. Eat eggs (with their yolks), nuts, butter and stop trimming the fat off your steak!

water bottles – unless they are specifically stated to be BPA free.

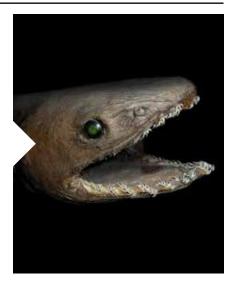
All of the above should put you back on track to being the man you were born to be, but the choice is ultimately your own. If you've been feeling down, clouded by brain-fog, generally weak and listless or even feeling impotent – in any sense – with no apparent medical cause, take the above advice, from man-to-man, and let me know what happened.

If you'd like to contact Rick drop us a line here at Gallery HQ and we can put you in touch with him. WORDS Stephen Arthur

Not your average pregnancy

While many parents may find the nine month wait for a baby to develop agonising or frustrating or exciting, the time seems modest in comparison to the deep-sea dwelling Frilled Shark which can end up waiting out a four and a half year gestation period.

Frilled sharks make up for it though, as while their gestation period is four times longer than ours, they've been around on Earth 470 times longer than us, up to some ninety five million years. and they have 300 teeth, each with three prongs, like a trident, in 25 rows, oh and it can swallow its prey whole. However, it is likely that if you happened to be deeper than 330 feet beneath the sea's surface you would much rather meet a Frilled Shark than its even less common cousin, the Goblin Shark, another living fossil which has a jaw that detaches and does what can only be described as exploding out of its face to latch onto its prey. These sharks may be old but they are still true predators of the deep with weapon sets that have been honed over millions of years to kill their food in a much more refined manor than the brute strength of the more famously fearsome Great White Shark. Unfortunately for them, their appearance will always alienate them from other sharks, so it is lucky for them that they live too deep for the sun to shine.



Human Development

Development of humans is a term with more meanings than you might think. While many assume the obvious one, being the stages of a person's life, and the physical changes that the body undergoes from embryo to old age, the expression can also mean the psychological changes in humans and even the standard of living for a human.

Unsurprisingly scientists have made a scale to quantify the quality of life, using an equation which would set a sizeable dent into my word count. However in short terms, they took into account life expectancy, income and standard of education to give a country a rank on the Human Development index (HDI). Surprisingly Norway is a consistent chart topper on a scale where the United Kingdom fails to size up, not even breaking the top ten, adding another item to the long list of things the British fail to win.

However despite not being the best, at least the British trumps the French by six places and the Spanish by 13 and features in <u>9th place out of</u> the European countries



Harry Truman President of the US 1945-1953

"When you have to deal with a beast, you have to treat him as a beast."

Toujours Tingo

Wie boter op zijn hoofd heeft, moet niet in de zon lopen (dutch)

Those with butter on their heads should not run under the sun.

Quemarse las pestanas (Spanish)

to study hard (literally: to burn ones nose off).

Wartime progression

The Second World War saw the development of one the world's most devastating weapons but also saw the commercial development of the world's first antibiotic. There isn't a prize for guessing which one the United States created, but if you're struggling, the fact that the States have been at war during 222 years of its 239 year (notable wars being - The Banana wars and three different wars against Mexico) existence should give you the answer.

The American government invested \$2 billion dollars (\$26 billion in today's terms)

into the Manhattan Project and while that figure would likely make some eyes bulge, the US public spends \$40 billion on lawn care alone and so in reality it was a worthwhile investment to break the unyielding determination of the Japanese in the pacific, although its original purpose was to counter the Nazis, who were also developing their own nuclear weaponry.

Meanwhile on the other side of the pond Oxford University was trying to develop penicillin to be mass produced for use by the soldiers on the front line. Unfortunately, in typical British fashion they were unsuccessful and gave the job to the Americans, so yes technically, the use of penicillin was all thanks to the US, but the fact remains true that Alexander Fleming, the founding father of the bacterial super drug was indeed Scottish British.



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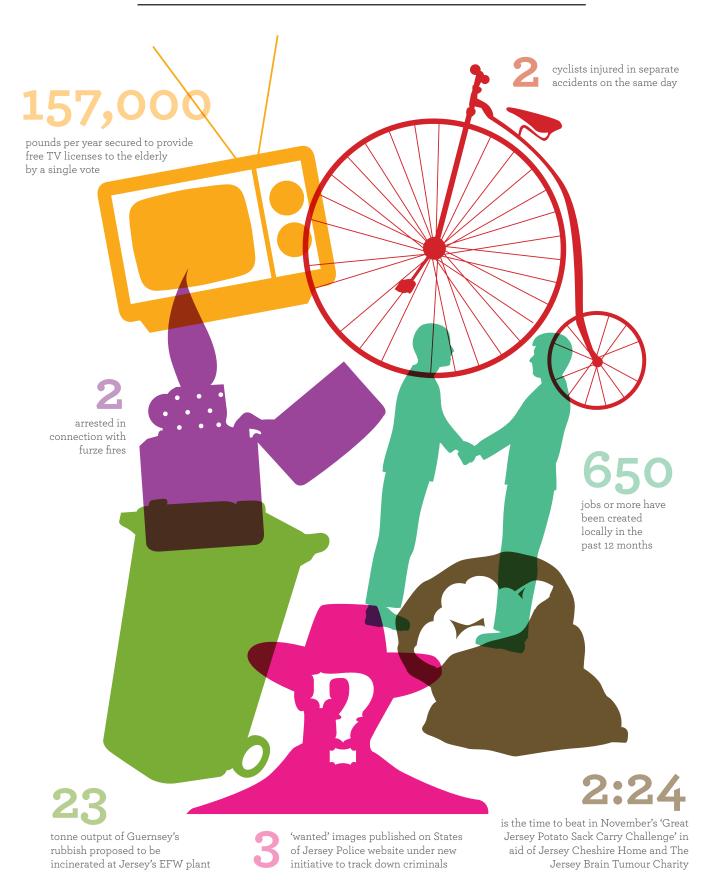
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NEWS IN NUMBERS







WORDS Grace Ryan ILLUSTRATION Michael Ferns

November the 5th, also known as Guy Fawkes Night, sometimes known as "party time in the burns unit", is in many ways the most British of festivals. It's completely dependent on our fickle weather, is made far more dangerous by the addition of alcohol and is based on a historic event that is only properly understood by people who wear tweed and smell of books. If the date had reasons to provoke a giant family argument and incorporated a requirement to buy presents for people you don't like, we could follow it with a bank holiday and the nation would have that British Thanksgiving that tacky gift shops have been begging for since the 1980s. "This piece of advice could just as well apply to any night of the year, but there is something particularly depressing about importing 300 euros worth of French rockets and realising that it's wetter than the front seats at a One Direction concert and windy enough to blow the flatulence back up your bottom."



I'm personally indifferent to fireworks, because the only thing I need to cause flashes before my eyes is to try getting up too quickly after a night on the sauce. But, that doesn't mean I don't appreciate the excuse to have a nice autumnal party so soon after Halloween. Depending on how the calendar works out I might still be dressed as a sexy, flammable witch, and will happily just stagger towards the nearest pyre of burning rubbish, clutching a bottle of pumpkin-flavoured, 100% proof vodka. What could possibly go wrong? Nothing that reconstructive surgery can't fix. Here are my tips to make sure your bonfire night isn't a damp squib.

1. DON'T BE FOOLED BY THE WRITING ON THE SELECTION BOX

No matter what the packaging might try and imply, there's precisely zero chance that your "breathtaking, kaleidoscopic, interplanetary" selection box from the local supermarket is going to deliver Iraq war quality visuals to anybody who hasn't consumed hallucinogenic drugs, and in any case those are the people that need to be kept away from things that explode. What is more likely is that you'll have a variety of coloured smoke, some fizzing fountains and a passably intense Catherine wheel. It won't hold a (roman) candle to the display in your nearest park, let alone Disneyland, but you also won't have to queue to get in and be surrounded by children who are screaming and filling their nappies. If anything, sarcastically reading out the names and descriptions of the fireworks before halfheartedly lighting them is a far more British form of enjoyment than actually being impressed by anything.

2. DON'T EXPECT TOO MUCH FROM AN ORGANISED DISPLAY

Unless you know any pyromaniacs, home fireworks can be a bit of a let down. On the other hand, so can big organised displays. At least when you're at home, risking your own property going up in a cloud of smoke, you're theoretically in control of the order of events. Organised displays function by

maximising the amount of time you spend standing around eating toffee apples and looking at your watch, on the principle that by the time your legs start to buckle the final payoff is worth the wait. But is it? It helps if you imagine the hours of buildup a bit like being taken on a date to an expensive restaurant, paid a great many compliments and plied with fine wines. By the time you actually get to the important part of the evening you're morally obliged to pretend you're enjoying yourself for the sake of any other people who are present, even if it's over a lot quicker than you expected. Sometimes there's no big bang. Cough. I'm sorry, but I just don't know where to fit £5 candyfloss, a Crown & Anchor stall and a fight over car parking into that metaphor. If I could, I'm not even sure a family magazine could print it.

3. BOOZE AND FIRE ARE A THRILLING COMBINATION, BUT DANGEROUS

My old friend ethanol can be relied on to improve almost any social situation, from funerals to the first day at the office. Organising bonfire night might not be one of the better examples though, so try and have somebody who can see straight in charge of lighting the touch paper and any requirement to slosh petrol around. It's handy for them to remain sober enough to remember that most fireworks need to be pointed away from faces, houses and garage forecourts, apart from a Catherine wheel which needs to be nailed to something in case it careers across the floor like a rubbish special effect, melts a few Jimmy Choos and shoots down the steps of your neighbour's basement flat. Putting out fires by pointing an extinguisher through a letterbox is a lot easier when you're sober and not dressed as a naughty skeleton.

4. IT'S HARD TO BE A GOOD EXAMPLE TO CHILDREN WHEN BURNING THINGS IS SO MUCH FUN

I take my responsibilities to the next generation very seriously, although they mostly involve staying childless and functioning as a cautionary tale. As a sometime role model to the offspring of my friends, I've always struggled with the requirement to pretend that my many vices are something I regret. This applies to fighting, intoxication and louche sexual behaviour, but around this time of year it also becomes applicable to purifying things through the power of flame. I maintain it's unfair that society creates a holiday where its momentarily acceptable to burn petrol-soaked effigies on piles of rubbish, then turns round and tells you that it's inappropriate for these effigies to resemble ex-partners, or for piles of rubbish to contain men's clothes, share certificates and golf clubs. If God didn't intend for us to fight fire with fire, he wouldn't have made it so easy for unknown vandals in masks and latex gloves to force down the window of my ex-husband's Jaguar and fill the back seat full of newspaper and firelighters.

5. HAVE A PLAN B AND DON'T RELY ON THE BRITISH WEATHER

This piece of advice could just as well apply to any night of the year, but there is something particularly depressing about importing 300 euros worth of French rockets and realising that it's wetter than the front seats at a One Direction concert and windy enough to blow the flatulence back up your bottom. You can save the explosions for another time, but make sure you have an instant party ready to happen indoors. A log fire (and warm brandy) might soften the blow, but don't repeat my mistake and get merry enough that you think it's feasible to let off any Roman candles in your fireplace. Eventually you'll go too far, a rocket will get stuck in the chimney and you'll all be outside waiting for the fire brigade to turn up, again. Don't bother with indoor fireworks either - despite incredible advances in technology since the 1970s they're still nothing more than an underwhelming collection of cake sparklers, foul smelling smoke puffs and those bizarre snake poop things that resemble stop motion monsters from an old episode of Doctor Who.



Breed: English Cocker Spaniel Age: 4 Likes: Anything that I shouldn't.

Hates: Loud noises.

If I was a human I would be: Without a doubt Forrest Gump! I could run forever, I'm wholeheartedly loyal and yet thick as sh*t.... Wants: To be included in family spaghetti Bolognese nights, but they don't seem to want to allow that to happen!

Interesting facts: I was the runt of a large litter and it was touch and go for a while whether I'd survive. It meant I needed some extra TLC as a pup and as a result I now have a special bond with Jamie.

Most impressive thing I've ever done: I once ate an entire fresh Perigord truffle that Jamie had stupidly left on his desk at work. It was worth £180 and it was delicious!

Jamie Racjan

Breed: Bean

Age: 39

Likes: Music, wine, family and food (pretty much in that order). Hates: Parker's breath!

If I was an animal I would be: To be honest apart from his stinky breath I wouldn't mind a crack at Parker's life. He's basically a prince.

Wants: To have rhythm.

Interesting facts: I sourced and supplied the ingredients for FatBoy Slim's wedding lunch.

Most impressive thing I've ever done: Admitted I had a problem, asked for help and overcame a very severe fear of flying, It has changed my life.

Spiders have been taken into space and managed to build webs in zero gravity, although the webs were slightly different. Drugs such as caffeine can also affect how spiders spin their webs

Spiders and their webs

WORDS Deirdre Shirreffs

Misty Autumn mornings are perfect for studying spiders' webs, as the tiny water droplets cling to the silky strands and show them up perfectly. Some of the largest webs are likely to be the creations of the garden orb spider. This is a large spider with a white cross on its back which gives it the alternative name of cross spider.

Only the female makes a web. Spiders make silk in special glands called spinnerets at the end of the abdomen. Most spiders have three pairs of these spinnerets, each one can produce a different type of silk, such as non-sticky threads for the spider to walk on or sticky silk to trap flies and other prey on the web. The silk is very strong - stronger than the same weight of steel.

When making a web the first thread is allowed to drift until it catches on something. The spider then pulls it tight and walks along it strengthening it with a second thread. Further spokes are made, with the distance between them depending on the size of the spider as these are not sticky and the spider has to be able to cross from one to the other. The sticky part of the web is made next, spiralling out from the centre. The spiral is initially made with nonsticky threads which are wide apart. The spider then goes over it with sticky, closely spaced threads. Although the spider tries to avoid walking on the sticky lines, it has oil on its feet which stops it sticking to its own web. The spider will hide in foliage at the <u>edge of</u> its web touching one of the lines, waiting for the vibrations which indicate a trapped insect. When the web gets tattered the spider will eat it and recycle it to make a new one, sometimes as often as every day.

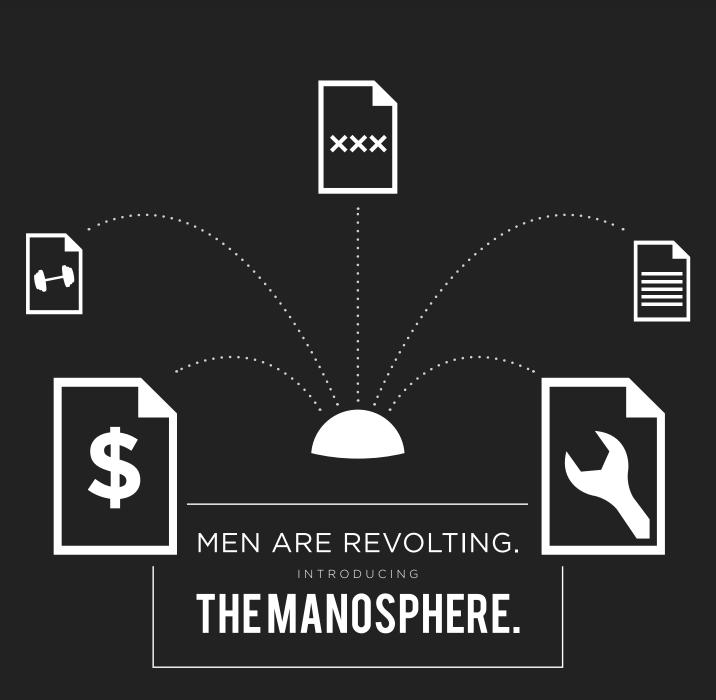
Not all spiders make orb webs to trap prey. The house spider makes flat platforms in the corners of rooms. These become the cobwebs which housewives hate.

Spiders have been taken into space and managed to build webs in zero gravity, although the webs were slightly different. Drugs such as caffeine can also affect how spiders spin their webs.

In the past spiders' webs were used to staunch wounds. Greek and Roman soldiers were known to use them.

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WORDS Rick Jones ILLUSTRATION Russ Atkinson

WHEN WE SAY "MEN ARE REVOLTING", WE ARE REFERRING TO THE VERB: TO BREAK AWAY FROM OR RISE AGAINST CONSTITUTED AUTHOR-ITY, AS BY OPEN REBELLION; CAST OFF ALLEGIANCE OR SUBJECTION TO THOSE IN AUTHORITY; REBEL; MUTINY – NOT THAT THEY'RE DISGUSTING, AS MUCH AS YOU MAY DISAGREE... PLEASE, READ ON. We've said it before; pick even the most seemingly niche interest you can imagine, any outlandish opinion or political position, and you'll be able to find a 'movement' surrounding and supporting it, somewhere online.

Some say this is dangerous; that it encourages divisions in society, providing moral support and validation to militant fundamentalists scattered all across the global social spectrum.

For many, however, this phenomenon is a lifeline; an almost unrestricted ability to access others in the same position – from survivors of diseases to relatives of those who weren't so lucky. From soldiers suffering post-traumatic stress, to war refugees who lost contact with their network of friends and family; joining one of new networks that exist to reunite people who find themselves in this awful predicament.

The common denominators linking these movements are solidarity and a fringe position. So imagine you're one side of the main division between all living humans: gender.

As a man living in these times, it can be increasingly hard to feel 'manly'. With traditional, historically male roles of provider, protector and leader becoming less prominent in society - or perhaps just more often shared with our sisters in the name of equality – there's increasingly an underlying lack of purpose in many men's lives, and they often can't quite put a finger on why that is. Combine this with estrogen in the water supply, food chain and even leeching into food from ever-present plastic packaging (see pages ** and **) and less and less pride in manual work, there's a troubling, well-documented lowering of testosterone amongst Westernised populations. Depression often follows, and an alarming set of statistics – based on data spanning back to 1981– shows that male suicide-rates in developed countries are three-to-four times higher than females, across all age-ranges. Don't take my word for it; go to Wikipedia; /wiki/ Gender_differences_in_suicide – and make sure you read the 'factors' section.

However, men all over the world have begun to loosely organise themselves

into an online 'push back' against this phenomenon. There's a virtual rendezvous happening, a reservoir of virile viewpoints known as 'the manosphere', and if you can get past the extremism (that's a problem amongst all 'movements', regardless of subject) it's helping men everywhere to take back their lives.

Most of the blogs, websites and social media commentators that make up the manosphere tend to focus, at least superficially, on three things that men seem to need – or want – to do most; get laid, get paid and get fit. Proof that these things appeal over all else can be seen in the amount of scam adverts or clickbait aimed at men, which feature the same themes almost every time. Conversely, however, the

AS A MAN LIVING IN THESE TIMES, IT CAN BE INCREASINGLY HARD TO FEEL 'MANLY'. WITH TRADITIONAL, HISTORICALLY MALE ROLES OF PROVIDER, PROTECTOR AND LEADER BECOMING LESS PROMINENT IN SOCIETY - OR PERHAPS JUST MORE OFTEN SHARED WITH OUR SISTERS IN THE NAME OF EQUALITY - THERE'S INCREASINGLY AN UNDERLYING LACK OF PURPOSE IN MANY MEN'S LIVES, AND THEY OFTEN CAN'T QUITE PUT A FINGER ON WHY THAT IS.

> manosphere is defined by the communities it creates more than the content it contains. Many men find a place to vent their frustrations and discover that they aren't alone. In a time where male role models and father-figures are conspicuously absent from many boys' upbringings, discovering a 'place' where male issues are openly discussed, natural male reactions aren't treated like criminal acts and permission to put political correctness outof-mind is granted as a matter-of-course, tends to bring some inner peace almost immediately.

Of course the manosphere's most (in) famous members – and probably the easiest to attack – are the 'pick up artists'; men who pride themselves on their abilities in

attracting the opposite sex. 'Game' - the skill-set 'players' pride themselves on can seem abhorrent to the casual observer, and in some cringe-worthy cases, it absolutely is. However, many of the 'red pill' sites, dedicated to increasing a man's chances with women, start with basic, and highly commendable advice, often along the lines of what fathers would have told their sons in generations gone by: get (and keep) yourself fit, healthy and strong, improve your posture, keep yourself clean, dress well and do your best to achieve social freedom – cast off self-doubt and shame and be proud of who and what you are. Earn a decent income and be self-reliant, and lastly, don't be 'desperate'.

Many of the fitness sites under the

manosphere umbrella focus on a balanced blend of strength and fitness training, and whilst a few focus on bodily aesthetics, there's less potential for negative comparisons to photoshopped male models - potentially creating self-image issues – than you'll find in Men's Health or even women's fashion magazines. This tends to be the home of 'everyman', and there's often a no-bullshit yet neutral approach to issues such as weightloss. Feelings may not be spared in the usual PC manner, but cruelty seldom rears its head. In many cases, much of the manosphere could be described as hardcore self-improvement, and not always intended solely for horny dirtbags.

There are many sites where users talk men's issues such as fatherhood,

the aftermath of relationship breakups and even navigating workplace politics. There are sites giving financial and lifestyle advice, and there are many that encompass all of the above and much more.

To give you an introduction to the manosphere, here's a directory featuring the good, the bad and the ugly: www. manosphere.com/full-list-of-manosphereblogs/.

So if you're curious, put your big boy pants on, man up and get ready to be told it, as it is, by the international internet brotherhood of 'man'.



Anna M Evans

Manomara - means handmade by the sea

Cosmetic producer Anna M blends plant oils, butters, and gentle natural waxes, to produce her 100% natural botanical outdoor cream for outdoor people. Its special formulation packed with vitamins, amino acids and essential fatty acids, is able to both protect skin before exposure to the elements and heal it afterwards.

Originally developed for skiers – their skin constantly being exposed to extreme elements – the product has since been adopted by a wide variety of people, including surfers, beach walkers, mariners, gardeners, pilots and doctors. One jar has even travelled around the world in the essential pack of adventurer-presenter Rob Bell and used as everything from lip protection to sun-burn soother.

Here's how it works... Weather and the elements strip skin of its outer oily layer, the skin dries out and damage occurs to the layers underneath. When applied before going out in the cold air or sea water, Manomara puts a protective layer on skin and enables it to keep its moisture. Applying the formula after exposure will nourish and help it regenerate healthily - a natural skin food. Great results can be achieved, without synthetic chemicals.

Anna first worked in the industry 18 years ago. A university placement in Holland at a cosmetic manufacturing plant saw her become fascinated by ingredients. Jobs at the London headquarters of two cosmetic giants followed. Then her pledge to discover 'what's really in the bottle' was set.

Choosing the best multi tasking ingredients, she began by blending a simple and effective cream balm for her family and friends to use. The blend remains the same today and Manomara was born. Campbell Cox Campbells Logs & Services

Nowadays we have all heard of "food miles" but have you heard of "wood miles"?

Wood miles is the distance that the log travels from the fallen tree to your fireplace. At Campbells Logs and Services Campbell Cox prides himself on sourcing and using only local timber. He works closely with a local tree surgeon and is sure to use as much of the tree as possible. Even the smaller branches can be used for logs rather than be put through a shedder and wasted. He also uses the slivers from the splitting process for kindling. Using a mobile tractor mounted log splitter to cut up the lengths of wood into various sizes of logs, they can process a large amount of wood in one day at a reasonable hourly rate at your site, so be sure to get in touch if you want to find out more.

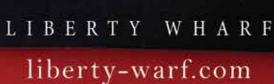
Campbells can supply logs to suit any size of stove or fireplace. All his wood is stored undercover and comes to you nice and dry in a sack that can be stored outside if required. You can order directly from Campbell through my Facebook page or pick up some bags from one of several retail outlets that stock them.

"I look forward to helping keep your home cosy this winter."



Wonderful or... Wacky

There's something for everyone at Liberty Wharf this Christmas.



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Welcome Apple Watch, to wear it is to love it.

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Martin Fry

Apple Watch Expert

"There are some phenomenal features to add to your lifestyle. I'm really impressed with the health tracking and integration with the Health and Activity App on iPhone. and keep track of your progress - real time. I love the ease of Apple Pay at the flick of a wrist, and being able to control music with my voice! Since having my Apple as much because my Watch tells me when something has happened. So with a quick glance at my wrist I'm up to date when I need to be.

Mollie Hegarty

Apple Watch Expert "Apple Watch is the most personal device Apple have made to date. It's not only a device that will streamline and change the way in which you - a fashion accessory, which means choosing your Watch is a really personal thing. So we strongly encourage anyone interested in Apple Watch to



Summer Parkin iQ Marketing Manager



Zach Martin



Nuno Nogueira iQ Apple Expert



Emily Le Hegarat iQ Education & Business Technical Consultant



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Vive le rallye!

Words | Sara Felton

f vou've never heard of the Gallery Rally or perhaps you've seen it advertised upon our pages and wondered what it's all about, then read on, as we hope to introduce you to the delights that four days of driving can bring you and a buddy, all whilst raising funds for local charity. This years trip aimed to raise as much money as possible for both Jersey Hospice and The British Heart Foundation.

The Gallery Rally isn't just about fabulous cars, or about driving the fastest car along the fastest route in fact people may be be curious how it can take so long to make what is normally a four hour journey to this years destination, Paris. Well this is easy, the rally is ultimately a scavenger hunt... Yup that's right, whilst you are encouraged to bring your beautiful set of wheels for an airing on roads that will allow you to get them out of second gear, you're also going to have a huge amount of fun along the way! Another myth busted, the wheels don't have to be that beautiful, I completed the 750 mile round trip this year in a SMART car, ok it was a Brabus, but it was still a SMART car, proving that it really doesn't matter what you drive, as long as it goes and you've got breakdown cover sorted you're good to go!

This year's Rally saw 30 people in 15 cars, an almost even split of new and 'old' timers, joining together to spend four days and four nights searching out the answer to a variety of cryptic clues whilst driving around some of the most beautiful French countryside. Each team started the day with breakfast together, where the previous nights shenanigans were revisited, followed by a quick cryptic quiz, the points of which contribute to the final scores, and also allowed the clue master, Chip Sommers and mistress, his fabulous wife Heidi, to get a head start to check out each destination to ensure the answers to the next set of clues were still in situ, no buildings had been knocked down etc.

Next up are the daily clues, presented within a hand-tied scroll, which are split in to two, the first part provides you with your destination and the second something to find once you're there, this part of the clue can see you venturing in to incredible chateaus, walking the streets of beautiful town's, or staring

aimlessly en masse at a sign hanging outside a jewellers... The number of clues varied each day, but within your scroll you're also provided with the address of the hotel you'll be sleeping in that night, which means no one is left out in the cold. You can expect to cover around 200km each day, more if you get stuck on the autoroute and end up in the wrong Le Mans (don't worry boys we won't name names). Along the way you are awarded points for identifying the right answer to both parts of the clue and of course get points for the daily quizzes too. It's perhaps important to let you know that the prize for winning is very much about the bragging rights victory affords you, please don't be thinking you're going to come away financially richer, but what does that matter when you'll gain a trophy for your mantlepiece and the right to gloat?!

So, having spent a pleasurable day driving through and stopping to enjoy beautiful parts of a country you may not have otherwise known existed, you will congregate with your fellow competitors over dinner (a minimum of three courses with wine, all of which is included in the entry price). Where you will undoubtedly share hilarious stories about your respective days, the social element is as much a part of the rally as the driving, in fact for many it's the biggest motivator to come on the trip. The leaderboard is shared each evening, and whether you're in this to win or just to enjoy it's interesting to see the reactions from everyone when it is...

You can then expect more of the same for the next day and before you know it you've spent three nights in nice hotels, eating great food in fantastic company and all you have to do is complete the final scavenger hunt and get to the final destination of your trip, for us Paris. This time you are likely to be collecting physical items, which this year varied from photographs of you with a live Turkey (not easy in France, hats off to those that did and snaps to the exceedingly innovative use of photoshop by the others...), both of you in scuba diving gear and reading a book about a monkey, oh and a green Eiffel Tower, to name just a few. So that's it Gallery Rally 2015 done, all that's left is to crown the winners at one final boozy team dinner; congratulations to Karl Moss and Ryan Krum on consistently topping the leaderboard and your well deserved victory in 2015, see it's now in print too which gives you added gloating rights.

BROUGHT TO YOU BY gallery





JERSEY'S STYLE MAGAZINE



Further congratulations have to go to Tom and Tina Poole, the husband and wife team were the victors of the newcomers, so we felt they were perhaps the best positioned to give us their view on taking part, so we asked them a few questions about their experience.

Most importantly what was it that made you sign up for the Gallery Rally 2015?

We saw a friends 'like' on Facebook about the rally, and my other half Tom was really enthusiastic. He clicked on the link which took him to the Gallery page that gave us lots of information about what to expect over the five days and four nights we'd be away. To be honest we were a little apprehensive but any fears we had were all laid to rest when we met everyone, and were made to feel really welcome.

How did you find the clues, were they easy to solve?

The clues were tricky but not impossible to solve, so long as you didn't over think them, which is easier said than done. The clues were quite challenging to begin with but as newbies we had the benefit of extra guidance from the marshalls (yes that was me *Sara), but obviously we should keep that hush, hush. The quiz each morning was a little tricky, in no small part due to the previous night's activities.

What were your highlights?

We loved driving through amazing scenery and being made to stop and walk around little places you may usually just drive through. Overall it was just really nice to have a purpose to a road trip, not just the final destination.

Any tips for anyone thinking of signing up for the first time?

Anyone thinking of signing up should talk it through with someone who you would like to do it with. That's what we did and soon understood how competitive you might be. That side of us came out and we were having thoughts of winning in no time. We enjoyed it so much that we are eagerly looking forward to the next Gallery Rally, so would definitely recommend it to others, we're aiming to top the whole leaderboard next year!

If you want to get a real insight in to the full rally experience then be sure to check out Garry and Mike's blog www. itsanevoadventure.org.je these guys have been rallying for over a decade and each trip they tirelessly blog each days activities.

A massive thanks to our hotel partner this year, the Radisson Blu Waterfront hotel.





Return of the who? The Empire does what now?



Introducing the Jersey Garrison, 501st Legion, Earth.

If you've been to any major public gatherings in the last two years – especially charity focused events – it's highly likely that you'll have spotted a growing collection of startlingly realistic Star Wars characters in attendance – perhaps most notably a small army of Imperial Stormtroopers complete with weapons.

Despite their fearsome appearance, please don't be alarmed; Jersey hasn't been invaded by the Galactic Empire under the leadership of the corrupt Emperor Palpatine!

Rather, the various impeccably costumed, action-figures come-to-life that you see above, are members of The Jersey Garrison, a charitable group that began with one diehard Star Wars fan – who shall be known simply as 'Paul' – back in 2013.

In those early days, Paul noticed that wearing his movie quality Stormtrooper armour in public garnered quite a lot of positive attention, and it wasn't long before he began to be joined by many other enthusiasts, many of whom have built their own costumes – typically sinking up to £2,000 each into their 'builds'.

To date, the Jersey Garrison consists of no less than 10 'classic' Stormtroopers, two Sandtroopers, one Shadowtrooper, a TIE fighter pilot, one Biker Scout, a 'Greedo' (bounty hunter), Darth Maul himself, a Tusken raider, a Royal Guard and the Rebel Pilot 'Jek Tono Porkins'. As if that wasn't enough, there's even a few children's costumes that join the fray on occasion; some Jawas (the short, rodent like scavengers found on Tatooine) and a 'Gonk' – or GNK Droid – characters too small to be played by adults.

Paul would prefer to keep the Garrison's identities a secret, telling us simply that "the various actors come from a broad cross-section of the community, but all display an enormous passion and an amazing degree of creativity when it comes to building their costumes/armour. We have some brilliantly experienced model makers and prop masters on staff nowadays, and there's always someone on hand to help members or even prospective members with their own costumes".

That the costumes in question are of such good likeness to those seen in the movies is more than a matter of pride for Paul and his troopers. The group maintains a close allegiance with The 501st Battalion (501st. com) – a worldwide Star Wars costuming organisation with a section on their website that states:



"...The Legion is an all-volunteer organisation formed for the express purpose of bringing together costume enthusiasts under a collective identity within which to operate. The Legion seeks to promote interest in Star Wars through the building and wearing of quality costumes, and to facilitate the use of these costumes for Star Wars-related events as well as contributions to the local community through costumed charity and volunteer work..."

In keeping with this commendable mission, the Jersey Garrison not only ensure their costumes are up to the 501st's rigorous standards, but also that they use them for the good of those less fortunate. "From the very beginnings of the Jersey Garrison, the intention was always to do whatever we could to raise funds for local children's charities", Paul tells us. "So with this in mind, we take donations to attend birthday parties and other events, but we never charge charities or people that benefit from them". "From the very beginnings of the Jersey Garrison, the intention was always to do whatever we could to raise funds for local children's charities, so with this in mind we take donations to attend birthday parties and other events but we never charge charities or people that benefit from them"

It works, too! To date, several charities have benefitted quite nicely from the attentions of the 'troopers and their friends, including Help a Jersey Child - the garrison's first chosen charity – who received £1500 last year, and most recently Jersey Children's Charity & Friends of SCBU (special care baby unit) who were handed a cheque for £3000 (by a group of Stormtroopers and a Shadowtrooper) at their '5k for Little Wonders' sponsored walk event, held on the 20th of September. So, if you spot some Stormtroopers in the street, see Darth Maul at a dance marathon, find a TIE pilot at a classic car show or get a glimpse of Greedo at a food festival, go and say hi – and rest assured that they're there to do good for their island, and not to conquer it for the Sith!

Their next event is a free (donations requested) charity Star Wars Concert with Jersey Premiere Brass at the Town Hall on November 20th starting at 7pm.

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY

Trek Slovenia raises over £35,000 for Jersey Cheshire Home

19 islanders trekked through the Julien Alps in Slovenia in September to raise awareness and funds for Jersey Cheshire Home, who provide residential care for adults suffering with severe physical disabilities.

The four day trek passed over rugged scree, up dramatic peaks, through alpine meadows and down to stunning glacial lakes made it the experience of a lifetime for many of the group.

Mount Krn, an impressive peak that rises dramatically to 2245m above the lush Soča River valley and gorge, was conquered on the final day. It was the steepest and most strenuous hike of the trip and the group spent some extremely challenging hours ascending towards the summit – doing their best not to notice the sheer drops and for a time fighting against torrential rainfall, but once at the top the stunning panoramic views that stretched as far as the Dolomites in Italy and the Austrian Alps were worth the struggle!

Brian McCarthy summed up the trek, saying "The harsh Alpine terrain brought with it some really physically and mentally demanding conditions, but this only made for a closerknit group – we had to lean on each other to get through the tough parts and as a result we all made strong friendships and had a lot of fun too! How on earth a tiger print onesy came to be modelled by Dave Tupper over dinner one night I've no idea, but it certainly made for an entertaining evening! I would encourage anyone thinking about doing a trek for Jersey Cheshire Home to give it a go – it has changed my outlook on life!"

The trek were remarkable and have already raised an impressive £35,000 with funds still coming in. The money making events ranged from quizzes and raffles, to a cheese and wine evening at Relish, a Motown night at the Yacht Club and even Yoga classes!

If you'd like to take part in one of Jersey Cheshire Home's international challenges then subscribe to their quarterly e-newsletters to keep up to date with plans for the next trip: *www.jerseycheshirehome.je/newsletter/*



Corporate Cup final ends a summer of running rivalry After a summer of close competition Ashburton Athletics claimed victory in the men's competition of the Canaccord Genuity Wealth Management Corporate Cup series.

Elian took first place in the women's competition and Mourant Ozannes dominated in the mixed competition. This is the second year the Corporate Cup has taken place, sponsored by Canaccord Genuity Wealth Management and organised by Run Jersey. 53 teams, totalling 212 runners, from local businesses took part in the monthly lunch time 5km race series over the summer with the final race taking place on 16 September. The team-based series was split into three categories; Men's, Ladies' and mixed with the best three races counting towards the overall standings. The full results from the series can be found on the Run Jersey website and the 2016 series starts in April.



New head teacher for Trinity School

Kathryn McMahon has been appointed the next head teacher of Trinity Primary School. Mrs McMahon, who is currently the deputy head at St Luke's School, will take up the post in January 2016. She succeeds Nichola Turner who will be moving to Grouville in the new year.

Jersey-born Mrs McMahon, a former Beaulieu student, completed her teacher training at King Alfred's College before taking up her first teaching post in the Island in September 1995 at La Moye School. She subsequently moved to St Mary's School and Plat Douet, where she became Key Stage 1 manager. In September 2011 she moved to St Luke's primary school, where she became deputy head.

She said: "I am absolutely delighted to be appointed as the new head teacher of Trinity School. I am committed to ensuring that every child is at the heart of what we do. I look forward to getting to know the Trinity community, building on its past successes, leading the school through a new curriculum, new assessment procedures and a building project.

Education, Sport and Culture Minister Deputy Rod Bryans added: "Congratulations to Mrs McMahon. I wish her luck with her new challenge and am extremely pleased that we are finding high-quality primary head teachers from within our own ranks."





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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Hawksford hosts Coffee Morning for Esplanade neighbours

Macmillan Jersey's Greatest Coffee Morning, which is now in its fifth year, took place on Friday 25th September. Hawksford supported the initiative by hosting a morning of coffee and cake at its Esplanade premises and raising £534.

Hawksford invited staff from twenty neighbouring Esplanade businesses to enjoy homemade baked treats and coffee from Jersey Coffee Car, who also donated a proportion of their profits to the fundraising total.

Maxine Rawlins, chief executive of Hawksford, said: 'This is an important week for Macmillan Jersey, and we are pleased to get the Greatest Coffee Morning show on the road by hosting our annual Coffee Morning. Thanks to the many staff who have spent their weekend preparing delicious treats and our neighbours for joining us to raise money for the charity – this has been our most successful Macmillan Coffee Morning to date.'

Macmillan launched its Coffee Morning in 1990 with the simple idea that guests would gather over coffee and donate the cost of their drink to Macmillan. Since then, the Coffee Morning has grown into Macmillan's biggest fundraising event for people facing cancer and has raised over £138 million.

Radisson Blu staff help Mind Jersey to refresh shop

Fifteen staff from Radisson Blu have helped Mind Jersey to refresh its nearly new shop at 53 New Street in St Helier. The team spent a week repainting the shop and helping staff to replace its summer stock with new winter stock as well as sorting out the general stock.

James Le Feuvre, executive director of Mind Jersey, said: 'Mind Jersey is delighted with the continuing support that Radisson Blu has provided during 2015. In addition to fundraising and organising events on their premises, the team from Radisson Blu has been working very hard to help to refurbish our shop. The shop, in addition to providing valuable income, is a focal point for the charity in St Helier and we recognise the importance of keeping it looking smart and fresh.'

Radisson Blu general manager Fergus O'Donovan added, 'Mind Jersey is the hotel's partner charity for 2015, and staff have really embraced the opportunity to support this important local charity. The nearly new shop was in need of brightening up, and the team has really enjoyed helping Mind Jersey's team of volunteers to give the shop a makeover.'

A Silver award for Green Tourism at The Merton Hotel

The Merton Hotel is proud to have retained this award from the Green Tourism Business Scheme (GTBS). This scheme is held in high regard and sets the most stringent of standards covering a range of criteria.

The retention of this important award is down to a strong overall commitment to sustainability across a range of areas. Highlights include a strong emphasis on walking, cycling and non-car use as well as good overall energy management. Local procurement and promotion of local distinctive products also feature strongly, and water on site is also managed well.

Michael McInerney, General Manager at The Merton Hotel has said 'We will continue to monitor all our policies closely to ensure that we support the principles set out within this initiative and are working actively towards the next goal.'





40 | gallery

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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Charity 4x4 event raises funds for Help for Heroes

Islanders with a passion for off-roading have helped to raise £2435 for Help for Heroes. Over 150 people attended the 4x4 driving event, which was organised by fire fighter, Mark Birrell. The event, which was supported by Jersey Gas, took place on the motocross track at Sorel Point on Sunday 20th September.

'The day was great fun,' said Mr Birrell. 'We let owners of 4x4 vehicles navigate their way around the track, which can be daunting for first timers. Every hour we changed the direction, which allowed the drivers to gain valuable experience and test how capable their vehicles were. The laps undertaken helped us to raise £2235, and Jersey Gas kindly topped the amount raised up to £2435 with a further donation.'

I'd like to take this opportunity to thank Jersey Gas, the Connetable of St John, Normandy Rescue, The Jersey Motorcycle and Light Car Club and the off duty Fire Service personnel and families who helped run the event,' added Mr Birrell.

Jersey Gas funded the cost of the event; all donations will be going to Help for Heroes.

Words & Numbers Matter Charity Can Count on £40,000 Foundation Funding

One of Jersey's newest charities dedicated to helping people of all ages with basic literacy and numeracy skills has been awarded vital funding for two years from the Lloyds Bank Foundation in the Channel Islands

Although established less than two years ago, Words and Numbers Matter already has more than 120 people, many of them schoolchildren, benefiting from one-to-one lessons in English and Maths. Many clients are schoolchildren with anxiety, lack of confidence, dyslexia, dyscalculia, or other learning obstacles, or where English is not their first language, requiring extra tuition to supplement their normal school day or in the build up to examinations. The work of the charity extends towards many adults who are benefiting from the tuition as well. Words and Numbers Matter has established its own dedicated classroom and offices in St Saviour's Road and also stages a weekly evening session for more than 20 of its clients at the Jersey Library. Many students receive one-to-one tuition and the charity has trained an extensive team of volunteers, currently numbering more than 30, to support learning under the guidance of a facilitator.

The grant awarded by the Foundation, £20,000 this year and a further £20,000 in 2016, will be used to fund the salary of the charity's administrator/teacher and to help meet the rental costs for their classroom.





Charity Book Sale for Syria

Now the clocks have turned back and we've all of those long winter evenings ahead, it's the perfect time of year to curl up with a good book. And what better books to choose than those in Waterstones 'Buy Books For Syria' campaign – a captivating range of bestselling books donated by publishers and authors to Waterstones. 100% of the retail price of books in the campaign will go directly to Oxfam's Syria Crisis Appeal, with Waterstones aiming to raise £1 million for those in need.

With close to 100 books by bestselling authors such as Philip Pullman, Hilary Mantel, Neil Gaiman, David Walliams, David Nicholls, Victoria Hislop, Lee Child, Salman Rushdie and Caitlin Moran, and every penny of the full retail price of each book sold will be donated to Oxfam you really will be spoilt for choice.

Helen Matthews, Bookshop Manager at Waterstones St Helier says "We've all been moved by the images we've seen on the news of the refugee crisis and we're proud that our bookshop now has the opportunity to come together with the local community and the Oxfam Syria Crisis appeal to help to alleviate the suffering of those affected. The books that have been donated are some of the best around and would be a joy to sell in any circumstances - with all the proceeds going to such a good cause, we can't wait to get cracking."

EVENTS





Jersey International Business School Degree Gala Dinner POMME D'OR HOTEL FRIDAY 16TH OCTOBER





On Friday 16 October, Jersey International Business School celebrated its fourth degree intake with a Degree Gala Dinner at the Pomme d'Or hotel, attended by over 50 students, alumni, lecturers and staff. The University Centre now has 24 alumni of the BSc (Hons) International Financial Services degree, following the graduation





of 15 students on 30 October 2015. The gala dinner was an opportunity for those alumni to share their experiences with the 23 students who have just commenced the degree, and for all staff and lecturers to celebrate the success of the degree since it was launched in April 2012.





Back to Balance Open Evening LIDO MEDICAL CENTRE FRIDAY 9 OCTOBER





Back to Balance have a clear vision and commitment to the community, they want to continue to grow a highly experienced and qualified team of health professionals, whose sole aim and purpose is to help aid their clients back to optimum health and well-being, in the quickest and most cost effective way possible. They wanted to thank their clients for all the support they





have given them through their journey and for helping make the clinic grow into the wellbeing centre it is today. Back to Balance are are also excited to be launching an Elevate Sports Performance Rehabilitation Clinic every Wednesday, which offers them the additional resource of a qualified physiotherapist and rehabilitation specialist.



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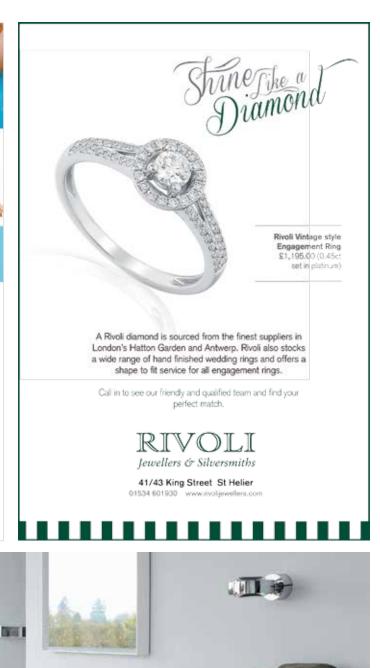
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Panerai launch HETTICH JEWELLERS THURSDAY 1 OCTOBER 2015





Watch fans in Jersey had a chance to glimpse the new Panerai watches which launched exclusively at Hettich last month. The King Street jeweller is the only UK location south of London to stock the cult watch brand, produced as limited editions which rarely number more than





1,500 pieces. Jeffrey Chinn, Hettich's director said: 'We're delighted that so many of our customers were able to join us at this exciting launch, and we look forward to offering them the opportunity to see and own these highly sought after watches for themselves'.





Jersey Festival of Words Launch CCA GALLERIES WEDNESDAY 30 SEPTEMBER





The Jersey Festival of Words took place last month and we went along to their launch party at CCA Galleries. The island's first literary festival welcomed over 20 visiting writers to the Opera House, including Poet Laureate Carol Ann Duffy, celebrated children's novelist Holly Smale, nature writer Simon Barnes and





legendary agony aunt Irma Kurtz. A varied array of local writers also hosted talks at CCA Galleries and the Jersey Museum, whilst the Library offered a range of free workshops throughout the festival. For further details about future events be sure to visit: www.jerseyfestivalofwords.org

RECOMMENDED LAST POSTING DATES

PARCEL SERVICE From Jersey to these destinations	Jersey	Monday 21 Dec
	UK, IOM and other CI	Wednesday 16 Dec
	Europe	Friday 4 Dec*
	International	Friday 20 Nov*
LETTER SERVICE From Jersey to these destinations	Jersey	Monday 21 Dec
	UK, IOM and other CI (documents only, inc. cards and vouchers)	Friday 18 Dec
	UK, IOM and other CI (including merchandise)	Thursday 17 Dec
	European Airmail	Friday 11 Dec*
	International Airmail	Friday 11 Dec*
SPECIAL DELIVERY** From Jersey to UK, IOM and other CI	Documents only (inc. cards, vouchers and money)	Tuesday 22 Dec
	Gifts & merchandise (up to 10kg)	Friday 18 Dec (without prepaid VAT)
	Gifts & merchandise (up to 10kg)	Monday 21 Dec (with prepaid VAT)
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Jersey Hospice Care Golf Day ROYAL JERSEY GOLF CLUB FRIDAY 2ND OCTOBER





The 9th annual Jersey Hospice Care Golf Day took place last month at the Royal Jersey Golf Club and was sponsored by Pure Charity Coffee Shop and Dominion Fiduciary Services Limited. Twenty seven teams of four enjoyed a breakfast before teeing off in the 18 hole competition which





was followed by a three course lunch, raffle and auction. The day raised over £19,000 for the charity. Nedbank Private Wealth's team were this year's champions with Jersey Telecom and PBS coming in a very close second and third place.





Jersey Pearl 30th Anniversary MARITIME MUSEUM THURSDAY 8TH OCTOBER



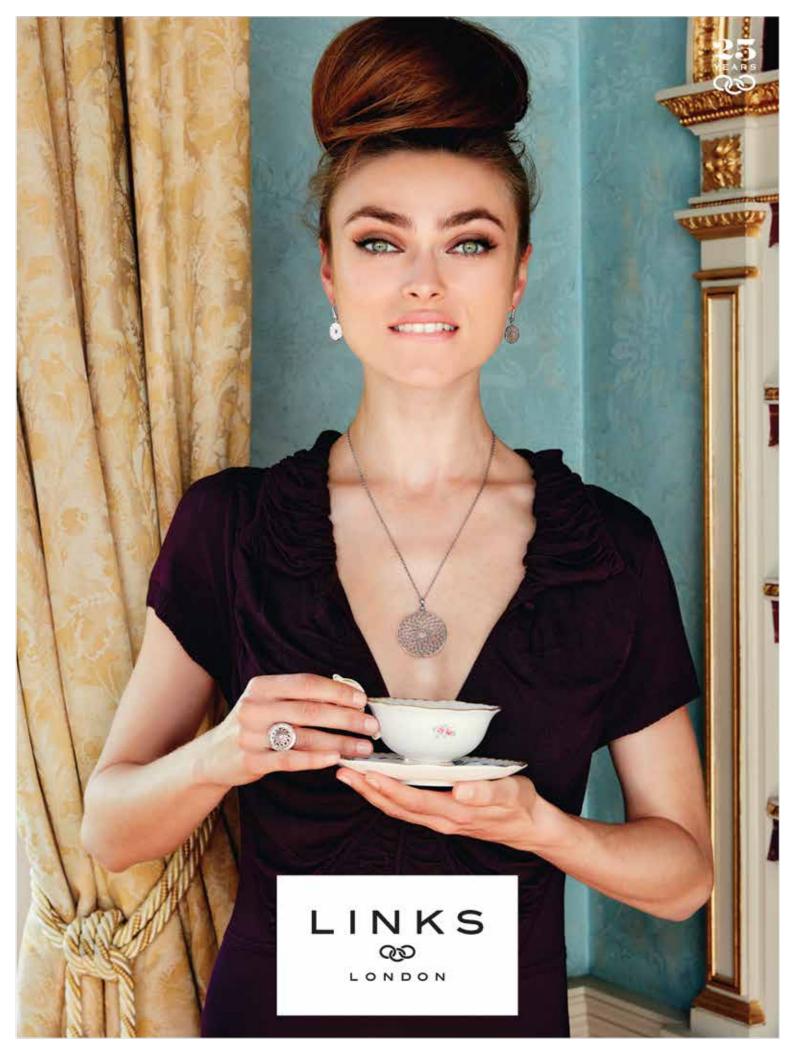


This year sees Jersey Pearl celebrating an awesome 30 years of business! To mark the occasion the directors of Jersey Pearl hosted a party at the Maritime Museum for all its staff last month to say a big thank you for all their help and hard work over the years.





2015 has already been a busy year, seeing them opening a new store on King Street, St Helier, launching new collections into their range as well as wholesaling the Jersey Pearl brand into over 30 House of Fraser department stores around the UK. All of that, and it's only November!



Shades of Time, Voisins Department Store, Jersey www.shadesoftime.co.uk





Edy Ferguson Exhibition Private View CCA GALLERIES INTERNATIONAL TUESDAY 20TH OCTOBER





Last month CCA Galleries International hosted a private view for American born and internationally recognised artist Edy Ferguson. Her exhibition entitled 'Eclectic Cuts: Portraits' fashioned after Alexander McQueen was sponsored by Offshore International Recruitment Agency, Thomas & Dessain. Guests were lucky enough to





hear from the artist about her series of works inspired by the cutting process of the late fashion designer, Alexander McQueen. Edy showcased a series of cut collage, small scale models for monumental sculptures, furniture, drawings, paintings, photographs and a video installation





Donna Annand Melanoma Charity Masked Ball ST BRELADES BAY HOTEL SATURDAY 17TH OCTOBER





The Donna Annand Melanoma Charity was established in 2011, following the death of local girl Donna Annand (nee: Le Saint) from Malignant Melanoma aged just 29. Alongside the generous sponsorship pledged by Elian in 2014, the charity continue to raise funds and held a silent auction and cash raffle on the night.





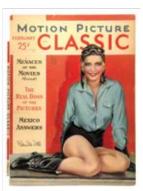
The charity will host its next free mole clinic on 11 November, a chance for you to get any moles you may be concerned about checked out. The Mole Clinic will be hosted, by appointment only, at 6.45pm at the offices of Elian, 44 Esplanade. Appointments can be made via their website www.damc.co



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.

Find out more at www.ccagalleriesinternational.com



ound Art, Claudia Dell by Sir Peter Blake



originaldynamiccollectablerenowned



A. Found Art: Cavander's'by Sir Peter Bake





Sirene Give the gift of 'me time'

WE OFFER A RANGE OF LUXURIOUS TREATMENTS FOR PAMPERING FROM HEAD TO TOE





2015 TravelSolutions Customer Service Awards Winners THE POMME D'OR HOTEL WEDNESDAY 7TH OCTOBER





The overall winner for 2015 was David Hewitt, who works at Five Oaks Spar and sub post office. Three times a finalist in previous years, he was delighted to have finally been chosen as a winner. Jersey Chamber of Commerce COO, James Morris, said the improving levels of business excellence in the island were





demonstrated in this year's awards. 'After reviewing and adapting the awards to ensure that they continue to meet the business community's needs, we saw a substantial increase in entries, so much so that the decision-making process took longer than anticipated – it was just so difficult to choose.'





Jersey Fashion Show Launch THE ROYAL YACHT HOTEL THURSDAY 29TH SEPTEMBER





The term "Jersey Fashion Week" has been used before but never to its full potential. Whilst we've seen a few stores do their own shows, along with charities organising runway based action, it's been a while since stores have come together to put on an event. Step forward Julian Bennett, who starred in the TV shows 'Queer eye for a straight guy' and 'Britain's Next Top Model'.





As a fashion stylist to the stars and recent addition to our fair isle he seems like just the man to get one on the go. Last month Julien and his friends held a champagne and canape reception to launch the event. Julien even invited some of his celebrity friends to fly over for the event that preceeded the show that took place at the end of October. If you didn't make it down to either we'll update you next month!

TRAVEL

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Whether for business or pleasure, avoid the stress of Gatwick and arrive in the heart of London from just £29 NEW LOW FARES - BOOK NOW



My Cracked window to the outside world... A Travellers Tale.

WORDS Chris Pilley

All good stories need a beginning, middle and an end. That's what my English teacher told me while I was attending Les Quennevais school back in 1984. He actually wrote in a report that my grammar and spelling where pretty average, but I could tell a tale or two rather well and he thus entered me for O level English regardless.

This totally surprised me at the time. However, throughout my business life I have used my meagre ability to write fairly colorful articles and stories as and when they were needed. School and the pressure of exams was not for me and I already knew where I was going by the tender age of 13 years young. I worked as a casual for David Hick Antiques for two summer holidays in between my other passion which was fresh water fishing, and like my story telling I was pretty good at that also holding island records and defending my No 1 spot for a few consecutive years.

The fishing and the great outdoors (plus the fact I pulled out of school at just 15 with the consent of very understanding parents) kept me out of mischief till several years later and the lure of long legged women. Madison's and Thackeries night clubs had me jumping around mirrored dance floors doing my Elvis Presley number to the flashing strobe lights that made everybody look good at the time...until the slow number came on. The lights went up and the action started with "Careless Whisper" taking full control of mind, body and soul. When I actually stop to think about it, perhaps it was just mind, lust and trying not to stand on her toes in a slightly inebriated state.

Without drifting too far off the track, I began to realise that all good things must come to an end. I was getting over the glitzy clubbing scene and having to wear boating blazers and ridiculous paisley ties just to impress the bouncers, let alone the long legged wonders that stood and danced around their handbags. I changed tack and began spending time

in St Ouen, sleeping in the back of my van after getting to know a few surfy characters (names withheld to protect the innocent – you know who you are, J). It fitted my style of living like the "Body Glove" wetsuit I would squeeze my slender form into, only to get pounded by surf that I should not have been out in in the first place. Cheers for the warnings guys. This move was a welcome change of scene; with ocean breezes and great new friendships formed and that would ultimately take me away from my carpentry work bench where I had now developed from an antique restorer into a pretty decent qualified traditional cabinet maker. Although naively content in life I would stare out of a cracked sash window to the opposite red brick building as the wintry skies would darken. It looked like a porthole to another dimension. It made me think; 'Is this really what I'm going to do for the rest of my life?, Is this really what is

"Although naively content in life I would stare out of a cracked sash window to the opposite red brick building as the wintry skies would darken. It looked like a porthole to another dimension. It made me think; 'Is this really what I'm going to do for the rest of my life?"

> going to make me happy?' I was only twenty one when temptation and the unknown path of travel presented itself to me.

To try and summarize the steps that followed next and the amazing adventures that fell before me would be a mighty long



chapter and I would no doubt loose you (and myself) along the way if I were to dive into 14 years of endless travel and self discovery. So. to bring you up to speed, try to imagine the picture. I'm presently sitting in the middle of savannah bush lands over looking "The Great Rift Valley" in a pretty spacious 24m2 safari tent (my office-comehome whilst in the bush) My location is Tanzania, East Africa at my own permanent tented safari camp which goes by the name of Isoitok (eee-soi-tok) Camp Manyara. "Isoitok" is a word in "Maa" the language of the nomadic, brightly decorated Maasai tribe's people meaning "Many Rocks" and, trust me, we have one or two around. In fact we have 2500 Maasai neighbours.

You could say I was destined to end up working in adventure sports or tourism, having spent the best part of my 20's and early 30's doing a fair bit of globetrotting and adventuring in extreme wilderness locations. I guess the activities offered began to capture some part of me. I had already become a snowboard instructor and worked a full season in Meribel for Peter Gabriel, the singer and song writer, but that's another story. My path also took me to Thailand and Honduras, where I was a diver master. My philosophy was 'why pay to have fun when you can get paid to do so'. This became a driving force and decision maker as to which remote location on the globe I would land in next. These decisions and travel adventures thereafter chiseled out the core of my life experiences and

provided me with fire side stories I now retell here in Tanzania. It's certainly been a colorful life so far. My back packing days took me into some amazing wilderness areas where I would discover the primeval forgotten skill of survival. It provided dream-like adventure that would play in my mind's eye when solo trekking through the extremes of Thailand, New Zealand, Nepal and later Tasmania - Australia. The latter had an extreme impact on my life. I ended up living 'out' for a mere four and half years before a major turning point in my life that was the precursor to this African adventure.

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Somehow a simple recce trip of Kilimanjaro in 2000 has turned into what is currently my 15th year of living life in a semi adventure state that still has no clear end as far as I can see. One could safely say the beginning has past and the middle has been manicured and fashioned into a successful wildlife safari, climbing business that comes with several branches that I and my business partner, Ingrid, have continued to nurture and grow over all these East African years. As I stop and reflect it feels like I was pulled toward an invisible light of opportunity, then onto a roller coaster ride of incredible impressions and experiences. They say time waits for no man and it's not

yep seemed to allow me to catch up with myself. Who really who knows what will come my way next in life.

Adventure is still very much in my blood. The lust for travel and discovery of remote wilderness areas has a place in my heart but, for now, these dreams of other far distant places will have to wait. Business is business and ours needs continuous input and energy. I'm very happy as I have come to realise; it is part of who I am and I simply love nature and all things great and small.

All you beautiful Jersey folk and residents perhaps reflecting now through your own cracked windows; at the end of the day you and you alone make the ultimate decisions in your journey called life. We as Islanders are so very, very lucky to have Jersey as a place to come home to. Having just visited, I certainly feel lucky and appreciate it more than I ever did before. However there's the old cliché which we all know but aptly; "A journey of a thousand miles begins with a single step. It's yours to take".

The fire side stories of Chris Pilley and his travel adventures to be continued. If you'd like to 'reserve a front row seat to the great circle of life and death out on the endless Serengeti plains' find him on facebook and say hello.

www.bush2beach.com www.isoitok.com www. africanrootsfoundation.com

AN Extraordinary ESCAPE...

WORDS Tamarin Marriott-Wilkinson

From understated passenger profiling to a growing sense of selflessness, new developments have changed the way we travel. Read on to learn more about the latest globetrotting trends

EFFORTLESSLY BESPOKE

From pillow menus comprising different shapes, firmness's and fabrics to smartpowered bedrooms embellished with specialised lighting that promises to reset your circadian rhythms – the modernday traveller expects nothing less than a personalised service...or in some cases, a robot concierge, just one of the many techsavvy concepts offered by The Yotel in New York City. Other attractions include personal mood lighting and the option to send friends and family a virtual postcard.

Travel specialists are embracing the latest technology to offer the travel conscious

a truly bespoke package. The 'Know Me' program is one such example. Using Google Images to source pictures of VIP passengers prior to arrival, airlines are now able to personally greet each and every customer.



HOTEL ZETTA, SAN FRANCISCO

Voted one of the 10 best-designed hotels in America, the Hotel Zetta is a tech-lovers dream and one that has made it onto the Condé Nast Traveller Hot List!

If the upcycled floppy disk artwork doesn't convince you this hotel is the perfect stopover for the tech-savvy traveller, then the 46-inch smart TVs are guaranteed to change your mind. Each room also includes a G-Link docking station, which lets you stream video from your smartphone to your room's TV.

Booking a room at the Hotel Zetta will not only invite you to experience a high level of sophistication and service, but also, to experience a city brandishing numerous exquisitely edgy contrasts. If you're searching for an urban retreat amidst San Francisco's leading cultural, entrepreneurial and tech-savvy communities, you've certainly come to the right place.

Room rate: From £200

Best feature: Interactive lobby and social hub featuring Macs and Plinko game wall Something different: Enjoy in room spa services and complementary Vinyasa and Forest yoga

A DIFFERENT KIND OF DEVELOPMENT

If your perfect escape consists of fleeing your Blackberry, iPhone, iPad and laptop – then a trip to a developing destination may be more up your street.

Travel investments' are more than just monetary; holidaymakers are now scouring the globe in search of meaningful experiences. One experience involves 'buying into' organizations that offer an emotional, as well as a financial return.

One such example is Tribewanted. This social initiative creates communities that foster sustainable development. They began their first projects in Fiji and Sierra Leone and now boast community projects in Bali, Umbria and Papua New Guinea. They've even opened an entire resort in Monestevole, Italy. They've spent ten years bringing likeminded travellers together in awe-inspiring, off-the-grid locations – all in aid of supporting sustainable community development.

LIVE DIFFERENTLY FOR A LITTLE WHILE ...



From making fresh pasta in the hills of Umbria to spear-fishing off a remote island in the middle of the ocean to building your very own start-up in Bali –Tribewanted encourage you to share adventures (and a variety of delicious homegrown delicacies) with not only the local community, but an entire international tribe of changemakers. Immersing yourself in cross-cultural living is certainly one way to experience the high lights of a new community.

Accommodation varies – when you're not learning how to erect buildings out of bamboo, farming the local land or learning how to make homemade tagliatelle, simply retire to one of several private boutique accommodation options. From bunk beds to apartments, there's always a hammock available! Asides from being given the opportunity to embark on an adventure like no other, there's a certain status that comes with supporting such an initiative and what better way to holiday than to contribute and invest in a greater cause at the same time?

Room Rate: Member's fees start from £10 per month and in return they acquire part-ownership of Tribewanted and credit towards discounted stays at one of the resorts, during which guests live amongst the community.

Something different: Discover stunning, off-grid locations

Best feature: The open kitchen -Sharing a homegrown, homemade meal with a local. **www.tribewanted.com**



With so many unforgettable experiences available, travellers are spoilt for choice. When time is of the essence it's important to choose wisely – one of the reasons travellers are opting to embark on out-ofthe-ordinary adventures in faraway places that rival the average Kodak moment.



PARADISE FOUND

Africa is a truly magical place. To make the most of this enchanting getaway, why not stay in an underwater room in the middle of the ocean? Many miles from civilisation, the aptly named 'Underwater Room' (part of the Mantra Resort in Pemba Island) boasts a glass exterior that acts as a viewing platform to deep-sea marine life. If diving off the roof, being able to spot all species of fish without getting in the water and sleeping aboard your very own on private floating island – four metres below the surface - aren't things you ever thought you would be able to do, think again.

Room Rate: £1000 per night (double room) fully inclusive Something different: sleeping surrounded by a tropical marine environment Best feature: the ability to sunbathe and stargaze from the top deck www.themantaresort.com



THE WORLD'S MOST DEVELOPED HOTEL

Costing a mere 20 million to create, the Emirates Palace in Abu Dhabi boasts 394 plush suites, 40 meeting rooms, its very own white sand beach, a sumptuous spa, marble imported from 13 different countries and a myriad of pools and fountains. Then there are the 1,000 crystal chandeliers to take into account...a must for well-heeled VIP clientele and top tycoons.

Room Rate: From £231 per night Something Different: Luxury suites decorated in gold and marble Best feature: a private butler catering to your every need 24 hours a day **www.kempinski.com**

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Romantic Escapes

Winter has well and truly set in so why not brigten up one of the cold winter nights with a little escape to one of the island's hotels? Staycations are one of the most underrated things out there; they rock. You get pampered, you get away from it all, it's super easy and it is fun!

Here are the two best ones that we've found:

The L'Horizon

Escape to the beach... Step away from your everyday life with a staycation at L'Horizon Beach Hotel & Spa this winter with their great value low season rates available until the end of March 2016. This 4 star beachside hotel has a great reputation on and off the island for their high standard of service, comfortable bedrooms, fine food and friendly personal service, so you can guarantee your short break will be most relaxing and indulgent.

Arrive at the hotel where you will receive a warm welcome by the team who will also show you to your room. Take a walk on the beach and on your return enjoy L'Horizon's famous afternoon tea or visit their new Spa for an afternoon of relaxation with an Elemis treatment; enjoy the facilities which include a 15 metre pool, sauna, steam room, spa pool and fully equipped gymnasium. Be sure to try their new relaxation room and unique sleep room after your treatment. A sumptuous dinner can then be enjoyed at either their fine dining restaurant, The Grill or the Atlantic Lounge where the attentive waiting staff will be on hand for your every need. Retire to the Lounge after dinner to enjoy a liquor coffee or cognac from their wide selection. Your overnight stay will only be disturbed by the sound of ocean waves washing over the golden sand. The extensive breakfast buffet is not to be missed the following morning, however should you wish to enjoy breakfast in bed, your pre-ordered room service breakfast will be whisked up to your room in no time.

Low season rates are available for locals and when pre-booking dinner you will receive a complimentary ocean view upgrade. For more information and to book, call 01534 743101 or email lhorizon@handpicked.co.uk





The Royal Yacht

Join in the festivites and enjoy the unique seasonal atmosphere that The Royal Yacht has to offer. A truly memorable experience awaits you. Modern decor with a cosmopolitan flair flows throughout the hotel, restaurants, and spa, complemented by tasteful nautical elements. You could complete your Christmas shopping then head straight to their beautful Spa Sirene for some R&R.

Their restaurants cater to every taste – whether it's local seafood, Asian-inspired exotic delights or the finest cut of steak you fancy, you will find it in the fabulous Zephyr, Sirocco or The Grill. In the evening, our sophisticated lounge-bar, The Drift, will leave you spoiled for choice with a fully-stocked bar, as well as cocktail and Champagne bars.

For further information please call 720511 or email: reservations@theroyalyacht.com

December Rates - B&B Basis* | Silver Double £99 | Gold Double/Twin £119 | Gold Deluxe Double £129 | Platinum Double £149 | Penthouse Suite *£299 *These rates are applicable from 1st December 2015 until 3rd January 2016 – excluding New Year's Eve, and subject to availability. CULTURE



YolanDa Brown: Reggae Love Songs Saturday 12 December I 8pm

Back by popular demand, Jazz favourite YolanDa Brown returns to Jersey Arts Centre with her inimitable style of Reggae Iusion. The double MOBO sward-winning musician is Britain's premiere female saxophonist, and has backed up this claim with a number one Jazz album, April Showers May Flowers. Evocative, rich and bursting with style and skill, YolanDa Brown's music is both familiar and unique. Definitely a date for the diary!

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

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



Meet The Artist... **Lucy Farley**

When did you first begin to get creative: I have always made drawings and paintings since I can remember. My Father is an architect and I grew up with him working from his office which was next door to my painting room, so there has always been support and interest in the arts since I was young.

The pivotal point for me was getting into Central Saint Martins school of Art to study for four years, from my foundation up to my degree. My heroes like Eduardo Paolozzi and Victor Pasmore are alumni and Anthony Caro taught there. You could feel the spirt from the fifties and sixties in the building which hadn't changed and it is this period in British painting that has been very influential.

What's your favourite film: 'Days from Heaven' from 1978 by Terrence Malick. Malick uses nature in his films in an incredible and quite obsessive way and I have been inspired by his use of animals and nature as metaphors to question human nature and our actions.

And your favourite book: I enjoy the way in which Emile Zola writes and the powerful presence the Earth has in his novels 'Germinal' from 1885 which is a parable of the lovehate relationship human beings have with the Earth and 'The Earth' published in 1887. These are my two favourite books.

What mediums do you use and why? I studied painting at Saint Martins but was always drawn to the 'layered effect' you can achieve through printmaking, especially lithography and monoprinting so I naturally gravitated towards that when I was choosing where to study for my Masters - this led to my studies at the Royal College of Art where I learnt these new skills, which I now combine with painting to create many of the mixed media works on paper you can see in the exhibition.



Lucy's work can be seen at CCA Galleries International on Hill Street.



Exhibition: "Fantasy Island: promoting an imaginary Jersey"

Following an absence of five years, Russell Layton, a lawyer by day, is set to return to the Jersey Arts Centre with an exhibition of his new work.

The exhibition, sponsored by Carey Olsen, is entitled "Fantasy Island: promoting an imaginary Jersey" and is a series of prints in the style of vintage travel posters that advertise fictitious Jersey destinations and events. Ranging from the La Hougue Bie Ski Resort to the St Aubin Bull Run, the prints irreverently caricature the island's confident view of itself and its seemingly endless enthusiasm for ambitious ideas and projects.

Russell, a lawyer at Carey Olsen, said: "We have friends who collect vintage ski posters and I decided to produce one of my own for them. I started with a picture of Mont Blanc but, wanting a local connection, I then produced another one advertising an imaginary La Hougue Bie ski resort. That got me thinking of other incongruous events that could be applied to Jersey. How about one promoting a bull run in St Aubin or big game fishing at the Minquiers?

"I've based each of the prints on a different style of poster art. There's one in the style of a mid-century New Yorker cover, another inspired by 1960s jazz posters and see if you can spot the one inspired by an iconic '70s film poster." Unlike the original poster art which was mass produced each of Russell's prints are signed and limited editions of 20 are printed on archival quality paper.

He has previously had three solo exhibitions across the Channel Islands and his work is held in private collections in London, New York, Sydney and Grouville.

Jersey Arts Centre: 16 November to 28 November

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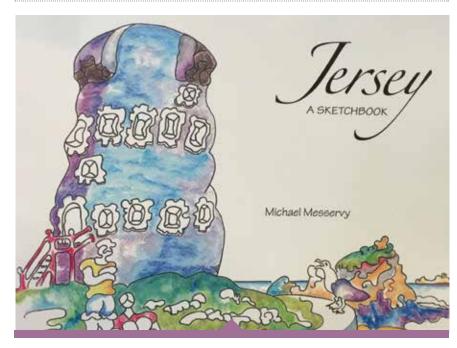
CULTURE NEWS



PAM ANN: QUEEN OF THE SKY

The world's favourite international Air Hostess, Pam Ann, is touching down in Jersey with a new show. Pam's caustic wit knows no boundaries so fasten your seat belts and prepare for take-off – she's Queen of the Sky and it's guaranteed to be a turbulent flight. Hilarious, often shocking and totally politically incorrect, Pam Ann keeps things lively and nail bitingly unpredictable as she takes off her pristine white gloves and delivers an unrelenting barrage of "shoot-from-the-lip" observations.

Tuesday 24 and Wednesday 25 November, 8pm, tickets are priced £21-£27.



MICHAEL MESSERVY: 'JERSEY, A SKETCHBOOK'

Michael is a local artist, whose deep love of his island shines through every page of his new book 'Jersey, A Sketchbook'.

This little paperback gem, available to purchase at Waterstones, contains a plethora of sketches using pen and watercolour which capture a number of different aspects of Jersey or of Jersey life. Some aspects will be familiar to you and others less so, but fear not as the artist has accompanied the pictures with a short story about each sketch, which is invariably interesting and informative.

The foreword, written by Sir Michael Birt, Bailiff of Jersey sums up the content perfectly "All in all it is an amusing, interesting and informative work which I can heartily commend both to those who know Jersey well and to visitors. I enjoyed every page."

The profits of the book will go to the Multiple Sclerosis Society of Jersey, a charity which is very close to Michael's heart. So if you're looking for a lovely gift for Christmas or a keepsake for someone visiting the island, be sure to pick up a copy of this beautiful book.

JERSEY OPERA HOUSE ANNIVERSARY GALA

To mark the 150th anniversary of a theatre in Gloucester Street, Jersey Opera House is celebrating with a grand Gala Evening, which will be the first in-house production to be put on by the theatre for 10 years. Collaborating with local director Nick Carver and islandbased artists, the event promises to be an evening of sophisticated variety, showcasing the history of Jersey Opera House over the past century and a half.

Join everyone at Jersey Opera House for a night of celebration to commemorate this momentous occasion. One night only, Saturday 21 November at 8pm, tickets are priced £12-£15, Concessions and Members £2 off.





FATHER CHRISTMAS NEEDS A WEE!

At every house Father Christmas eats and drinks the tasty treats that have been left for him. But when he reaches number ten he realises that he's forgotten to do something rather important and he really, really, really needs a WEE! TaleGate Theatre hit the perfect combination of witty humour, fantastic music and the extra sparkle for which they have become known in this fabulously funny and brilliantly bouncy musical adaptation of Nicholas Allan's much loved book.

A show for all the family. Sunday 15November at 11am & 2pm. Tickets are priced £12-£14, Concessions £2 off. Family Ticket Stalls: £38, Family Ticket Dress Circle: £46 (2 adults & 2 children / 1 Adult & 3 children).

DON'T BE A NO-SHOW THIS NOVEMBER!



JERSEY PROJECTION GALLERY

The Jersey Projection Gallery is the final instalment of the Jersey Arts Trust's year-long Skipton Art Series, which allows some of Jersey's most important work to be shown, together, for free, for the first time. Beginning on Tuesday 10th November and running until Saturday 14th November, the yellow façade of Normans Commercial Buildings will be transformed into an enormous public gallery. Exhibitions will include work from Jersey Heritage, Societe Jersiaise, Archilse and CCA Galleries International Collections, Skipton Art Series artists, Elektra's Dazzle Camouflage, Les P'tits Faîtchieaux, Natwest Island Games and the Inter-Island Artist Lock-In. There will also be an exhibition of Remembrance on Wednesday November 11th.

Highlights from the Projection Gallery include a look back on the year-long Les P'tits Faîtchieaux ('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. An exhibition of work from the Jersev Heritage Collection will be shown throughout the week, which includes work by Claude Cahun, Millais and Edmund Blampied. Also showing is a collection from CCA Galleries International, with exhibiting artists Lucy Farley, Edy Ferguson, Bruce McLean, Sir Peter Blake, Dan Baldwin, and Storm Thorgerson. Glyn L Evans, member of the Honourable Company of Master Mariners, and author of Dazzle Painted Ships of World War 1, will be giving an illustrated talk, followed by a Q&A with artist Ian Rolls who headed up the Dazzle Ship Elektra Jersey Project. Although not yet open to the public, Elektra is on view at La Folie Slip.

Viewing of the Gallery will be from the Steam Clock from 5:30pm daily, where Coco Rico will be selling crepes and hot drinks to keep the crowd of exhibition goers warm! The exhibitions will also be shown at Jersey Museum 10am – 4pm daily.

Pick up your Jersey Projection Gallery catalogue from Jersey Library, Jersey Museum and Jersey Arts Trust. Visit: www.arts.je to see an online version, or email: holly@arts.je for more information.

BRANAGH THEATRE LIVE: THE WINTER'S TALE

The first season of the Kenneth Branagh Theatre Company Live promises an exceptional series of plays broadcast to cinemas from London's Garrick Theatre over the course of a year. The season begins with The Winter's Tale. Shakespeare's timeless tragicomedy of obsession and redemption is reimagined in a new production co-directed by Rob Ashford and Kenneth Branagh, following their triumphant staging of Macbeth in Manchester and Manhattan. The Winter's Tale will star a remarkable group of actors, featuring Judi Dench as Paulina, alongside Tom Bateman (Florizel), Jessie Buckley (Perdita), Hadley Fraser (Polixenes), Miranda Raison (Hermione) and Kenneth Branagh as Leontes. Monday 30 November, 7.15pm. Tickets are priced £13.50, Concessions £2 off.



NT LIVE: OF MICE AND MEN

19th NOVEMBER, 7PM LIVE SCREENING Golden Globe* winner and Academy Award* nominee James Franco (127 Hours, Milk) and Tony Award* nominee Chris O'Dowd (Bridesmaids, Girls) star in the hit Broadway production Of Mice And Men, filmed on stage by National Theatre Live. TICKETS: £13.50. CONCESSIONS £12



PAM ANN 24TH - 25TH NOVEMBER, 8PM The world's favourite International Air Hostess, Pam Ann, is touching down in Jersey with a new show. TICKETS: £21-£27



MET OPERA: BERG'S LULU 27TH NOVEMBER, 6PM ENCORE SCREENING Acclaimed artist and director William Kentridge (The Nose) applies his unique theatrical vision to Berg's notorious femme fatale who shatters lives, including her own. TICKETS: £17.50, CONCESSIONS £15.50



BRANAGH THEATRE LIVE: THE WINTER'S TALE 30TH NOVEMBER, 7.15PM

ENCORE SCREENING The first season of the Kenneth Branagh Theatre Company Live promises an exceptional series of plays broadcast to cinemas from London's Garrick Theatre over the course of a year. The season begins with The Winter's Tale. IICKETS: £13.50, CONCESSIONS: £12



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

Darren Malzard

gallery

OL CINE

Michael Dottore

65





6

BECAUSE QUALITY MATTERS

Malgorzata Ptak

Paul Sharkey





THE MONTHLY **UPLOAD**

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



WIN A MONTH OF FREE DRINKS (31 FREE DRINKS OF YOUR CHOOSING)

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







Angie Muir



Culture Exhibitions

Sir Peter Blake creates unique artwork to celebrate the 800th anniversary of the Lord Mayor's Show

Created to celebrate the 800th anniversary of the Lord Mayor's Show in 2015, Sir Peter Blake who opened CCA Galleries International in 2013, follows great artists of the past Canaletto and Hogarth in taking inspiration from this unique event. Blake set himself the daunting task of depicting every century of the parade in one image, the result is a continuous procession down the paper- and down the years- that captures the splendour, chaos, pomp and ribaldry of the Lord Mayor's Show. From knights in armour to acrobats and inflatable pigs, the spirit of the City of London leaps from the paper.

The work is constructed using the collage technique favoured by Blake throughout his career, combining this traditional method with digital technology. He has sourced imagery from art, historical archives, periodicals, newspapers, satirical cartoons, photographs, social media and more, harnessing these elements together to tell the story of 800 years of London's history.

CCA Galleries Managing Director, Gillian Duke has been an integral part of the planning for this year's 800th anniversary show; having been invited to join The Lord Mayor's Show committee. The wealth of art world experience Gillian has, alongside her working relationship with many leading British contemporary artists made her the ideal choice to contribute to the artistic and cultural aims of the longest-running procession in the world in this special anniversary year. The fruition of which lead to this collaboration with worldrenowned artist Peter Blake hence creating what is an iconic artwork in celebration of this historic event.

By agreement with The Lord Major's Show CCA are delighted to announce the pre-launch sales price of £435 incl. GST. The work is also the cover of a new book which marks this great event and the image was recently featured in the Sunday Times, as well as in films made for The Lord Mayor's Show and for Christie's Multiplied Print Fair which hosted the launch of the print in London on the 15th October. The image will also feature in an advertising campaign across the capital with Transport for London. This unique and historic piece is printed in an edition of 800: one for every year of the Lord Mayor's Show and will be individually numbered 1215-2015/800.

To register your interest in this edition and reserve up to 3 preferred choices of ed. no. please telephone (01534) 739900 or email LMS800@ccagalleriesinternational.com. 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

*The launch price will run for the period up to the Lord Mayor's Show in London on 14th November 2015.

'Most things I do are full of stories, and in this most particularly- there are all kinds of things going on. In the narrative of the parade things emerge, there are particular characters who are up to various antics. You find stories for yourself. I wanted to create a mix of the seriousness of it, but also the fun.' Sir Peter Blake





Abstract Hugh Anson Knaggs

Hugh's exhibition was inspired by "a life changing, six week meditation journey in Washington D.C. with 8000 others, years ago. There's something mysterious about paint and the way things happen, you can't predict the outcome, much like life. Hopefully through chance, luck and a little bit of skill you arrive at a place where there are a few surprises that make you want to continue this adventure."

Jersey Musuem Links Gallery - 7 November to 29 November



LORD MAYOR'S SHOW 800 YEARS 1215-3015

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BEAUTY & WELLBEING

Beauty News

THE HAIR AND BEAUTY LOW DOWN

We ask the people in the know from Fabriah Hair & Beauty in the Radisson BLU what their top recommendations for the party season are!



Amie Le Beuvant Senior Hair Stylist Celebrity Hair - Frankie Bridge: I've always loved her asymmetric short hair and it inspired me to cut off all my own hair Also Scarlett Johansson always has fabulous hair on the red carpets.

What's big for hair this winter? Darker, glossy colours for that added shine



Sally Langston Beauty Therapist Favourite Beauty Treatment - Full body massage as it's the only time I fully relax. Prep for Xmas - Facial to smooth and brighten the skin ready for that party make-up.



Atlanta Naughton Beauty Therapist Favourite Beauty Treatment - Full body exfoliation, my skin feels silky and smooth! Prep for Xmas - Make-up, not only do you feel amazing, but you look amazing as well.



Kye Gallery Hair Stylist Celebrity Hair - Lady Gaga my Idol!! What's big for hair in winter? I love the glam look, big curly blow drys and a glass of prosecco!



Jenny Bendell Beauty Therapist Favourite Beauty Treatment - Definitely a facial, I love Dermalogica it makes my skin feel amazing.

Prep for Xmas - A de-stress massage is a must after xmas shopping!



Adele Strzelecki Beauty Therapist Favourite Beauty Treatment - When working on your feet all day, there is nothing better then a one hour hot stone massage to ease all the aches and pains. Prep for Xmas - It has to be manicures and pedicures, with the range of colours we have, there is something to suit every occasion. Pretty feet make good dancers!

To try any of these treatments call Fabriah on 671160 to book or find out more!



Get up!

Does this sound familiar of your child?

The Lido Wellness Centre want to provide regular Spinal Health and Wellness classes to all schools throughout the island, aiming to educate the next generation on the importance of good spinal health and the importance of 'looking after yourself' and 'taking responsibility for your own health'. A handful of schools have taken

If you would like further information please get in touch with our clinic manager Kelly Keating on 789345 and encourage your head teachers to get in touch too.



Finding acceptance

WORDS Christopher Journeaux, Therapy Jersey

It seems that someone does not want me. Something about me is pushing them away, causing them to reject me and feel very comfortable about telling me in no uncertain terms. The clarity of their rejection I experience as painful and it troubles me to think that I am not accepted.

This absence of acceptance makes me question the very essence of being me. I am left isolated amongst friends, at work and alone at home. It feels like it is just me and no amount of positive contact can break through.

This person is my two year old daughter. I was warned that she may become quite definite about who and what she wants but that knowledge does not help me. I teach child development so I know the theory but that does not help. '...but I don't want Daddy....Daddy go away' she shouts out or whispers as though sharing the uncomfortable truth. It cuts through my defences of self-worth. I am not accepted by my own daughter.

"This absence of acceptance makes me question the very essence of being me. I am left isolated amongst friends, at work and alone at home. It feels like it is just me and no amount of positive contact can break through."

So why is acceptance so important and why do we sometimes feel it is okay to withdraw it? It is not the first time I have failed to find acceptance but it is the first time it has impacted me with so much power. Why?

At the heart of acceptance is the unavoidable fact that we are a social species; we want and cherish contact with others. It does not take a big event to leave us shattered by rejection, to feel unseen and unaccepted. Perhaps because it triggers a fear in us of not being part of something with someone; perhaps because our inner critic can be the most powerful and a lack of acceptance can re-enforce that. A simple thought to address a complex challenge.



TEAM CDG KEEPING JERSEY SMILING

At The Cosmetic Dental Group we know how to create your perfect smile.

We use a variety of techniques and to assure you of great results, our dentists are proud to be full members of the 'British Academy of Cosmetic Dentistry'.

Call 731680 for your initial free consultation.



British Academy of Cosmetic Dentistry



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



MEN'S BEAUTY SPECIAL



TOM FORD FOR MEN Oil Free Daily Moisturiser *Available from deGruchy* "Fine grooming is the mark of a modern gentleman. It is the way a man presents the best version of himself to the world." - Tom Ford. This hydrating and conditioning moisturiser contains highly efficacious ingredients from eastern traditions and western science to help counteract the signs of fatigue that the modern man's lifestyle of travel, late nights and outdoor sports has on the skin. Reduces dullness and the look of fine lines and pores. Skin is left feeling toned,

polished and bright.



KIEHL'S Facial Fuel Energizing Scrub

Available from Voisins Men's skin is known to be 16% thicker on average and with dense facial hair that requires a more powerful abrasive action. So don't just reach for your partners products as they won't work for you like they do for her! This invigorating skin buffer will slough away dead surface skin and other impurities. Rich in Vitamin E and containing a blend of caffeine, menthol, and citrus extracts for an energising effect on skin.



SisleYouth Available from Voisins

A man's limited beauty routine should be made up of the very best products on the market, and this is one of them. 25 - 35 is the age of excesses; careers are in full swing, partying, fatherhood, late nights; the skin's maturing process begins and the first signs of ageing appear. This is one of the most technologically advanced products

on the market, and it delivers. It's just won a GQ Grooming Award, and rightly so, this product has active ingredients which act like a bodyguard to adult stem cells. Protecting the skin's youthful potential to combat the skin's first signs of ageing.



DERMALOGICA

Pre-shave guard Available from RIO Hair & Beauty A beard-softening shave prep for tough, coarse beards. Cooling formula ads an extra layer of defense during shaving to help minimise razor burn and bumps. Maximises beard softening without the high-alkaline ingredients that can aggravate and dry skin. Cooling Camphor helps tone to lift beard away from skin for maximum razor closeness. Helps relieve razor burn, aggravation and reddening.



ROUTINE FOR MEN Dual Action Face Wash

Available from routineformen.com You need your products to multi-task, and this one does. Aloe Vera strengthens the skin and stimulates natural collagen production whilst Vetiver assists skin cell regeneration and fights the signs of aging, whilst soothing dry skin and reducing oiliness. Bladderwrack extract nourishes and cleanses the skin to increase elasticity whilst powerful antioxidant coconut fruit extract soothes skin inflammation and reduces breakouts giving a clear, calm complexion.



AVEDA MEN Pure-formance Shampoo & Conditioner Available from Elmina Hair & Beauty High performance daily shampoo and conditioner which soothes, refreshes and relieves scalp while cleansing, conditioning and moisturizing hair. When used for two weeks 72% of men experienced a reduction in oiliness and greasiness and 65% of men experienced a reduction in scalp dryness and itchiness. They smell amazing too! New season Paul Smith Women's Black Label now in store



Joseph • Woolrich • Paige Denim Marella • Petit Bateau • Odd Molly



Winter Wonderland

> Rivoli Jewellers stocks a wide range of own brand and branded jewellery collections including Hot Diamonds, Michael Kors and Clogau.

Pendant £61.00 and Earrings £52.00

Call in store and we'll be happy to find and gift wrap the perfect gift this Christmas.



41/43 King Street St Helier 01534 601930 www.rivoliewellers.com

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

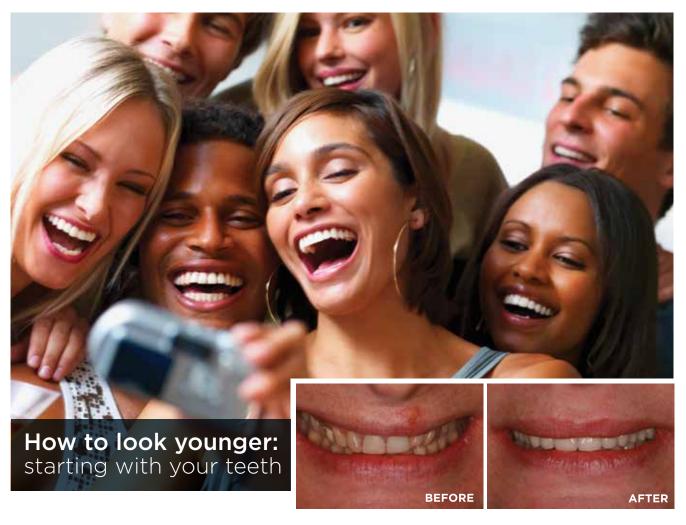
Get your hands on Shave today.

Available at:



shave. healthy skin.





What's the key to looking younger? According to a national newspaper, a good start is having whiter teeth. A recent article on their website detailed a study where a panel of 1000 volunteers were asked to age celebrities including Kate Moss with darker, stained teeth and also with whiter teeth. The findings may be of no surprise to many of you - the whiter tooth image was also deemed to be the younger one.

Over time we put our teeth through a lot and your smile can be one of the tell-tale signs that ages you. From the staining food and drinks that we love, to the pen we chew at work when deadlines are looming, to tooth grinding at night-time, teeth really do take all the stresses and strains of the day.

There are dental treatment solutions to combat dark crown margins, stained front teeth and the greying that you might have come to notice. Jeremy, Jon and Jonathan of The Cosmetic Dental Group are all full members of the British Academy of Cosmetic Dentistry and have dedicated their careers to achieving results that you'll really love.

The team are happy to offer expert advice from fully trained Dental Professionals to ensure that you can achieve a beautiful, white smile safely. Their excellent hygiene services and air polishing really can lift stubborn stains from lifestyle factors such as smoking and their Zoom Professional Whitening can make your teeth whiter by up to eight shades.

It all starts with your first appointment where a treatment coordinator will find

options. With their portfolio of smile design patients available too, you'll be able to see how real patients have achieved beautiful, younger-looking smiles.

Whether you would like to brighten your smile with Zoom Professional tooth whitening or discuss your options for a full smile makeover, the team will consider your best interests and recommend treatment to suit you and your individual requirements. This autumn the practice are offering 'Half Price New patient Consultations' with experienced Cosmetic Dentist Dr Jon Sproson BDS to celebrate the annual 'British Academy of Cosmetic Dentistry' Conference.

"Over time we put our teeth through a lot and your smile can be one of the tell-tale signs that ages you. From the staining food and drinks that we love, to the pen we chew at work when deadlines are looming to tooth grinding at night-time, teeth really do take all the stresses and strains of the day."

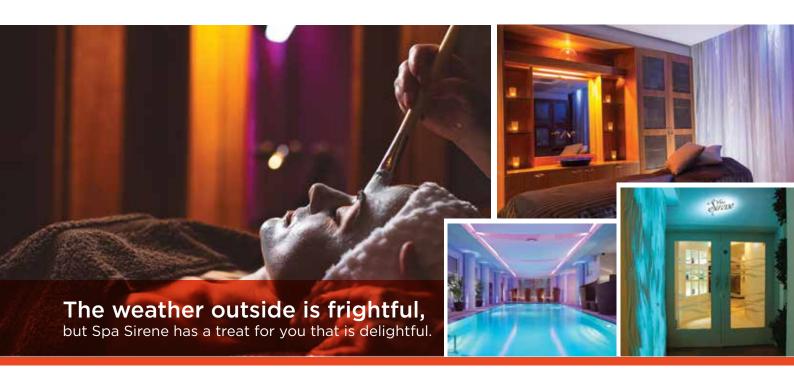
out exactly what your concerns are and any treatment you might be interested in. From here you will see either Jon, Jeremy or Jonathan for a full examination and consultation where they will fully review your oral health, listen to your concerns and talk you through your bespoke treatment You can view a selection of Jon's smile design portfolio online at www.jerseysmiles.co.uk. To book your appointment call the practice on 731680 Exceptional craftsmanship is woven through the rich heritage of Diamond and jewellery expertise, stretching over a century.

Allow us, at Inopia, to introduce you to the unique range of high quality distinctive, jewellery pieces.

> Bespoke, commissions undertaken and sourced to your specific requirements.



Contact Mr Paul Stephenson to arrange for a private discussion about pieces that are available and any designs you may wish to see brought to reality! 07624 210266 | pm.s@inopia.im



It is wonderful to leave the hustle and bustle of town on a cold winter's day and descend into the tranquil world of Spa Sirene at The Royal Yacht. My husband and I were there to have the Inner Strength and Captain's Choice treatments and we'd tactically arrived early so that we could take full advantage of their spa.

Our first stop was their legendary thermal beds, which are huge stone slabs carved into a natural body shape, allowing you to snuggle into one making you feel weightless, as the heat works away all your tension. We then spent the next half an hour trying out their Swedish sauna, aromatherapy steam room and salt steam therapy room, laughing and generally having a brilliant time, excited to be away from the real world for a few hours. It felt great, as if we were on holiday.

All of this was the most lovely prelude to the main event. My beauty therapist, lead me to a serene little sanctuary with delicate shimmering walls and dark oak cabinets. The first thing I noticed was the amazing smell, she informed me it was the Aromatherapy Associates De-stress Frankincense Oil. We chatted about my needs and expectations of the treatment; with the whole hullabaloo of Christmas approaching, both work and family life has upped a notch from the usual 100mph to a breakneck speed that I can't keep up with, so I was looking for a truly nurturing treatment.

This really is a top to toe treatment; within the first five minutes my feet and head had been soothed and massaged, blitzing any stresses away. The back massage using hot oils, combined the best bits of Swedish, neuromuscular and lymphatic massage. Hot stones were also used to melt away tension and warm paraffin wax was applied to my shoulders in slow sweeping movements and I instantly felt the muscles releasing and relaxing. The Aromatherapy Associates Inner Strength Body Massage Oil was then used on the backs of my tired legs. I didn't want the blissful slow kneading of my calves to ever stop!

This was followed by an Aromatherapy Associates facial ritual, I would normally just lie back and enjoy it but I couldn't help asking my beauty therapist which products she was using as each one smelt incredible. She performed the most wonderful facial massage including relieving my sinus pressure points and the massage around my eyes was a whole other level of marvellous. I especially liked the Soothing Daily Repair Moisturiser which instantly hydrated my taut winter skin. it was all tailored especially for him and couldn't stop raving about the eye massage; he enjoyed it so much that he bought The Refinery eye gel that was used! "I've not had many massages before but this one made me want to book straight back in for next week. I thought the De-stress Muscle Oil was great as that's really what it felt like it did, clearly it's aptly named! Also I'd never thought of exfoliating, but it has left my skin feeling so clean I'll definitely be doing that from now on."

The team at Spa Sirene have managed to create the most incredible place to unwind. With everything going on over winter, the contrast of these tranquil treatments was just genuinely wonderful. It made me remember how important it is to take some time out.

"With the whole hullabaloo of Christmas approaching, both work and family life has upped a notch from the usual 100mph to some break neck speed that I can't keep up with, so I was looking for a truly nurturing treatment."

Afterwards, totally blissed out, my husband and I enjoyed cups of herbal tea by the pool and chatted enthusiastically about what a good thing massages are and how we need to do this more often.

My husband's treatment had consisted of a back scrub, muscle release massage to deal with any knots, relaxing eye treatment and an Ayurvedic scalp massage. He loved that **The Aromatherapy Associate Inner Strength Treatment** £99.00 | 90mins | Available from November **9th.**

The Captain's Choice £85.00 | 75mins

Call 615425 to book or visit: www.theroyalyacht.com for more information FASHION



Winter is coming...

...and we're really rather excited about it at gallery HQ. It's time to pull on the cashmere socks, light a Jo Malone Candle, grab a good book and snuggle down in your favourite chair with a hot water bottle. Bliss.

Cashmere Socks By The White Company, available at Voisins, £35 approx | Jo Malone Candle, available at Voisins, £42 approx | The Rosie Project, available from Waterstones | Grey Woven Hotwater bottle, £85 online at Johnstons Cashmere



Quick!

Stay ahead of the game by popping into Rivoli Jewellers this November to make a Christmas wish list for the amazing new Michael Kors jewellery before it's too late in December!



Endless

The new Endless bracelets, as endorsed by the lovely Jenny from The Block, are now in store at Thaddeus Jewellers. They're multi layered bracelets which you can personalise by choosing your own charms. They are the perfect 'everyday' bracelet and would make a wonderful pressie.

Skull Dog

Oh my, oh my! The wonderful team at 360 Cashmere have just produced a series of Skull Cashmere jumpers.... for dogs! So now your pampered pooch can get all snug this winter in the finest cashmere! *Skull Dog is available from Manna.*





| spy... ...new season 360 cashmere just in at Manna!

Get them whilst they're hot - these beautiful, bright, star motif cashmere sweaters are a surefire way to brighten up a winter's day.



Give Jersey

Give Jersey rewards local spending by offering an increasing level of discount of up to 40%! The shops involved include Coopers & Co, Love Wine, Jersey Pearl Café, Chi Chi home and boutique, Jersey Silver, JEEP, Rachel's Textile Studio, Jersey Pearl as well as Jersey Oak and Jersey Laser so to get your card head to one of those locations and start shopping! "Local retailers are the heart and soul of our community, we serve our neighbours with tailored products and services, whilst keeping Jersey's money within our local community" says Mike Taylor, a Director of Jersey Pearl who initiated Give Jersey





2 Charing Cross, St Helier, Jersey JE2 3RP www.aurumjewellers.co.uk | +44 (0) 1534 736182

Trend News



MEN'S SPECIAL

PANERAI AT HETTICH

Italian design meets Swiss engineering in the Panerai range of cult watches - now available at Hettich. With their instantly recognisable proportions and exquisite design features, Panerai watches set the bar high when it comes to functionality, as well as looking as good as they feel and ensuring high performance whatever you put them through. Produced in extremely limited editions, they're a high calibre addition to your watch collection, and exclusively available in the Channel Islands at Hettich, 1 King Street, St Helier. Panerai Luminor Marina 1950 3 days automatic 42mm with black dial and black alligator strap, £4,900



LINK OF LONDON

When it comes to men's bracelets there is a fine line to be trodden, but Links of London hit the nail on the head every time. We popped in to Shades of Time in Voisins to take a look at what they've got in store and were impressed with the Black Ruthenium Skull Friendship Bracelet which has a touch of the darker side and also their simple woven leather and sterling silver Venture Bracelet is perfectly subtle, but a piece you can really treasure and wear everyday. If your man is a bracelet wearer then this is the perfect Christmas gift for him.



HIGH FLYERS

When it comes to precision perfect handling and functional aesthetics, Breitling's range of engineered watches lead the way. Designed with pilots in mind, their features work just as well if you're a frequent flyer, or simply a fan of their chic approach. The new Unitime Chrono features a worldtime complication which gives super slick functionality when it comes to switching time zones - just turn the crown to snap the date and time to your chosen city. Vintage style meets practical functionality all packaged up in a highperformance self winding chrono - pictured here in steel with a leather strap. Another iconic watch from Breitling, the Unitime joins the classic Navitimer 01 with its famous circular aviation slide rule as some of the most highly recognised performance watches around. To see the range of Breitling watches, visit Hettich Jewellers, 1 King Street, St Helier. Breitling Navitimer 01, £5,040, Breitling Trans Chrono, £7,333 at Hettich

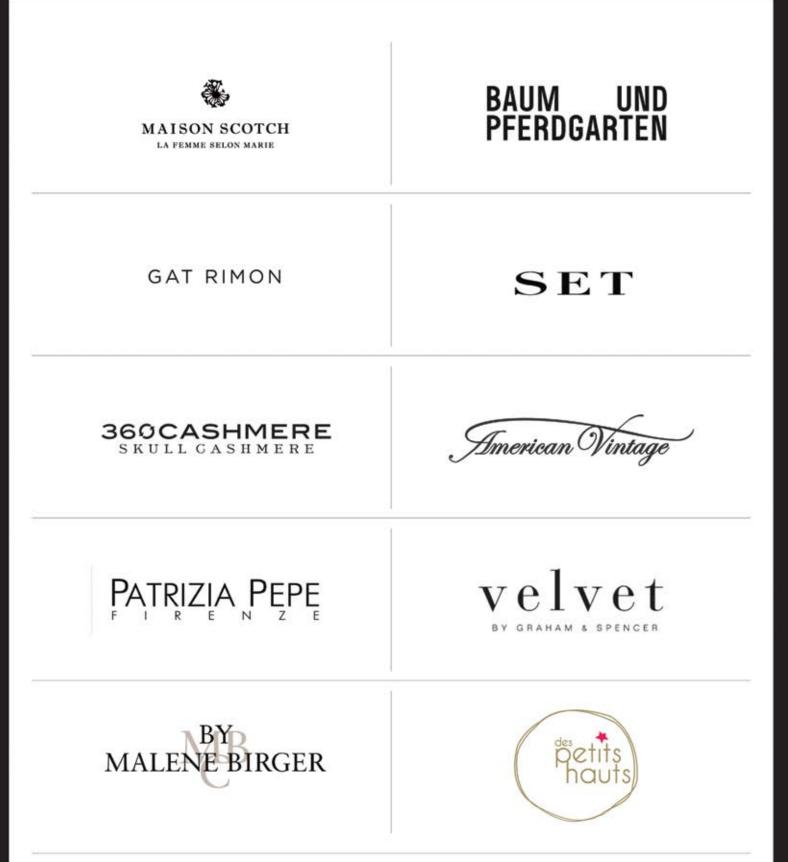


THE PERFECT FINISHING TOUCH

Aurum have been established as a family run business for nearly 50 years producing intricately designed pieces of jewellery and Objets D'art in their workshop sited above the retail showroom. This makes it the perfect place to head for a unique pair of cufflinks.

Cufflinks are a man's chance to inject a bit of personality and sophistication into a suit or formal wear. If you're looking for wow factor then the In-Spired cufflinks from Aurum's 'Colours of Caprice' collection, available in 18ct yellow or white gold, with a chain fitting, set with either rhodolite and green tourmaline or citrine and smoky quartz pyramids, prices from £1,900 are the ones for you. Or if you're a true Jerseyman maybe their sterling silver Crapaud cufflinks, £460, could be what you're looking for? Then for the young bean there are the sterling silver 'Jersey Bean' cufflinks, £315, which would make a brilliant present for a patriot this Christmas!





EXCLUSIVE COLLECTIONS AVAILABLE AT:







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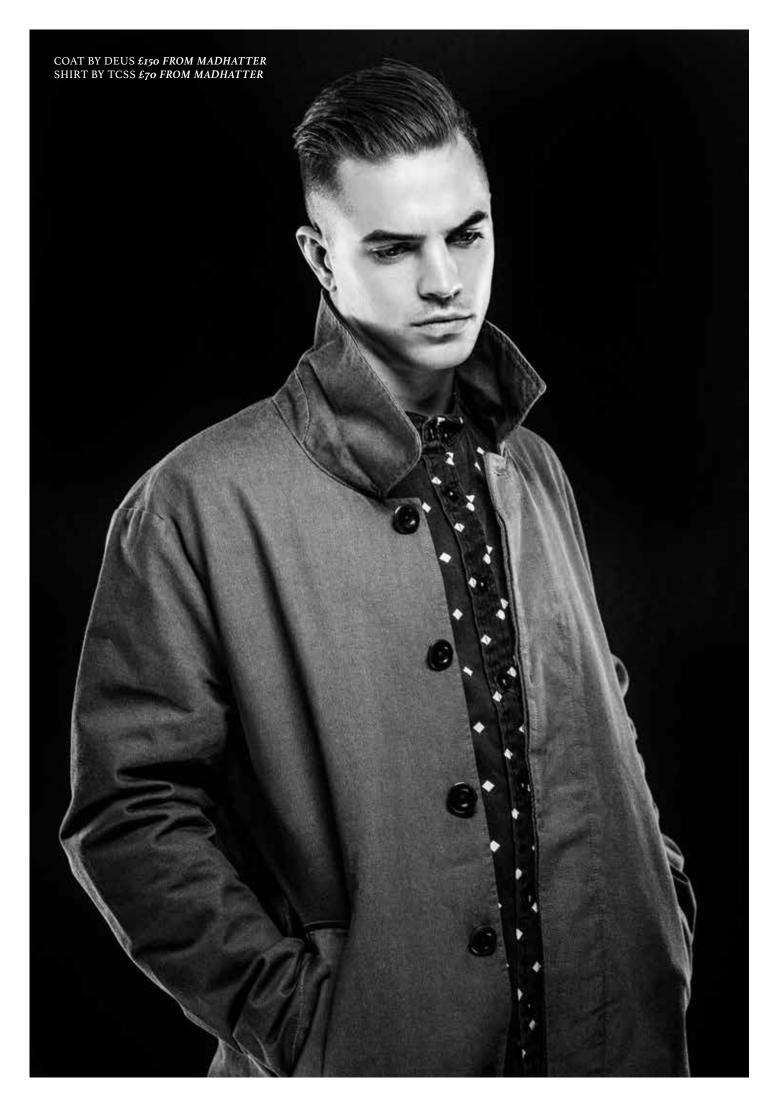
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PHOTOGRAPHY & STYLING Danny Evans

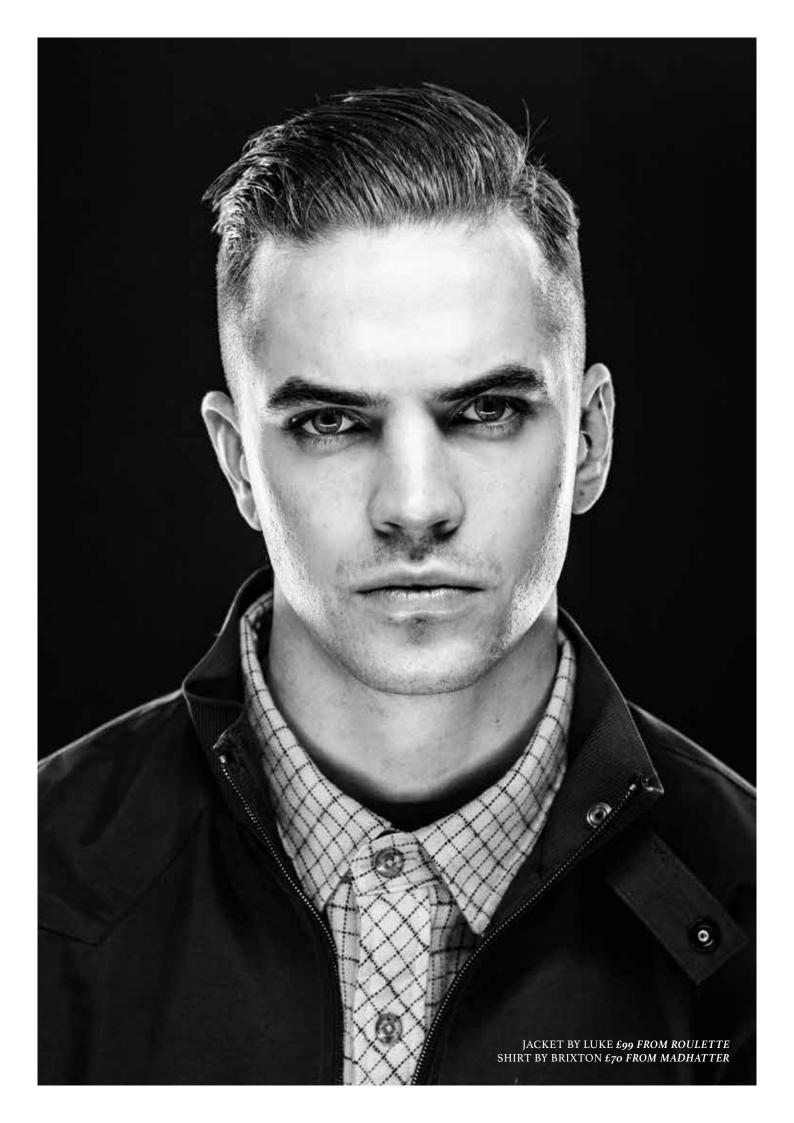
MODEL James Springthorpe

MAC BY OLIVER SPENCER £295 FROM ROULETTE SHIRT BY CARHARTT £70 FROM TIB STREET JACKET BY RAINS £95 FROM TIB STREET SHIRT BY CARHARTT £70 FROM TIB STREET JEANS BY NUDIE £115 FROM ROULETTE TRAINER BY Y3 £270 FROM ROULETTE





JACKET BY BLOOD BROTHER £299 FROM ROULETTE SWEAT BY BLOOD BROTHER £85 FROM ROULETTE JOGGER BLOOD BROTHER £69 FROM ROULETTE TRAINERS BY Y3 £270 FROM ROULETTE





JACKET BY LYLE & SCOTT £79 FROM ROULETTE OLO SHIRT BY LYLE & SCOTT £59 FROM ROULETTE JEANS BY LEE £80 FROM ROULETTE

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WORDS Lauren Burnett

PHOTOS Ollie Jones



Jennifer Moore. 35 Training at Physique Transformations

Jen told me that her personal comfort whilst training was paramount. Jen doesn't like clothing that is too loose and moves around. She has a busy lifestyle so her clothes needed to be functional and cross over into different activities. Jen likes to wear either all black or black and one bright colour. She is a nutritionist and her statement vest said it all, she's part of a very current movement. Jen's vest is from a company called Hip and Healthy (Instagram @hipandhealthy) teamed with nike 3/4 length legging and black Nike 4.0 trainers. Jen was "All

black everything, statement chic".



Corey Scott, 23 Trainer at FitBody Health Clinic

Corey is a personal trainer and it is important that he feels comfortable at work and that his gym gear is able to transcend into day wear when out of work. Corey wore brighter colours, particularly bright orange in the summer and tones it down in autumn/winter. Corey had a cool laid back happy demeanour which I think shows in his fashion choices. A popular style for men in sports wear is a slim to tight fitting training bottom. Corey wore Adidas slim fit with the traditional three stripe in black, a slim fit grey hooded jumper and backward snapback. Effortlessly laid back style finished with old school white leather converse.



Jo Barnes, 45 Training at Fitness First

Jo certainly had the wow factor! I had noticed Jo training at the gym in the weeks running up to this article and I absolutely love anyone that has the bravery to be different and stand out! Jo

loves a one piece and to wear what she wants and feels good in. She told me that she has got to an

age that she no longer cares what people think she just wears what feels good to her. She has competed in two fitness shows and excelled which has given her the confidence to be daring. Jo's one piece is from the website Toned Totty and I really love the leopard print and gold and brown subtle colours throughout, it also has a backless detail.



Sam Mckee, 29 Training at Boxin' Business Fitness Class

Sam said she liked to feel comfortable and be able to move freely whilst boxing training. She likes patterns, bright colours and different prints which was reflected in her choice of gym gear. Sam was bright and chose colours and fits that really suited and complemented her body type. Hey neon green patterned sports bra with black vest, black, navy, grey and white triangle patterned 3/4 training leggings and turquoise, mint and orange. The eclectic mix of bright colours were a great reflection of Sam.

Debbie Le Cornu, 63 Training at FitBody Health Clinic

Debbie said it was important that her sports wear is flexible and doesn't distract her from training. She explained the more she has got into training, the more her confidence has grown which allows her to be more expressive with her fashion choices and she now chooses brighter colours, she really loves the colour coral in sports wear. Debbie is inspiring she looks amazing, not just for her age, but for any age. All her sportswear complemented her amazing figure and the colours complimented her complexion. I really like her choice of colour Nike vest and sky blue 5.0 Nike trainers. Truly radiant!



Alexandra Dessain, 30 Sunday Session Kilimanjaro Hospice fundraiser

Alexandra related to me that she wore what makes her feel good and goes for styles that reflect her

day to day style and her personality. Another lover of bright colours. I really loved Alexandra's leggings they were edgy and sculpted her already sculpted body perfectly. The skull detail and the use of colours made her really stand out. She told me that her leggings are from Yoga Rebel, one to check out! Alexandra complemented the colours of her outfit with her complexion and colouring. A strong yoga look!

APPETITE

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 Receive 500 points when registering... that's £5 for FREE
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Register for your card at www.inndulgenceclub.com



WHAT DOES IT MEAN TO GEAT CLEAN? WORDS Freya Richardson

Despite the name it is not about washing your fruit and vegetables (though you should do this too). With choice ever increasing, what we should choose to eat is playing a bigger and bigger part in our lives. Cleaning up your diet is a way of eliminating processed foods and replacing them with nutrient-dense foods. Followers put emphasis on this as a lifestyle choice rather than a diet - it's about taking the time to know what your food is made of.

Developments in convenience foods have given us microwave meals, jarred sauces and takeaways. There is no doubt these are handy to fit into our busy lives, but the amount of additives and colourings make the item look as perfect as the picture on the label. Processed foods and drinks, more often than not, include at least one unpronounceable additives or preservative.

The trick to 'eat clean' in its most basic form is not buy anything with an ingredients list; everything filling your trolley must be natural and organic where possible. Gluten, dairy, refined sugar and fatty meats are all banned leaving whole grains, fruit, vegetables, pulses and lean protein - it doesn't seem much to live on. Avocados and nuts replace conventional fats, and herbs and spices mean you don't have to sacrifice flavour. But it is not about cutting the calories; hence a 'lifestyle choice' rather than a 'diet', and at that, not one to be reserved for the gym bunnies.

The aim is to give optimal long-term health for your body. What are the other benefits?

Better moods, sounder sleep, glowing skin, enhanced workouts and improved brain function. It would be expected that abandoning donuts, crisps and fast-food cheeseburgers would see your tummy trim down. Processed sugar and high-GI foods make your blood sugar spike, giving you highs and lows making them addictive.

It all seems a bit much I hear you cry... is there any need for this? The benefits sound ideal but surely it also throws your social life out the window. Pizza nights are gone and a constant effort to think of what you can and cannot eat hovers over you. For some it may only mean a simple tweak of your current diet, but for others it means turning over a whole new leaf. We don't know the long-term effects of cutting out these food groups for long periods of time if you don't have an allergy or intolerance; however in age of rising obesity levels, choosing natural, organic, whole-based meals is only going to do well. I thought 'clean eating' meant devouring cupcakes while mopping the floor.

Basic rules:

• Base diet on whole foods (always choose brown over white)

• No refined sugar

• Cook meals yourself and choose plain food in restaurants (you can cheat once in a while!)

- Enjoy six small meals a day
- Load up on fresh produce
- Drink lots of water

• Focus on nutrient content rather than calories

• Think about what the food you are eating and sit down whilst you eat it



SMELL THE **SPIRITS** OF **COFFEE**

COFFEE AND ALCOHOL.

ONE STARTS YOUR DAY AND THE OTHER ENDS IT.

FEW THINGS AFFECT OUR LIVES LIKE THESE TWO BEVERAGES DO- BUT SEPARATELY OR TOGETHER, WE RARELY THINK ABOUT HOW OUR FAVOURITE DRINKS CAME TOGETHER.

Coffee houses were the meeting place of the Greats who drove Britain into a flourishing industrial revolution. Replacing taverns to line our streets, each offered a unique characteristic flavour. A caffeine kick in the morning, coffee raises your metabolism by speeding up chemical reactions in your body- hence making you more awake and productive (probably why so much work got done during this era).

A century later tea replaced coffee's popularity, and private members clubs became the place to meet. It was these clubs that fuelled the experimental cocktail production and sophisticated evening drinks became a relaxing social event.

Around the world spirits are added to coffee to enhance the respective flavours. The famous Irish coffee includes whisky and a Spanish coffee has a Caribbean splash of rum to get the fiesta started. Alcoholic coffees are normally enjoyed after a meal, but I'm sure one mid-morning would help the working day go by!

Tia Maria, Kahlua and Patron to name just a few - coffee liqueur is seeing a trendy come back. Make your own by mixing a spirit of your choice, freshly ground coffee, sugar and a flavouring such as cinnamon, honey or vanilla. Leave it to stew for at least 5 days. You can also use liqueurs to spice up traditional pudding recipes like tiramisu; cheesecake or a simple shot poured over vanilla ice cream is delicious.

The most legendary creation is the Espresso Martini- A-list superstar of the cocktail world invented by Englishman Dick Bradsell. A simple mix of vodka, espresso and a coffee liqueur of choice - its surprising how much the resulting product varies. It takes a specialist hand and quality ingredients to do it justice, but when you get a good one nothing can beat it.



CHRISTMAS DAY SELECTION

We've asked the team at Love Wine to come up with the perfect mixed case to enjoy on Christmas Day. This specially selected Christmas Discovery Case is available to purchase online at lovewine.je

They are also giving you lucky readers and extra 15% off. Simply enter promotional code **'lovecrimbo'** at check out.

Love Wine will then deliver your case direct to your door free of charge! That's Christmas day drinks sorted then!

D'Armanville Brut N.V. Champagne S/O £14.95

Great to accompany the 'opening of the presents' ritual, as an aperitif that sees the Christmas Day through, or complimenting a nice rich Turkey. Santé!

Chateau Villa Bel Air Blanc £13.95

This wine is beautifully balanced, luxurious on the palate and very moreish. To top it all off it's a perfect match for your Turkey with all the trimmings!

Tamar Ridge Pinot Noir £18.95

Elegant and pronounced, with berry fruits and cedar notes. Rich and spicy with savoury dark cherry flavours.

Jordan 'The Prospector' £13.95

New World Syrah but with Old World class. Rich dark chocolate and black fruit flavours are interlaced with white pepper in this mineral style Syrah.

Dalva LBV 2010 £12.89

A good Port is synonymous with Christmas to enjoy with cheese, biscuits and a game of Pictionary!

Chase GB Gin £29.95

You may not need too much more to drink by this stage of the day. Still if you are parched and can fit anything else in a good gin and tonic (get Fever tree tonic if you can) will hit the spot. Williams GB Gin is made from their own singleestate vodka, which is grown, fermented, distilled and bottled on the family farm deep in middle England.

Go on treat yourself to something special this Christmas with Love Wine.



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



When you first walk into Spice of Life what initially hits you is a tastefully fresh and modern décor; reminiscent of Thailand without surrendering to grotesque theming that so often plights Asian restaurants. I was very pleased with the absence of atmospheric blue lighting or, as the proprietor Eric adds, "flocked wallpaper". Instead we're presented with curvaceous glassware, heavy cutlery and a restrained aesthetic – bearing the hallmarks of a well-constructed restaurant.

WORDS Joshua Pattinson

The first page of the menu reads, "Thailand is the land of smiles". Head chef and restaurateur Joy didn't disappoint, her grin was perpetually ear to ear. Her light-hearted and warming character is a testament to her tenacity, those who have spent time working in hospitality will know that sometimes a smile seems harder to achieve than first place at Sandstorm. Smiles, as the cliché goes, are contagious; within moments I find myself beaming back at Joy.

To start I went for the chili beef. Tender steak strips, floured, and flash-fried. The result was a crispiness that gave way to tender meat. It was glossy, sweet and heartily portioned. Fresh sliced red chili and sautéed onion added a bang of heat and an extra dimension to the texture. Mildly bitter undressed salad leaves freshened the palate for the next course. My dining partner, a vegetarian (I know), went for the vegetable tempura served with sweet chili sauce. The veg kept its bite whilst the batter was light and crisp.

My option for main course, a chicken ginger stir-fry served with sticky rice, arrived on a sizzling plate. Temptation dictates when we see something is hot we touch it, just to see how hot it really is. The sizzle coming from the sizzling plate certainly put temptation to rest.

What didn't rest were the billowing plumes of steam carrying piquant ginger and the penetratingly gorgeous aroma of fresh coriander with it. The side effect of course was a revitalising mid-meal facial. I went medium on the heat, it was fiery but measured well so it didn't hit the back of the throat. The rice was sticky, but a little dry. It was a good plate that hit those five tastes we look for in Thai food; sweetness, saltiness, sourness, bitterness and heat.

On the recommendation of the affable Maddy who waited our table, we went for the coconut and pineapple ice cream from the concise desert menu. The coconut scoop was rich, deeply freshening and brilliant white, and the pineapple was smooth textured, sweet and offered a little fruit acidity as contrast. It could've done without the chocolate sauce zig-zagged across the plate and the hundreds and thousands. This is a restaurant people, not a five year old's birthday bash at the parish hall.

The menu is extensive. It includes chef's specials and set menus alongside noodle, curry and stir-fry dishes. The express lunch

menu served between 11-2:30pm is healthy and reasonably priced – a good spot for a business lunch or for those who don't have to rush back to the office with a sandwich from Costcutter.

The drinks menu is the usual fare, a Jack Rabbit merlot is designated house red, with a choice of sauvignon blanc, chardonnay and pinot grigio for white, all priced at £12.75. Wines then range upwards to £27 a bottle. Asian lagers including Tiger are also on offer.



"In a near saturated market I thought another Thai restaurant was the last thing that Jersey needed, but after visiting Spice of Life I think it's earned its spot."

Behind the scenes Spice of Life has a resounding communal feel, Maddy a very amiable young women was kept on after the former tenants Brazilian meatery Rio's closed. The name Spice of Life was chosen jointly, nominated by Maddy, who incidentally also put her own artistic stamp on the interior design.

Joy was born and raised in Thailand and developed her passion for food as a home cook. When she moved to Jersey she took up work at Thai restaurants, including the gold standard Dicq Shack and honed an ability to work a professional kitchen. From there she met Eric, a semi-retired IT entrepreneur who decided Joy was a good investment.

Spice of Life is at a fantastic point for such a young restaurant. Despite being Joy and Eric's first foray into the restauranting business it's reassuringly well run, looks modern without the sterility, and has built a solid foundation upon which to carve out a name for itself amongst Jersey's best Thai restaurants.

In a near saturated market I thought another Thai restaurant was the last thing that Jersey needed, but after visiting Spice of Life I think it's earned its spot.



FANTASTIC FIVE

WORDS Sara Felton

If you haven't made the most of the recent flurry of excitement that Tennerfest rallies every year, then fear not. We are here to remind you that many of the places that may appear on your hit list during the six weeks of the year where Michelin dining doesn't seem extravagant, offer exceptionally priced menus all year round. So here's our guide to a sample of some of the best places where it's not just ladies that lunch.



Bohemia Green Street, St. Helier T: 01534 880588

This is the restaurant which was responsible for starting Jersey's Michelin star restaurant standard over the last decade. Now under the guidance of Steve Smith.

ONE MICHELIN STAR Lunch 1200 - 2.30pm 3 Courses £24.95

Sample Lunch Menu

Crab Salad – Pineapple – Yuzu – Wasabi Duck Egg – Garlic Cassonade – Wild Mushroom Tea Veal Sweetbread Tortellini – Parsnip – Sprout – Black Mushroom

"Bresse" Chicken Leg – Endives – Pear – Spinach – Red Wine Sea Bass – Roast Cauliflower – Razor Clams – Seaweed Emulsion Jerusalem Artichoke – Apple – Coffee – Chanterelles

Lemon – Yogurt – Basil Pineapple – Coconut – Lime Selection of artisan cheese from Jean-Yves Bordier (£7 Supp.) (As an additional course £15 supp.)



Longueville Manor

Longueville Road, St Saviour T: 01534 725501

Lunch 1230 - 2pm 3 course £25

Sample Menu

Autumnal garden salad with roast beetroot, broccoli shoots, banana squash, pomegranate, orange, figs and feta Longueville's "assiette" of seafood with Jersey crab, home oak smoked salmon, gamba and prawn cocktail Hand dived north coast scallop and prawn ragoût with linguine and lobster sauce

Sticky rib of Angus beef with cheese crusted potatoes, roast root vegetables and Béarnaise sauce Délice of sole with tiger prawn, scallop shumai and a coconut scented Asian broth Parcels of Provençal vegetables with crisp tempura, saffron aioli and garden shoots

Baked apple tart tatin with elderberry ripple ice cream Lime cheesecake with spiced pineapple, orange and mango sorbet Dark chocolate pavé with Baileys ice cream and praline mousse



Sumas Gorey Hill, Gorey. T: 853291

If you're looking for outstanding food served in stunning surroundings with an awesome view of both the castle and Gorey harbour, then Sumas is the place to be. Mediterranean flair from head chef Patrice Bouffaut, it's fine dining, but without the fuss or formality.

Lunch 1230 - 2.30pm 2 Courses £17.50 3 Courses £22.50

Sample Set Menu

Smoked Chicken & Roast Pepper Terrine, Pineapple & Tarragon Chutney, Rustic Bread Grilled Red Mullet, Endive, Watercress, Mixed Peel, Walnut & Radish Salad, Butternut Squash Soup, Walnut Oil, Chives Chickpea & Cauliflower Croquette, Spiced Red Onion, Coriander & Green Apple Salad, Lime Yoghurt

Pan Fried Calves Liver, Mashed Potato, Bacon, Red Cabbage, Onion Sauce Cod Fillet, Prawn & Fennel Risotto, Salsa Verde Confit Duck Leg, Braised Puy Lentils, Seasonal Vegetables Grilled Halloumi, Roast Vegetable & Spinach Quinoa, Dressed Rocket & Pesto

Vanilla Soaked Pineapple, Citrus Meringue, Spiced Blueberry Ice Cream Hot Chocolate Fondant, Mango Purée, Pistachio, Juniper Ice Cream Tangerine Panna Cotta, Milk Chocolate, Glazed Fruit Selection of English and Continental Cheese



Ormer 7-11 Don Street, St Helier. T: 01534 725100

Michelin-starred chef Shaun Rankin and his team offer understated sophistication in the heart of St Helier. Quality extends through the decor, the ambience and most importantly the dining.

ONE MICHELIN STAR Lunch 1200 - 2.15pm 2 Course £19 3 Course £25

Sample Lunch Menu ONION

Pecorino velouté, herb gnocchi, king oyster mushroom BEEF Tartare, oyster mayonnaise, sea vegetables, toasted olive bread

COD Cauliflower salad, curried raisins, apple caramel, coriander, granola CHICKEN Celeriac puree, black quinoa, roast celer chicken and rosemary sauce

WHITE PEACH Soufflé, vanilla ice cream RICE PUDDING Strawberry jam, toasted rice



Ocean Restaurant Le Mont de la Pulente, St Brelade T: 01534 744101

A top notch Michelin-starred chef in Mark Jordan, teamed with the best of Jersey's produce and all served in the beautiful setting of The Atlantic Hotel, with stunning views which can be enjoyed from the beautiful restaurant or the terrace when the weather allows.

ONE MICHELIN STAR

Lunch 1230 - 2.30pm 2 Courses £20.00 3 Courses £25.00

Sample Lunch Menu

Chicken: Terrine of maize fed chicken and foie gras, pickled wild mushrooms Salmon: Citrus home-cured Loch salmon, Jersey crab mayonnaise, citrus dressing, dill salad Tomato: Velouté of vine tomato, goat's cheese bon-bon

Lamb: Garlic and thyme roasted rump of lamb, pomme fondant, celeriac purée, tarragon jus Skate: Citrus roasted wing of local skate, crab crushed new season Jersey Royals,

caper and cockle beurre noisette Mushroom: Tagliatelle of wild mushrooms, soft poached hen's egg, parmesan tuile

Panna cotta: Earl grey panna cotta, pistachio and caramel Lemon: tart, lemon jelly, raspberry sorbet Cheese: Stilton, Brie, Cheddar, fig chutney, oatcake biscuits

Sister restaurant Mark Jordan at the Beach offers a fantastic weekly changing market menu of three courses for £27.50.

KITCHEN INFERNO

'Cooking a fine dining menu for 150 guests is a serious challenge for these novice chefs!'

John Torode

Patrice Bouffaut

STARTERS SUMAS RESTAURANT

Phani Kundeti 🖌

DESSERTS SAFFRONS RESTAURANT

David Cameron

MAIN COURSES LIBERATION GROUP

JERSEY CHESHIRE HOME

freedom

somes)

LE MASURIER

FIRST/NAMES GROUP Cameron s







Matt Haynes Group Business Development Director, First Names Group

FIRST/NAMES GROUP

Marc Burton Managing Director Camerons Ltd

Cameron s

New names. New menu, New format, Kitchen Inferno is back and tickets to Jersey's hottest event sold out in minutes.

Celebrity Chef John Torode is heading to Jersey for the first time to host the 2015 charity event raising money for Jersey Cheshire Home.

John Torode said: "Cooking a fine dining menu for 150 guests is a serious challenge for these novice chefs! It will be fantastic to host this event and most importantly for a foodie like me to try Jersey's local produce of course!"

Once again sponsors and everyone involved have been hugely generous. Le Masurier, the headline sponsor, have kindly made it possible for John Torode to come to Jersey to host the Freedom Media event. Cimandis, Fungi Delecti and The Fresh Fish Company are donating the ingredients

and Highlands Culinary Arts students are also supporting the event again, both in the kitchen on team and front of house, serving guests.

Head Chef at Sumas, Patrice Bouffaut, is training the teams on the starters, David Cameron on main courses and Phani Kundeti from Saffrons at the Hotel De France on desserts. They have high expectations.

They commented: "We're looking forward to seeing how they handle the pressure. We hope there won't be too many tears or tantrums, but you never know how people are going to react when they are this far out of their comfort zone! We are certainly raising the bar this year."

#TeamRed Camerons Team:

Marc Burton (Camerons) Peter Lawrence (Camerons) Murray Norton (Politician) Rob Duhamel (The Maths Centre) Marie Raine (Channel 103FM) Lucy Stephenson (JEP) Colin Macleod (Co-op) Lesley Harrison (Prison! Me! No Way!!!) David Warr (Cooper & Co.) Clare Burton (BBC Jersey) Sean Le Scelleur (Bank Leumi) Ben Millar (Highlands College) Emerson Colback [Highlands College]

#TeamBlue First Names Group Team:

Matt Haynes (First Names Group) Rachael Horsthuis (First Names Group) Tim Bond (Freedom Church) Ben Davies (Gallery Magazine) Jo Ferbrache (Cimandis) Brian Constantine (ITV Channel Television) Derrick Bracken (Franck Muller) Nick Payne (SpJ Emergency Department) Charlie McArdle (BBC Radio Jersey) Glenda Rivoallan (Healthhaus) Margaret Thompson (Thompson Estates) Oliver Toy (Highlands College) Emily Hutton [Highlands College]

www.kitcheninferno.com













APPETITE NEWS



Name: Andy Clayton Job Title: Head Chef (but responds to many other names) at Ransoms Tea Rooms Favourite food? Whole Chancre Crab (Shell included!) Any foods you don't like?

RECIPE FOR PAN-FRIED FILLET OF SEA BREAM

Ingredients: Fillet of black bream Celeriac Puy lentils Brown shallots Smoked pancetta Baby watercress Capers Micro-waved scrambled egg What is your ideal Christmas Day meal? Anything that somebody else cooks! All-time favourite pudding? Bread & Butter Cake What's your tipple? A nice cold pint at end of service

Method:

- Slowly cook puy lentils in vegetable stock whilst peeling and cutting a nice ring of celeriac
- Confit the celeriac in a saffron oil in the oven for 20 mins.

• Separately sauté shallots and smoked pancetta, add puy lentils and finish with the watercress and capers.

• Place the bream skin side down in a hot pan and flash fry 'til nice and crispy, then emulsify with butter

• Bring all ingredients together on a plate and serve

JERSEY DAIRY NEW PRODUCTS!

The fantastic team at Jersey Dairy have been secretly working away on a few new products which, we're excited to say, are all now available on the shelves!

Organic milk - As the only organic milk producer in the Island, Jersey Dairy have chosen to widen their organic milk range by now offering a larger 1L fat reduced organic milk. This is in addition to their existing 500ml 99% fat free organic milk carton. Spreadable butter - This is the first time the company have launched a spreadable butter with demand expected to exceed that of their traditional butter blocks.

Chocolate orange limited edition ice cream- Following the success of last year's apple and cinnamon Christmas ice cream, Jersey Dairy have chosen to introduce another limited edition flavour this year. The company ran a competition on their Facebook page asking followers for suggestions on the flavour they'd like to see. The winning flavour decided upon was chocolate orange complete with chocolate chunks and an orange ripple (doesn't that sounds amazing?). Grab one if you see one as they sell out fast!



AND SO IT IS CHRISTMAS – THE MERCHANT HOUSE OFFERS UP ITS FESTIVE FARE!

The flavours of autumn star in this delicious Ploughman's served up at The Merchant House Brasserie.

Feast on sumptuous comfort food: black pudding, scotch egg, presse of ham hock, piccalilli mousse, tarragon and juniper chicken liver pate, Cheddar cheese, beetroot and apple pickle and pickled onions! You'll find hearty a la carte dishes, as well as great value set seasonal menus throughout the winter period.

And, with Christmas just around the corner it's time to start thinking about roast turkey, stuffing, pumpkins and plum puddings! Our Head Chef has created a delicious festive seasonal menu with traditional favourites and fish options for you, your friends and family to feast on this Christmas.

The Merchant House Brasserie, in the heart of the Weighbridge, offers the perfect location for Christmas celebrations, whether for lunch or dinner. Plus, the space, in the restaurant and Jersey Museum concourse area, lends itself perfectly to catering for larger parties of up to 100.

More people? Don't worry, The Merchant House is a great choice of location for corporate or office parties, drinks receptions and bespoke buffets for 200+ guests.

To book visit the website: www. merchanthousejersey.co.uk, phone 01534 510069 or email: merchanthouse@dolanhotels.com



Make this winter a genuine one and use as much **local produce** as you can when cooking your winter warmers.

Become a part of the Keep Jersey Farming campaign and look for the mark before you buy, it will guarantee the goods you choose are of local provenance.

Think forward to Christmas too, whether it be buying presents or preparing for the main feast, try and incorporate at least a few items that may be locally reared, grown or made.



Here's a little inspiration into how you can add some yummy Genuine Jersey treats into your next meal...

To start, grab yourself some mini sausages from a local producer 'Me & The Farmer' (meandthefarmer.co.uk). Cook the sausages in the oven with a dollop of hoi sin sauce and wholegrain mustard then serve sprinkled with sesame seeds. These Sticky Sausages are irresistible and great finger food thats a hit with the kids and grown ups too.

For your main course try a Hot Fruit de Mer, a dish thats most definitely not just for the summer! Fill your platter with a selection of tasty morsels from The Fresh Fish Company (thefreshfishcompany.co.uk), pile it all together on a big tray and take it straight from the oven to table. Grab yourself some crusty bread and the island is your lobster!

Finish things off with a tray of warm brownies made using Zoe's Kitchen Gooey Chocolate Brownie Mix (zoes-kitchen.com), all the ingredients are already weighed out for you so it couldn't be easier, just grab yourself some local eggs and butter. Serve your freshly baked treats alongside Classic Herds Black Butter Ice Cream (classicfarmshop.com), intensely creamy with a subtle kick of winter spice.

For more local produce or gifts search all the Genuine Jersey producers online at: www.genuinejersey.com



THE DIARY OF A JERSEY BRIDE CONTINUED...

Well winter is well and truly upon us, and there's a certain charm about winter weddings isn't there? I'm thinking intimate and cosy, perhaps even with a festive theme; imagine ceilings strewn with ivy and mistletoe, roaring fires and snuggly fur throws to keep the guests warm...

Oh well – with my date booked in Spring there'll be a totally different theme and with so much to think about it's all quite bewildering.

I'm lucky that the incredible wedding planning service that La Mare Wine Estate offers has meant that despite a wish list a foot long, we've had plenty of help to prioritise and focus on what we really want from our special day. The expert team offer fantastic advice on sourcing suppliers and I have every confidence that they'll be on hand to help with handling all the last minute details, not to mention managing the actual day, so that we can relax and enjoy ourselves - I simply can't recommend them enough!

Last month I mentioned some special 'Jersey' touches and I'm thrilled to have now selected really special wedding favours, all from La Mare Wine Estate. The ladies will enjoy a selection of delicious hand made chocolates and I'm sure the men will be mightily impressed with individual miniatures of La Mare's acclaimed apple brandy. I'm so excited about how it's all coming together now!

The amazing hand made products at La Mare got me thinking, what better gift for those involved in the wedding than bespoke hampers, in fact they'll also make fantastic Christmas giftsa special introduction to what the wedding of the year has in store!

There are still some winter wedding dates available at La Mare Wine Estate so to start planning your own perfect day visit: www.lamarewineetstate.com/weddings

THREE WAYS WITH... CRUMBLE

WORDS Freya Richardson



With the BBQ season well and truly behind us it is time to dig out the roasting tray, and what better way to end a Sunday lunch than with this all-time family favourite. Do you fight over who gets the biggest sugar-crusted crumble corner, or whether you should enjoy with custard or cream? Everyone has a secret recipe, but this month we are giving you three ways to rumble your regular crumble.

Anne's Apple Crumble

Transformed toppings

Wash, chop and cook the apples with some brown sugar. To make the crumble mix together flour, sugar and butter until it resembles breadcrumbs. Bake until golden.

Mummy Richardson adds a sprinkling of cinnamon and nutmeg to both the apple mix and the crumble, infusing the kitchen with nostalgic smells and makes the crumble taste like Christmas.

Add dried fruit, frozen berries or toffee chunks for a change.

Swap the traditional flour-based crumble for granola. Not only does this make it extra crunchy and a healthier choice but it also saves on the washing-up.

There are endless delicious flavours available to choose from so you can tailor to your choice.

Be careful not to burn the topping, for best results cook the fruit and add the granola at the end.

Funky Flavours

Love crumble? Why save it for Sundays when you can have it for breakfast?

Use honey, maple syrup or vanilla extract to sweeten your choice of fruit.

From banana and coconut, to rhubarb and berry, a good way to use up fruit that is on the turn.

Top with oats and add superfood seeds or goji berries to get an extra boost of antioxidants.

How to develop your own recipes...



Play around with leftovers to save waste, vegetables on the turn can be blended and added for an extra flavour and nutrition. Fruit adds a sweet dimension to salads, or stewed to top your porridge.

Try simple swaps to healthier ingredients such as sweet potato topped Sheppard's pie. Try using less butter and cream and replace with banana or avocado.

If you are missing ingredients or don't have enough of something, add in a similar ingredient. This works best in things like coleslaw or stir-fries- shred anything from courgettes to apples, beetroot to parsnips.

Take out ingredients you don't like or add extra ingredients you do like- pizza toppings is the easiest way for those nervous about changing ingredients to try it out. Think about texture as well as flavour; add nuts to curry, soup, salads or muffins for extra crunch.

Change the cooking method; roast, grill or poach salmon before adding to a dish, or try fried eggs to replace boiled. Alternatively cook ingredients normally raw- grilled lettuce, or keeping ingredients raw that are normally cooked (but don't make yourself ill). Go minimalist and make mini versions of your dish, or even bite-sized piecesimpressive for dinner parties or Christmas canapés.

Try roasting vegetables and nuts first to intensify the flavour, you'll be surprised they can be just as tasty as meat or fish, and a cheaper substitute too.

Think about the origin of the dish, cross borders by adding or changing herbs and spices to put a twist on your midweek staples.

Follow the lead of fancy modern restaurants and deconstructing your traditional dish. Change the shape and style- if things can be cut, use cookie shapers to add a playful element to the dish.



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11 Clarendon Road offers not one, but four fabulously appointed and beautifully refurbished apartments. When approaching the building on this quiet but conveniently located St Helier street you really appreciate the extent of this refurbishment as you are greeted by an exterior that has been finished to a very high standard and setting the benchmark for when you enter the property. The bright and spacious entrance hallway leads on to the first of the four apartments within this lovely Victorian property. The apartment has been carpeted throughout and comprises of a large and bright open plan living area, with plenty of space to accommodate your lounge and dining area and the kitchen includes base and eye level units with an integrated fridge, , electric oven and halogen hob and that all important dishwasher . This room, as with the rest of the apartment, benefits from beautiful high ceilings with the ornate coving having been retained by the developers, as well as the feature fire place. The dual aspect large sash windows also have their original working shutters.

The good sized double bedroom with feature fireplace has double glazed windows

WORDS Sara Felton

overlooking the garden to the rear of the property. The ensuite bathroom is fitted with a three piece suite, which includes an enviable corner bath with shower over, vanity sink meaning storage is already taken care of, and a wall mounted mirror . Within this room you also have access to a large overhead storage cupboard, a rare addition in a ground floor apartment. As with all but the basement apartment you have access to a lovely low maintenance communal garden with gravel and paved seating areas and a built in BBQ area.

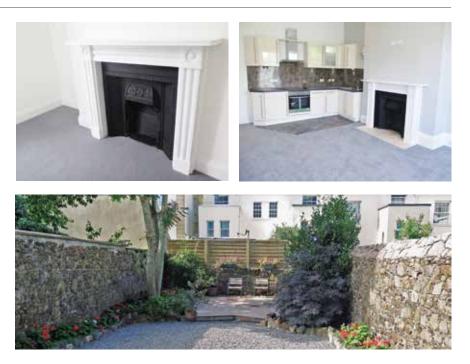
Moving up to the first floor you pass the shared utility room, which houses an allocated washer/dryer for each of the three apartments, making the very best use of every available space within this property.



"Around the corner and through the archway is the large lounge with another beautifully restored feature fireplace, this one contains a remote controlled electric fire too, making this space instantly cosy on winter nights"

This two bedroom first floor apartment further benefits from large sash windows and high ceilings with more of that beautiful ornate coving, allowing for a great light lounge/kitchen/diner. Once again you've a kitchen fitted with base and eye level units, an integrated fridge, electric oven and a well concealed dishwasher. Bedroom one has a large sash window and a feature fireplace and wall mounted Farho electric heater. Bedroom two has a double glazed window which overlooks the garden at the rear of the property. The full sized bathroom has a three piece suite with panelled bath with shower over, that handy vanity sink and a wall mounted mirror. You also have the luxury of underfloor heating and a heated towel rail, meaning your toes and towels will be toasty for when you step out of the bath.

On to the top floor and you move on to the last of the one bedroom properties. Whilst this apartment doesn't boast ceilings quite as high as the other two it still has excellent



height and light for a top floor apartment. The entrance hall has plenty of storage cupboards, one which contains your water tank, making it the ideal airing cupboard.

This apartment also benefits from a large separate kitchen which is spacious enough to accommodate a table and chairs alongside the already beautifully finished units. Around the corner and through the archway is the large lounge with another beautifully restored feature fireplace, this one contains a remote controlled electric fire too, making this space instantly cosy on winter nights. The two sash windows make this room bright and light and is large enough for a lounge dining option, if you so desire.

Last, but by no means least we leave the main building and access the garden flat by its own private entrance. The layout of this apartment is similar to apartments one and two, but with the addition of beautiful hardwood flooring in the kitchen/lounge/dining area and underfloor heating throughout the whole apartment. This apartment has two bedrooms, both with double glazed windows. You also have the added benefit of your own private patio garden, which has outside power, ready for you to plug in and play your favourite music whilst basking in the sunshine. Not only do you have access to your own outside space, but the apartment further benefits from two large outside storage units to the front of the property, one which includes a sink and utility area and the other perfect for storing bicycles.

"Set over four floors 11 Clarendon Road provides multiple options for anyone looking to gain their first step on the property ladder, or those who are perhaps looking for an investment property on the outskirts of town"

The double bedroom has a double glazed window overlooking the rear garden, another fabulous feature fireplace and also has the added benefit of access to the loft space for even more storage options. The large separate bathroom has a three piece suite of bath with shower over, underfloor heating for toasty toes and double glazed window. Set over four floors 11 Clarendon Road provides multiple options for anyone looking to gain their first step on the property ladder, or those who are perhaps looking for an investment property on the outskirts of town, viewing is a must.





11 Clarendon Road St Helier, JE2 3YW

Apartment one (ground floor) one bedroom £205,000 asking price

Apartment two (first floor) two bedroom £245,000 asking price

Apartment three (top floor) one bedroom £235,000 asking price

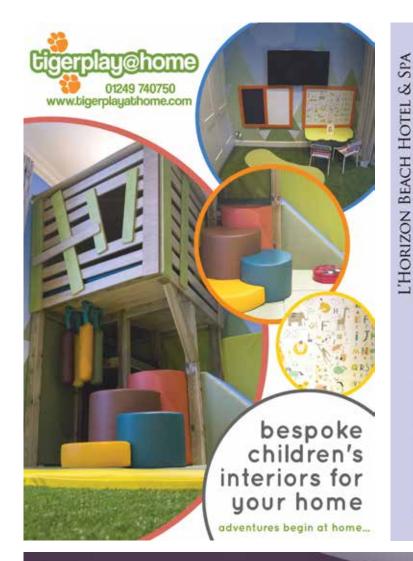
Garden Flat two bedroom £255,000 asking price

Gaudin & Co www.gaudin.je 01534 670333

- Mains drains and water.
- Electric Farho heating.

 Use of utility room on the first floor landing with allocated washer/dryer for apartments 1-3.

- Fibre and sky ready/installed.
- Recessed spotlights throughout.
- Telephone entry system.
- All properties are share transfer.
- Service charge is to be confirmed.





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THE BENEFITS OF SEEKING FINANCIAL ADVICE

Whether for investment and pensions advice, or for a basic life cover plan, it pays to speak to a suitably qualified financial adviser.

In the UK, new regulations now insist that certain transactions cannot take place unless the client can prove they have sought appropriate advice, in the hope that all clients will be made fully aware of all options available to them and better understand the consequences of their choices.

Here in Jersey we have separate legislation, our own tax system and different providers and products to select from.

With so many of us now accustomed to conducting our personal business online, this particular area is one where face-to-face remains the best option. Whilst you might avoid an advice charge if you go direct, not all advice incurs a direct charge and you should weigh up any cost saving against potentially buying an unsuitable product or one which gives poor returns.

Advice can help you buy a better product than one you might choose for yourself, with independent advisers having the expertise and knowledge to find better options, which could include products that are only available if you go through an adviser.

Also, being in the Channel Islands, the option to go direct to a provider are extremely limited.

If you would like to speak to an Independent Financial Adviser, please contact Hayley Carstairs on Hayley@henleyfinancial.je, or call 789830.

JERSEY PROPERTY MARKET

This summer has seen a good recovery to the market – there is a lot more confidence being shown by the many prospective purchasers who are flooding estate agents with enquiries and the conversion rate from viewings to making an offer on a property remains high. The activity during the summer has certainly made a dent in the housing stock that is available and we are now hearing from clients that there is little choice when looking for somewhere special in the one and two bedroom flat market. This is good news in one respect because it shows that First Time Buyers are returning to the market despite the difficulties of finding a deposit.

Further up the scale, the middle of the market seems to be suffering from the same problem as is the \pounds 1m to \pounds 1.2m plus sector where once again, clients tell us that there is insufficent choice.

The good news is that agents tell us that house prices remain static and that in some cases, there is still a chance to negotiate on the asking price.

WANT TO BE KEPT UP TO DATE WITH WHAT'S GOING ON?

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



BASE RATE COUNTDOWN

Opinion continues to change in respect of when base rate will go up, or for that matter remain where it is for the time being. Some economists are predicting February 2016, whilst others are maintaining a later date of September 2016 - the choice is yours. What must be emphasised, is the fact that when the first increase happens it is unlikley to be any greater than 0.25%, so making the base rate 0.75%. For most borrowers who are in a tracker or variable rate of interest this will not make much difference, but if you are worried about how increasing rates will affect your lifestyle, do call our team on 789830 to arrange a time to pop in for a chat.

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90% LTV 5 year fixed	2.88 %

.....

JERSEY LENDING MARKET

How much further can interest rates fall? Once again we have seen noticeable reductions being made by some of the mortgage lenders in the last month which make tracker rates at certain loan to values fantastic value for money, although when you look at the fixed rates, especially those for five years , the decision can be hard to make! Arrangement fees can very expensive in some cases and it is essential to check the small print, as a higher rate of interest can sometimes be better value if the fees are lower.

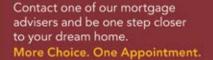
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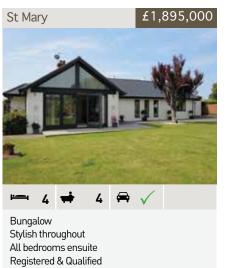


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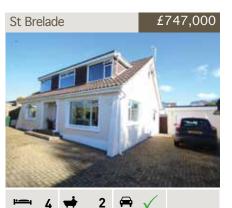
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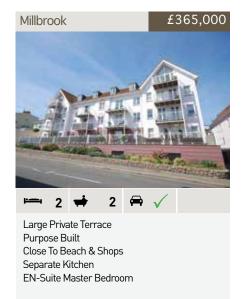
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Luxury newly built home Spacious master suite Extensive family kitchen Mezzanine study area Large garden with heated pool Gated drive, garaging & parking

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GALLERY'S BRILLIANT **BATHROOM** BONANZA

All hail the bathroom!

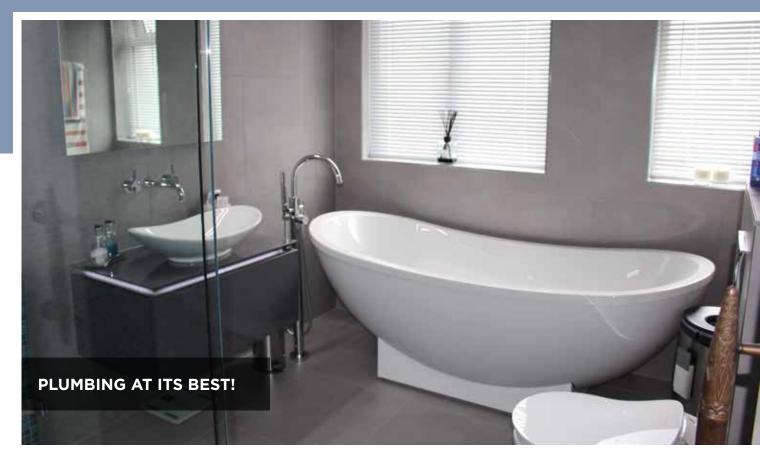
It's where you start and finish each day. You wake up, take a shower, brush your teeth, style your hair, and are out of the door.

Before going to bed, you brush your teeth remove makeup or wash your face, apply any creams or moisturisers, and are then ready for bed. The average person will spend about 1.5 years (yes y-e-a-r-s!) of their lifetime in the bathroom.

It offers solitude and serves as a great hiding spot. If you want to take a break from anyone or anything, this is the place to go. You're safe as long as the door is locked. If you had a bad day or just want to disconnect from the world for a little while, there may be no better way than taking a long soothing bath or hot shower.

This is the room in your home where you can pamper yourself, and one in which, should great design be utilised, you may well be excited to spend time in.

Furthermore, the right bathroom can dramatically increase the value of a home. As such, taking the time to renovate this room will allow you to recoup most, if not all, of the money that you invest once it comes time to sell, and in the process you will end up with something far more attractive, far more practical and a space in your home you're truly proud of.



Alan Donnelly Plumbing & Heating Services has in excess of 50 years' experience in the plumbing industry. They are members of the Jersey Construction Council and are also listed on the States of Jersey Approved Contractors List as well as being OFTEC registered for all of your oil fired central heating requirements. So you know you're getting the highest form of professionalism when you choose them.

Boasting experience in every aspect of plumbing and heating they specialise in the design and installation of beautiful bathrooms and will take care of your project overseeing each trade from start to finish, this photo being a recent completed example.

They aim to work closely with their clients to ensure continuing customer satisfaction. Renowned for providing a prompt, friendly and efficient service they always give the client superior workmanship of the highest quality but firmly believe that it is important to provide a cost effective service.

In addition they provide a 24 hour emergency call out service for the entire 365 days of the year with a dedicated team of long serving and qualified plumbers.

If you would like any further details please contact Alan on 07829 889 570 or email project specifications to adplumbing.je@gmail.com. This company really is 'Plumbing at its Best'



Legendary LAUFEN





Working with some of Europe's leading architects and designers Swiss manufacturer Laufen offers complete bathrooms and modular concepts, all of which combine form with function.

From a brand that is synonymous with quality and innovation, the Laufen portfolio includes a wide range of sanitaryware and furniture that will add a sense of luxury to any bathroom setting. Emulating the sense of relaxation and sanctuary only normally experienced in boutique five-star hotels, Laufen's latest collections bring spa-like luxury into the family, or en-suite, bathroom.

Bringing together plastic and ceramic in a design-led way in the bathroom for the first time, the Kartell by Laufen Collection combines the material essence and technological innovations of Italian furniture company Kartell and its use of plastic for furniture and accessories, and Swiss specialist Laufen with its expertise in the production of ceramic bathroom pieces. Designed by Ludovica and Roberto Palomba, the collection brings these two unlikely materials together to create flexible and stylish bathrooms.

The Kartell by Laufen collection features washbasins made from Laufen's revolutionary SaphirKeramik, a lightweight material that brings innovations in terms of the physical properties that can be created with ceramic. With SaphirKeramik designs that were previously deemed only suitable for solid surface pieces can now be achieved.

This new material allows for fixtures to be super thin and half the weight of normal ceramics – enabling the production of easy to clean ceramic basins in much larger sizes than previously possible for greater flexibility in bathroom design. SaphirKeramik is 40 per cent lighter than fine fireclay and produces a distinctive brilliant white finish. Where vitreous china is prone to shrinking and fireclay also has its limits when it comes to producing larger pieces, SaphirKeramik overcomes these issues, creating the soft, round and flowing shapes.

The washbasins are complemented by a range of furniture options, plus a variety of modern accessories including stools, shelving and mirrors available in a range of bold, transparent colours that bring glamour to the bathroom and can be chosen to create different moods. For the ultimate wellness experience, a solid surface bathtub with LED lighting in the overflow completes the collection.





Laufen is available from Bauformat. Visit their showroom to find out more. bauformat.co.je / 869111

KEY BATHROOM PIECES

from Beaumont Home Centre

Cool Ceramics

For pioneering, ultra thin ceramic basin and shower trays, PLUS+TON is the brand you need to know! Created from a single fusion at temperatures of 1250°C. This makes it virtually impossible for any solvent or liquid including hair dye, nail polish and even hydrochloric acid to penetrate the glazed finish.

Spillages can simply be removed with water to leave the tray looking as good as new. A new standard of ceramic material that is recyclable and produced without any emissions PLUS+TON is 100% eco-friendly. On non-protected areas the number of bacteria can double every 20 minutes, none more so than in the bathroom. PLUS+TON includes Bacterclean as standard a revolutionary non-toxic antibacterial treatment, achieved by the high temperature glaze process.





Bathtime

Add instant sophistication to any bathroom with the Monaco Freestanding Bath from Victoria & Albert.

Minimalist elegance in a single piece casting that descends gracefully to the floor. Made from Quarrycast by one piece casting of rare volcanic limestone and resin which is easy to clean and the exterior can be painted to match your exact colour scheme!

Perfect for you

PCON from Pelipal is the variable dimension bathroom. They create bathrooms which make the most of your space and to meet your specific needs, from family bathrooms to multi-generational functional spaces - everything is made to fit with those who are going to use it at the forefront of the design process.

The ceramic washbasins selected in PCON cover a wide range of the most popular ceramic series from all leading German brand manufacturers. The glass washbasins in float glass 12 mm thick are a real highlight or perhaps their mineral marble washbasin is more to your taste? With all this variety on offer, everyone will be able to find their own personal favourite.

With tailor-made additional furniture from PCON everything has a place of its own and can be integrated perfectly in your bathroom. They are innovators and make anything possible. So get creative!



On display & available from BHC

DELIGHT IN THE LATEST DURAVIT COLLECTIONS

Pastella are Duravit's premium retail showroom in Jersey and are able to create an individually tailored bathroom using the latest designs, materials and innovative technology. Duravit's collections provide countless opportunities to adapt a bathroom specifically to make it feel like one-of-a-kind.

Duravit Collections:

ME By Starck

A new bathroom series by Philipe Starck which is modern, yet timeless but focuses on the users personality and individuality. All products provide the perfect platform for you to tailor your bathroom to your personality. Various sizes of bathtubs, toilets, washbasins, and vanity basins are all perfectly tuned with one another. Which one are you – Pure, Elegant, Natural or Raw?



Нарру D2

Feminine chic and pure sensuality. Gently rounded edges and clear geometric forms create a gracefully composed complete bathroom solution which is also versatile and timelessly modern.

Cape Cod I

Again by Philippe Starck, Cape Cod eliminates all barriers between the in-and-outdoors, making nature a permanent component of the bathroom, with organic forms and authentic materials such as solid real wood and warm ceramics.

The high grade porcelain washbowls feature elegant fine edges that measure only 5mm in thickness. Made possible by the innovative DuraCeram material, which provides outstanding elegance.

With a choice of five finishes, Cape Cod Furniture is a perfect fusion of material and design, with pieces that are designed to be one of a kind.

Finally, the organic curves and amazing thin rim of the freestanding bath, made from Durasolid material is particularly luxurious and comfortable thanks to its integrated headrest.



COLLEGE GARDENS: OFF-PLAN, ON-TREND

Buying off-plan? It's a popular decision for new home purchasers for the flexibility it allows you, as well as the chance to opt into popular developments at the early stages. But along with the convenience of being able to choose some of the details of your new home, it's often hard to judge what it will be like to actually live there – down to simple things like the view out of the kitchen window, or how your furniture will fit into your new home. Trying to imagine yourself in your new home without actually seeing it can make buying off-plan feel a little daunting. Well not any more.

New technology is changing the way home buyers experience off-plan property purchasing, with apps like the one pictured for Jersey's College Gardens development, which include interactive home tours, fly throughs, visualisations and zoom features. It's key for a market that relies on people actually being able to see themselves in their new home – something that's hard to do when you're just looking at architects' drawings.

Virtual technology has the power to bring your new home to life, with all the experience of touring a show apartment, but with far more functionality. The new College Gardens interactive property app gives prospective buyers a real sense of what it will be like to own one of the apartments available for sale.

College Gardens is a development of one, two and three-bedroom apartments on the site of the old College for Girls at La Pouquelaye. Choose from a range of different property styles within the majestic former school building itself or in one of new buildings on the site. All units have their own storerooms and allocated parking, With the app, you can envisage the entire development and see which plots are available, reserved or not yet released. You can also compare what properties are available within your price bracket, and once you have selected a couple of apartments you can compare each unit by square footage, price and floor level, all from the luxury of your lounge.

With a variety of different styles of apartments available at College Gardens, this app is an invaluable tool to help purchasers get access to the full choice of properties available. The new app also includes a unique function, which allows you to customise your chosen kitchen with your selection of doors, handles and worktops.

"New technology is changing the way home buyers experience off-plan property purchasing, with apps like the one pictured for Jersey's College Gardens development, which include interactive home tours, fly throughs, visualisations and zoom features."

and with extensive private landscaped gardens and a gym for residents, College Gardens offers a stylish setting only a short distance from the centre of St Helier. The development is due for completion in Autumn 2018.

Based on cutting edge technology, app developers Axeo have created a virtual experience of the College Gardens scheme. Try it for yourself: to see what living at College Gardens will be like, download the College Gardens app, available on the App Store now or follow the link at www. collegegardens.je For the optimised experience, view the app on an iPad.

College Gardens is a development of one, two and three-bedroom apartments, all with their own allocated parking and storerooms. The Marketing Suite is now open, and to book your individual appointment visit www.collegegardens.je or call 01534 721097 or 07797 756382.







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INTERIOR NEWS

The revolution of our shopping habits...

Mypad combines traditional and state of the art retail experiences to get the best results.

Local retailer Paul Clark is at the forefront of the revolution of shopping habits with a fusion of digital and physical presence for his business Mypad. Paul launched the first cash-free retail outlet in Jersey 18 months ago. The business is now expanding with a larger first floor showroom and a new website mypadci.com which will operate in Guernsey as well as Jersey.

The local online furniture retailer has proved the fusion of Internet and traditional shop is what customers want, with almost 30% growth in sales since merging the two together. Paul, who has almost 30 years experience in local retail, said he believes the High Street can continue to flourish if it embraces the concept of 'the shopping experience', connecting both its online and on-street presence. He said: "What we have found is that people want to choose online, view the quality of physical products in our showroom and then order from an extensive website inventory that no retailer can afford to carry in stock. This means we are able to offer customers exclusive designer ranges, at an affordable price. A traditional bricks-and-mortar shop would simply not be able to afford a showroom large enough to carry the ranges we sell."

If you're looking for new furniture this winter make sure Mypad is your first port of call.



JB Groundworks & Construction: **Project Green Banks**

James Barette started his business JB Groundworks Limited in 2007 solely as a Groundworks Company. The company has since diversified into construction as the opportunity arose to convert farm dwellings into residential houses, which in turn lef to the construction of a three bedroom eco house and various house extensions. In 2013 he was approached by Skyway Developments and asked to construct their first major development in Jersey, Green Banks. This was an exciting opportunity, starting with the demolition of the existing 5 bedroomed dwelling, splitting the plot into two separate sites and constructing two separate 5 bedroomed dwellings with grand gardens and views of St. Aubin.

JB Groundworks & Construction Limited undertake varied building projects from landscaping to complete house construction. No matter home big or small, if you've got a project you need doing give them a call on 07797 818032.



The original single dwelling purchased by Skyway Developments. Permission was then granted for two new homes



JB Groundworks & Construction were hired as the main contractor for the whole development - pictured here doing the demolition.



Here you see the formation of the foundation slab for one of the properties ahead of the steel form work and block work.



Starting on the basement for one of the properties.



This shows JB Groundworks & Construction completing the dig out for the basement, which they'll then start to lay all the steel in.



One of the completed houses



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LAUFEN

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Laufen bathrooms are exclusively available in Jersey from: Bauformat Kitchens + Bathrooms 18-22 Burrard Street, St. Helier, Jersey, JE2 4WS Telephone 869111 | E-mail info@bauformat.co.je

Shining Star at Liberty Wharf

Little Star is the latest addition to the fabulous Liberty Wharf shopping centre. Occupying one of the most listed parts of the Liberty Wharf development this boutique baby and nursery shop offers endless options for new parents or those looking for gifts for the little people in their lives.

Owner Lara Rogers comes with an impressive pedigree, having worked with many of the brands she now stocks for over ten years, this also means she has a genuine passion for her products and a great knowledge base too, which is perfect if you need some advice.

Little Star are the islands only stockist of the Stokke nursery and travel collection, including the iconic Tripp Trapp highchair which is Europe's best selling highchair, a stylish and safe option for your little ones.

Lara can also help you with all the essentials to get you prepared for your new arrival; with changing bags from storksac and the new Storksac Organics baby bath and skincare range. Muslins are an essential for all new parents, so be sure to check out the beautiful Aden and Anais range which come in a variety of colours and patterns. There are also sleep aids from Cloud b, gifts from Belle and Boo, the essential Sophie Giraffe teether and also DouDou et Compagnie.

Little Star also stock a fantastic array of clothing and accessories for both boys and girls aged 0-8 years from brands such as Billieblush, Billybandit, Bonnie Mob and Fabric Flavours superhero tees and Lara has even more collections coming in for next year including footwear and swimwear.





Are you sitting comfortably?

Romerils Furniture Department has some stunning sofas in store which are exclusive to them! There is a huge trend at the moment for white sofas; they're clean looking, simplistic and work in any room scape.

They can be a striking centre piece or blend into the whole room, so for those of you who are pre or post children then this is the trend for you! Pictured are the Ego Italiano leather Ashley Sofa, normally £3741.41, only £3429.99 at Romerils. It is made in Italy and has pocket spring seating for a more luxurious feel, it is available in 40 different pieces so you can create the shape to suit your room. Then there is the lovely fabric sofa from the high tech company Fama. The Opera Sofa is normally £2,859.99, but is currently only £2,619.99 at Romerils. Their sofas are made in Spain and offer a vast range of fabrics and shapes. They even have an augmented reality app that allows you to design your sofa and fabric and then see how it would look in your room!



It's childs play. Transform your child's playroom into something amazing!

Tigerplay is one of the leading indoor soft play companies. Having built on over 30 years commercial experience in the children's leisure and soft play industry, Tigerplay is now producing bespoke designs for your home. Soft play areas have become increasingly popular with young families and are fantastic places for children to run, bounce and explore.

Drawing from their experience in the commercial industry, and listening to the wish-lists of their clients they combine modern luxury materials and fabrics with high spec designs that reflect the lifestyle and personality of the family. They can create an impressive indoor or outdoor multi-functional, captivating space which encourages children to play and learn.

They offer a free consultation service and excellent customer care to take you from the initial design stages through to installation; ensuring all elements of the design process are covered.

Visit the Tigerplay display area at Romerils to find out more or visit www.tigerplay.co.uk

BUSINESS

usiness News

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It's all coming up roses for The Atlantic Hotel

The Atlantic Hotel has retained its highly prized AA Four Red Star and AA Four Rosette ratings for the 5th year in succession, confirming its position as one of the very best establishments in the UK and Ireland.

At an awards ceremony in London last month, the hotel was confirmed as one of only a handful of properties in the UK and Ireland to hold the coveted dual rating, demonstrating excellence in both its hotel and dining experiences.

Hotel owner, Patrick Burke, Hotel Manager, Scott Andrews, Executive Head Chef, Mark Jordan and Head Sommelier, Richard Burton attended the glittering ceremony at the Grosvenor House Hotel on Park

Lane, where Fiona Bruce announced the prestigious awards.

Attended by world-renowned chefs, prominent hoteliers and restaurateurs, the AA Hospitality Awards is a highlight in the industry calendar. Over the course of the evening, the event recognises and rewards the excellent service provided by the very finest establishments. Following a champagne reception, this year guests enjoyed a fabulous gourmet dinner created by Nathan Outlaw, AA Chefs' Chef of the Year 2015.

Sister restaurant, Mark Jordan at the Beach, also secured Two AA Rosettes for the forth year in a row.



JTC acquires signes in Luxembourg

JTC has significantly increased its presence and offering in Luxembourg through the acquisition of Signes, a noted Luxembourg based 'Expert Comptable' business that provides accounting, administration and tax compliance services to institutional investors.

The firm has now been re-named JTC Signes and operates as a sister company to JTC's own Luxembourg operation, which was established in 2009, is regulated by the CSSF and specialises in fund administration, corporate and real estate services.

Signes was established in Luxembourg more than 15 years ago and employs 29 people led by co-founders Eric Biren and Vincent Goy who continue in their roles following the acquisition. Their senior management team is additionally strengthened by Raphael Poncelet who is a partner in the firm. JTC Signes remains at its offices in boulevard de la Petrusse and JTC's existing Luxembourg team has subsequently moved from its previous location to join them.

Together Vincent Goy, Chairman of JTC Signes and Eric Biren, Managing Director, added:

"The transaction with JTC is very much based on our entrepreneurial synergies and gives us the unique opportunity to expand our own service offering, take our clients into the regulated world and join the growing successful international network that JTC is now synonymous with."



Hawksford group shows commitment to Asian market with senior move

Following substantive growth in the 18 months since establishing a presence in the Asian marketplace, Hawksford's group chief operations officer has been seconded to the Singapore office.

Steve Spybey will support further growth within Hawksford's Asian business and consolidate integration across the company's seven international offices. He will work closely with the Asian team, which is led by Asia chief operating officer Jacqueline Low, as well as continuing to have involvement with Hawksford's wider strategic direction.

Hawksford CEO Maxine Rawlins added, 'Steve is an integral player in Hawksford's operational strategy and his move to Singapore underscores our confidence in and commitment to the Asian market. His move complements our international focus and is a natural extension to his existing responsibilities. The Asian market is a significant focus for us and Steve will help us to achieve consistency in positioning Hawksford's corporate, private client and funds services.'

Mr Spybey joined Hawksford's Jersey office in 2014 as operations director. Prior to this he worked at Ernst & Young for 11 years as a Chartered Accountant.





IS THE BUSINESS SUPPLEMENT BROUGHT TO YOU BY







Nedbank Private Wealth wins international banking service award

Nedbank Private Wealth recently celebrated a successful evening at this year's Professional Adviser International Fund and Product Awards in London. The company was named winner of the award for Best International Banking Service and was also highly commended for its wealth management services in the Best International Wealth Management Provider category. Colin Campbell from Nedbank Private Wealth's London office collected the award from comedian Chris Turner on the night.

The Best International Banking Service award recognises banks that provide services to expatriates and considers the range of services available, the choice of currencies and the related financial services offered. The category for Best International Wealth Management Provider recognises the level of service and support offered to international clients.

Greg Horton, managing director of Nedbank Private Wealth, said: "I am delighted that our established Focus service still stands out from the pack and the judging panel selected us against such strong competition from many of the large international banking groups. Focus is our integrated banking and investment service, and to be acknowledged in both the banking and wealth management categories reflects the flexibility and wide range of services available within Focus.

"These latest accolades mark the 15th consecutive year that we have been recognised in these prestigious awards."



Hanson Renouf is shortlisted for two Modern Law Awards

Two Hanson Renouf staff members have been shortlisted in the Modern Law Awards. Now in their third year, the Eclipse Proclaim Modern Law Awards were launched to celebrate and identify sparkling talent and success in entrepreneurship, market development, business management and best practice in the modern legal services arena.

Annette Byrne, Practice Manager, has been shortlisted as the only female in the final four, for Non-Lawyer of the year. She has been recognised for single-handedly developing the role of office, and then practice manager, to provide finance, human resources and administration services to the firm in a much needed role.

Jamie-Lee, paralegal to the family department, has been shortlisted, also as the only female, in the final five for the Rising Star award. Since she joined Hanson Renouf as receptionist in 2011 she has demonstrated a real aptitude and commitment to the firm's Family Law practice.

Due to a large volume of applicants, companies were restricted to only entering two categories, for Hanson Renouf to be shortlisted with both their entries is a great achievement and bears testament to the strength of the team.

Partner, Advocate Barbara Corbett commented: "Hanson Renouf has a commitment to supporting all members of the firm whatever their areas of expertise and experience, we are very fortunate to have such a talented team."



Elian's new depositary capabilities boosts comprehensive range of AIFMD services in Luxembourg

Elian Fund Services has strengthened its Alternative Investment Fund Managers Directive (AIFMD) capabilities with authorisation to provide professional depositary services in Luxembourg. Following the implementation of AIFMD in 2013, fund managers must appoint a depositary to market their funds in certain jurisdictions. Elian launched its first depositary service in the UK following approval by the Financial Conduct Authority (FCA) in July 2014.

Authorisation from the Commission de Surveillance du Secteur Financier (CSSF) enables Elian to be appointed Depositary by managers of AIFs.

Elian director Paul Lawrence said the approval bolstered Elian's comprehensive range of AIFMD services.

'As we continue to build on the successful launch of our Luxembourg office in 2013, I am delighted to be able to support our clients with the provision of depositary services to complement our existing suite of AIFMD services and fund administration capability. Luxembourg is the jurisdiction of choice for European funds, and Elian is ideally placed to service the needs of Alternative Investment Fund Managers and help them meet the regulatory challenges for funds in an efficient way,' he said.

Standard Bank finalists in national 'social responsibility' award

Standard Bank has been recognised in the bba/ifs Financial Innovation Awards, for 'Innovation in sustainability or social responsibility'.

The bank has been shortlisted in these highly competitive national awards for its work with the Mifumi project. To be in the finals, Standard Bank has had to demonstrate how it has balanced the accountability of the 'triple bottom line', financial return, impact on society and environmental responsibility; as well as the benefits for the bank, its stakeholders and society. Standard Bank has been involved with Mifumi School in Uganda for over two years. With support from Standard Bank it now has purpose built classrooms and teachers' accommodation, along with fresh water and boarding for pupils who have to travel many miles to get to school. Alongside fundraising for the school, they also work actively to increase understanding between the communities in which it operates and the remote area of Uganda. It's a natural synergy between Standard Bank's African heritage and its offshore offices.

Once again you'll welcome THE BIG FREEZE

If you take out a **personal loan** from **Close Finance** before **30th November 2015,** you'll be able to enjoy Christmas and the New Year as you'll **pay nothing until February 2016**!

Whatever you want to use your personal loan for... perhaps a new or used car, a dream holiday, home improvements, or if your business is looking to fund a new project? Then look no further... but hurry, this offer ends 30 November 2015

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Close Finance is a registered business name of Close Finance (CI) Limited, which is a subsidiary of Close Brothers Plc. Regulated by the Jersey Financial Services Commission for the conduct of General Insurance Mediation. Subscriber in Jersey to the Code of Practice for Consumer Lending – sponsored by the Jersey Consumer Council. All loans are subject to status. Terms and conditions apply.

A Capeer in Compliance?

Compliance can be a challenging but genuinely rewarding area of work. People used to assume this area of a business was boring well not anymore!

In the past the Compliance Officer may even have had the internal reputation as someone who slows down opportunities for development or who works against the growth of a business. The truth, however, is that Compliance works with a business to support growth and ensures robust protection for both the companies' clients and for the business itself.

With the evolution of financial regulation we have seen huge growth in job opportunities within the risk and compliance sector. As the Risk and Compliance departments of our clients develop we also see a greater range of the positions that are available within them.

What is Compliance?

In general, compliance means conforming to a rule, such as a specification, policy, standard or law. Regulatory compliance describes the goal that organisations aspire to achieve in their efforts to ensure that they are aware of and take steps to comply with relevant laws and regulations.

What does a Compliance Department do?

- Identify the risks that an organisation faces and advise on them
- Design and implement controls to protect an organisation from those risks
- Monitor and report on the effectiveness of those controls
- Resolve compliance difficulties as they occur
- Advise the business on rules and controls



What skills do I need to work in compliance?

- Investigative skills and attention to detail
- Communication Skills
- The ability to balance your interpretation of regulations with the business objectives of your employer
- Problem-solving skills
- Analytical skills
- Organisational skills

What Professional Qualifications are there?

There really are long term development opportunities in this area of a business and the International Compliance Association has various qualifications including:

- ICA Certificate in Compliance a great introduction to the subject of compliance and a good stepping stone to higher level qualifications below.
- ICA Advanced Certificate in Compliance an intermediate level course providing the knowledge and skills necessary to carry out a compliance role effectively.
- ICA Diploma in Governance, Risk and Compliance an advanced level qualification aimed at those who wish to build on their existing compliance experience.

It will keep going...

We don't see the increase in job opportunities for this area slowing down - the changing regulatory landscape is fuelling a consistent demand for candidates at all levels whilst at the same time, there is an on-going shortage of suitably qualified candidates as it's a relatively young profession. There has never been a better time to join this booming area and ensure that you have long term career opportunities. We have an abundance of roles with varying clients so if you are a seasoned compliance professional or someone who works in another part of the business but enjoys the risk or compliance side of your role then get in touch with one of our team!





t in www.**park**.je

Check out some of our extraordinary Compliance opportunities...

(fund) Compliance Administrator

Our progressive and growing client are seeking candidates with over 12 months' experience in Compliance. This role will support varied functions novever the initial focus will be on the on-boarding of clients.

(Trust) Compliance Administrator

We are looking for an enthusiastic and self-motivated individual with 1+ year's compliance, KYC or relevant business experience. Candidates should have knowledge of the local regulatory regimes, strong communication skills and a methodical and solution driven approach.

Corporate Client <u>On-boarding Officer</u>

We're looking for someone that is as risk-orientated as they are customer focused, to join this global businesses corporate area as a Client On-boarding Consultant and act as a crucial pillar of support to both Relationship Managers and customers.

Contract CDD Administrator

We have a contract role working within a Remediation team to complete High Risk Reviews of customer files. To remediate the existing customer portfolio by completing beneficiary owner, key principal requirements on existing customers in accordance with Know Your Customer (KYC), Know Your Business (KYB) and Anti Money Laundering (AML) policies and procedures.

carly@park.je



Carly James - RECRUITER -

CAREER NINJA

Senior CDD Administrator

Working as a key member of the CDD team the role will support the Assistant Manager with the collation, processing and administration of CDD with a particular emphasis on the take-on process for new investors.

Senior AML Analyst

This role will specialise in AML/CFT assisting with the continuing CDD procedures both pre and post client take-on and will be a key advisor to the business, clients and investors on AML matters.

Compliance Advisor

This role is to provide compliance advice to all the business areas which operate in Jersey. The prime focus of the role will be delivering compliance advice as a subject matter expert helping shape the business for growth.

Risk & Operational Controls Officer

This role is responsible for overseeing the risk control framework acting as the interface between the Front Office and Operations and is responsible for identifying, escalation and monitoring of the resolution of any identified breaches of procedures.



Senior File Reviewer

A small independent Trust business are looking for an experienced File Reviewer to undertake review work as well as supporting the Compliance Manager with varied duties.

Senior Compliance Officer

This is a varied role supporting both TCB and FSB of this global player. Candidates must hold at least 5 years experience, relevant professional qualifications and ideally supervisory skills.

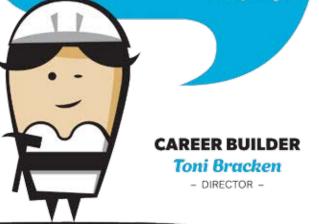
AML Manager

This role manages a team of AML Analysts in supporting the continued growth of this dynamic fund business. ICA Qualifications, solid team management skills and relevant experience are essential.

Compliance Manager

The purpose of this position is to act as the Compliance Representative within the Groups Jersey office, taking responsibility for the day to day compliance activities and forming part of the group-wide Risk and Compliance Team, assisting with its on-going development and implementation of the Groups compliance strategy. A minimum of 6 years' relevant experience is essential.

toni@park.je







MOURANT OZANNES MEET THE TEAM

Victoria Cotter

I joined the Mourant Ozannes Corporate Services (MOCS) team at the beginning of the year and my time here has been fast paced, exciting and varied. The last ten months have flown by!

I had to hit the ground running when I joined and the role has continued to present me with new challenges which have enabled me to define my place within the team and grow the role I want, making excellent contacts and relationships both inside and outside the business to develop my own career path.

With such a new team, there are excellent opportunities to make a real difference in how the business operates. Being included in decision making has made me feel valued by my peers and by the business. There is a real culture of respect within the team and we all draw on each other's knowledge as all of us come from different working backgrounds.

Working so closely with the law firm is an invaluable tool and there is such a wealth of knowledge for us to draw on which enables us to have any questions answered quickly, it always feels like nothing is too much trouble.

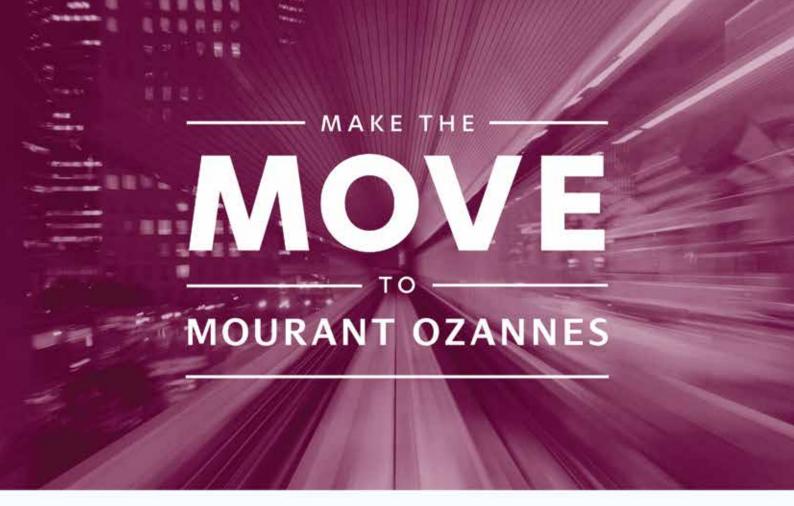
Claire De La Haye

MOCS is the corporate services team within Mourant Ozannes with offices in Cayman, Guernsey, Jersey and Hong Kong. We work really closely with our colleagues in the law firm which, together, allows us to provide a seamless legal, corporate and fiduciary service to clients.

Mourant Ozannes Corporate Services has been up and running for two and a half years and it's really exciting to work for a relatively new business and be part of its development. Our team is constantly growing and we are still able to provide a dynamic working environment with each member of the team helping to shape our future.

My current role as Assistant Manager means I am responsible for administering a varied portfolio of entities and provide support to the team. Every day is different, from taking on new business, attending client meetings, growing our relationships with our clients and intermediaries, to managing day to day requests from our clients.

My favourite thing about working for Mourant Ozannes is the purple colour theme (aka MO-aubergine!) and all the friendly people! Mourant Ozannes is a really supportive company to work for and there are lots of opportunities both in and outside of work. We recently entered 12 teams (not just from the Jersey office) into the Mourant Ozannes Relay Marathon (which MO are proud to sponsor for the 6th year running) and entered teams in the 5k corporate running cup and corporate hockey league.



Accountants & Administrators

Jersey | All levels required for growing teams

Mourant Ozannes Corporate Services is a wholly owned affiliate of leading offshore law firm, Mourant Ozannes. We provide a comprehensive range of corporate administration services through a dedicated team of experienced professionals in the Cayman Islands, Guernsey, Jersey and Hong Kong.

Our blue chip client base includes majfinancial institutions and global corporate and we routinely work alongside the most prestigious international legal practices and accountancy firms.

Together with Mourant Ozannes, we provide our clients with seamless legal and corporate administration services. Our professionals deliver bespoke solutions to our clients and assist them in complying with all relevant legal and regulatory requirements.

Mourant Ozannes is currently looking for Accountants and Administrators of all levels to join the growing Corporate Services business in Jersey.

We are looking for dynamic, enthusiastic and driven candidates who are looking to develop their career with a leading corporate services team. Solid corporate and/or financial services experience within an offshore environment along with a relevant professional qualification would be desirable.

If you are looking for that next challenge and would like to hear more about these exciting opportunities, please contact Rebecca Law; rebecca.law@mourantozannes.com for a confidential conversation today!

MOURANT OZANNES

Movers&Shakers &



Bedell Trust announces series of appointments

Bedell Trust has strengthened its private wealth management team and made nearly 20 promotions across the business including directors, senior managers and trust officers.

A trust professional with substantial experience, Prapa Pearce has joined the private wealth management team as a trust director. Prapa, a Fellow of the Association of Chartered Certified Accountants and a member of the Chartered Institute of Taxation, has a career of nearly 20 years in international financial services.

Those promoted include Claire Drummond, who has been appointed a trust director in the employee benefits team, Tim Trott, now an associate director in the London office and Amy Collins, who becomes an associate director with Bedell Family Office. Amy and Samantha Symons, currently a director of the private wealth management team, were this year included in eprivateclient's annual 'Top 35 Under 35' list of rising stars of the private wealth industry. Lee Anderson, Karen Morris, Joe Conway, Frankie Pritchard and Paul McGuiness have been promoted to management positions in Bedell's Jersey headquarters and Michael Houlihan in the Dublin office.

Emma Seal, Samantha Guy and Alice Gouyet from the private wealth team and Laurel Syvret from the employee benefits division are promoted to senior trust officer in Jersey alongside Tara Dufty, based in London, while Emma Le Boutillier becomes a senior fund administrator. Jersey based Kristy Nicolle, Jenna Murphy and Catherine Bell have also been promoted to new fund administration roles and Gemma Esterson to trust officer.

Welcoming Prapa to the company and adding his congratulations to all those to gain promotion, Nick Cawley, CEO Bedell Trust, said I'm delighted that we have been able to recognise the contribution of so many during an exciting period in the growth of the company.'



Local Talent Excelling at Longueville Manor

A local hire of Longueville Manor has received a fast track promotion. Hannah Le Masurier has been appointed Reservations Manager and is a prime example of how the industry can support local talent to excel in the hospitality industry.

After being educated at Bel Royal and Beaulieu Schools, Miss Le Masurier embarked on a career in hospitality. She has now worked in the industry for two years and joined the Relais & Châteaux Manor in January 2015 as a receptionist. The promotion is testament to her hard work, ability and outstanding customer service skills. The recently released Jersey Destination Plan states that tourism decline is partly due to the shortage of local people going into hospitality.

Hannah Le Masurier, Reservations Manager, Longueville Manor says: 'People often stereotype the hospitality industry in Jersey whereby it is not considered an ambitious career but I have found the exact opposite. There is so much opportunity and the standards are particularly high at Longueville Manor. Being local to the Island I can really assist with questions on subjects such as best beaches, restaurants, secret picnic locations and best walks and I know that our customers really appreciate that local touch. I hope other young people follow in my footsteps and take a serious look at hospitality as a career'.

Malcolm Lewis, Proprietor, Longueville Manor, says: 'We are delighted with Hannah's performance and believe in rewarding people who work hard and show great dedication. We have much to do as an industry to engage local people in hospitality and meet Visit Jersey's ambitious objectives. We need to act now and encourage re-investment, up-skilling and innovation to ensure we remain an attractive visitor destination.'

Got something to SHOUT ABOUT?!

Email your news to business@gallery.je



AP Group appoints Head of HR

AP Group Global, a world-leading group of specialist recruitment consultancies, is pleased to announce the recent hire of Chara Christou as the new Head of HR. Joining at an exciting time of AP Group's 25 year history, Chara will continue to build on the company's success as an international boutique recruitment firm, and also utilise HR best practice knowledge to meet the needs of AP Group's expanding business and strengthen the overall operations of the firm.

Chara, who is based in AP's Cyprus offices, will lead the company's HR team, by establishing the function's presence within the business, providing HR strategic planning, management and supervision, coordinating the company's resourcing requirements, optimizing employee engagement and forging business ties with global clients and candidates.

She will focus on talent acquisition, by attracting specialised recruitment consultants that match the organisational divisional needs and importantly have the drive and ambition to develop the company's presence in new and existing trading locations.

Gina Le Prevost, CEO and Founder of AP Group, said: "Chara has an excellent indepth HR experience, relevant to the key areas we wish to nurture and develop. I am very much looking forward to working closely with Chara and her team."



Rowlands Grows Recruitment Consultancy Team

Rowlands, a leading Jersey recruitment agency, has recently welcomed new temporary recruitment consultant Maggie Meiklejohn and welcomed back, recruitment consultant, Claudia Sutton, to their team.

As a temporary recruitment consultant, Maggie will provide a personal service to clients and candidates, building and maintaining relationships to fully understand their short-term and longerterm recruitment needs and how temporary recruitment can fit into this.

As recruitment consultant Claudia will facilitate the recruitment of permanent and contract staff for client companies and building on developing key candidate relationships, so that Rowlands can better support their current and upcoming recruitment needs. The role also includes working between clients and candidates to progress interviews and communicate feedback, offers, declines and acceptances.

Jeralie Pallot, Managing Director of Rowlands, commented "I'm absolutely delighted to welcome our new team member Maggie and welcome Claudia back to Rowlands! I look forward to seeing them settling into the team and using their considerable experience and insights to match people with their dream jobs."



Voisin Law Strengthens Capital Markets and Funds Offering with Key Appointment

Voisin has appointment Howard O'Toole as an Associate in its Commercial Department.

Howard has over 15 years experience in all areas of offshore capital markets and structured finance transactions. His extensive practice also covers banking, finance and investment funds.

Prior to joining Voisin, he spent the majority of his career working in structured finance specialising mainly in securitisations, repackagings, Tier 1 capital raising, MTN and commercial paper programmes. He gained a solid international reputation amongst practitioners, arrangers, issuers and other finance parties for his prompt, clear and practical advice.

More recently, he acted in several major UK project finance and real estate transactions, which involved the acquisition of various business parks, the redevelopment of historical landmarks and the acquisition of prime retail units in London.

Howard says: 'I'm thrilled to be part of the team at one of Jersey's most respected and longest established law firms which undoubtedly matches, if not outperforms, some of the larger players in the Jersey market. The expanding and busy team is very focussed, proactive and above all passionate about its work'.



Digital Jersey Welcome Three New Team Members

The new team members will support recently arrived CEO, Tony Moretta, as he leads the organisation to develop Jersey as a recognised digital jurisdiction.

Specifically, the new recruits will fill roles that focus on developing the three work-streams -Business Development, Skills Availability and Development and the Ecosystem. Gwyn Garfield-Bennett, Head of Marketing and Communications. Gwyn is a highly experienced media professional, having worked for UK national TV, including for ITN and BBC in London and Jersey, newspapers, magazines and in PR. She founded Jersey Coders, a teenage coding club, where she mentored Team Hydra, an all-female coding team which reached the semi-finals of the global Technovation Challenge. Gwyn is also developing her own digital skills by continuing to study coding through Digital Jersey's coding programme.

Chris Knight, Development Officer. Chris has implemented successful sales campaigns and managed complex data solutions for high profile financial clients at Jersey Post, he specialises in marketing and business development. Chris will be responsible for ensuring the organisation works alongside industry and government to implement digital strategies. He also brings with him considerable cross-sector experience having managed projects and relationships for the States of Jersey including cyber security and the Channel Islands Regulatory Authority.

Jessica Draisey, Events Membership Officer. Jessica has previous experience in marketing and journalism and will assist with ensuring a high standard of events to suit industry needs. She will help with communications to ensure Digital Jersey has a strong presence among the public and media. Jessica's appointment is in line with Digital Jersey's industry objectives, which include developing a raft of educational and skills initiatives to attract graduates back to the Island and to nurture local talent.

Bedell Trust and Singapore Trust Company announce senior appointment

Robert Ayliffe has been recruited as Bedell Trust, Managing Director Asia, with effect from 1st November 2015.

Robert, who has been based in Singapore for the past two years, qualified as a Chartered Accountant in Jersey in 1996. He spent over 15 years with one of the big four international accountancy firms specialising in financial services and working in Jersey, Kuala Lumpur and London. In 2007 he joined another major group to specialise in trust, corporate and fund administration services, for the last two years concentrating on business development from Singapore.

Following the acquisition by Bedell Trust of a majority stake in Singapore Trust Company, he will be taking up the opportunity to focus on growing these service lines for Bedell Trust and Singapore Trust Company in the Asian region. In that respect he will be working alongside the Managing Director of Singapore Trust Company, Rudy Tan, and with Michael Richardson as Executive Chairman of Bedell Trust, who has led the expansion of Bedell Trust's services in Asia for the past five years.

Robert commented "I am glad to have had the opportunity of joining Bedell Trust and Singapore Trust Company at an exciting time in the development of the group".

EY appoints new audit director Emily Nooruddin has joined EY's team in Jersey as an audit director.

An ACA (Associate Chartered Accountant) qualified accountant, Emily began her career in London before relocating to the Cayman Islands in 2009 where she worked as a senior manager with a focus on investment management clients.

With nine years' experience in financial services audit, her track record includes managing a large portfolio of clients in the alternatives investment sector including hedge funds, mutual funds, private equity, funds of funds, venture capital and investment advisors.

She is experienced in advising clients on the impact of cross-border regulatory issues including AIFMD and FATCA. Her experience in both the UK and the Cayman Islands has also allowed her to develop expertise in several accounting standards including IFRS (International Financial Reporting Standards) and US GAAP (Generally Accepted Accounting Principles).

In her new role Emily will focus on providing audit services to local and global clients in the Wealth & Asset Management sector, including those within the real estate and private equity sectors.

Andrew Dann, EY's Channel Islands managing partner, said: "Emily's experience of working across multiple jurisdictions, along with her exceptional technical knowledge, will prove invaluable. Her proven experience within the Wealth & Asset Management sector will be fundamental in assisting our clients."





UP CLOSE & **Personal** With the **Prainers**

The health and fitness industry has seen unprecedented growth over recent years. We've all become far more aware of the importance of looking after ourselves inside and out. But. there are so many different options available to us when it comes to choosing who or what we invest our time and money in. So with this, and this months theme, in mind we talked to seven fitness industry professionals about what makes them different and what their specific area of focus is. Whilst they may all be personal trainers they each bring something slightly different to the party, but each and everyone did have something in common, they were all equally as passionate about their industry and we're sure would all be a pleasure to train with.



DAN GARRIDO FX FITNESS

I operate from my own private and exclusive personal training studio. I am also one of the coaches at Jersey Crossfit's new facility at Commercial Buildings. www.fx-fitness.co.uk

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

I treat every client individually - not everyone has the same goals or abilities and therefore everyone should be trained differently to achieve this. Intensity is something that is sadly lacking in the many people's routines so I endeavour to reintroduce this, whilst ensuring that all movements are carried out with correct form. I'm a certified Olympic Lifting Instructor and Advanced Kettlebells Instructor so have a wide range of tools at my disposal to improve a client's strength and conditioning. My speciality is training runners and endurance athletes – I have been privileged to work with the first channel island finisher, and also the first lady in 40-50 category in this year's Jersey Marathon. Having a running background puts me in a great position to know how to get the best out of people and use good technique and carefully selected exercises to improve efficiency and performance.





ELLY HODGSON FITBODY JERSEY & THE ROCK FITNESS

I operate from the health clinic based at Castle Quay or from the Rock Fitness studio on Le Breton Lane, the best way to get in touch with me is email elly@fitbodyjersey.com

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

I am different from other trainers because I have been there and done it, I have experience working in the finance industry so understand the pressure and demands from it, I am also a full time mum so also understand how chaotic family life can be. I try and use my own experiences to help those that I train and ensure my programs fit into each of my client's lifestyles realistically, without our sessions feeling like a chore. I specialise in pre and post natal training, so expectant mums to be (who are currently active and wondering what to do whilst their pregnant. There are a great deal of many benefits for keeping active during pregnancy and new mums with our aim to make them strong, healthy and happy mums, I also have a strong focus on correcting posture post pregnancy and checking for recti diastatis (split abdominals).

NICK DINGLE BB FITNESS

I work from BB Fitness on Stopford road, Jerseys most exclusive private gym. Contact me at nick.dingle@bbfitness.je

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

I focus training around clients hectic lifestyles, making the most of the time spent together, whether it be four times a week of a quick 30 minute session once a week. Mobility training and flexibility work is a key element of my training, to allow my clients to move freely during and after sessions. Mobility is developed through body weight exercises, foam rolling and distracted stretching. Alongside their mobility and flex work, giving my clients a base in strength training that will allow them to do what they want when they want without feeling those niggles or pains. I work through a holistic approach, allowing for a gentle transition through phases of training and life for each client. Clients demands range from increasing strength and speed, improving cardiac fitness, reducing pains, to rehabilitation. Sessions are always fun and imaginative, letting people get away from their daily routine and put their efforts into developing their fitness. No client is ever the same, I provide a unique and individual approach to reaching clients goals. If you don't have a goal, I'm sure I can find you one and reaching it will be one of the best things vou do.



JOEY MAGRATH EQUILIBRIUM FITNESS

I'm based at LH fitness, Journeaux Street, St Helier.

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

The main thing would probably be my boxing background, I've got more than 15 years experience of the sport and was an amateur boxer for Jersey Leonis in which I reached national level competition, beating the English middleweight captain. I try and use boxing techniques/skills/drills within my sessions and have coached fighters from those who have never boxed before up to a competitive level. I also incorporate metabolic circuits using kettlebells, body weight and resistance bands. I also focus a lot on strength and conditioning, for this I use barbells and kettlebells and everyone's favourite: sprints! Depending on what your goals are will determine what we do in our sessions, they can vary from boxing to weights. If you come and see me for a boxing session then we will have a focussed 30 minute sparring, pad work fitness focussed session. If you're coming for 1:1 training then during the hour we will warm up, weights means concentrating on technique and finished off with a cool down and stretching, which is just as important. I pride myself on making an emotional investment in my clients, I think it's important to gives follow up to our sessions, that can come in the form of calls/texts and sometimes even homework. It's not just about our time in the gym.



RAI GARCIA-SINGH EL TORO ELITE FITNESS TRAINING

I am based at BodyRox, 6 Seale Street, St Helier.

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

During the week with regular clients and deal with all aspects of training; from rehab to preparing a client every year for a five day nordic skiing uphill event which averages at eight hours of nordic skiing a day. I have been training myself for over 30 years and my greatest achievement to date would have to be being British Body Building Champion in 1998. My philosophy and approach to training has changed completely over time. It's now about a balanced total body approach which includes; strength training, muscle endurance and hypertrophy (building size), it's not all just about lifting the heaviest weight you can. Away from the gym I specialise in outdoor training - and I coach every Sunday morning up at the 'secret garden' St. Peters (Rugby Club). These sessions involve strength training, sled work, prowlers, ropes, tyres, hammers and alpha bags. I use all of these things for either a HIIT session or sets and reps. These sessions are attended by MMA fighters, boxers, rugby players and other high performance athletes. Perhaps most notably Liam McGeary started doing my outdoor training many years ago and is now Belatour MMA World Champion. I'm always flattered that I get other personal trainers coming to me for 1:1 sessions to focus on their technique for training deadlift and squats, I'm also doing specific lifting technique sessions for the members over at Crossfit Jersey.

RYAN COOKE PHYSIQUE TRANSFORMATIONS

You can find me and the rest of the team at LH Fitness Studio, based on Jouneaux street, St Helier.

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

What makes us different is we are more than just personal trainers who put you through a beasting, we offer a signature Transformation program that overhauls our client's mindset and habits to allow them to enhance their health and fitness and achieve the results they truly desire and haven't perhaps been able to achieve before. We take a personal approach to every client because we know every client has a different story to tell. We're so confident in our signature transformation program, that we guarantee results or we'll give you double your money back! To continuously grow our business is a big part of our vision, which means we plan to have our own gym in the near future but until then LH Fitness is our home for now!. We want to give as many people as we can the opportunity to transform themselves both mentally and physically.



LUCY O'SULLIVAN RAD FITNESS

You can find me at Rad Fitness at the Radisson Blu Hotel or on Facebook LOS PT.

WHAT MAKES YOU DIFFERENT FROM OTHER TRAINERS AND WHAT'S YOUR AREA OF FOCUS:

I have years of experience coaching athletes and am an athlete myself (many may recognise Lucy thanks to her success as a GB Archer). Jersey sport foundation employ me to coach Jersey's top local athletes. I also train the academy and ladies players at the Jersey Rugby Club. The good thing about my coaching is that I can make my 1:1 or 2:1 personal training sessions just a little taste of what it's like to train like an athlete, or I can give you the full athlete experience. I am also qualified as a Corrective Exercise Specialist (useful for people with bad backs or injuries), a Performance Enhancement Specialist (useful for athletes and people aiming towards a goal of completing a marathon for example). Strength and conditioning focuses on agility and sprinting, Olympic weightlifting (which I love), plyometrics and weightlifting. I can adjusted the type of training I offer to each individual, and we can work around any injuries or life stresses. I also offer nutritional advice and am there 24/7 for all of my clients to make sure that they are keeping up to their goals and losing weight and changing shape in the right way, or just helping them to get or stay fit and strong.

BRAZILIAN SOCCER BRILLIANCE

WORDS Stephen Arthur

I'm sure many readers will have heard of Will Partington, through some form or another, however he is best known for his work that he does for Beach soccer, and Brazilian soccer schools working with all ages all around the island to teach the elegant Brazilian game to youngsters, who are used to the more physical English game.

PROGRE

Recently, Will was named Global Head Coach of the organisation, which was founded after former owner, Simon Clifford had a chance meeting with Brazilian football legend and renowned free-kick specialist Juninho and his father. Will, who joined the organisation when he was in his 20s, hsa represented England in beach soccer and has been able to observe the coaching set ups in top brazilian clubs such as Fluminese and Flamengo, making him the ideal choice for the position.

In 1894, Charles Miller traveled to Brazil and was an imperative component in the introduction of football in Brazil and by the 1920s, football was extremely popular around the country, however there was not enough room within the cities for proper football pitches so the game of Futebol de Salão was born, using handballs in handball courts. The game was 5-a-side and became extremely popular and many famous Brazilian players such Pele, Zico and Rivaldo learned this game before transferring their skills to the 11-a-side game where they were praised for their high level of technical skill which can be attributed to their time spent working on Futebol de Salão.

After FIFA decided to promote Futsal, a different form of 5-a-side using a different type of ball, Futebol de Salão all but died out in Brazil, and so after his meeting with Juninho and a trip to Brazil, Simon Clifford set up the Brazilian soccer school, to keep the game alive.

In 2012, Rupert Lowe, ex chairman of Southampton FC took control of the organisation with the intention to expand the business further. During his time at Southampton, Lowe worked with Sir Clive Woodward and recently, Lowe has asked Sir Clive if he can help the Jersey branch of Brazilian Soccer Schools find a sports dietitian, to form age specific diets that would be used alongside the fitness sessions offered at Brazilian soccer school, allowing further improvement of Jersey's upcoming players



Why settle for anything less..?



Fay Cooper PT

Gary Willmett P

Lucy O'Sullivan PT

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Only for women

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BORN IN A GARAGE IN JERSEY RAISED IN THE MOUNTAINS



WORDS Sara Felton

Sadly Summer seems to be a distant memory and winter is now rapidly approaching, which for many of us means that so is the winter sports season. Well it doesn't matter if you're a seasoned pro or someone considering booking a winter holiday to the mountains for the first time, safety is something everyone should consider before hitting the slopes. Gone are the days when donning a helmet made you the outsider, now it's all about who's got the coolest lid.

Well Jerseyman Steve Catterson has taken slope safety to a whole new level and developed a groundbreaking new snow sports helmet and all from a workshop in his garage here on the island. Having spent months mulling over the idea of creating a helmet that would allow you to explore the mountain whilst staying connected to others in your group, he has created the LinkPro Explore 1.

Features include helmet to helmet communication capabilities, keeping you and your party connected between a distance of 3km, Bluetooth 4.1 control and connectivity, means you can connect your tunes and your calls, winner. On to the safety features including MIPS technology, which employs a small plastic piece that breaks during harsh impacts and allows the liner and outer shell to rotate separately, which reduces the stress of ragdolling on your brain and is equipped with RECCO avalanche rescue system in case of an emergency, which hopefully you'll never need to use!

So that's the technical specs out of the way, now down to the most important thing

that differentiates the LinkPro Explore 1, it has interchangeable panels so you can customise the look of the helmet. That's right, there's no need to worry about your helmet being the only part of your outfit that is throwing off your chances of styling it on the slopes, you can make it coordinate and top off your look, all whilst knowing you can stay in contact and safe too! Independent filmmaker Pierre Thiebaut had unrestricted access to tell the full story - as he chose. This revealing documentary gives an insight into just how hard it is to execute a project of this magnitude, you can find this and other awesome videos of the helmets being tested by pro athletes on the mountains on YouTube.

"If you've ever wondered what it takes to turn a dream into reality, to actually start a startup then you can follow the three part documentary, 'Journey to the Mountain', which follows Steve's process from inception right through to production."

If you've ever wondered what it takes to turn a dream into reality, to actually start a startup then you can follow the three part documentary, 'Journey to the Mountain', which follows Steve's process from inception right through to production. The film will provide an insight into the trials and triumphs he has faced whilst not only starting a company but also trying to deliver a physical product. Whilst the LinkPro Explore 1 isn't currently available to buy from regular retailers you can play a part in getting this homegrown product to market when it's launched through Kickstarter.

Facebook: linkprosports

CAN THE BRITS BEST THE BELGIANS IN THE DAVIS CUP FINAL?

WORDS Stephen Arthur



ANDY MURRAY

Great Britain

Singles titles: 35 Career record: 542-161 Highest ranking: 2 Current ranking: 2 Record vs Goffin: 1-0

DAVID GOFFIN Belgium

Singles titles: 2 Career record:87-74 Highest ranking: 14 Current ranking:16 Record vs Murray: 0-1

While the star of the British squad may be obvious , the Belgian singles star, David Goffin is less well known. Having never reached past the 4th round in a grand slam and having never beaten a top four players Goffin should hopefully be easy prey for the British number one.

However Goffin has shown he can hang with the best beating Jo-Wilfred Tsonga and Milos Raonic, both top 10 players. Following Wimbledon in 2014, Goffin went on to win consecutive tournaments, only dropping 2 sets throughout this run of form.

On face value, Britain should have every edge in this matchup, they have the super-star singles player of Andy Murray, who is in seemingly in the form of his life, blitzing any singles opposition that he has been faced with in the Davis cup so far

Murray's only match against Goffin was during his 2014 Wimbledon run, here he dispatched of him in the first round. and many at home will be hoping that Murray can win his 2 singles games, which would set up Britain within reaching distance of the title

ROAD TO THE FINAL

On the other side of the final is the unlikely Belgium, who faced modest opponents, however, in the first round they performed a huge upset by defeating Switzerland, which was still a shock despite the fact the swiss were missing world number 3 and 4

Argentina and Canada on their way to the final, who proved respectively, Roger Federer and Stan Wawrinka

Britain has broken their 27 year duck, led by Andy Murray, beating out USA, France and Australia to reach the final. Incidentally those three teams are the 3 highest in the rankings for Davis cup wins with 60 wins between the US and Australia alone. It has not been easy for Britain, but a mammoth effort from Murray helped open the way for players like Ward to close out the match-up

However one factor has not been taken into account, and that is the home advantage. The match will be hosted in Belgium and the majority of the crowd will be cheer the Belgian team. As shown by the British, home support is extremely important to lift players and push them over the edge to a victory.

Crowd support is also important for British star Andy Murray who is an

extremely emotional player, known for his outbursts of anger and frustration while on court. The Belgian courts will also be clay courts which will favour the Belgians who are used to playing on that surface in comparison to the British team which is more accustomed to hard or grass courts.

With question marks raised over Andy Murray's fitness ahead of the match as he may be obliged to play in the ATP World

tour finals, which are taking place 2 weeks before the Davis cup final, let's hope that he is in fighting form ready to bring home the Gold

Britain are firm favourites headed into the final, however the outcome is heavily reliant on Murray and for the British squad to bring home the win, we have to hope that Murray brings his A game.

ABOUT THE DAVIS CUP

Harvard University, and a British team. With 9 titles to their name, Britain is joint 3rd place with France on the all time winners list, although they hard considerably behind Australia and USA, who have 28 and 32 titles respectively. Britain's last tile came nearl 80 years ago, in 1936, with their last final appearance being in 1978.

Each round consitsts of 5 matches, 4 singles games between the 2 best players from each neation, and 1 doubles game. Each singles player plays both of the opponents singles players in a 5 set match.

THE DAVIS CUP FINAL

Date: 27-29 November 2015 Location: Flanders expo, Ghent, Belgium Surface: Clay, indoor Ball: Babolat French Open ball

Gary Willmett

(Mr. Channel Islands 2015)

WORDS Rick Jones

SPORTSPERSON OF THE MONTH

On the penultimate Sunday of September this year, Jersey Opera House was host once again to the Mr. and Miss Channel Islands Bodybuilding Championships. Amongst the jostling line-ups of super-lean, super-tanned and super-dedicated competitors that took to the stage that day was one usually unassuming yet universally popular personal trainer who by his own admission "only takes (his) clothes off in public twice a year".

However, taking his clothes off this year would reveal a the results of 16 weeks of super-strict dieting and countless hours of highly-considered gym-time that despite coming after his only long-term break from training in the last six years, would wow crowd and judges alike and win him the coveted Mr. Channel Islands Overall title (and, importantly, a massive sword in place of a trophy!).

Catching up with Gary is a great eye-opener to anyone who may think of bodybuilders as swaggering posers. What you'll find instead, is a friendly-if-sightly-introverted guy who gives nothing but enthusiasm once you bring up his sport. "And it is a sport", he tells us "I figure anything that puts you out of breath to get it done surely qualifies – although I can see why some people see the performance side of it – as well as the resulting bodies – as more of an artistic endeavor."

"The thing is, the eventual routines that you see on the stage are massively physical in themselves. To present every muscle in your body that way – flexing even when you're just standing – takes more effort than anyone who's never done it can imagine. You have to realise that by the time you get on

stage you've been dieting for anything from 12 to 16 weeks, along with cardio and weighttraining to get down to around 6% bodyfat and limiting water consumption in the days before, just to get under hot lights and flex as hard as you can to show what you've created".

If quoting that part makes it sound like Gary's complaining, then we have to explain that he said it all with a smile on his face and obvious pride in his sport and fellow competitors. "That one hour on stage just makes it all worth it - the crowd cheering for you and knowing that you're (hopefully) in the best shape of your life - there's nothing else quite like it!".

Gary first began training at 23 years of age, when following a break-up with a girlfriend, his brother, Mark, took him to Fort Regent to get him training. "(Back then) I used to go to the (bodybuilding) shows that Dave Gardiner (of The Supplement Store) put on, and every year I'd look at the guys competing and be convinced I wasn't big enough - thinking 'nah', but maybe one day".

That 'one day' finally came in 2009, when Gary – then aged 29 – saw a friend posting Mr. Channel Islands contest preparation videos on Facebook, and thought "well, if he's doing it perhaps it's time that I did too". Gary went on to win his class (beating the aforementioned friend that inspired him) and came second overall, missing the top spot by just one point – to a competitor 20kgs heavier. "The judges told me my condition (definition) and symmetry were on-point, which had put me in serious contention for the no.1 spot. That gave me a lot of confidence – and qualified me for the British Championships. I came 9th out of 17, which came as a surprise again!".

"Catching up with Gary is a great eyeopener to anyone who may think of bodybuilders as swaggering posers. What you'll find instead, is a friendly-if-sightlyintroverted guy who gives nothing but enthusiasm once you bring up his sport."

Gary carried on training and competing, and it's easy to tell from the 'progression' pictures he posted on his Facebook page (facebook. com/garywillmettfitness) on September 24th, that he continued to add size and refinement to his physique in a consistent manner – something that many long-time competitors in bodybuilding often find difficult. It certainly earned him his Mr. Channel Islands title this year, where according to Richard O'Connor (owner of Bodyrox gym) "(Gary) was clearly wider than everyone else in his class, and in incredible condition".

So what advice does Gary have for upcoming competitors? "You need discipline enough to stick to the diet... I'd say diet is 90% of it. It's no good being 25% bodyfat at 12 weeks out and expecting to come in looking your best. I'd begin by cutting out bread at 16 weeks out and milk in the weeks following so that by the time my diet really starts, I'd already be in what others would call good shape. Then, when in the diet proper, I don't have cheat days. For me, if I cheat once I know I'll want more, so it's easiest just to stick to the plan until the day I hit the stage. It's no big deal to me, because I know that coming in so clean and lean is the particular advantage I have over 'bigger' guys''. Not that Gary is small, mind you, stepping on stage at 90kgs bodyweight with less than 7% of that being bodyfat.

And for those of you who might want more direct advice from our current Mr. C.I. (overall), Gary is more than happy to share his experiences; "I'm on my way to a school after this, to talk about nutrition, the fitness industry and what it takes to climb in your chosen sport". Plus, he's a highly respected, qualified personal trainer and nutritionist in his own right, so feel free to check out GW Fitness (we printed the Facebook URL earlier in this feature) or visit RAD fitness at the Radisson Blu Hotel (where Gary also trains clients) and see if he can help you with your goals, personally.

Gary's own goal, short-term, is repeating his recent success in the British Championships that winning the C.I. qualified him for, in June 2016. We'll wish him luck, but after meeting him and seeing his determination, we're not sure he needs it!



SPORT NEWS



Win, Win at Jersey Rugby Club Charity Day

A major day of fundraising at Jersey Rugby Club brought in a bumper crop of cash for an island charity.

Jersey Action Against Rape (JAAR) was the beneficiary for the club's recent charity day, which was based around Jersey 1st XV's Greene King IPA Championship match against Bedford Blues. The RFU sanctioned a one-off strip in the JAAR livery of purple and white, which was worn by Jersey's players, with the limited edition shirts auctioned off after the match.

JAAR was founded in January this year with the aim of preventing and healing the trauma of rape and sexual assault, supporting those who have gone through this ordeal, and their families, and working to educate the public and raise awareness of the issues involved.

Not only did the Club deliver on the day, winning a thrilling game - featuring seven tries - by 34-27, but additionally a number of fundraising initiatives throughout the day raised £10,457.41 for JAAR.

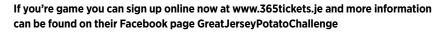
A small number of the limited edition JAAR shirts, produced by JRFC kit supplier Kukri, are still available for purchase. These are available on application to the Club Shop with a minimum price tag of £50. Call (01534) 499929 to check opening hours.

The Great Jersey Potato Sack Carry Challenge 2015

The Great Jersey Potato Sack Carry Challenge, in aid of Jersey Cheshire Home and The Jersey Brain Tumour Charity will take place on Sunday 29 November. The challenge is (simply!) to carry a sack of potatoes to the top of the extremely steep Le Chemin du Catel hill at Greve de Lecq, over a distance of 500 physically exhausting metres – all in aid of charity. It's a fun, local event open to women and men of all abilities and entrants can sign up in teams, pairs or as individuals.

The potato sacks, kindly donated by Albert Bartlett for the third consecutive year, weigh in at 15kg for female individuals/teams and 25kg for male individuals/teams and will be auctioned off after the event. Time trials start at 10:30am, but all entrants will need to arrive by 10am for registration.

There'll even be a FREE kids Potato & Spoon race too this year – split into age groups (under 6's, under 10's & under 16's) the kids will need to race 100metres and get their spud over the finish line on a spoon in the fastest possible time. All entrants must bring their own spoon!





Countdown to Fabulous with Curves

The countdown to Christmas has begun in earnest, Facebook statuses seem to proclaim on a daily basis just how few days we have left until the big day. Well if the month of December means that you're not only going to be shopping until you drop, but partying too then you'll want to make sure you're looking and feeling your best.

There is an almost overwhelming amount of choice when it comes to choosing the right exercise solution, but fear not we're here to help. Curves Jersey sits on a quiet street in St Helier and offers you not only excellent facilities but also a real community feeling. You can walk through the door and be greeted by any one of their all female instructors and be welcomed into their non intimidating environment that sticks to the Curves philosophy of no makeup, no mirrors and most importantly no men, thanks to this being Jersey's only gym just for women!

The Curves workout combines strength training with cardio activity - it's going to help you to create lean muscle, raise your metabolism, burn more fat and tone your body. All of this and it's safe, efficient and effective for women of all ages and fitness levels, what's not to love! They also offer Zumba and Body Basics classes to complement the 30 minute gym circuit. Keep your eye out for their special deal launching on November 1st, offering you six weeks unlimited use of the gym and fitness centre for just £39 (keep an eye out for a Quids in deal this month), which should make fitting in to your favourite dress for the festive season one thing less for you to worry about!



PHOTOS Max Burnett & Ollie Jones

Sand Storm Adventure Race held their third event on Saturday 17 October 2015. This year saw them add in two new distances a 'Cadet' Junior race and 'Hero' 8-10km race, to the existing 'Trooper' 5-6km race. In addition to the different distances they also added in a series of new obstacles to supplement the existing favourites!

This has to be Jersey's definitive adventure race, open to everyone old enough and brave enough to have a go. Sand Storm competitors had 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! This was another triumphant event for the team at Sand Storm, held on a chilly but great day in St Ouens everyone, despite the obstacles, had a smile on their faces when they crossed the finish line. A massive thanks to Max Burnett and Ollie Jones for supplying us with this fantastic selection of photographs from the event.

Head to www.sandstormjersey.com for a list of all the results from the day.

HARDWARE

Castrol

FROM THE RACE TRACK TO THE TARMAC AUTOMOTIVE TECHNOLOGY DEVELOPMENT

MICHEL

Many of the features that we now take for granted whilst behind the wheels of our cars were bred under competetive conditions, and by that I don't mean a race in which manufacturers battled each other attempting to produce a car with the most cup holders first.

Whilst to many, although this probably won't apply to you as you've chosen to read the motoring pages of a lifestyle magazine with a sizeable image of an Audi S1 Quattro Group B rally car at the top of it of your own volition, motorsport seems like an awful lot of noise and a huge waste of money that probably couldn't be much further from the truth if it tried.

In order to push the boundaries of possibility and to test new technology quite literally to destruction, the harsh conditions of high level motorsport have been called upon to provide the ultimate proving ground ever since their very beginnings. This has never been truer than today, although the technology we see now is a far cry from the large capacity engines and rudimentary suspension setups honed and refined by the upper classes in the early years of last century.

For example, double-clutch transmissions aren't just the reserve of high end performance cars like Porsche's 911 any longer but can now also be found in 'ordinary' hatchbacks such as Volkswagen Golfs, and despite having caused a buzz in recent years this technology has been around for longer than you might think.

In fact, dual clutch transmissions were conceived by a Frenchman before World War II but the technology wasn't physically realised until 1980 in the UK and later developed in-house by Porsche to be tested in their Porsche 956 and 962 Le Mans prototypes a few years later as well as being used in Audi's S1 Quattro (pictured above) which decimated the competition in its debut year. It's probably worthwhile noting that the Quattro all wheel drive system played a huge part in the instant success of the S1 rather than the gearbox alone though.

On the subject of dual clutch gearboxes, another thing worth considering is tractors. Yes, tractors. Imagine yourself ploughing a field, effectively dragging a monstrous anchor as you chug away at a steady rate. But what if your wife calls to say that your

dinner's nearly ready and you still have a few more furrows to create before you can knock off? You don't want to make your way into her bad books now, do you? Well, with a dual-clutch gearbox (one clutch controlling the odd gears and the other controlling the even gears with a computer to handle automation of their operation) one clutch can disengage as the other engages almost instantaneously which results in an unnoticeable loss of drive as you change up a gear. You can almost taste your dinner already, can't you? John Deere have been installing this in their products for years, long before you could tick the option on a Golf GTi.

MICHELIN

SIC I

It isn't just gearbox technology that has seen the benefit of development through motorsport programmes, of course; electronic engine management; variable valve timing; even braking technology has evolved from drums to discs to vented, drilled and grooved discs and now onto carbon ceramic friction materials which vastly improve stopping capability whilst producing less heat. Still the reserve of high end performance cars, don't be surprised if you see scaled down versions of this technology on lesser road cars in the not too distant future.

LEFT: Audi Quattro Sport S1 TOP RIGHT: Audi R18 e-Tron BELOW: Porsche 956

One more example of the out-of-the-box thinking that the competitive drive of motorsport has brought to production vehicles recently is the inboard mounting of turbochargers or 'hot inside V' that Mercedes have employed in both their Formula 1 single seaters and now their 4 litre V8 engine that has replaced the outgoing 6.2 litre naturally aspirated V8 in their AMG cars. By effectively reversing the flow of air through the engine they're able to more effectively manage heat build-up in under the bonnet which leads to better efficiency and performance.



The racing series' used as test beds for these technologies are often those furthest removed from current production vehicles. Whether it's Formula 1, World Rally Championship or the World Endurance Championship

each has a part to play in improving the consumer's safety, comfort or enjoyment whilst driving.

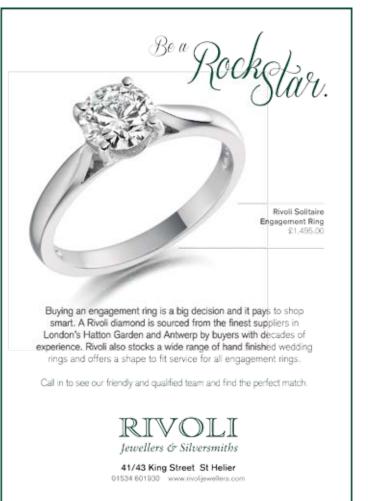
"In fact, dual clutch transmissions were conceived by a Frenchman before World War II but the technology wasn't physically realised until 1980 in the UK and later developed in-house by Porsche to be tested in their Porsche 956 and 962 Le Mans prototypes"

The World Endurance Championship and its most famous round, the 24 Heures du Mans, in its very nature provides the perfect setting to test new technology. A relentlessly punishing twenty-four hour non-stop race to the finish line that sees teams battling both night and day as well as often rain and sunshine as well as their opposition whilst travelling at speeds exceeding 250mph in some cases. The pressure on the cars to perform is huge, the pressure for the drivers to perform is equally as huge and the potential for spectacular crashes doesn't bear thinking about. Safety cells and crumple zones have evolved to absorb impacts and cocoon drivers and the technology works. It works incredibly well. So well in fact that crumple zones are engineered into modern vehicles from the start to minimise injury at mere fractions of the speeds seen at Le Mans.

The most interesting technology that's likely to find its way into consumer vehicles in little time being developed through the WEC programme at the moment is Audi's laser diode main beam headlights which provide incredible illumination compared to even modern LED lighting technology. Implemented into a system such as their 'Matrix Beam' head lamps (very clever and currently banned in the US as they've baffled legislators due to technically not having a high and low beam) the increase in road safety through visibility at night could prove to see them right at the top of the podium.

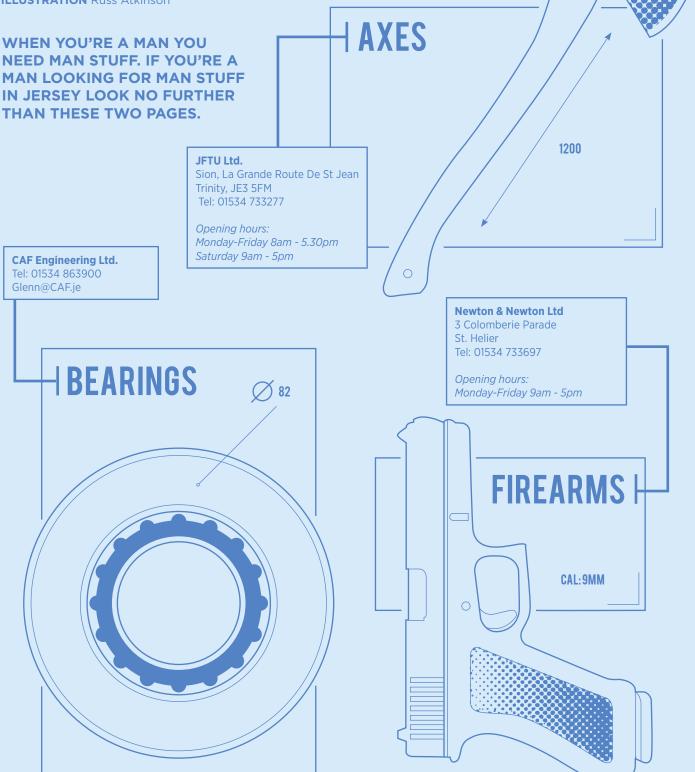
Whilst by no means the only manufacturer progressing everyday automotive technology in leaps and bounds through their motorsport programmes Volkswagen Audi Group certainly can take a lot of credit for setting the bar high. Not to mention the ability for a car to know when it's having an emissions test and pass with flying colours. And by colours of course I mean pollutants. Too soon? Okay, maybe I'll give it a while yet before poking too much fun at that situation.

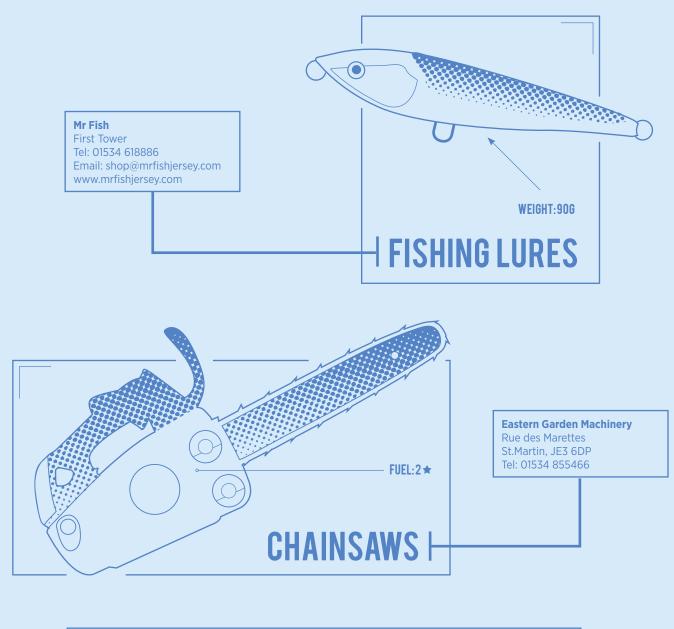


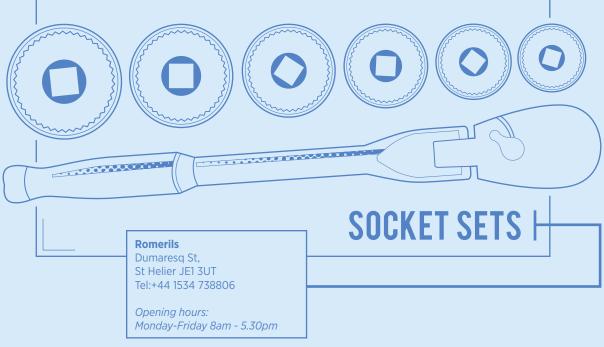


BOYS'TOYS Where Can I find...

ILLUSTRATION Russ Atkinson







EXPLORING JERSEY'S FINEST 'MANCAVES' WORDS Rick Jones

All men appear to have an intrinsic fondness for claiming their own space. Whether it's that perfect spot on the sofa, the head of the table, a shed, garage or workshop or even the garden, it's rare you'll find a man who doesn't have a 'happy place' where things stay where they put them, and only a lucky few are granted the rights to share.

The epitome of testosterone territory is the near-legendary 'man cave'; especially if the surroundings have been shaped around a man's 'purpose' - that thing that drives him, brings him joy, nurtures his creativity and gets him out of bed in the morning. For a lucky few, their passion and profession collide through – usually through that most manly of traits; fearlessly applied dedication – and their own man caves start to become integral to their lives and livelihoods. Here are a few of the best examples we've found in Jersey.



There are arguably few vocations more manly than the ancient art of blacksmithery. Nathan first set foot in the very same workshop where you'll find him today over 20 years ago, when his Dad sent him to Rylance Ltd. to ask for a Saturday job.

Nathan fell in love with the forge pretty early on, "there's something about fires... they draw you in", he tells us, whilst explaining that after his GSCE's he returned to Rylance only to find that there were no job vacancies at the time, so he briefly became a chef. "There's obviously something about using heat and perfecting timings that suits me. I soon swapped the heat of the kitchen for the heat of the forge again though". Nathan returned to the forge at the first opportunity "I just fell in love with it – moving metal – such a hard element, but you learn to manipulate it like putty... it's incredible."

Nathan's workstation is suitably manly, as you might imagine, and a quick tour takes us past a roaring open fire forge, a massive anvil shiny from regular use, a heavy-duty 'power-hammer' and – perhaps the coolest thing of all – a plethora of tongs and tools all made by his own hands. "I love it here" he tells us "I might never make millions, but I've found something I love to do and I get to do it everyday. All I need is a fire and an anvil and a hammer and I can just get on with it". And what does a modern blacksmith get to make? The answer is everything from surprisingly delicate sculptural flowers and intricate ornamental gates, to tools, brass reliefs (his 3D repoussé leopard head – hammered in bronze – is just incredible) and even a couple of cannons... yes, you read that right; cannons! "The proudest moment of my life was finally firing of the cannon that we made using totally traditional methods – we researched the guns from the Mary Rose to make the replicas that are now fired daily at Mont Orguiel castle! I've been dining out on that story for years!".

gallery



'Wils', as we know him, is a perfectionist, audiophile, tech-junkie and a passionate supporter of the local music scene. Over the last decade here in Jersey he's recorded, produced, mixed and even engineered live sound for many of the Island's foremost musicians as well as many visiting acts, including some pretty big names. Wilson is a self-proclaimed sound equipment aficionado, and extremely well-versed in the technology at his fingertips, but what really makes his sound-capturing skills shine, is his ability to listen. This is where Wils' man cave comes in. It's a place where, ironically, he can find peace, solitude and – most importantly – quiet, so that he can really, really listen. His company (WNR)'s HQ is situated in a traditional Jersey granite farm complex that also includes a barn where several well-known local bands rehearse. It's also nestled in the heart of the house that he shares with his wife, his son and often several visiting dogs.

Explaining, as we enter, Wilson tells us "it was listed as a dining room, but I'm blessed that there was this one room in the house with granite walls all-around, and it's worked out really well – although it could always be bigger!". Walking in, we're greeted with a 'mission control' style array of buttons, lights and dials all thoughtfully arranged within reach of a curved, ultra-wide screen that is the window to a super-powerful Mac Pro which Wilson explains that Jersey Arts Trust very kindly helped him to source. "Every penny I make from producing albums or tracks – which isn't much, as musos don't tend to have much themselves – is put into this, so we can put back into the local music community." "And", he says with a wink, "for those moments between mixes, there's an X-box behind you, too".



Tim is a man of many talents, and – if we do say so ourselves – incredible vision. He first brought the now ubiquitous Apple products to the Jersey public with his store, iQ, in 2004.

Long before this, Tim had been repairing arcade video-gaming machines for local specialists 'Anglomatics' – where he began to develop an interest in the challenges facing game-makers looking to create a fully immersive experience for the player – and making his own hardwood furniture, from scratch.

With IQ "running really smoothly these

days, thanks to my awesome staff", Tim tells us "I decided to get my tools back out of storage, and in a weird twist of fate I managed to acquire this workshop, which used to belong to my first employers, Anglomatics".

However, his description of the man lab as simply "a workshop" is selling it somewhat short - housing as it does an impressive laser-cutter, several 3D printers and plethora of innovative and often selfmade bespoke cutting, drilling, routing and design stations that Tim can use to create anything - and we mean anything - he can imagine... and that's really saying something. Here, he even uses his tools to make other, previously uninvented, tools – the plans for which could then, in the near future, be downloaded by other builders equipped with 3D printing facilities.

Aside from unique hardwood furniture, decorated with the most intricate ornate marquetry made possible by the lasercutter (we saw some incredible tessellated patterns being created) there are a few (currently top-secret) projects scheduled to emerge from the man lab in the near future – and you can bet we'll be keeping you updated when the doors next creak open, and Tim's creations begin to come to light.

ANDY HORSFAL

'A treasure trove for the bike-curious'

Andy is a man with a lifelong affinity for wheels – especially if they happen to be on what he describes as "the best invention man ever created" – the bicycle.

Walking into his shop, we notice right away that the pride of place is given to some seriously sexy vintage bikes, and we soon learn that a decade spent studying art and attaining a degree in sculpture has finely tuned his love of aesthetics and functionality. "Much of my sculptural work was themed around wheels, which was inspired by my passion for bikes – the machines themselves as much as the act of riding them", Andy tells us, "and I guess with the opening of Bicycle Workshop Ltd. it's finally come full-circle (pun intended, we're guessing!)".

Andy's own man-cave differs from the others discussed here slightly, as it's open to the public for much of the time, and his workshop and shop seamlessly blend into a fine example of clever use of space. "The size of the shop was a concern at first", he says "but it means that I get to change the display weekly and rotate my stock, so if you visit, you'll hardly ever see the same bikes twice – which I think is nice for customers, especially other enthusiasts".

Nothing useable is wasted, and Andy regularly attends the auctions, trawls Ebay

and encourages locals to dig old bikes and parts out of their sheds and garages. "Whatever can be used again is cleaned, shelved and kept. It means I can keep servicing costs down and make sure quality components aren't disposed of before their time is up – something I think happens allto-often nowadays".

And, yes, he does ride to work everyday! In fact, despite being a competitive mountain biker, he describes himself as "bike-sexual. I'll ride anything". As we leave, Andy is busy loading panniers onto his classic Dawes touring bike "so I can carry wheels and parts, and leave my truck at home!"

VISIT WWW.BICYCLEWORKSHOPLTD.CO.UK/ OR FACEBOOK / BICYCLEWORKSHOPLTDCI

Make your own Gadgets

WORDS Taylor Jones

I'm going to begin this month with a disclaimer that will hopefully save me the day one of you intrepid readers actually chooses to take my invaluable and yet mostly completely misguided advice: intellectual property theft is a crime, and copyright laws should not be broken. Now that that's out the way, let's delve with our usual sense of wonder and ambition into a list of gadgets that you can easily copy and build with items found in your own home, for FREE (not taking into account the money spent on glue, lightbulbs, the original equipment etc. You get the idea).

This month I'm giving you the tools to DEVELOP yourself into the gadget maestro you've always known you could be. Now, my avid reader (thanks Mum) will know that I did a very similar article to this last year, in which I taught you how to make your own glider, as well as a few other handy yet completely inapplicable objects for around the home. However, 2015 has changed me. Or, more to the point, 2015 has changed Google, through which I live my life vicariously. No longer can I search for homemade gadgets and find a million pages telling me how to use ecologically damaging materials, bought at major stores, to build technology like the hand-held flamethrower for your pesky rubbish, because global warming, as we all know, was a myth last year. Now, when I try and find new and cool tech for you so that you can feel the elation that only comes when you finally finish building your own light up yo-yo (that was actually one that I considered writing about), I instead find myself inundated with pages telling me to "go green" and "upcycle my old tech". That's right, it appears the world has finally caved in to the pressure of those who would sooner hold in their own flatulence than contribute more methane to the polluted atmosphere. Everywhere you look, we are encouraged to hold onto the broken gadgets that we so flippantly throw away, and use them for other means, such as lamps, desks and even animals beds. In a sense, I agree with this shift in tech development, because as much I choose to turn a blind eye to the problem, there are some major issues concerning the environment. However, I think, nay, I know, that if I were to be using my own homemade glider, I could live in ignorant bliss.

NINTENDO CONTROLLER DESK MATE

Okay I lied. Not everything on here will be so easy to make at home, at least without a working knowledge of electrical systems and wiring, and if you're anything like me, the writer of a technology section, you won't have that knowledge. What everyone that has been a child/had a child in the last 20 odd years will have is a Nintendo controller. The N64 still reigns supreme as a gaming console in many peoples' eyes, and unless you were out enjoying the sunshine and the outside world in the 90s, you had one lying around the house somewhere. Well it's now time for those of us who have grown up since the days of the original Alien games (that's right kids, horror games were 2D and still just as terrifying) to put the thing that stopped us from reading books to good use, on that desk at which you play solitaire and online poker all day. Simply by removing the guts (that's a technical term) of the controller, you create a perfect pen and paperclip holder. Fear not, the party doesn't stop there. With a simple call to an electrician, or a very intense browse of YouTube to find an instructional video, you can turn your drab creation into a slightly more exciting one with the addition of a USB port to charge your phone.

Welcome to the magical, thrilling world of tech development. I should have warned you that this article, whilst an interesting and insightful look into the world of green gadgets, will not be as stimulating and hair-raisingly intense as others.



"I always love my job here, but from time to time it leads to a piece of technology or gadgetry that not just baffles me, but causes an almost existential crisis in which I try to comprehend the being of a mind that could create something so unique, so utterly brilliant and yet so completely ridiculous."



IMAC PET BED

Sometimes I love my job here. Actually I take that back; I always love my job here, but from time to time it leads to a piece of technology or gadgetry that not just baffles me, but causes an almost existential crisis in which I try to comprehend the being of a mind that could create something so unique, so utterly brilliant and yet so completely ridiculous. Whilst writing this very article, I experienced this feeling. Dumbstruck, I researched this homemade gadget with my jaw only several inches from my feet, learning the intricacies and details (of which there are none) of how to create it. Ladies and gentlemen, it is my distinct honour to present to you, the iMac Pet Bed.

It may just be the mixed look of incalculable disdain and indescribable comfort on the cat's face that advertises this product online, but something about this product has not just convinced me to get one, but through an obvious case of subliminal messaging on the web page, to also purchase a cat. There is no clear point to this product, or any particular sign of any kind of talent required to make it, but its simplicity and understated brilliance are the reason this is my favorite product on this list. I don't think I really need to explain what's going on here, just get the casing for an old iMac and put a pillow in it, but who am I to complain about a gadget that makes my job that easy? It's never been so simple to get that satisfied feeling of both creating your own tech and recycling.



CASSETTE TABLE LAMP

I know what you're thinking, lamps are a cop out (are you forgetting I literally told you how to make a pen holder earlier?), but I have searched high and low for any kind of page online with a title including the words "upcycle...gadgets" that does not feature a lamp. Everyone seems to be crazy for making table lamps that look like the lovechild of The Terminator and Alexander Graham Bell's prototypes, ignoring the glaring irony that making recycled, oddlooking casings for lightbulbs does not actually reduce the amount of energy used by them. Normally, I would go into lengthy Philippic here about the irony of the actions of these faux-environmentalists that are more concerned with getting likes on Instagram than saving the planet, but this month I am, as promised, a changed man, and so all I will say is that these cassette lamps are about as much fun to write about as they are to read about.

It does not take the IQ of a police sniffer dog to think of an idea like this, or even the steady hand of Chris Kyle to build. However, what it does require is the hunting skill of a truffle hog to be able to find cassettes. It's almost a glorious occasion for the dead medium that it's being mentioned in these pages, so you'll be doing well to find any just lying around. But then I guess if you're one of the people that would build this, you only listen to music through pre-CD methods (because the sound's just so much more raw, y'know?), so you'll have no issue.



FLOPPY DISK NOTEPAD

Speaking of dead mediums, here's a useful guide for what to do with all those old floppy disks that once blew your mind with their memory the size of the song file of Bohemian Rhapsody.

This one I actually like, and no not because it uses the paper from the very trees these people are trying to save, but for the same reason I liked that Pet Bed (Okay, for one of the reasons I liked the Pet Bed) and that is its simplicity. If you have a notepad handy, which if you're a family anything like ours that would forget to eat if the shopping list wasn't left wasn't left sprawled on one, you will, then this couldn't be easier. Simply stick an old floppy disk to the front and back pages of the pad and you have what many would consider Turner Prize worthy. I know I said I had very little to say about the cassettes, but this one I really have got nothing. I'm drawing a blank on it. It's two floppy disks and some paper, there's nothing particularly standout about it, but it's certainly not a bad idea. It's somewhere in that purgatorial space that unfortunately dominates the gadget world, filled with ideas that are good enough to justify making, but nowhere near good enough to become popular. That, I think, is why I'm so drawn to it. I need intermediacy to make this article seem worth reading, so thank you to whoever came up with this idea, and I wish you good luck in a life that looks as though it may be plagued with mediocrity.

I feel bad leaving this section on such a dark note, but sometimes in life a good bit of grounding is just what everyone needs, and thus is the life of anyone involved in the technology world. Have fun building!

PHONE HOME

Alcatel POP 2

Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador -Hannah Jacques reviews the ALcatel POP 2.



Meet the Alcatel OneTouch POP 2, the next generation of Alcatel POP phone packed full of smartphone essentials without the price tag. This lightweight, but surprisingly robust model comes in a bright and glossy 4.8-inch case making it ideal for those who don't like the almost tablet-sized smartphones of today. Its size, weight and the fact it won't break the bank make the POP 2 a great first phone for the kids, especially those who become a bit care-free when it comes to parties and holidays. You know the ones...

While some phone manufacturers opt to cram their phones with unnecessary bloatware, the POP C2 – much like its younger sibling – arrives with some genuinely useful additions. It's great to see the likes of the Amazon Appstore included alongside Google Play, while there's also music streaming app Deezer and a handy barcode scanner loaded onto the barebones Android installation. Instead of us usually uninstalling apps that saturate the phone, I'm surprised to see some I'd actually use. What this also means for Alcatel's latest release is that it doesn't bog down the POP 2 and the performance benefits as a result.

Now what really excites me about this phone is its 4G capability. I couldn't believe it either, a supposed "bargain blower" that offers the fastest mobile data support available. It makes browsing the web a breeze, you can surf social media with ease and watching your favourite YouTube clip has never been so easy. We all know what that buffering sign does to our stress levels.

With some help from the team at Airtel-Vodafone, here are some of the specs – it includes a 4.5" display, android OS, 5 MP camera and a microSD card slot for extra storage capacity.

With a healthy battery life that provides over 25 hours of music playback - yes please! - this phone offers all the essentials of a smartphone and takes away all the worries of getting a single scratch on something that comes with a big price tag. This is a phone that'll serve you well and is certin to surprise you as well. Great news is you can get it for free with Airtel-Vodafone when you switch your number to them on Pay-as-you-go and top up £30. Simply visit: www.switchandsave.je





New, improved and truly awesome - iPhone 6S

Since it set the smartphone world alight back in 2007, the iPhone has maintained its position as the handset that other manufacturers aspire to beat. Given the strength and depth of competition, this is an incredible record and amazingly, it is one that Apple has been able to extend with the iPhone 6S.

If you thought iPhones couldn't get any better, then you were mistaken. The 6S takes the new iOS 9 operating system, adds the faster and smaller A9 and M9 chipsets, strengthens the body with aviation grade aluminium and improves an already impressive camera to give the market a truly superb phone that will have iPhone aficionados buzzing for months and, most importantly for Apple, will likely attract new customers in their droves.

The 6S is available as a standard size or in a 'Plus' version with similar dimensions to the iPhone 6 and it comes in four colours, with the gold and rose gold looking particularly stylish. Its 12Mp camera is outstanding and integrates brilliantly with the multimedia functions that have made iPhones so popular. You can take, edit and share images and video more quickly and easily than ever before.

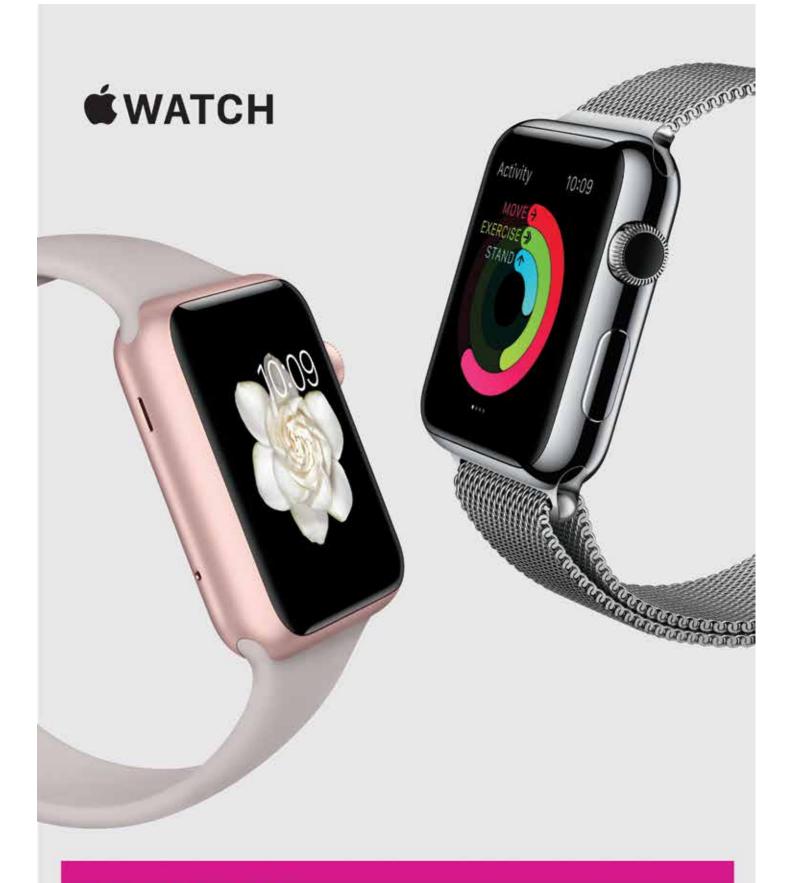
You can get your hands on the iPhone 6S, today. Just pop into the Sure store to find out more.



TOP TIP FROM AIRTEL-VODAFONE

How to... Download iOS9 without taking up too much space

First, back up your iPhone to your computer or to iCloud first, just in case something goes wrong with the update. Second, you'll want to download the update over a strong Wi-Fi connection. If your iPhone is running low on storage space, try downloading the app to your computer and updating via iTunes.



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YOU ONLY DIE TWICE

Following on from our catch up with Chris and Soraya of Twice Dead Records earlier in the year, we met up with the enthusiastic noise duo to find out how things are going in the Jersey alternative music scene. 2015 has rolled on by, chugging along happily to the riffs, beats and foot stomping thanks to the Twice Dead crew. When we met with the duo back in February, they were just about to host possibly one of the heaviest shows to ever grace our darling shores.

So, it's been a busy year for the Twice Dead crew... tell us what you've been up to since we last spoke.

Chris: It's been a busy, but exciting year for us. We were lucky enough to start the year with UK act Conan, whose visit literally rocked the foundations of the Town House back in February, for what was to be the first 'To the Depths' event.

The support we received from the local fans was immense and the gig certainly left them not just with muscularskeletal and hearing issues, but definitely hungry for more! The Caveman Battle Doom Trio from Liverpool were supported by some of the most talented bands in Jersey and Guernsey: Whitechapel Murders, Chaos Theory, Masticated and Byzanthian Neckbeard.

Soraya: On top of this we've also secured ourselves a home for the next year or so at the Town House, so there will be plenty more opportunities for you to catch some awesome shows. We are really grateful to The Liberation Group and their staff and management for opening their doors to genres that many other establishments sadly shy away from. We understand that in addition to the 'To the Depths' events, which see you hosting established acts from outside of the island, you have also been holding 'WAKE THE DEAD!' events, tell us a bit about these.

Soraya: The 'WAKE THE DEAD!' events see us opening the doors to showcase some of the awesome local talent that we have both here and in Guernsey. In July, fans saw Jersey acts Bothered Face, Bulletproof and Jaded Things grace the stage, along with Guernsey friendlies Honest Crooks throw down a great night of an eclectic mix of Punk and Ska.

Chris: Last month we were visited by some friends of ours in Guernsey, To The Woods, who thundered out a cracking show for us all, together with Jersey bands Sick Men, George's Pilot's and WTF!, who all delivered equally sonically satisfying sets!

It's great to hear you're working hard to promote local talent too:

Chris: It means a lot to us to be able to support the local talent we have. That was one of our big frustrations, there's sounds being made that people just need to hear! I've played in local bands most of my life, so I know how difficult it can be to find an outlet for your work.

Do you have anything for us to bend our ears to as the year rings out its final notes?

Soraya: Of course! The kids WILL be united and we will NEVER be divided! Not wishing to disappoint, we already have plans in place to entertain our fans both on and off island. We're really excited to announce that we have been added to the UK tour dates for legendary punk act Sham '69! Sham '69 will be playing at the Town House on 28 November and tickets are on sale now at Island Music or through Twice Dead Records directly.

So what's next?

Chris: We are currently looking at shows for next year and should hopefully be announcing our next To the Depths event for January shortly. Keep an eye out on our Facebook page for news!

If any local bands are interested in playing at a Twice Dead Records show, or would like to be considered to support an act at future 'To The Depths' shows, please contact Chris or Soraya.

NOVEMBER MUSIC & NIGHTLIFE: WHAT'S ON...



FRIDAY 6 NOVEMBER TOM JONES TRIBUTE ACT @ THE ROYAL YACHT HOTEL

Popular UK tribute artist Andy Wood transforms into Sir Tom Jones as part of tribute act he hasmastered over the past 12 years. Andy's Ricky Martin tribute was one of the first acts of its kind in the UK, and is still one of the most sought-after. Supported by DJs Craig Alder & Tam. Andy came to fame when he reach the finals of "Stars in Their Eyes" and is now one of theleading performers in the UK, and is highly sought after by many agents and bookers, and even after 10 years, many still regard him as the best tribute act in the entire United Kingdom.

Free entry//The Drift//from 9.30pm



SATURDAY 7 NOVEMBER BASEMENT JAXX @ THE ROYAL YACHT HOTEL

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. Why not make a weekend of it and check into The Royal Yacht on the day of the event, enjoy the facilities of the amazing Spa Sirene and prepare yourself for the ultimate night out, courtesy of Firethorn Productions & Together Parties, safe in the knowledge you won't be queuing for a taxi when this awesome event draws to a close.

Tickets: Eventbrite // Royal Yacht Hotel // from 7.50pm



FRIDAY 27 NOVEMBER ROCKSTEADY PRESENT EVIL NINE @ HAVANA

Evil Nine are well loved on these shores, having played plenty of parties here over the years. They return as the first of what promises to be a regular run of Rocksteady nights at Havana, bringing their charged mix of house, techno and breakbeat to what we're sure will be a very receptive audience. Support on the night in the form of Nutz man Ryan Herve and Rocksteady residents.

Tickets: Eventbrite // Havana//from 10pm// 18+ • R.O.A.R. • Photographic ID



SATURDAY 28 NOVEMBER FRANKIE DAVIES @ THE DRIFT, ROYAL YACHT HOTEL

Straight from a sold out European Tour support with Nashville's Chris Young and UK Tour with Charlie Worsham, Frankie Davies returns to Jersey with her own unique blend of Country, Folk & Americana. Once again Frankie is putting on an early show to accommodate families with under 18 year olds.

All under 18's must be accompanied at all times.

Tickets: Eventbrite // Royal Yacht Hotel// from 7-10pm



BOOK YOUR TICKETS NOW! FRIDAY 11 DECEMBER ROCKSTEADY XMAS SPECIAL @ HAVANA

Rocksteady return to Havana in December, for their Christmas special. This time they invite Adesse Versions along to perform. Adesse Versions is responsible for some of the biggest, yet somehow most understated, house anthems of the past couple of years and the we understand the Rocksteady guys are extremely happy to have secured his services for this event. As they're still in the early stages of planning support is to be confirmed, but bound to be bangin'!

Tickets: Eventbrite // Havana//from 10pm// 18+ • R.O.A.R. • Photographic ID



BOOK YOUR TICKETS NOW! SUNDAY 27 DECEMBER WATERSPLASH CHRISTMAS "BANK HOLIDAY PARTY"

This cheeky post Christmas, pre New Years Eve, eve brings you Berlin-based duo Booka Shade. Walter Merziger and Arno Kammermeier have carved out a reputation as one of the most celebrated electronic acts to come out of Europe over the past two decades. Booka Shade have earned a huge live reputation with their substantial and innovative live shows and in 2010 were named by Resident Advisor as one of the world's Top five live acts.

Tickets: Eventbrite, Watersplash & White Label Records // The Splash//from 10pm // 18+ • R.O.A.R. • Photographic ID

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JERSEY'S STYLE MAGAZINE

162





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JERSEY'S STYLE MAGAZINE



















SILENT |sīlənt| *adjective* • not making or accompanied by any sound

DISCO |diskō| noun (pl. discos) • a club or party at which people dance to pop music















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DEGRUCHY	818818
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VOISINS	837100
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DEGRUCHY	818818
BENEFIT	
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ELMINA	610082
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Don't forget to tell them you saw them in Gallery! They may give you something extra...

Food for thought



Appetite began when we couldn't find a local restaurant guide that would tell us when all our favourite places were open, and what was on the menu. So we decided to write one ourselves.

The seventh edition of Appetite is out now and has all the key features you love about your food annual - easy to navigate sections, samples menus and clear contact details as well as a few extra tasty tidbits like interviews, features and special offers and giveaways for Appetite readers.

Fancy winning a meal for two at a restaurant of your choice?

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~ Above - an artist's impression of apartment interiors

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