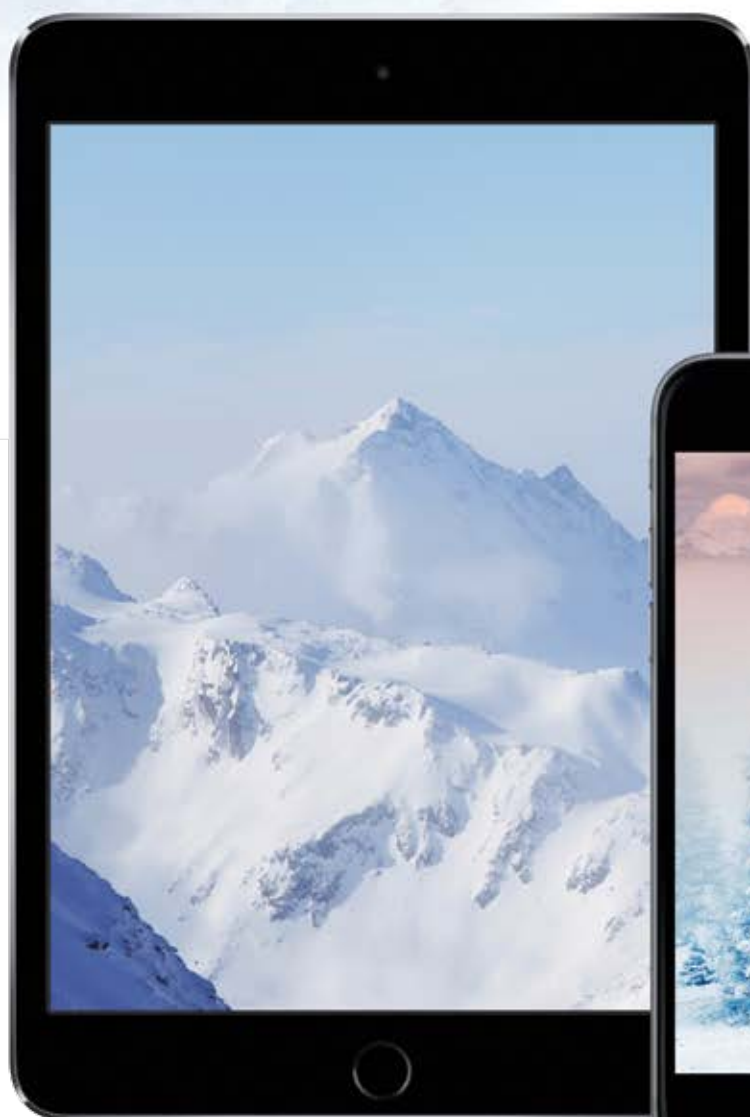




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126
*the **SOLO** issue*



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SOME OF THE GALLERY TEAM IN BLACK & WHITE

(ILLUSTRATED BY ROSIE EVANS, LOOK OUT FOR MORE OF US NEXT MONTH!)

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

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



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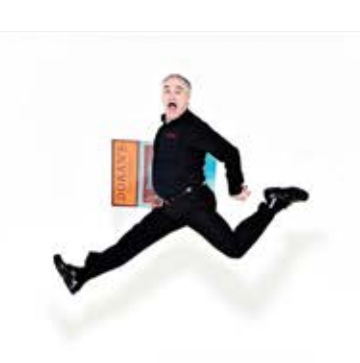
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Gallery is published eleven times a year as a fresh yet discerning guide to all that happens on the Island and beyond. With quality and style in mind, our tone is not too superior or too serious, written by the people of Jersey for people everywhere.

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[SOLO]



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Bra £31.50 & bottoms
£37 by Calvin Klein
from Voisins

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edito

Jersey! how the hell are you? it seems like ages since we last saw you as we put together the winter edition way back in November. Since then we've had Christmas, New Year, back to work blues, failed resolutions and a myriad of optimistic and bizarre attitudes toward January; Dry January, Fanuary, Veganuary. Well... that's all over now. I hope you did well.

As we enter February the world around us goes Valentine crazy. We're normally all over this, with themes for our first issue of the year historically centering on all things romance. Sure, it's great for the lovers but it leaves others seeing red. This year we therefore thought we'd go it alone, leaving couples to stare into each others eyes as we consider the relative benefits of going *solo*. We've had our feature writers consider the subject of solitude as a positive, whether sailing around the world on your tod (p.37) or motivating yourself to get limber and lifted as we meet some of the island's yoga and pilates practitioners (p.28).

As we prepare to launch this year's Gallery Student Art Awards, we also follow one of our former entrants, Alexander Maurant, as he makes a photographic journey, travelling through Africa as part of a RAW Foundation initiative, attempting to educate, engage and empower young people to move towards sustainable consumption and production. This month we learn about garbage city in Cairo (p.56).

As Islanders we all have an understanding of the isolation that island life presents. For people in the UK, Jersey could be classed as pretty isolated, sitting out here in the windy English Channel. However, for Cambridge based painter Nic West it was Alderney that presented the solitude she required when she decided to sell all her belongings and make a new start for her and her art last year. See the results of her isolation on page 65.

If you're not in a relationship and have decided not to get a Tinder match for the 14th, we also check out some great places to go and eat if you fancy sticking to a dinner for one (p.94). Take us along, we'll be your date.

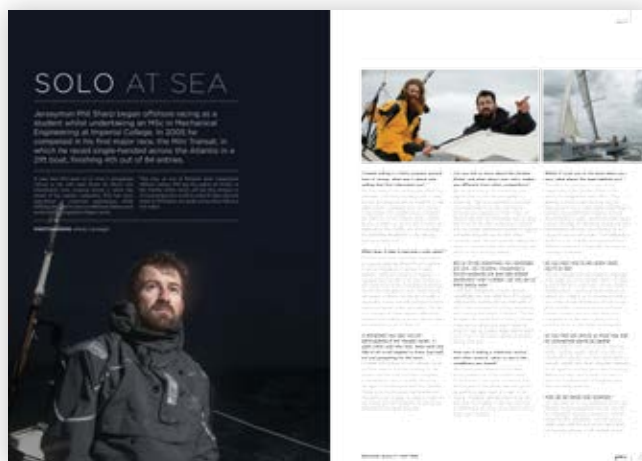
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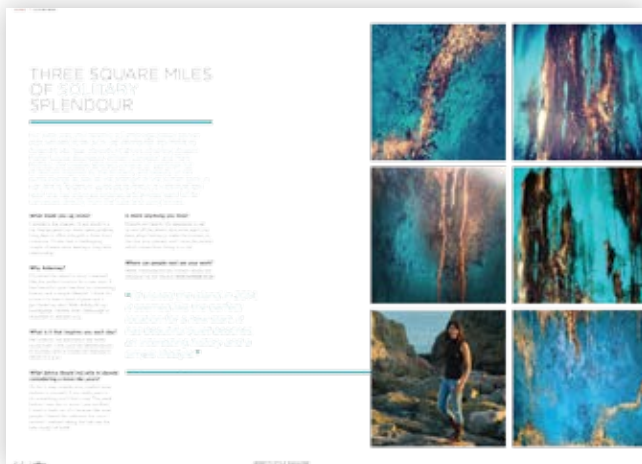
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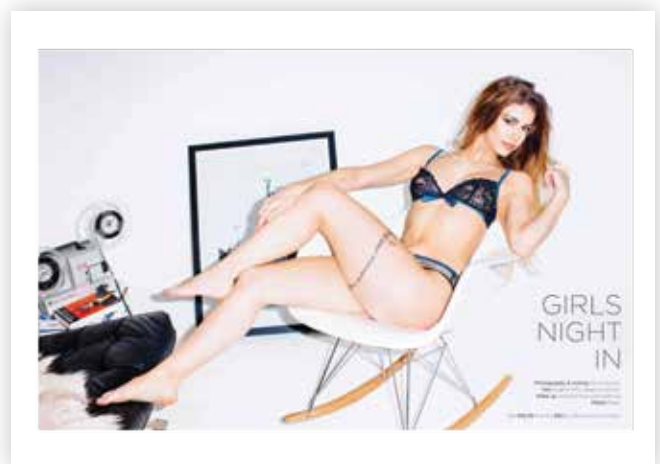
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ON THIS FEBRUARY... IN JERSEY



01.02.16

A TASTE OF ST HELIER

LIBERATION SQ // 10.30 // £12.50

On this weekly guided walk you'll find out how a handful of fishermen's huts grew into a major financial centre. Along the way you'll hear about our Honorary Police, our unusual relationship with the Monarchy and our first postmaster! You'll visit the Town Hall, the Fish Market and the Victorian Central Market. Mix this with stories and maybe a tasting of something local. Leaving the covered market to go to the Royal Square to relive the last land battle fought in the British Isles. Call Arthur Lamy to book T: 853525

1.02-1.12.16

KLIKAKLU

FORT REGENT // ANY TIME // FOC
Klikaklu is a free scavenger hunt game played on your iPhone or iPad. Fort Regent has created its own hunt, especially designed for younger children. Clues are represented by pictures to help young ones remember what they are looking for and stay on track. Spark your child's imagination and explore shapes, textures, size and colours. Collect the clues by taking photos, which you can talk about later, or share with friends and family. There are History Tour maps with a guided route to follow available from Reception.

06.02.16

TWINKLE TWINKLE LITTLE STARS

VENUE TBC // 10PM

As night descends and the ocean recedes, star like shapes of luminous green begin to twinkle and sparkle in a few special spots at low tide. Experience the uniqueness of bioluminescent creatures and other marine life on this "moonwalk" across the seabed. In just a few hours the ocean will return to cover your footprints by up to 40 ft. Booking is essential, contact: Jersey Walk Adventures on 07797 853033.



13.02.16

DURRELL VET SCENE INVESTIGATION DAY

DURRELL WILDLIFE PARK // 10AM - 4PM // FOC

Become a vet detective in Durrells first new immersive family fun day of 2016. Challenge your family and friends to use the techniques vets would use to unravel the evidence. You'll discover just what is affecting the animals in our case studies. Drop in to the workshop between 10am and 4pm. Whilst the workshop is free park admissions will still apply.

07.02.16

WORLD WETLAND DAY

WETLAND CENTRE, FIVE MILE ROAD, ST OUEN // FOC // 1-4PM

Head along to the centre to celebrate World Wetlands Day. You'll be able to enjoy guided walks around St Ouen's Pond and its environs, talks and guidance from bird-watching experts and crafts and games for children in the classroom, there will be something for everyone! Hosted by the National Trust for Jersey.

12-14.02.16

MOSCOW STATE CIRCUS

FORT REGENT // TIMES VARY

An awe inspiring new show from the 'Worlds, most famous circus'. A place where dreams become reality. The Moscow State Circus returns to Jersey with its latest and greatest production to date. 'Zhelaniy' is based on the Russian folklore story of Cvetik-Semicvetik, or "the flower with seven colours", by Benjamin Losin, where each of the petals represent a wish and is the perfect backdrop for what is undoubtedly the greatest and most famous circus on earth. Call the box office for tickets 01534 449827.



13.02.16

POP UP VALENTINES CHARITY MARKET

CENTRAL MARKET // 10PM

The BHF Jersey Branch have joined forces with Jersey Central Market and are hosting a special pop up market. 20+ local traders selling art, cards, cakes, flowers, chocolates, jewellery, face painting & more. Listen to live music by the Youth Arts Trust, the Ukulele Band and Chordz Music School, as well as a fun scavenger hunt and special virtual spray painting session on a new digital iWall!

17.02.16

VINTAGE CRAFTS WORKSHOP: MAKING A DECORATIVE SHELL BOX

16 NEW STREET // 10AM // £ VARIES

Children are invited to create a decorative shell box inspired by the shell-covered gifts that 19th-century traders used to bring back to their sweethearts at home. A wonderful opportunity for families to work together in the delightful setting of 16 New Street. Booking essential, telephone the National Trust for Jersey on 483193.

06-27.02.16

MENDING BROKEN HEARTS

CCA GALLERIES // 10AM - 5PM // FOC

The 'Breath of Life' portfolio includes a unique collection of silkscreen prints created by leading contemporary artists on the theme of 'mending broken hearts'. Exhibiting artists include Sir Peter Blake, Maggi Hambling, John Hoyland, Donald Hamilton Fraser, Storm Thorgerson, Patrick Hughes and Tom Phillips. All publishers' profits from sales of the artworks will be donated to the British Heart Foundation (BHF) Jersey.



20.02.16

CLUB KAMIKAZE MOVIE DOUBLE BILL FOR HEADWAY

THE GRAND HOTEL CINEMA // 4PM // £8 ON THE DOOR

A double bill of films exploring the effects of brain injury. These two films are at once beautiful, powerful and incredibly moving, both telling the remarkable true life stories of the devastating effects of stroke, and the incredible courage of those affected by it. 4.15pm The Diving Bell & The Butterfly (12) and 7Pm The Possibilities Are Endless (12). All proceeds go to Headway Jersey.

21.02.16

SEEDY SUNDAY

GRAINVILLE SCHOOL // 11AM - 2.30PM// FOC

Seed Swap events happen world wide but this is the only one taking place in Jersey. At the heart of the event there is the seed swap, where visitors can bring their harvested flower and vegetable seeds and swap them with others. The National Vegetable Society, Ocean Harvest, Wild Adventures and Alive Foods to name just a few, will be on hand to offer advice and support on all matters green and healthy.

24.02.16

WORLD BARTENDERING DAY

RADISSON BLU WATERFRONT HOTEL // EVARIES

Watch the well-trained and experienced bar tenders at the Waterfront Bar, as they fling, shake, mix and stir; order your preferred drink or let them surprise you with their favourites, this day is all about cocktails. Group bookings are welcome, please reserve your group table in advance. www.radissonblu.com/Bar

27.02.16

JERSEY RFC VS LONDON WELSH

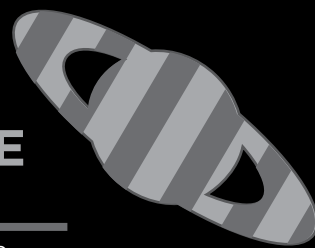
JRFC, ST PETER// 2PM // TICKETS FROM £6

The second of two home games for the Jersey team this month. This time seems them take on the mighty London Welsh. On their return to level two, after relegation from the Aviva Premiership, this team will be wanting to put in a good performance. For visitors or rugby fans alike, this is a great afternoon out and you'll be welcomed with open arms by a solid home crowd. Hopefully the sun will be shining and it'll be a good game, whatever the result!



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6 FEBRUARY - 19 MARCH 2016

RBS SIX NATIONS RUGBY

UK AND EUROPE

Played annually, the format of the Championship is simple: each team plays every other team once, with home field advantage alternating from one year to the next. Two points are awarded for a win, one for a draw and none for a loss and unlike most other rugby union competitions the bonus point system is not used. Tickets are usually as hard to get hold of as hens teeth, but if you aren't lucky enough to go to the games live, there'll be plenty of pub based opportunities to watch the matches.

WWW.RBS6NATIONS.COM

8 FEBRUARY 2016

CHINESE NEW YEAR

HONG KONG, CHINA

Chinese New Year is one of the most celebrated global holidays. This two-week feast takes the cake for the most spectacular of Chinese festivities. The annual celebration of Chinese New Year has grown out of years of tradition of superstition. For thousands of years, the Chinese have hung crimson-colored lanterns to scare away a mythical beast, giving the occasion its iconic color.

WWW.CHINAHIGHLIGHTS.COM

10 FEBRUARY 2016

NEW YORK FASHION WEEK

NEW YORK, NEW YORK

Fashion weeks are held the world over, but none are more well reputed than the one in New York. Careers are made and broken on the catwalks of fashion week, with designers new and old displaying their wares. This is also where the trends for us mere mortals are determined too. Keep an eye on social media channels to see what's hot and what's not.

NYFW.COM

25 - 28 FEBRUARY 2016

ENVISION FESTIVAL

UVITA, COSTA RICA

Envision is a celebration dedicated to awakening our human potential, providing a platform for different cultures to co-exist in sustainable community, and inspire one another through art, spirituality, yoga, music, dance, performance, education, sustainability and our fundamental connection with nature. With the beach 100 yards away, you can be dancing in the sand one minute and jumping on your surfboard the next—an activity that's pretty tough to pull off at other festivals.

WWW.ENVISIONFESTIVAL.COM

28 FEBRUARY - 8 MARCH 2016

NATIONAL GRAPE HARVEST FESTIVAL

MENDOZA, ARGENTINA

Although steeped in history, this is now Argentina's biggest wine party, bringing together everyone from the field workers to the wine vineyard owners and the rest of the wine-loving world. There are public tastings during the events and up and down the streets. Many restaurants offer special wine pairing menus and promotional prices. (It's also the only time that McDonald's in Argentina will serve wine, which we're not sure is a good or a bad thing.)

WWW.MENDOZAWINETOURSANDTRAVEL.COM



Every month I get an email from Russ giving me some ideas of what or what not to write for the next issue of Gallery. Here's what I got this month: 'Please can we have an article about your relationship with your girlfriend and your dog this month?' Cheeky git! He does have a good point though – my monthly comparisons between how I interact with fellow humans and domesticated animals do tend to be a bit repetitive, especially as I lean my preference toward the latter.

I think I'll talk about something else for a change. I'm sure everyone's already a bit weary of hearing 'Space Oddity' on the radio, and sharing photos of dear Professor Snape, so I think I'll avoid that whole issue altogether and tell you about my hopes for 2016 in general – I have a feeling it's going to be an interesting year.

Currently, I'm on my lunch break at work, listening to our news editor lead a phone in session to our radio station about the proposed idea to plough a new bypass through the north of the county (West Sussex, in case you were wondering). The majority of people seem to be against this idea, saying that a much more effective use of the funding would be to make improvements to the existing bypass. I say 'most people' because the only bloke I've heard say he was in favour was an extremely posh older gentleman who sounded like he was just generally pissed off with the amount of badgers that hadn't been culled yet. Everyone else is just like 'don't do that thing, it's a stupid thing' – which I pretty much fully agree with...

Whoops – Hang on for a bit, I've just looked at the time and I'm going to be late for an appointment, be right back... or BRB as people say. Do people still say that? Ah it doesn't matter.

Right. I'm back, and the stupidest thing just happened. It's probably going to be an anticlimactic story, but not much happens to me very often so this was like a whole adventure. Basically, I took my car to meet a client and on the way back remembered that my petrol light had 'dinged' on in the

morning – I missed the morning 'ding' because I'm really cool and was obviously listening to loud music. This time, though, I was with a colleague, and the ding struck loud and true. I asked if she minded if we made a petrol detour. She didn't.

Before I go any further, the moral of the story is this: update your Satnav, for God's sake, update your bloody Satnav. Unbeknown to me, the detour actually took us to a strange block of flats, which probably just made me look weird to my colleague, because that's usually how missing persons stories begin – but I swear to you, the Satnav said the petrol station was there. I guess it was at some point... like five years ago, but it had since been demolished and rebuilt into apartments. Anyway, as it turns out we couldn't get petrol there and were running in the red! 'Oh no, Alex, just how did you make it out of that one?' (You're on the edge of your seats I can tell).

We made the decision to just head back and surely there would be a petrol station en route. 20 minutes passed, but still there was nothing. 'Hang on, there's a petrol station at Tesco just down this road and round the corner.' I thought to myself, not wanting to alert my colleague of my worry and cause a mass car-wide hysteria. We trundled down the road and eventually saw the saviour of all men that is Tesco. We were there!

But wait. What's this? 'Closed for Maintenance Work until February 4th!' What

fresh hell is this!? Now running on empty, not knowing whether the next push on the accelerator would be my last (until I got more petrol, not like... ever) we slowly made our way to another place that was luckily not too far away, and even more luckily open for business! We'd made it. We refuelled and were on our way, alive – for now.

That's it. That's the story. What are the odds?! Two misfortunes and then some last minute luck. If anyone wants to buy the movie rights, you know where I am. By the way, I fully realise that I was about to

'Hang on, there's a petrol station at Tesco just down this road and round the corner.' I thought to myself, not wanting to alert my colleague of my worry and cause a mass car-wide hysteria.

talk about my hopes for the year, but oddly enough (and I swear I'm not making this up) I was genuinely going to talk about how unpredictable this year has been so far.

Untimely deaths, duelling with refuelling (potential movie title?), and an unexpected adventure. That just goes to show that I'm right – at least in my own head. I think I'm trying to say that 2016 is a year of adventure, stepping into the unknown, and gambling as to whether or not you'll make it to the proverbial petrol station before you run out of gas (hopefully also proverbial, if not – see a Doctor).



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THE *joy* OF SELF-LOVE

WORDS Grace Ryan

ILLUSTRATION Josh Bale

It's at this time of year, when I'm done tweezing smashed baubles out of my feet and the garden reeks of dead Minions and rotting pine needles, that I can take the time to reflect on what Christmas means to me. The dog is no longer dressed as a reindeer, the post-NYE court summons are on their way and I'm temporarily low enough on gin that I can reflect on the reason for the season.

Christmas isn't just about mince pie bloat or hoverboard injuries, sexual harassment at the office party and getting punched by a drunk aunt, but about friends, family and lovers. Specifically, it's about encouraging people who have those things to spend loads of money on them and making those people who don't feel like they've failed at life. "What's wrong with you?" we say with a passive-aggressive pity face "you haven't got anybody to enjoy the X Factor final with. Even Adele has a partner, and she can't stop bellowing about the last one." Poor singletons, says society, you are missing out. But is that really the case?

After December's festivities and a cold miserable January, February is calculated to push lonely people over the edge through the most awful 'special day' of them all. Even if you steer clear of the gift shops Valentine's Day is spaffed all over your social media experience in the form of a thousand twee Facebook posts from over-sharing couples. Well, my single friends, before you get too slighted by these public displays of affection, take a minute to think to yourself why anybody feels the need to remind you how happy they are. Consider why Christmas is often about spending money you don't have and enduring the company of people you'd rather stuff with sausage meat and roast in the oven. Look deep into the eyes of that smiling couple with their selfie stick in Venice, Paris or St Peter Port - can you see that tiny glint of desperation? Humanity's squalid little secret is that most people can barely tolerate each other. We're often just afraid of being alone, and if oversharing couples were honest they'd snap the selfie stick, take back their kooky wedding vows and run to opposite ends of the earth whilst the children are in the soft play.

Misery loves company

Now, before a raging Valentine's mob storms my house with satin pitchforks

and does something unspeakable with an Ann Summers goodie bag, I should make it clear that I'm not saying this about all couples. I'm happily married to another hater, so there's no reason for me not to believe that your Kylie and Tyson 4 Eva car sticker and matching neck tattoos spell true love (even if you can't personally spell it). You might even have pushed out a few babies, which is totally a sign that you are soul-mates and has nothing to do with biological imperative or the unreliability of contraception. No, I'm just talking about those other couples, the annoying ones. The ones who don't stop going on about it. Not you. Put down the strawberry lube and get out of my garden.

I'll concede it's unfailingly impressive that anybody manages to spend all their free time with another human without

"After December's festivities and a cold miserable January, February is calculated to push lonely people over the edge through the most awful 'special day' of them all."

murdering them in their sleep, but what smug couples don't realise is that it's equally admirable being able to enjoy your own company and to have a meaningful existence without it revolving around another person. This might come as a shock to people in TRUE LOVE but many people can enjoy films, beaches and art galleries without needing to exchange saliva every five minutes. They can have conversations with friends without texting or referring to their partner/children nonstop, and with practice can even experience a normal range of human emotions without yoyoing between total adoration and that special shouty rage that only people in a long-term relationship can truly summon. Obviously the ideal mental state is somewhere between the thighs of obsessive coupledness and utter self-reliance, but there's a conspiracy to convince us that it's an all-or-nothing proposition. Either marry somebody, pump out 2.4 kids and learn to adore their morning breath and hairy back, or die alone and sexually frustrated, unmourned in a filthy hovel full of vodka and cats.

Happiness is somewhere in the middle

Being bonded to another human undeniably has its good points, but if you're halfway normal there will be long periods in your life where you aren't. Just remember it probably isn't a reflection on you, because

people are terrible idiots and you have to burn through a lot of them before you find one you don't want to kill. I've spent enough time minding my own business to remember how much it can stink, but unless you are Beyonce-level sexy you might as well get used to the odd stretch where the phrase 'significant other' refers to your texting hand. I'd go as far as to say you're a fool if you don't try and enjoy the benefits offered by single life. Use the toilet with the door open, drink beer in the shower and break wind wherever you feel like it. Eat and sleep any time it feels appropriate, go out whenever the opportunity presents itself and go home with whoever you want. Even if you aren't successful on that front there's this wonderful thing called the internet that will keep you 'entertained' for hours, doesn't care when you don't feel like making conversation afterwards and won't expect

you to cook breakfast for anybody other than yourself. Just keep it legal and clear your browser history if Mum comes round to check you haven't drowned in your own dirty laundry.

The most important thing you need to remember is that you need to try hard enough to get what you want, but not hard enough that you lose all sense of yourself. This advice is true when you're on your own, but lots of people quickly forget that it's still true when you've been married sixty years and know your partner inside out in gross ways that you probably didn't anticipate when you still had all your own teeth. If I've learned anything about enjoying the company of other humans it has nothing to do with mawkish Christmas feely-fests and Valentine's day schmaltz, it's more likely I passed out in front of the telly and picked up some subliminal wisdom from RuPaul's Drag Race or Peep Show. Breathe deep and tell yourself - you too can be happy. As long as you ignore social propaganda and come to accept that, like me, your definition of true love might be as simple as finding a person who you can hear chewing a steak without wanting to ram them in the eye with a fork. Happy Valentine's Day.



pet
OF THE
month



Pixie

Breed: Chorkie.

Age: 8 months.

Likes: Babyccino and anything my people eat!

Hates: Wearing clothes.

If I was a human I would be: A naked celebrity.

Wants: A lot of attention.

Interesting facts: My dad was called Dark Prince Charming. I'm very small!

Most impressive thing you've ever done: Cleared a room of people with an impressive roar (growl), did I mention how small I am?!

Christine Hamilton

Breed: Human/Female.

Age: Tick box 45-55.

Likes: Family, friends, cocktails and creating in alternating order.

Hates: Deadlines.

If I was an animal I would be: Pixie (my spoilt dog)!

Wants: To explore the world and laugh a lot.

Interesting facts: I'm a life-long learner, I moved from nursing to art and teaching and discovered along the way that I enjoy a challenge!

Most impressive thing you've ever done: Besides having four brilliant babies, I've frequently /held my first solo art exhibition and I too have cleared a room of children with an impressive roar.

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Listen, I popped out for a pint of milk and then you'll never guess what happened next...



Otters

WORDS Deirdre Shirreffs

Geoff the otter has been hitting the headlines recently after escaping from his pen at Durrell and leaving his family to live solo in St Catherine's Woods. He managed to evade capture for a month but is now back at Durrell.

He is still on his own as he has to stay in quarantine until his keepers are sure he hasn't brought back any infection from the wild. After that his family may not accept him back, in which case he will be found a mate which is probably what he was looking for when he ran away.

Geoff is a short-clawed Asian otter. We don't have wild otters in Jersey but the wild otters in the UK are a different species - the European otter which is larger. Their numbers declined last century due to river pollution but the population is increasing now that the water is cleaner. The name otter comes from the same origin as water.

They like to live in undisturbed water with a lot of vegetation on the banks, usually freshwater lakes or rivers, although some live by the sea particularly on the West coast of Scotland. They are perfectly designed for swimming with sleek streamlined bodies and webbed feet. Their eyes, nostrils and ears are placed high on the head so they are above the water when swimming on the surface. They can stay underwater for up to four minutes and can swim at least 400 metres without surfacing. Their coats are waterproof and require a lot of grooming to keep them in good condition. Fish are their main diet which they hold in their fore paws to eat.

Otters are playful and engage in chases and play fights especially when courting. Male and female otters live apart with their own territories, only coming together for courting and mating. Mating takes place in the water. Pregnancy lasts for about 62 days and two or three cubs are born in the den or holt. They get their adult waterproof coats at around two months, after which their mother teaches them to swim. They stay with their mother for about a year before leaving to find their own territories.

In Japanese folklore otters are depicted as mischievous and delighting in tricking humans. In Celtic folklore they were thought of as friendly and helpful and therefore called water dogs. A family of otters may swim in single file and it has been suggested that this is the explanation for the Loch Ness monster!

Is there anything cuter than a baby bear cub?

The new ear has brought a new life to Durrell. Bahia, an Andean bear at the Park gave birth to a healthy cub on 3rd January. It's the first bear cub at Durrell for 20 years! Keepers say the cub is doing well and getting stronger by the day.

Bahia is five years old and a first-time mum. She is currently nursing her cub in a specially constructed den equipped with high definition infra-red cameras. This enables keepers to closely track her progress inside the den and capture some heart-warming moments between mother and cub.

Make sure to check out Durrell's Facebook page to get a sneak peak inside the den via the 'Den Cam' and track the cub's progress! The den was made possible by the generous sponsorship of ABN AMRO Bank, Jersey.

Durrell's newest addition should be ready to meet visitors at the Park around the end of April or beginning of May.

Andean bears are also known as spectacled bears and they're the only surviving species of bear native to South America.

You can learn more about our bear family and adopt Bahia at www.durrell.org/adopt.



Fiona Marchant/Durrell

DO YOU HAVE AN INTERESTING PET?
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NEWS IN NUMBERS



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GOING SOLO >>>

sometimes leaving the band makes financial sense. Here are the top ten band members that went it alone.

Han Solo:

Carpenter to the stars

If Harrison Ford hadn't been a badass carpenter, we may never have seen him as Han Solo, or in the subsequent roles to which his Star Wars fame led. Harrison was building cabinets at George Lucas' house when Lucas cast him initially in American Graffiti and was working on an expansion of Francis Ford Coppola's office in 1974 before Lucas decided this carpenter might be the man he needed to pilot the Millennium Falcon.



Toujours Tingo

Our monthly look at meanings and expressions in other languages. *Toujours Tingo* by Adam Jacot de Boinod, lists weird words and bizarre phrases from around the world. "tingo" is an Easter Island word, meaning to borrow objects from a friend's house one by one until there are none left. Like we're doing with the book! Buy it on Amazon!

Gwarlingo

Welsh description of the sound of a grandfather clock before it strikes.

Trennungsagentur

German for someone hired by a woman to tell her boyfriend he has been dumped.

Nito-onna

Japanese for a woman so dedicated to her career that she has no time to iron blouses and so resorts to dressing only in knitted tops.

10. Robert Plant – \$120 million

Led Zeppelin were the archetypal rock gods. In late 1980, after the death of drummer John Bonham, the band broke up. Plant considered a career as a music teacher, and was even accepted into a training program. Instead, though, he started up a solo career that is still going strong today, which sees him playing old Led Zeppelin tracks, and sometimes collaborating with Jimmy Page.

9. George Michael – \$135 million

Wham! experienced immediate success, with their first album 'Fantastic' and made history in 1985 when they went on tour in China; the first Western band in history to do so. Yet even while Wham! were enjoying enormous success, George began releasing solo singles. Soon, all focus had shifted onto Michael, and many suspected a split. He soon began a successful career both musically and in terms of controversy, whether in public toilets and whilst, er, parked in his car.

8. Robbie Williams – \$160 million

Robbie Williams was just 16 when he became a member of Take That. Williams slowly became the misfit of the group, developing issues with substance abuse which caused a rift with the other band members. Gary and his dancers told Robbie that they planned to tour without him, and he left the band. Although his solo career was initially treated with circumspection, Robbie ended up being more successful than Take That ever was or would be. To date, he is the best-selling solo artist in the UK.

7. Rod Stewart – \$172.5 million

Stewart joined a number of bands in the 1960's, including The Dimensions and the Jeff Beck Group, all of which experienced a limited amount of success. Stewart was keen to explore a more pop-focused career, and eventually made the decision to go solo in the 1970's. Stewart experienced huge success in the 1970's, but his career fell rather flat during the following two decades. However, he managed to bag a Grammy award in 2004 aged 59.

6. Eric Clapton – \$200 million

Eric Clapton is considered one of the fathers of rock and roll, as well as one of the most talented musicians alive today. He started out his career in numerous bands, in which he didn't always gel very well. From The Yardbirds to John Mayall & the Bluesbreakers and then experiencing success in the bands Cream and Blind Faith, Clapton finally began a solo career, which was initially paralysed by a heroin addiction. After overcoming his personal demons, Clapton began a hugely successful solo career with 17 Grammy awards to his name.

5. Sting – \$270 million

Early in 1977 Gordon Matthew Thomas Sumner moved from Newcastle to London, where he formed the Police with Stewart Copeland and Henry Padovani. Over the next five years the band released five chart-topping albums, win two Brit awards and six Grammys. However, in 1983, whilst on stage at the Shea Stadium in the US, Sting made the decision to leave. According to him playing the Shea was his 'Everest', and he needed a change.

4. Beyonce Knowles- \$350 million

Beyonce's original band Destiny's Child was torn apart by disputes. The original line-up included five members. Many fans blamed Beyoncé for the break up of the original band, and she entered a period of depression. However, in 2002 Beyoncé's first solo recording was released. Under a year later in June 2003 her solo album *Dangerously in Love* experienced huge success. Since then she has moved from strength to strength and has become one of the most influential women in music.

3. George Harrison – \$400 million

As The Beatles went from strength to strength in the 1960's, Harrison felt pushed out of the spotlight, while John Lennon and Paul McCartney were the media darlings. By the late 1960's, "The Quiet Beatle" was growing increasingly angry that his ideas weren't being taken seriously in the group. The band split in 1970. Harrison began a successful solo career soon afterwards. He formed a new group, the Traveling Wilburys, in late 1980's, and it became a multi-platinum selling musical endeavour.

2. Tie: John Lennon / Paul McCartney- \$800 million

John and Paul experienced a turbulent relationship during their years in the music business, ranging from best friends to sworn enemies. Lennon released his first solo album soon after the Beatles broke up, but his major hit was 1971's *Imagine*. The song *Imagine* was ranked at number 3 on Rolling Stone magazine's "All-Time Best Songs" list. McCartney also experienced a healthy post-Beatles solo career. McCartney's solo career has continued into the 21st century.

1. Michael Jackson – \$1 billion

Not only the richest but also the most well-known band member who went solo. During the 1960's, he performed in the family band, The Jackson 5. Michael was the standout member of the group, who was praised at a young age for the emotional depth and range of his voice. By the 1970's, Jackson had begun a solo career. His 1982 album *Thriller* became the best-selling album in history. During his lifetime, Jackson made invaluable contributions to music as a whole. A cultural icon, and his legacy has lived on after his death.

RECORD BREAKER: LONGEST DOG EARS

The longest ears on a dog measured 31.1 cm (12.25 in) and 34.3 cm (13.5 in) for the left and right ears, respectively, on 8 June 2010. They belong to **Harbor**, a Black and Tan Coonhound, who is owned by Jennifer Wert of Colorado, USA. Harbor weighs a healthy 40.51kg (89.2 pounds).



START

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HANG SOLO

THE BENEFITS OF ENJOYING YOUR OWN COMPANY

WORDS Grant Runyon
ILLUSTRATION Hermione Benest

People with children often tell me how much they struggle to keep the whole family entertained. If you don't want to vegetate together in front of a TV screen it can be near-impossible to agree an alternative that will satisfy young and old alike. I do feel sorry for them, but what parents forget is that Jersey is hardly overflowing with activities to satisfy the growing segment of society who don't have kids or a partner to tag along - this demographic might earn enough money to pay for themselves, but if you're not in the mood for booze, sport or going on the pull your options can be severely limited.

Multiply this by 100 if you aren't a drinker but have the apparently unreasonable desire to spend your downtime away from what I must diplomatically describe as "the distinctive sound of children having fun". Your kids are great, and I really look forward to them wiping my bottom when I'm in a retirement home, but there are times when their natural exuberance could be toned down a little, and by a little I mean completely. That time is most of my weekend, and I know there are many parents who would also like to spend some time in the mystical Neverland where nobody is shrieking, fighting or making toilet in their underpants.

Businesses are in a tricky position, in that it makes better economic sense to cater to the captive family market, and regardless of your position on the younger generation I think we can all agree that people who can keep children entertained deserve to be rewarded for the social benefit they provide. The problem is that the island is so small that there isn't much room left to cater to independently-minded people, or if you're describing me behind my back, "the creepy antisocial loner market". The solution is to take some advice which is, ironically, most often handed out to bored youngsters by people who are tired of entertaining them. Like grandad said, you have to make your own fun, and learn to enjoy your own company - but where to start?

Take up a hobby that requires extended concentration

There are inspiring, dedicated people out there who manage to maintain a complex hobby despite the demands of a family, but for the most part getting properly stuck into a hobby is something that is best enjoyed if you have a very low level of interpersonal commitments. The list is of things that are better when you don't have to include other people is extremely broad: writing, jigsaws, painting, jogging, video games, sculpture, dressing your cat up as a character from a Jane Austen novel. What they all have in common is that they blossom in those extended periods of silence where you are happily cut off from the world.

You don't even need to spend your time actively creating anything, because you can rediscover the pleasure of learning about the world, quietly, from books, instead of having facts fired into your brain at a velocity great enough to break through the background noise of everyday life. There is a reason that so many scientific and artistic discoveries were made by intense, antisocial people, and if you have time to yourself you should relish the possibility that inspiration might fall onto your head from above. At the very least you might end up like me - devoid of real talent but having achieved a rare virtuosity in the field of toasted cheese sandwiches.

"Your kids are great, and I really look forward to them wiping my bottom when I'm in a retirement home, but there are times when their natural exuberance could be toned down a little, and by a little I mean completely"

Master pizza for one

Cooking, oddly enough, is an activity that really benefits from extended periods of solitude. This is useful if you live alone but like to eat well, because there's only so many dinner parties you can host, and eating solo at fancy restaurants can be a bit depressing. The lone gourmet might have nobody to share their culinary creations with at first, but stick to it and you'll soon realise that this grants you the freedom to experiment in ways that you might not consider if you had to worry about not appalling or poisoning your dinner guests. You can cook weird things, and it won't matter how many times you botch complicated pastries. You will learn the exact science of preparing small portions, and the economy of leftovers. You can savour each meal in quiet, meditative contemplation, mindfully sampling each taste and texture like a zen master, or alternatively stuff yourself like a carefree piggy. By the time you decide you feel like unleashing your culinary skills on other people, you will have learned things that are probably beyond the majority of cooks who need to keep one eye on a bubbling pot and

one eye on their squabbling offspring.

Motivation from the man in the mirror

You can also feel free to eat whatever you want, as another benefit of enjoying your own company is that you have plenty of time to burn off the calories by becoming an antisocial fitness obsessive. Tea, sport is a great way to meet other people, but it doesn't really deliver the intense results of going to the gym any time the mood strikes you, and silently lifting weights like a ripped serial killer. If you don't feel like looking at yourself in a mirror for hours then the gym might not be for you, so perhaps you can get yourself an expensive bicycle and drink deep on the lovely endorphins that your body will manufacture after five hours of climbing hills on your own, in the dark.

No need to restrict yourself to local hills either; one of the greatest benefits of having total control over your free time is that you aren't restricted to staying in the Island if you don't feel like it. You definitely have fewer weekend commitments, and probably have a higher disposable income, so why not wander around somewhere new? Even if hotels are out of your budget, you are still more easily accommodated by friends who can afford a couch rather than a spare bedroom, so travel the world as a couch surfer, or at the very least visit people who live in a part of the UK where fewer strangers turn out to be a blood relative.

You might not actually have friends abroad, which is perfectly fine, as you will simply have more time available to hang out with interesting strangers. You can have long conversations about all the things you've learned in your unusual amount of free time, and show off the skills you've mastered along the way. You might even find that you find a set of strangers so interesting that you don't feel like coming back, and as sole master of your destiny that decision is yours to make. The only guidelines are that you should probably avoid joining a cult, an army, or a group of cannibals you met on the internet. There are many places I will go to to avoid a Sunday afternoon full of children screaming, but Guantanamo Bay isn't one of them. Yet.

yo·ga

‘yōgə/

noun

a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Pi·la·tes

pə’lä,dēz/

noun

a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.



We gathered together a variety of local yoga and Pilates instructors to show us their moves, as a way to celebrate one of the best ways to spend your solo time. Whether it's for relaxation of health and fitness there is a yoga or Pilates move for almost everyone (although the one Trisha from YogaMatters is demonstrating above perhaps isn't!). Over the next few pages you'll see a variety of different positions demonstrated by professionals, so please don't try these at home but do consider going to attend any one of their classes, as we're sure it'll be time well spent.



siddhasana 'adepts' pose

Lisa McCabe
OmShanti Yoga Living
www.yogaomshanti.co.uk

Siddhasana is a seated posture that is traditionally used for meditation or long periods of sitting when practising breathing techniques (Pranayama). Although it looks simple it can be extremely powerful. It is beneficial for stretching the knees, hips and ankles, it is said that this pose can control excess nervous energy, however, it should be avoided if you suffer from knee injuries, sciatica or have had recent hip surgery. I chose this pose because it is reflective of where my own personal practise is now. Meditation has always been part of my practise but this year I have been drawn into making it a core part of it.



garurasana 'eagle' pose

Darren Thomas
Yoga Matters
yogamatters.yolasite.com

When I first took up Bikram yoga, being so tight and inflexible, I thought I would never achieve this pose. With regular practice, determination and a huge amount of patience my body responded and opened up and I achieved the plait required in this pose. I enjoy the stretching sensation in the upper back/neck area when I pull my elbows down which helps to release any neck and shoulder tension. This posture is challenging for men in particular and requires mental focus to remain balanced and still in the moment. It is terrific for improving flexibility in all major joints.



lord of the dance 'natarajasana' pose

Alexandra Dessain
Essentially You
www.essentiallyyou.co.uk

The best way to sum up the Lord of the Dance pose is, a graceful challenge. Not only is it aesthetically pleasing, it also commands a great deal of flexibility, strength and focus. Ultimately it is a one-legged balance and backward bend combined, which serves to ground as well as uplift the mind, body and spirit. Many beginners, when lifting the leg, tend to cramp in the back of the thigh. This pose stretches the shoulders and chest, the thighs, groins, and abdomen. It helps to strengthen the legs and ankle and of course improves balance.



sirsasana (headstand)

Jenny Bendell

RadFitness

Facebook: Rad-Fitness

This is the King of all yoga poses because of its many benefits including improved upper body strength, stimulating the pituitary gland and keeping it healthy. It's the master gland in the body and governs all other glands too, so this position has lots of other benefits too, including improved brain function and blood flow to the face, as you can see in my picture. I love the headstand, I also find the posture the most challenging. Its physiological effects are to help keep you centred and focused even when your world is turned upside down!



hundred

Helen Knight
Pilates4life Jersey
Facebook: pilates4lifejersey

This is one of the classic abdominal exercises in Pilates. It challenges the core as you have to hold a constant position of spinal flexion, while holding your legs off the mat and pulsing the arms. Lots of modifications exist so you can make the exercise both easier and more challenging, depending on your strength. A great exercise for working your tummy muscles, getting your blood moving and the whole body warmed up. I love putting the Hundred early in a class to get everyone warmed up and the abdominals 'turned on'. It gets its name as you should hold the position for 100 beats - something to aim for!



the clam

Emma Balderson
Jersey Sports and Spinal Centre (Pilates)
www.physiojersey.com

This exercise can be done standing or side lying. It involves standing with one foot lifted next to the shin or knee. The knee is then turned out to the side and back 8-10 times whilst keeping the pelvis level and facing forwards and maintaining a tall upright posture throughout the spine. This exercise when done correctly works to increase mobility in the hip of the lifted leg and retrain and increase strength in the deep gluteal (bottom) muscles of the standing leg. This is my 'exercise of the moment' because I am currently teaching a series of 'skifit' classes to help prepare clients for the slopes. Most of the class involves exercises in standing which help strengthen muscles around the hip and improve balance, control and coordination, in order to optimise technique and posture whilst skiing.

SOLO AT SEA

Jerseyman Phil Sharp began offshore racing as a student whilst undertaking an MSc in Mechanical Engineering at Imperial College. In 2005 he competed in his first major race, the Mini Transat, in which he raced single-handed across the Atlantic in a 21ft boat, finishing 4th out of 84 entries.

A year later Phil went on to score a triumphant victory in the 40ft class Route du Rhum solo transatlantic race, crossing almost a whole day ahead of his nearest competitor. Phil has since specialised in composite engineering, whilst fulfilling his need to race in additional classes such as the highly competitive Figaro circuit.

This year, as one of Britain's most competitive offshore sailors, Phil has his sights set firmly on the Vendée Globe which will see him attempt to circumnavigate the world in under 80 days, the race starts in November, we spoke to him about life as a solo sailor.

PHOTOGRAPHS James Carnegie





Crewed sailing is a fairly popular pursuit here in Jersey, what was it about solo sailing that first interested you:

My first taste of solo sailing was when, as a teenager, I decided one day to sail a Laser around the island as fast as possible. It was really windy, I capsized a lot, but I found it personally very satisfying as it pushed me right out of my comfort zone. Crewed sailing is great fun, as you get to share the experience with others, but the challenge and personal endeavour of solo sailing I find more addictive.

What does it take to become a solo sailor:

The first and most important requirement is a can-do attitude. Basically solo sailing is just an extension of sailing a Laser dinghy! There are a bunch of things to manage and one has to be well versed in key areas such as sail changing, trimming, tactics and navigation. Also, when racing, the ability to switch off and go to sleep is important, whilst the boat ploughs along at maximum speed under spinnaker. The key is to manage all these aspects effectively onboard and making sure you devote time and attention to all of them.

In November this year you are participating in the Vendee Globe, 11 years since your first race, what have you had to do to be eligible to enter and how are you preparing for the race:

To enter and qualify for the Vendee Globe you first need to find the funding for the project and the boat, and then complete a transatlantic race to qualify. Securing the level of funding required for a Vendee Globe is by far the most challenging and this takes a lot of time, in order to build up the profile and partnerships, as well as the experience and skills required.

Can you tell us more about the Vendee Globe, and what about your entry makes you different from other competitors:

We are planning to do something very special that no one has succeeded in doing yet. That is to complete a non-stop circumnavigation on zero emissions, avoiding any reliance on fossil fuels. No vehicle has ever accomplished this on land, sea or air, so we have developed a unique fuel cell power generation system to replace the diesel engines that all race boats currently used. We are currently taking the steps to commercialise this technology also, which is very exciting indeed.

Not all of the challenges you undertake are solo, you recently completed a record breaking sail with well known adventurer Sean Conway, can you tell us more about that:

I love also competing in short-handed challenges, and met Sean who is a highly inspirational adventurer and was keen to add to his successes of cycling, swimming and running the length of Britain. The fact he swam the Lands-End to John O Groats route goes to show how much personal drive he has, so it was a great reward and a lot of fun to set a new Length of Britain record with him.

How was it taking a relatively novice, and often seasick, sailor to sea in the conditions you faced:

Sean gets pretty seasick but he likes being pushed out of his comfort zone. To be honest I was quite concerned that he'd be very ill the whole way, and would be unable to take much of a part in the record. However, despite being ill for the first half, he mucked in and got involved in everything he could, so he was in fact a great help onboard.

Whilst it's just you in the boat when you race, what about the team behind you:

The effort for getting to a race of the magnitude of the Vendee Globe is the result of a substantial team effort. The skipper is there to sail the boat, but the team around you is what makes everything happen and everything possible: putting sponsorships in place, delivering high value media coverage for sponsors, preparing and maintaining the boat, and running all the logistics behind the project. The campaign draws on a lot of skills and expertise from different areas and is basically the same as running a business!

Do you have time to get lonely when you're at sea:

Yes the solitude and the isolation definitely does make my mind wander when I've been alone at sea for a long time. On the longer transatlantics I definitely miss friends and family, but I reap a lot of motivation from this to sail as fast as possible for the finish! With satellite communications you have human contact, and you also have your competitors in the race to draw a lot of comfort from, so this helps enormously.

Do you have any advice to those that may be considering taking up sailing:

Go and give it a try! Get in touch with the Royal Channel Island Yacht Club and St Catherine's Sailing Club who have fleets of Hobies, Lasers, and other dinghies, catering for all ages, so one can get a taste of sailing. Before you step onto a yacht it is best to learn the fundamentals in dinghies, plus they are really great fun.

How can we follow your progress:

You can sign up to our newsletter at our race website, www.philsharpracing.com, and we do consistent, frequent updates on Twitter, Facebook and Instagram. You can find all these links from our site, so you can follow our exciting journey to the Vendee Globe.



A decade of Swimarathon support

RBC and the Lion's Club celebrate the roaring success of the Island's 'mane' fundraising event



For over 50 years, RBC Wealth Management has operated in Jersey and is proud to be one of the Island's largest financial services employers. It is also one of the most active organisations when it comes to providing support to community activities.

This year sees it celebrate its tenth year of sponsoring the Lions Club of Jersey Swimarathon and Gallery Magazine caught up with Chris Blampied, Head of Banking at RBC Wealth Management, to see how next month's event is shaping up.

"When we decided to start sponsoring Jersey's longest-running fundraising event back in 2006, little did we know that ten years later, the Swimarathon would become such an integral part of RBC Wealth Management's involvement in the community."

"I am just one of over 700 RBC staff who has taken part in the Swimarathon over the last decade. I first participated in the late 1970s and have continued to do so, on and off, over the intervening years. This will be my third year team captaining for one of our eight RBC teams at Les Quennevais."

"And what does all that swimming result in? Apart from the obvious of having fun and getting fit, it means significant funds raised for a complete cross-section of Island

charities. The list literally reads like an A-Z of diverse worthwhile good causes and over the last nine years has totaled an amazing 115 charities. Since our involvement began, over one million pounds has been raised to help the likes of the Jersey Women's Refuge, the Multiple Sclerosis Society of Jersey, the St Lawrence Youth Project, Riding for the Disabled and so the list goes on."

"We know Jersey's people have a huge range of charity events they could support and we never take for granted their loyalty and support for five days in March each year."

"As part of our support of the Swimarathon, these funds are boosted by RBC to the tune of an extra 40p per lap for everyone taking part. And this year, we raised the amount by 10p to 50p per lap for the first ten teams signing up to the Swimarathon JustGiving website, in acknowledgment of our tenth year of sponsorship."

"The Lions Club of Jersey does an amazing job of putting on the Swimarathon and at RBC Wealth Management we support them every step of the way. Within weeks of one Swimarathon ending, thoughts turn to the following year's event with discussions on who the next beneficiaries should be. We know Jersey's people have a huge range of charity events they could support and we never take for granted their loyalty and support for five days in March each year."

"We're incredibly honoured that each year the Lieutenant Governor opens the event and we're looking forward to General Sir John McCall officially opening the event at 9.00am on Wednesday 9 March. I hope

as many of you as possible will come along and support what we know will be a great year for the Swimarathon."

www.lionsswimarathon.org
www.facebook.com/lionsswimarathon

Pictured above:

1 & 2 Leo the Lion having fun with St George's schoolchildren
3 RBC staff and family and Lieutenant Governor Sir & Lady McCall, along with the winners of last year's primary school design competition.

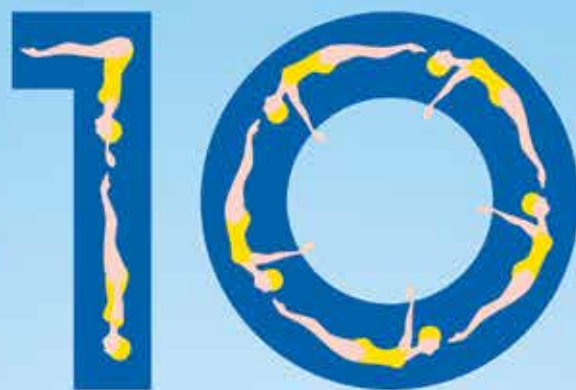
4 In 2014, Lions Club of Jersey then President, Lion Chris Clarke, Lion Andy Quinn, Phil Dennett from Oakwell Children's Respite Centre and Chris Blampied from RBC celebrated raising £127,525

£1,051,806



Amount raised since
RBC's involvement
Overall total £3.3 million
since 1972

TEN FACTS FOR



YEARS OF SUPPORT

ONCE

around the world



43,920,000 metres
Total distance swum

THREE



Number of Lieutenant
Governors that have swum

2016 marks the 10th year of
RBC Wealth Management's
support of the Jersey
Swimarathon. With your
help during this time we've
achieved these amazing
figures!



Most money raised by a
single swimming team,
'the Royal Seals' in 2012



Length in minutes of each
team's swimming slot

115

Local charities and
organisations who have
benefited

715



Number of RBC employees plus their friends and
family who have taken part

4,026

Approximate total
number of hours
swum



19,520

Average number of laps swum
each year



664,127

Litres of water used to fill
Les Quennevais pool


Swimarathon



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2008 - 2016



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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Liberate recruiting for committee members.

The Jersey branch of equality charity Liberate are seeking islanders to join a committee to plan and lead Pride celebrations in Jersey in 2016.

Following the success of Channel Islands Pride: Jersey 2015, the Committees of Liberate in Guernsey and Jersey have been working proactively together to plan a pan-Channel Islands celebration, which is scheduled to take place on Saturday 10 September 2016. Whilst there is a team in place to lead the Guernsey event, Liberate in Jersey are looking to recruit a Pride committee who can steer Pride in 2016, allowing Liberate to continue with their educational, social and political work for the LGBTQ+ community.

Volunteers for the roles don't have to have organised a Pride, or similar, before. Lots of the roles require skills and talents that may have been developed in daily life. Volunteers also aren't required to be

lesbian, gay, bisexual or trans – all allies of the equality movement are welcome to apply for the roles. Finally, volunteers don't need to have a large bank balance; Pride relies on ticketed events and sponsorship to fund the parade and free entertainments that are provided on the day.

What volunteers will need is time to give to the roles; all job descriptions usefully have a time donation estimation attached so volunteers will know when to expect the role to be at its busiest.

Those wanting to join the Pride committee should also enjoy working in a team, and be ready to bring enthusiasm, a sense of fun, imagination, dedication and love to Pride – what Liberate call the “Pride vibe”. Details of all the roles can be found on the Liberate (Jersey) website: www.liberate.je, and applicants are asked to email their applications to hello@liberate.je

Gala fundraiser for Jersey Action Against Rape

JAAR (Jersey Action Against Rape) was launched a year ago, on 27 January 2015, by Cassidy McIntosh. She donated the money she received for damages paid to her by the defendant in an out of court settlement of a civil case she took out against him. It was the first civil case of its kind in Jersey. Following her own horrific experience Cassidy found that there was no expert help or support, specifically for victims of rape or sexual assault, in Jersey, which is why she launched JAAR.

The charity aims to prevent and heal the trauma of rape and sexual assault and provide support for victims in Jersey and their families. It also wants to raise awareness about the crime and to remove the stigma of rape.

In their first year they have already received around 200 calls to their helpline and a total of 57 clients have received nearly 600 hours of free counselling & support. They currently have a team of 60 volunteers, of whom 17 are counsellors. They also provide ongoing training from UK experts for their counsellors and volunteers.

Cassidy said “We have been overwhelmed by the wonderful support we have received from the Jersey community and we are forever grateful to our amazing volunteers for their passion and dedication to JAAR and all we are setting out to achieve.”

In order to continue the great work already achieved JAAR have organised a gala ball on Saturday 19 March. The black tie fundraising evening will be held at the Pomme d'Or hotel, with tickets priced at £65 per person. If you'd like more information about the event or the work the charity do then visit www.jaar.je or email admin@jaar.je

Wear Red on Friday 5 February – Wear It. Beat It.

The British Heart Foundation Jersey Branch (BHF Jersey) is calling Islanders to join the fight for every heartbeat by wearing red on Friday 5 February to help raise £1million for life saving research.

Each year heart and circulatory conditions, which include heart attacks and stroke, claim the lives of around one in four people in the Island. In 2012, 213 deaths in Jersey were attributed to circulatory disease and an average of 50 people a year die prematurely before the age of 75.

The BHF funds around £100million of new lifesaving research every year which is central to discovering vital treatments for Islanders living with heart and circulatory conditions. By signing up to Wear it. Beat it. you can help power more lifesaving discoveries. Whether you choose to go all out or just wear a splash of red, join the fun across the island (and the UK) by organising an event this February to show your support. It's a great way to get friends, family or work colleagues together and help make a difference to millions.

As well as asking Islanders to wear red on Friday 5 February, the BHF Jersey Branch is working with local volunteers to organise a number of events to help raise funds for the cause. Events planned include a Cupid Town Collection, Valentines Pop-Up Market in the Central Market, Free Heart Checks with the Jersey Cardiac Team, Mixed Netball Tournament, Ghost Walks and Heart Art.

For full details please visit the BHF Jersey Facebook page: [BHFJersey](https://www.facebook.com/BHFJersey)





DATE FOR THE DIARY: 23rd April Islanders encouraged to get fit for Macmillan Jersey

Macmillan Cancer Support (Jersey) is encouraging Islanders to make a New Year's fitness resolution and sign-up to the charity's annual indoor Rowathon. Macmillan Jersey's Rowathon involves teams of six rowers rowing the equivalent distance from Jersey to Sark (30,000m) on an indoor rowing machine. Last year fifty four teams took part raising in excess of £30,000 for the charity. This year is the 50th Anniversary of the Sark to Jersey Rowing Race and was how the Macmillan Rowathon was conceived.

This year's Rowathon will take place on the 23rd April at Les Ormes. Teams can enter the 9am or 1pm sitting. Registrations can be made via the Macmillan Jersey website - www.macmillanjersey.com/rowathon. The event is once again being kindly supported by RBS International.

Andy Smith, Director at Macmillan Jersey, said:

"This event is one of the highlights of our fundraising calendar. Last year we welcomed three hundred and twenty four Islanders to our Rowathon. The atmosphere was fantastic and the event helps raise a terrific amount of awareness for our charity and funds to continue to provide the services we offer. We are really looking forward to this year's event especially as it's the 50th Anniversary of the actual Sark to Jersey race."

Pictured above: Cross Fit Winning Teams

Ready, Set, GO!

READY set go ONLINE provides cost effective educational help at home, through online group webinars (an online live meeting). The service is aimed at students, parents and teachers. Specialist teachers deliver GCSE and A-Level revision sessions. 'Keep Calm and Support your Teenager' sessions provides parents with advice in how to support their child through the revision process. Specialist teacher training sessions aims to improve teaching and learning. Each 30 minute session costs £10 and consists of 20 minutes of specialist teaching followed by 10 minutes of interactive questions and answers.

Twitter: @readyssetgonline
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Website: readyssetgonline.co.uk
Email: readyssetgonline@gmail.com

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"I have been a tenant in one of the independent Abbeyfield flats in Lynton for the last few years and have been very happy and comfortable, having made good friends with fellow tenants, and Abbeyfield residents, and enjoyed the facilities that Abbeyfield are able to provide which have been excellent."

Abbeyfield House & Lynton, Nelson Avenue, St Helier
01534 720251 abbeyfieldjersey@gmail.com
www.abbeyfieldjersey.com

<h3>Mother's Day Lunch</h3> <p>6th March</p> <p>Sit back and relax with a three course carvery buffet and a little treat for the mum's!</p> <p>Served 12:30 - 15:30, live music from Elouise for the grown up's and a bouncy castle for the children from 15:00.</p> <p>£34.95 per person</p> <p>Children 12 and under £15, under 4's eat free of charge.</p>	<h3>Easter Sunday Lunch</h3> <p>27th March</p> <p>Enjoy a delicious three course carvery buffet, from Executive Chef Vincent Duffy and his team.</p> <p>Served 12:30 - 15:30, with a live act from Music Management and a bouncy castle from 15:00 to entertain the little ones.</p> <p>£34.95 per person</p> <p>Children 12 and under £15, under 4's eat free of charge.</p>
<p>TO BOOK: Call 01534 671 100 or Email waterfront.jersey@radissonblu.com</p>	

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Home from home

Making the decision to give up your home is, for most people, very difficult. Whether it is because of the loss of a loved one, or perhaps because you are unable to deal with all the responsibilities that come with living in your own property.

On Saturday 23 April Abbeyfield Jersey Society, which provides Assisted Living accommodation here in Jersey, is celebrating its 25th anniversary. Back in 1991, after an initial three years of fundraising the society were able to purchase Lynton House – self-contained studio apartments. The charity then went on to raise enough additional funds to build Abbeyfield House in part of the gardens of Lynton - assisted living.

Both offer the perfect opportunity for an individual's journey to be made that little bit easier. They are both located on Nelson Avenue, St Helier, close to Havre Des Pas, which means you are only a short walk to town or to the sea front and there's a convenient bus route not far away. Offering residents a place that they can call home, with the chance to continue an independent and self-reliant lifestyle, whilst making new friends and finding companionship. Providing warmth and that important independence that assisted living brings.

"At Abbeyfield there's no 'make yourself at home', it is your home – your space, housing your memories and the things that matter most to you. The way you choose to furnish, decorate and accessorise is down to you."

At Abbeyfield there's no "make yourself at home", it is your home – your space, housing your memories and the things that matter most to you. The way you choose to furnish, decorate and accessorise is down to you. Whatever makes you feel comfortable – a favourite recliner, your daughter's framed watercolour, your most treasured possessions. Ultimately it is the people that make a house a home.

If you or a loved one would like to find out more why not pay Abbeyfield a visit on Saturday 23 April any time between 2.00p.m. - 5.00p.m.



Local charities equipped with recycled stationery thanks to Hawksford

Corporate, private client and funds business Hawksford, has recycled hundreds of pounds worth of unused stationery by donating it to seven local charities and community groups further afield.

The items, which included lever arch files, dividers, note pads and pencils were distributed via the Jersey Association of Charities database earlier this month, with the lion's share going to Island Friends Together, a charity that supports orphanages and poor schools in Sri Lanka and southern India.

Other beneficiaries were Les Amis, Jersey Action Against Rape, Little Sisters of the Poor, St Ouen's Youth Club, Community Savings Ltd and Grainville School.

Hawksford's chief executive officer, Maxine Rawlins, said: 'We had a huge backlog of old and unused stationery in storage that we hoped would be of use to some of the wonderful charities and groups in our community. The response was fantastic and we are delighted that so many organisations have benefitted from the free stationery. We've already received positive feedback from many of the groups, and the recycled items are clearly being put to good use.'

Island Friends Together has already shipped its donated stationery to Colombo in Sri Lanka, where it will be distributed to orphanages and poor schools across the country. Community Savings Ltd, which provides banking facilities to people in Jersey who cannot get bank accounts or who need financial assistance, has also responded to say the items donated by Hawksford are being used to replace the charity's old and worn stationery.



EVENTS



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Arcane, Preview Evening

FORT REGENT ART GALLERY

FRIDAY 8TH JANUARY

Team Gallery went along to the preview night of Arcane, the first collaborative exhibition between local artists Will Bertram, Sam Bullock & Josh Bale. Each artist has a unique approach, however the work is complimentary and quite similar in some ways. Influenced by medieval drawings and illustration as well as more contemporary sources, Arcane is

an interesting and unique collection of drawings and paintings. Although the first collaborative exhibition, it won't be the last.

You still have time to go and visit the exhibition at the Fort Regent art gallery, it's open daily between 10am - 5pm, until Monday 8 February. The gents also feature on pages 62-63 of this month's magazine.



Luella Pop-Up Launch

ELMINA LIFESTYLE SALON

THURSDAY 3RD DECEMBER

Elmina Lifestyle Salon and Luella Rockerfella celebrated their collaboration in business with a hip launch party. Tony Safe was on the decks, canapés and Bollinger champagne were in abundance.

Lauren from Luella Rockerfella said "collaborations in business have been wildly popular in London from vintage clothes rails in cafes in Shoreditch or

juice bars in barbers in Dalston." This is a semi permanent fixture so pop in and be styled head to toe! Luella Rockerfella stocks brands such as Neon Rose and FRNCH. Also a lot of new exciting collaborations are coming in the New Year.

Elmina and Luella Rockerfella aim to provide your weekend one stop shop: hair, make up and fashion all under one roof!



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The Mortgage Shop and Henley Financial Annual Drinks Reception

31 BROAD STREET

FRIDAY 15TH JANUARY

The event was supported by around 80 people engaged in the property, investment and pensions industries.

Commenting on the event, managing director Peter Seymour said "It's great to see so many of our friends from across the island. This is a wonderful opportunity for us to catch up with people, in a relaxed

setting, thank them for their support and exchange views on what matters to us all – a thriving property and lending market".

2016 sees The Mortgage Shop conclude its 25th year of trading, during which time it has arranged finance for thousands of local residents.



Eliau Christmas Party

RJAHs

FRIDAY 11TH DECEMBER

Over 300 Elian employees were treated to a spectacular neon-themed Christmas party. The fluorescent room and special lighting effects created a bright, urban city vibe. Employees, accessorised with glow sticks, bubbles and glasses, enjoyed two professional entertainers. Dutch street theatre company Close Act, who mix

disciplines such as dance, music and circus, performed an enchanting butterfly routine. London-based The Kitts Project, an integrated DJ and live band, got the crowd going and even joined Elian staff, including the CEO, on the dance floor! Local DJ Ross Donaldson topped off the evening.



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NEWS IN NUMBERS

POPULATION SPECIAL

Registration cards issued by nationality in Jersey (2015)

BRITISH	13,937
PORTUGUESE	2718
POLISH	1678
ROMANIAN	591
IRISH	419
FRENCH	212
SOUTH AFRICAN	134
LATVIAN	103
INDIAN	93
THAI	90
BULGARIAN	81
ITALIAN	79
FILIPINO	73
HUNGARIAN	67
SPANISH	59
AUSTRALIAN	52
ZIMBABWEAN	46
GERMAN	45
DUTCH	42
CZECH	38
KENYAN	38
CANADIAN	37
AMERICAN	35
NEW ZEALANDER	35
SLOVAK	30
SWEDISH	30
PAKISTANI	28
RUSSIAN	26
AUSTRIAN	25
BRAZILIAN	19
LITHUANIAN	18
CHINESE	14
BELGIAN	13
FINNISH	13
GREEK	13
SLOVENIAN	13
BANGLADESHI	12
MAURITIAN	12
VENEZUELAN	11
EGYPTIAN	10
SRI LANKAN	10
MALAYSIAN	9
SWISS	9
MALTESE	8
MALAWIAN	7
NORWEGIAN	7
ZAMBIAN	6
DANISH	5
GHANANIAN	5



Figures from the Jersey Population Office, flag circles displayed to scale (where included).

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FLYING SOLO

WORDS Tamarin Marriott-Wilkinson

From the heights of the Himalayas to the beaches of Bali, to the sacred sights of Sedona – sometimes the best travel companion you can ask for is yours truly. Spending time on the road alone is unbelievably liberating, rewarding and eye-opening. Read on to discover our best solo-travel spots...

Reykjavik – A User-Friendly Destination

If you're travelling solo for the first time, Reykjavik tops the 'solo-travellers' must-visit list, and it's a great spot for outdoor enthusiasts.

From its concrete houses smeared in pastel colours, embellished with vibrant red, blue and green roofs, to its virtually treeless countryside, Iceland is home to a sea of ever-changing scenery. A trip to the Blue Lagoon Spa is a must. Surrounded by nature, it is here you'll find an oasis of relaxation that is arguably the world's most famous spa. Enveloped by aqua blue waters and surrounded by immense lava fields, this exclusive attraction promises the ultimate in spa getaways. Animal lovers on the other hand will enjoy embarking on a whale watching tour, where you'll encounter a variety of species from Minke to humpbacks, to beaked dolphins and harbour porpoises.

A trip to Harpa is a must when in Iceland. This striking concert hall is situated in the city's up-and-coming harbour district and was designed in collaboration with the Danish-Icelandic artist Olafur Eliasson. Created using over 1,000 glass blocks, this art installation comes to life at night, when one of the six LED-light sequences play to a symphony over the glass.



Getting there: Fly to London City from just £29 with Blue islands, where you can catch a direct flight to Reykjavik.

Where to stay: Stay anywhere in the capital, and you'll be granted instant and easy access to virtually any corner of the country.

Must-see attractions: From a trip to one of the city's seven pools, to its many museums, park and zoo, there is plenty to do and see here. Purchasing a Reykjavik City Card at the tourist information centre or at the Reykjavik youth hostel permits unlimited bus usage and admission to any of these attractions.

Insider tip: The Laundromat Café boasts a social meeting hub, it's here travellers can wash laundry, enjoy a casual supper, drink coffee, read books and share travel tips.

Bali, Indonesia

If organic eateries, markets, spas and spirituality sounds right up your street, then a trip to Bali is your ideal destination. Boasting diversity galore, Bali is a staple trip for solo travellers across the globe. It helps that the cuisine is both delicious and wallet-friendly, as is the cost of living.

Bali really is as alluring as everyone says. The island is home to exquisite volcanoes, terraced rice fields, forests and picturesque beaches. From surfing, to diving to golf, there is an activity to suit all – regardless of the season. What set's it apart from its neighbouring Indonesian destinations however, is its Balinese traditions. When venturing to this corner of the world, expect to be immersed in vibrant culture, dances, rituals and crafts, all of which are linked to ancient Hindu faith.

If you're an animal fanatic, a trip to the Ubud Monkey Forest is a must! Located on the peripheries of the Ubud main centre, it is here you'll find one of Bali's several grey long-tailed macaque-occupied forests. This sacred area is a place of scientific research, as well as a site of spiritual and cultural facets, with temples blessed by the local villagers hidden within its grounds.

If you're travelling solo in the hope of finding yourself, discover the depths of yoga in an untouched paradise. You'll find a handful of meditation and yoga retreats in Ubud, all of which have been designed to bring your body back to balance. From seven day detox retreats to three-day cleanses and customisable courses, there is something to suit all yoga-loving crusaders.

“What set's it apart from its neighbouring Indonesian destinations however, is its Balinese traditions. When venturing to this corner of the world, expect to be immersed in vibrant culture, dances, rituals and crafts, all of which are linked to ancient Hindu faith”



Getting there: The average flight time to Bali is 16 hours 15 minutes, with most airlines offering routes to Denpasar.

Where to stay: If you're traveling to Bali for the first time, choose a homestay (homestay.com), which allows you to stay with locals from the island, encouraging a more authentic experience.

Must-see attractions: The Besakih Temple in Eastern Bali, also referred to as the 'Mother Temple' sits on the stunning slopes of Mount Agung. This artistic and unique compound comprises an astounding 86 temples, including the main Pura Penataran Agung – the Great Temple of State.

Insider tip: Begin your adventure at the Family Guesthouse in Ubud, where you'll find budget-friendly accommodation in a central location. This is a great spot for meeting and mingling with like-minded solo travellers. They also offer a sumptuous breakfast in a lush tropical setting.

...CONTINUED OVERLEAF

...CONTINUED FROM PREVIOUS SPREAD



Lamu Calling

This remote African island is home to an unexpected artist's retreat – one that appears to have been plucked from the pages of a Roald Dahl storybook. This comes as little surprise when you discover the founder, Nicholas Logsdail, is in fact the great storyteller's nephew.

Set amongst lush mangroves - two degrees below the equator - Lamu unfolds like an opium dream; a jumble of stone turrets, ancient mosques, whitewashed mansions and vibrant bougainvillea. This UNESCO World Heritage site and medieval town has been preserved to perfection.

If you're looking to experience the culture of a faraway land, this is a must for your bucket list. On arrival, you'll be immersed in Lamu's vibrant yet incredible mix of cultures. From woman swathed in colourful veils, to traders herding teams of donkeys laden with basmati rice, silk and tea - little has changed here for almost 500 years. Although it's impossible to get a WiFi connection, the 4G coverage is pristine!

Few of Lamu's attractions have made it to Tripadvisor, the real beauty of being here is the town's otherworldly atmosphere. The faces are African, the style of the alleyways Arab and the aroma Indian.



Getting there: From Nairobi, you'll board a propeller plane to a tiny airstrip set amongst lush greenery and then catch a dhow (a traditional Arab sailing vessel) to Lamu.

Where to stay: Peponi Hotel, which has been graced by many celebrities, including Mick Jagger and Jerry Hall.

Must-see attractions: The mansions of Omani ivory merchants, whose doors boast an ethereal, fairytale-like character, complete with brass spikes and exquisite ornamental detail.

Insider tip: Only in Lamu will you see hundreds of Egyptian alley cats and houses exclusive of door numbers.

SEE THE WORLD Top 5 Destinations 2016

WORDS Travel Counsellor Kim Pierce



Sri Lanka

With an array of white sandy beaches, surfing, eight UNESCO World Heritage sites, 2000+ years of culture and a spectacular range of wildlife; Sri Lanka really does have it all. This destination is still remarkably affordable and is a must for anyone looking for a new place to explore in 2016. Just next door is the Maldives if you want to treat yourself to the ultimate luxurious experience.



Rome

After years under wraps, the Colosseum's huge-scale restoration job is finally being unveiled. Visit the locations used for filming Spectre, the latest James Bond and marvel in the beauty of its architectural delights. From piazzas, masterpiece churches and true Italian style Vespa-whizzing, Rome is definitely one to consider!



Morocco

Only a short 3.5 hour flight from London Gatwick with BA and you will reach the exotic land of Africa. From the Saharan desert to the peaks of the Atlas Mountains you can stay in traditional Riads and Kasbah's whilst exploring the medina lanes and souks of Marrakesh. The fantastic scenic views can be explored by foot, on bike, horse, foot or quad bike for an extra exhilarating thrill.



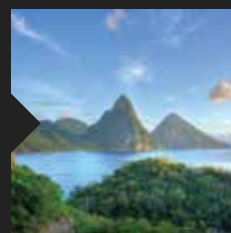
Japan

Japan boasts a stunning wealth of architecture, technology, culture and history. It is completely unique and remarkably comfortable to travel around. From the stunning landscapes of Hokkaido in the temperate north to the sub-tropical islands of Okinawa in the south there is beauty everywhere you look. The calm of Japan's Zen temples, the prominence of the ancient castles combined with the peaceful beauty of Mount Fuji blend seamlessly with the neon-lit capital, Tokyo. It's this which makes Japan one of my favourite and most rewarding destinations to visit.



St Lucia

A back to nature haven where it's still possible to find a deserted white sand beach, secluded waterfall or character filled fishing village. Here you can relax, unwind and take in the oasis that is St Lucia. There is also so much to explore; the rainforest interior is fantastic on foot, horseback or zip line and you can even take a boat trip in search of beautiful whales, dolphins and turtles.



Contact Kim for more information:
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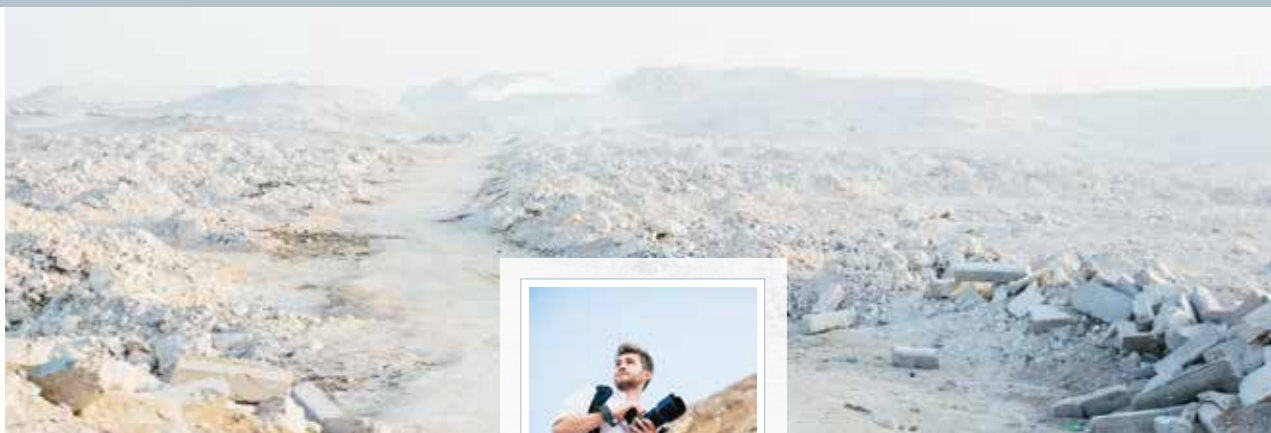
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CAIRO CAPE TOWN

AFRICA'S PLASTIC FOOTPRINT



WORDS Alexander Mourant

Alexander Mourant, photographer and participant on RAW Foundation's journey through Africa, November 2015 - March 2016. RAW Foundation aims to create international public awareness about the true extent and dangers of plastic, particularly single use. This is now a globally critical issue and will affect the survival of our species.





I should start by explaining some thoughts regarding the medium that is photography. I find photographs hold far more intrigue than the everyday viewer realises.

Fundamentally, we are busy, frantic people, consumed by an insatiable desire, an urge, to have instantaneous gratification whilst we adhere to our own civilised code of conduct. We are surrounded by generalised idylls, perpetuated through the media, often rendering us desensitised to that which makes us human. In reality, the photograph has endless ethical questions and thoughts to pose to us; it only requires time and thought to be interpreted successfully.

In documentary work, I feel photographers often unconsciously misuse the medium. They try to present what they see to us as objective fact, when in reality, how can it be? The very act of photographing is a subjective decision; a presupposed edit by the photographer of a world according to their experience. So the truth is only fragmentary, an icy illusion. We choose to accept what is portrayed. However, through the photographers I admire (Nadav Kander, Alec Soth and Gregory Halpern) there's an authenticity; a pause almost, an elegiac situation, de-cluttered from all those elements of what traditionally dictates a "good" photograph. There's space to roam, a quietness which subverts what we understand about the environment and ourselves. This new mode of documentary can be likened only to art. Thus, I set out to study the African continent, balancing the grey area between 'documentary' and 'art'. How my thoughts were to translate into photographs was a mystery - I was only too excited to begin.

Tales of Garbage City

We rose early and made the drive out to south-east Cairo, to an area commonly called Garbage City. It was evident why we would be visiting; the micro-city is, after all, built on foundations of everyday rubbish, consisting of plastic, metal and cardboard. It was created in the 1960's as a result of economic strife, a terrible consequence of a war between Egypt and Israel, which saw farmers emigrate north from the farmlands of the south. The people, although illiterate settled in Cairo and sought to make a living entirely from scratch. They had an idea to start collecting piles of rubbish from the streets to bring home. They sorted it; organic food fed to pigs, everything else classified according to colours and types and then sold to merchants. Today, with help from the government, the people of Garbage City have modern machines to crush and wash materials. Their population is estimated at 60,000 with each house composed of three to four merchants.

"In documentary work, I feel photographers often unconsciously misuse the medium. They try to present what they see to us as objective fact, when in reality, how can it be? The very act of photographing is a subjective decision; a presupposed edit by the photographer of a world according to their experience. So the truth is only fragmentary, an icy illusion."

CONTINUED OVERLEAF...

...CONTINUED



“What followed could only be described as a frenzy, a sheer explosion of interest and delight at witnessing and having a portrait taken. I quickly grabbed my cameras from the car to continue shooting on larger format.”

The power of the photograph

I cracked the window and the smell was putrid. We parked and found a small café, filled with locals smoking shisha and drinking tea. I was greeted by a small boy, “Hello”, “where you from?” We spoke to the locals and managed to strike up some great conversation with touches of humour easing any tension. It was suggested that we take a group picture on an iPhone. With curiosity, the man sat next to me said “yes”. What followed could only be described as a frenzy, a sheer explosion of interest and delight at witnessing and having a portrait taken. I quickly grabbed my cameras from the car to continue shooting on larger format.

We walked through Garbage City with an English speaking man; greeted by everyone as we made our way through the narrow streets, observing the everyday sorting of rubbish and their process. I no longer smelt the burning plastic or rubbish. Garbage City was filled with the exchange of welcomes and photographs, high fives, handshakes, that was all. My preconceptions of being a British

white male (with a camera) entering uncharted territory, with understandably defensive locals, was absolutely shattered. The whole situation conveyed the brilliance of photography’s innate ability - a deity of such within universal communication - opening dialogues between every ethnographic.

We were interested in the story Garbage City had to tell because of the large majority of plastic waste found there. What we discovered was a revelation, a renewed understanding for what they do, how they live and how they recycle. The individuals of that community do more for the environment than most of us. In a contemporary twist of fate you could say they now farm rubbish. It’s time the importance of these individuals is highlighted.

“What else was I to encounter?” I thought, as we travelled south along the blue jewel of the River Nile, quietly into the night. ✕

Please join the conversation:

#rawinafrica

Instagram: @morwant @RAWFoundationUK

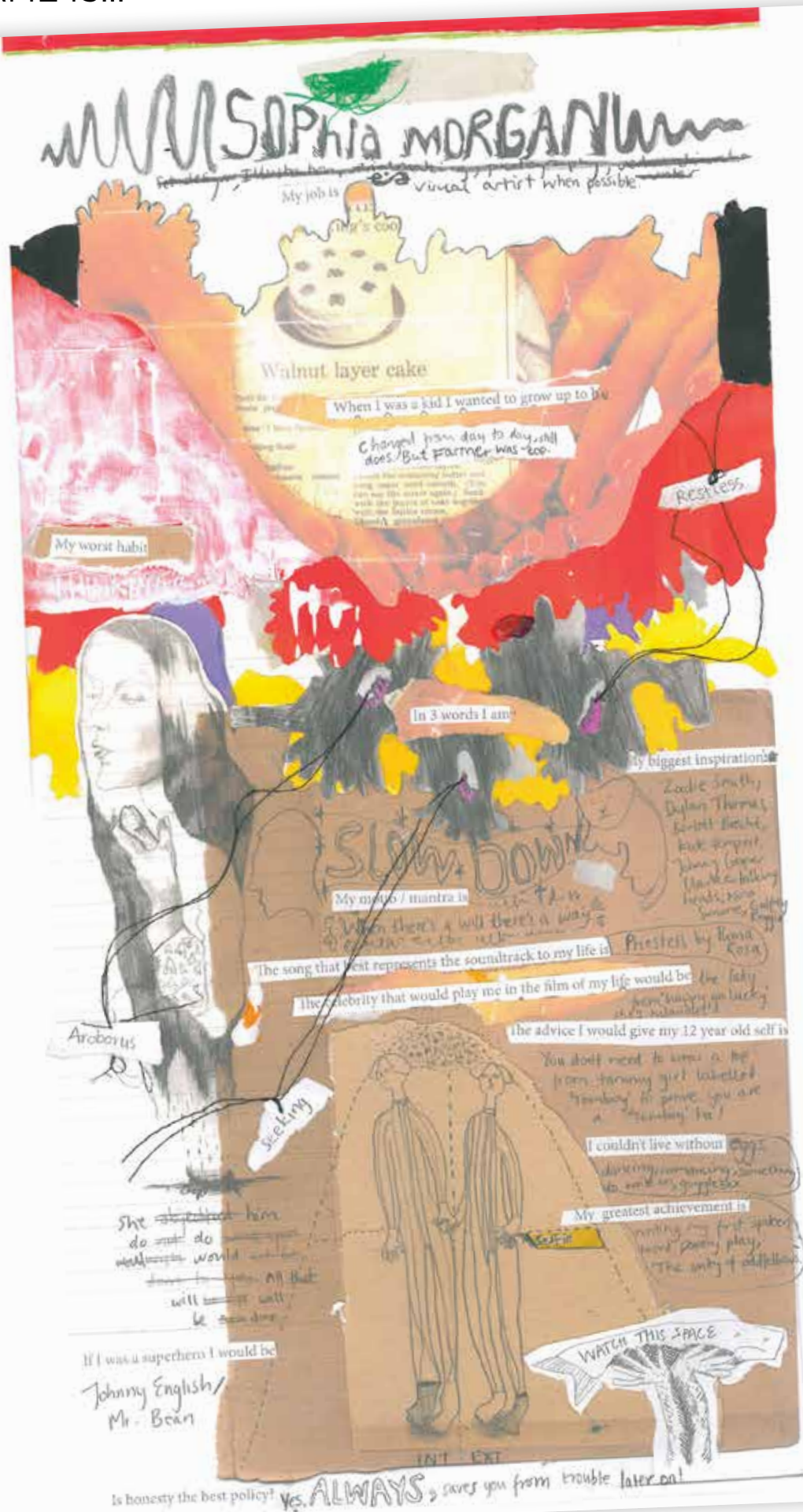
www.alexandermourant.com

www.rawfoundation.org



CULTURE

MY NAME IS...



Culture Exhibitions

Sands 100:

A Retrospective

Jersey Arts Centre, Berni Gallery

Monday 15 February - Saturday 19 March

Frederick Sands is regarded as one of Jersey's most accomplished painters and his vibrant, imaginative style of work is much sought after by private collectors and museums.

To commemorate the 100 year anniversary of his birth, Jersey Arts Centre is to hold a major retrospective exhibition that will show over 30 examples of his magnificent oil and watercolour paintings.



“Sourced from public and private collections, many of these works have not been seen before and promise to provide the island with the ‘must see’ exhibition of 2016”





RE-LAUNCH
OF
THE HARBOUR GALLERY
WEDNESDAY 17TH FEBRUARY

ARCAINE

[ahr-keyn]

adjective

1. known or understood by very few; *mysterious; secret; obscure; esoteric*

We're now accepting applications for the 2016 Gallery Student Art Awards (gallery.je/art). The awards are open to all Jersey students currently enrolled in a diploma or degree level creative subject. The awards bring to our attention the work of a great many incredibly talented artists, some whom we build relationships with outside of the competition. Will Bertram is one of those people, his illustrations can often be seen alongside our upfront features in the magazine. So when Will mentioned to us that he was working on his first collaborative exhibition with two other local artists, Sam Bullock and Josh Bale (another student art awards entrant) we couldn't wait to see what they'd been up to.

Each artist has a unique approach, however the work on display is complimentary and quite similar in some ways. Influenced by medieval drawings and illustration as well as more contemporary sources, Arcane is an interesting and unique collection of drawings and paintings. Although this is their first collaborative exhibition, it won't be the last. We asked each of them to choose their favourite piece from the show and to explain to us what makes it stand out for them.

Their exhibition, Arcane, can be found in the Fort Regent Art Gallery until Monday 8 February, so there's still time to catch it if you're quick.

Sam Bullock

Sam is 23 year old artist who specialises in Illustration & Graphic Design. He is currently working as an illustrator for the Kartoony Faktory producing topical satire cartoons and imagery. Alongside this he also takes on freelance graphic design and illustration jobs ranging from creating logos to website design to editorial illustration. Once he's finished his 'day job' he's able to get painting and drawing for his own personal work, which is where his work for Arcane has come from.

'They'.

This is 'They' from the Storm series I produced. 'Storm' contains two other paintings that both reflect an uncertainty in youth. The other two are called 'He' & 'She', 'He' depicting a young boy & 'She' depicting a young girl.

All three use a black and white palette and this is because I was looking at old photographs from a 1920/30's movement called 'Kibbo Kift'. John Hargrave, the founder described it as a modern 'Utopia'. Science, magic & morals were all on the agenda and the children would often go camping and perform ritual like performances around the campfires dressed in a cross between scouts and animals. Hargrave's plan was to train young humans to be healthy and creative individuals in which the Human Race would evolve into a society without war or poverty.

I think although the socialist movement came to an end in 1950, the ideal that Hargrave was trying to set is becoming ever more needed in today's age of computer addiction, obesity and egos getting the better of people. I was trying to reflect a mysterious youth in these paintings with a kind of anonymity and a look of being metaphorically lost in a storm of shit that consumes everyday 21st century living.

www.sambullockdesign.com



Will Bertram

Will is a local artist, freelance illustrator and degree student at Highlands School of Art. He likes to combine illustration with sculpture, his main medium being Posca Pens but recently he's made some clay and wax figures and some masks out of hardened canvas, plastic and clay. His favourite artists are George Condo, Marcel Dzama and Joan Cornella all of whom use dark humour within their work which he tries to incorporate into his own. "Recurring themes in my work are cult behaviour, the occult and pagan rituals from Europe which is what led to making a Ouija Board."

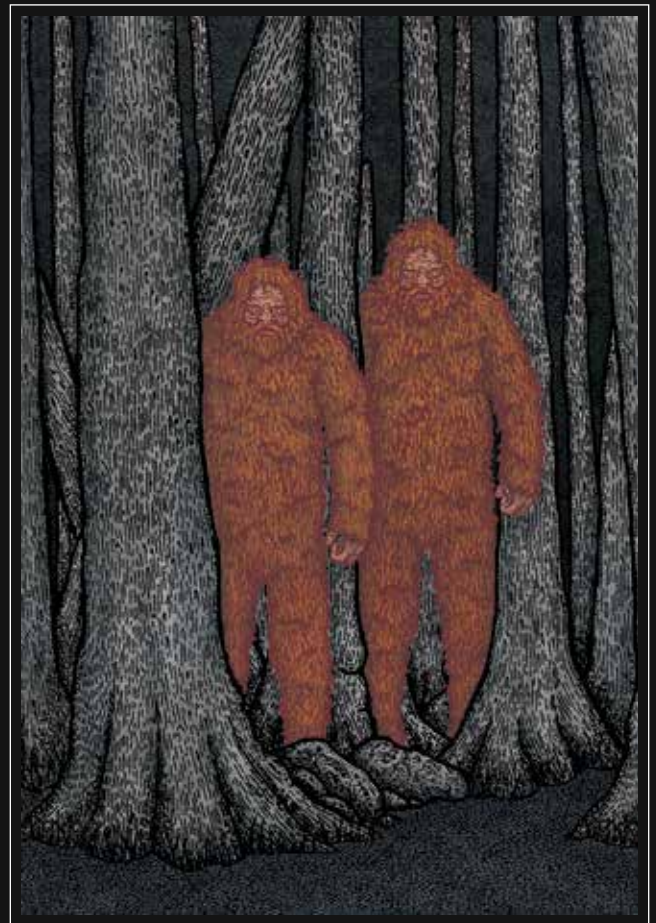
Past-Life Connection Board

Whilst creating our work for Arcane, I decided to make my own Ouija Board based more on cults, rather than the occult. I had an extravagant gold frame to use so cut a board and made a pointer. The Pointer is based on some previous work on cult iconography and I took the name 'Past-Life Connection Board' from a phrase the Heaven's Gate cult used to brainwash members. Once I had the frame, pointer and influential imagery, I applied the letters using letraset suggested by Sam and then started drawing. I tend not to plan things out too much, letting the drawing develop naturally around one or two planned characters or objects. In this case I used a moon and sun for the yes and no taken from traditional Ouija Board design and then a recurring antlered character to point to the 'Farewell'. I decided to have one side of the board day and the other night, having a dotted starry sky around the moon and antlered character, and a tree shedding leaves on the sunny side. I based the character on the sunny side on a medieval drawing of someone with a face on their chest Sam and I found. This was also the basis for a mask I made which ties in with a series of four paintings also featured in the exhibition.

It's the favourite piece that I made for Arcane because it allowed me to use new techniques like letraset, and to illustrate something potentially functioning. I have really enjoyed the surrounding skepticism or in some cases superstition, for example my mum wouldn't let it in our house despite liking its aesthetics.

A lot of people have asked whether it works which hopefully we will find out during Arcane...

willbertram.format.com



Josh Bale

Josh Bale is an illustrator and graphic Designer. He is a recent graduate of Visual Communication at the Arts University Bournemouth, UK (2015). His strong sense of design lends itself to his illustration work, which is created primarily in ink and Photoshop. Illustrations have been created for advertising, publishing and business's including Avalon, Rat City Promotion, Logicalis Jersey, Gallery Magazine and Bumf Magazine. Josh has also been short-listed for both the Gallery Student Art Awards and Young Cartoonist of the year.

Sasquatches

This has to be my favourite work in the exhibition because of the boldness of the imagery, the subtle details within the work and also the uncanny experience you're left with after viewing. It's quite an intense piece of artwork to look at, two big bright hairy creatures just staring back at you from some dark and mysterious woodland. You can't help but want to stare right back.

The reason I made this piece was because I wanted to continue on the theme of mythical creatures and the "Sasquatch" is something that I felt fitted in very well within the whole medieval theme for our exhibition. The Sasquatch has a lot of old folklore and history to them, which for me makes them still relevant and mysterious today.

www.joshbale.com

THREE SQUARE MILES OF SOLITARY SPLENDOUR

Nic West was until recently a Cambridge-based painter who decided to sell all of her belongings and move to Alderney last year. Inspired by artists including Anselm Kiefer, Louise Bourgeois, William Congdon and Mark Rothko, she creates abstract visceral oil paintings full of texture inspired by the brutality and beauty of her surroundings as well as the strength of the human spirit in the face of adversity. Working primarily in turquoise and gold, she has shunned brushes and applies paint to her canvasses directly from the tube and using knives.

What made you up sticks?

I needed a big change. I'd got stuck in a rut, having spent too many years working long days in office jobs with a three hour commute. I'd also had a challenging couple of years since leaving a long term relationship.

Why Alderney?

I'd visited the island in 2014, it seemed like the perfect location for a new start. It has beautiful quiet beaches, an interesting history and a simple lifestyle. I think it's a love it or hate it kind of place and it got under my skin. After selling all my belongings I moved from Cambridge to Alderney in January 2015.

What is it that inspires you each day?

My location, the panoramic sea views, doing what I love, plus the determination to succeed (and of course not wanting to return to a 9-5)!

What advice would you give to people considering a move like yours?

Go for it, step outside your comfort zone, believe in yourself. If you really want to do something you'll find a way. The week before I was due to move I was terrified, I tried to back out of it because like most people I feared the unknown but once I arrived I realised taking the risk was the best thing I've done.

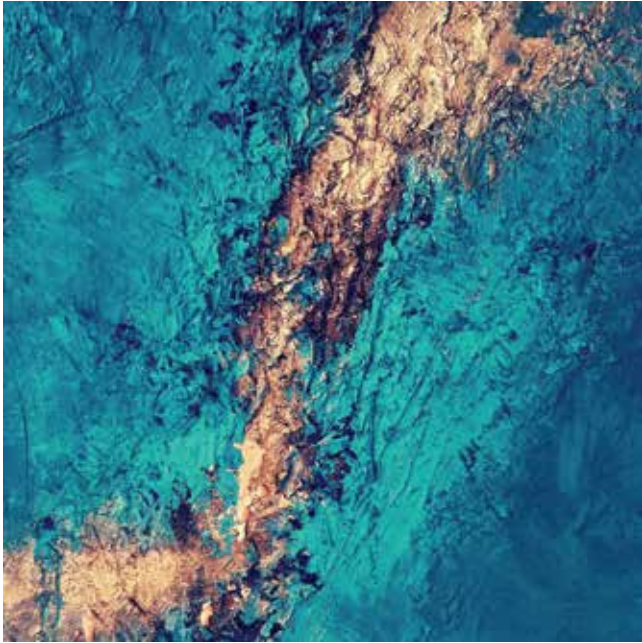
Is there anything you miss?

Friends and family (it's expensive to get on and off the island, plus some aren't too keen about having to make the journey on the tiny prop planes), and I miss the variety which comes from living in a city.

Where can people next see your work?

News, commissions and contact details are available via my website www.nicwest.co.uk

“I'd visited the island in 2014, it seemed like the perfect location for a new start. It has beautiful quiet beaches, an interesting history and a simple lifestyle.”



Culture News



ANDY KIRKPATRICK - COLD MOUNTAIN

Andy Kirkpatrick is a unique story teller and comedian described as the "Ranulph Fiennes of British Climbing" by the Today Program. He climbs in some of the most inhospitable places on earth, from Greenland to Alaska, Patagonia to Antarctica, and he is now stopping at Jersey Opera House for one night only on Friday 26 February. In this new tour, he takes up where his last finished, arriving in Antarctica dreaming of climbing the 'hardest mountain in the world', before further cold adventures in Alaska, Norway and Patagonia. As with all of Andy's shows, Cold Mountain is a mash up of thoughts and experiences, good times and bad, laughter and maybe tears, but certainly out of this world. **Suitable for 16 years+ (show contains strong language). Tickets are priced £15, concessions £13.**

TED'16 DREAM: OPENING NIGHT

This February the general public will have the previously unimaginable opportunity to experience the "opening night" of TED, the legendary annual conference, alongside its equally legendary VIP audience. The global phenomenon is a thriving movement propelled by ideas that are transforming the world. Hosted by TED's curator Chris Anderson, the theatrical screening of this event will debut the first evening of TED 2016: Dream (held in Vancouver, Canada from February 15-22), featuring world-renowned thinkers, artists and storytellers who will share their "ideas worth spreading" about the greatest dreams we are capable of dreaming. What emerges is a spirit of wonder and optimism that represents the world at its best.

Tuesday 16 February at Jersey Opera House.
Tickets are priced £14.



JIMEOIN - YEEHAA!

Internationally acclaimed as one of live comedy's masters, Jimeoin, the Irishman from Australia brings his ever-evolving show and the most famous eyebrows in comedy to Jersey Opera House on Friday 12th February. The star of TV's Sunday Night at Palladium, Live at the Apollo and Royal Variety Performance brings you an unforgettably hilarious evening of world-class stand-up. Mosey on down and lasso your tickets early!

Tickets are priced £17.50, concessions £15.

HATS OFF TO LED ZEPPELIN

Think you know tribute bands? Think again! The Official UK No.1 tribute to the gods of Rock and Roll Hats Off to Led Zeppelin are proud to be the only tribute act in the UK officially endorsed by Marshall Amplifiers and are managed by Warren Grant whose father Peter was Led Zeppelin's manager. If you want silly wigs, naff impersonations and the wrong line up then there are plenty of other tributes out there. But if you want to experience the power and the passion of a Led Zeppelin concert, played by one of the most the most exciting Rock'n'Roll bands on the circuit today then pick up the phone and book your ticket to see this show now!

Saturday 27 February at Jersey Opera House. Tickets are priced £20



FULL ON FEBRUARY AT JERSEY ARTS CENTRE

February at Jersey Arts Centre is busier than ever, with courses, classical concerts, spoken word, drama, music, dance and film all featuring! For fans of contemporary dance, the popular Tavaziva Dance Company return to the island with their new piece *Africarmen* on 19 February. Set in a modern-day oil-rich military dictatorship somewhere in Africa, the piece follows Carmen who dreams of a better life. Through a fusion of ballet, contemporary and African dance this is set to be Tavaziva's most ambitious work to date.

For fans of modern theatre, Jersey Arts Centre's youth theatre presents Michael Frayn's *MATCHBOX THEATRE* from 25 - 27 February. Comprising 30 sketches, *MATCHBOX THEATRE* is about talking: people talking on telephones, into microphones, in crypts and in orchestra pits. Be immersed into this theatrical world from one of Jersey's most innovative and exciting young theatre companies. Tickets are limited, so book soon to avoid disappointment.

For those looking for activities for 8 - 13 year olds this February half term, Jersey Arts Centre has two popular courses on offer that are sure to provide fun, an opportunity to learn new skills and even work to take home! If drama is your child's passion, why not enrol them onto the Half Term Drama School? Running throughout the half term week, this course provides foundation skills in drama, including games and text work and there's even a show to come and see at the end! For those children who enjoy art, and animals, the Half Term Art School: Animal Art is perfect. Throughout the week, participants will combine learning different art techniques with knowledge about the natural world.

For more information about any of the above performances or courses, or to see what else is happening at Jersey Arts Centre, visit: www.artscentre.je or phone the Box Office on: 700444.

DOORS OPEN FOR THE RETURN OF SKIPTON OPEN STUDIOS

After a year's break, the hugely successful Skipton Open Studios event makes its long awaited return this year with more public events and workshops in exciting new venues.

Now in its eighth year, the island-wide event sponsored by Skipton International for the past four years, will launch with a taster exhibition at CCA Galleries International and will be followed by community art events, workshops and film at Havre des Pas Lido.

In true Skipton Open Studios fashion, participating artists will also once again be opening the doors of their studios to the public during the last weekend of June (Western parishes) and the first weekend of July (Eastern parishes).

The open weekends provide a chance for the public to meet local artists and gain an insight into how and where the work is produced, together with the inspirations and techniques involved.

Thanks to the partnerships developed with Jersey Heritage and the National Trust for Jersey, artists are also being

given the opportunity to transform some of the unique heritage properties owned by both into pop-up studios.

2015 saw Jersey Arts Trust take a break from the Skipton Open Studios to pursue the Skipton Arts Series - the umbrella term that encompasses the Open Studios as well as other community arts events throughout the year. Last year's programme included the popular Les P'tits Faïchieux project, where thousands of small clay figures were made by schools, community groups and the general public, which were then distributed to countries all around the world. The Art Series for 2015 finished with the incredibly popular Jersey Projection Gallery, which saw some of Jersey's most important work be shown together, for the first time, on the façade of Normans Commercial Buildings.



Skipton Open Studios key dates

Launch: CCA Galleries International Exhibition
Friday 17 June – Friday 24 June

Public events at Havre des Pas:
Friday 17 June – Sunday 19 June

Artist Open Studio weekends:
WEST: Saturday 25 June – Sunday 26 June, 10am – 5pm
EAST: Saturday 2 July – Sunday 3 July 10am – 5pm

Skipton Open Studios 2016 is organised by Jersey Arts Trust and sponsored by Skipton International. Applications for artists to be involved in the Skipton Open Studios have now closed.

DON'T BE A NO-SHOW THIS FEBRUARY!



JIMEOIN – YEEHAA!

FRIDAY 12th FEBRUARY, 8PM

Acclaimed as one of live comedy's masters, Jimeoin will bring you an unforgettably hilarious evening of world-class stand-up.

TICKETS: £17.50, CONCESSIONS £15



TED'16 DREAM: OPENING NIGHT

TUESDAY 16th FEBRUARY, 7PM

LIVE IN CINEMAS

For the first time ever, the general public will have the previously unimaginable opportunity to experience the "opening night" of TED's legendary annual conference.

TICKETS: £14



NT LIVE: AS YOU LIKE IT

THURSDAY 25th FEBRUARY, 7PM

LIVE SCREENING

Shakespeare's glorious comedy of love and change comes to the National Theatre for the first time in over 30 years, with Rosalie Craig (London Road, Macbeth at MIF) as Rosalind.

TICKETS: £13.50, CONCESSIONS £12, MEMBERS £1.50 OFF



HATS OFF TO LED ZEPPELIN

SATURDAY 27th FEBRUARY, 8PM

The Official UK No.1 tribute to the gods of Rock and Roll are back for one night only!

TICKETS: £20

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www.jerseyoperahouse.co.uk



THE MONTHLY UPLOAD

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

Joanna Malyszko



Katie Arden



Chantelle Heald



Michael Dottore



Gavin Le Brun



Ana Simmons



Kay Winter



Debbie Brown



Kat Gilfoxy

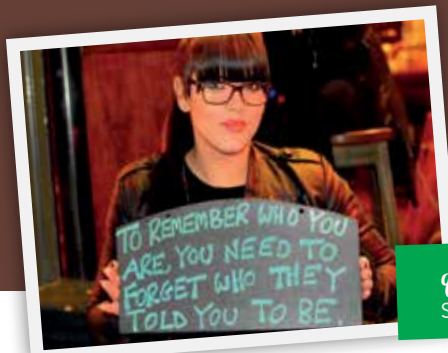


Izaak Turner



Jessica Corbel





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



Layla Arthur



Shoni Saunders



Jason Masterman



LIKE A PHOENIX FROM THE FLAMES

We are probably all too aware of the recent fire in St Aubin which saw Gallichan Marine up in flames and a full crew of Firemen battling very dangerous conditions, due to the highly flammable contents within the property and also of course the incredibly close proximity of the surrounding buildings, both residential and commercial.

Residents and businesses alike have all been affected by the fire, many having to relocate for periods of time, so that their properties can be rebuilt. One such property is the lovely Harbour Gallery. Accessed down the side of Jacksons Boat Yard, this beautiful homage to all things arts and craft in Jersey is a base for a great many local artists who display and sell their work here.

The Harbour Gallery suffered greatly the effects of the fire, as the building backs directly on to the back of Gallichans, they were impacted by smoke and water damage. They've lost their office, a huge amount of craft materials and their music room is no longer accessible, in fact this whole area is boarded up no one is allowed to enter the area as it's deemed unsafe. Also many artists have lost work, not because flames physically entered the gallery, merely because the smoke has permeated their work, even whilst visiting some six weeks after the fire the smell of smoke is still in the air.

But like a phoenix from the flames the team, headed up by Pat Robson, at the Art in the Frame Foundation, which runs the Harbour Gallery, have all pulled together to work tirelessly to get the gallery back and functional.

Pat said "We were just a week in to December, with everyone's Christmas wares on display, it had been a good week, but of course that's all anyone had at the gallery. All the work that people had put in to their products was lost as we weren't able to open after the fire."

"So because of this we want as many people as possible to come along to our Re-launch night, kindly sponsored by EaziApps, at 6.30pm on Wednesday 17 February, where they'll be welcomed with a glass of champagne and have the chance to view, and of course, purchase, the work by local artists that will be on display." The evening promises to be a real celebration and of course an opportunity to thank all of the volunteers, friends and tradesmen who have helped the gallery get back up and running. The gallery will be officially opened at 7.15pm by his Excellency General Sir John and Lady McColl, who is a patron of the Foundation.

You'll be able to view work from around 40 different local artists and craft workers. They'll include textile artist and tutor Naomi Renouf and Jools Holt who produces colourful prints and paintings of iconic views of Jersey, both are Genuine Jersey members. Gary Power, a popular local photographer best known for his informal and inspired wedding photographs will be showing his private work of images and there will also be work from Mark Guest, one of Jersey's foremost sculptors.

Of course DL's Deli and Cafe was also impacted by the fire, but we're happy to say they too will be reopening on Saturday 13 February, which will make it the perfect place for you to pay a visit for breakfast or lunch on Valentine's day. They'll also be open on the Re-Launch evening, providing light meals and refreshments for those who would like to eat after perusing the arts and crafts on display.

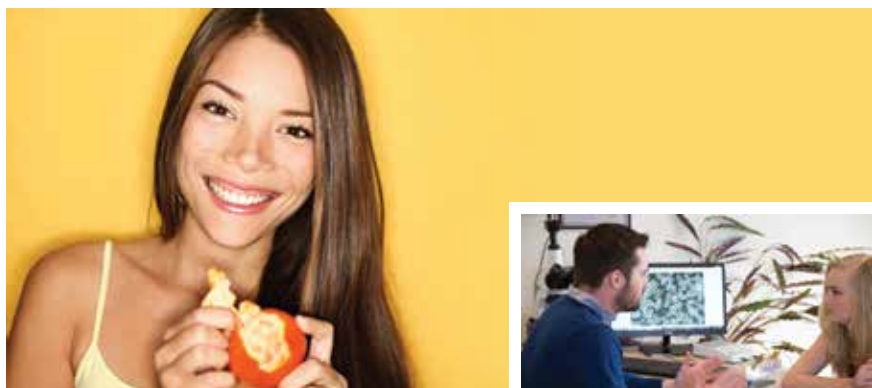
**Harbour Gallery,
Open 7 days a week 10am-5.30pm
DL's Deli and Cafe
Open 7 days a week 9am - 5pm**



The image features a repeating pattern of purple lipsticks on a light blue background. The lipsticks are oriented diagonally and vary slightly in shade. Overlaid on this pattern is the text 'BEAUTY & WELLBEING' in a white, sans-serif font. The text is centered horizontally and vertically, with the words 'BEAUTY' and 'WELLBEING' on separate lines and '&' in between. The background also contains faint, large, light blue text that reads 'BEAUTY' and 'WELLBEING' in a larger font size, creating a layered effect.

BEAUTY & WELLBEING

Beauty News



How To Detox

Over indulged at Christmas? Always feeling fatigued and sluggish? Looking for a way to get back to feeling healthy? Enter: detoxing.

Detoxing doesn't need to last forever or leave you feeling like you've missed out. Just one week can kick start processes in the body to get you feeling better though 10-14 days is recommended. There are many positive ways to detox that help nourish your brain as well as your body that require minimal effort or lengthy, confusing periods.

Why should you detox?

- Help prevent premature aging
- Increase your energy
- Help prevent chronic disease
- Boost your immune system function
- Lose weight
- Improve your skin quality
- Restore balance to the mind and body

“There are many positive ways to detox that help nourish your brain as well as your body that require minimal effort or lengthy, confusing periods.”

How do I detox?

- Avoid all added sugars and artificial sweeteners
- Cut out any potential allergens and intolerances - dairy, wheat, soy, eggs and gluten
- Replace alcohol and highly caffeinated drinks with water, healthy smoothies and herbal teas
- Eat more protein to reduce cravings and help balance blood sugar - palm sized portion per meal
- Eat more fruits and vegetables from a wide variety of sources - boiled, mashed, stewed, roasted, pureed, in smoothies etc.
- Meditate daily for 5-10 minutes to clear your mind and de stress
- Remember, detoxing is all about cleansing your mind and your body so make sure to keep an eye on both. You should never compromise your mental health to look better in the mirror.

Small, but perfectly formed Brand new hair salon out east.

Le Petit Salon perfectly describes what you'll find behind the beautiful bright green awning of this hairdressers in Gorey Village. Once you step inside you are greeted by a small but perfectly formed salon, which although has been a hairdressers for over 40 years has recently benefitted from a complete refurbishment. They've exposed the granite walls, of what was once the coach house of the property next door, installed some very funky wooden work stations, made from trees cut down in Grouville (by a tree surgeon we should add) and kept the same stylists you'll be familiar with if you're a regular.

Le Petit Salon is within easy walking distance of any property in the village, or there's parking directly outside. You just need to take a less traditional left when you reach the t-junction in the village and look out for the green awning on the right hand side. Once inside you'll be treated to a fantastic friendly service and a great selection of products too, but you'd expect no less from the little sister of Fabriah at the Radisson. Le Petit Salon really is the perfect solution for all you easties looking to get pampered on your doorstep.

Call 01534 857711 to book your appointment now.



Function And Feel Better With Acupuncture

Acupuncture has existed for thousands of years and is regularly used to restore balance, energy and wellbeing. It uses safe pain free techniques that can be used on babies, during pregnancy through to sports enthusiasts, the elderly or as a general maintenance. Acupuncture needles stimulate nerve endings, which alter the way your brain functions, particularly in relation to how your body responds to pain and stress. Acupuncture integrates well alongside general medicine. The National Institute for Health and Clinical Excellence (NICE) guidelines on best practice recommend that GPs offer a course of ten sessions of acupuncture as a first-line treatment for lower back pain, migraines and tension-type headaches. Acupuncture needles stimulate nerve endings, which alter the way your brain functions, particularly in relation to how your body responds to pain and stress.

**For more information visit
www.healthpointclinic.co.uk
Lorna Jackson, BMAcc, AFN of
Health Point Clinic 852039/789367**



Metaphorically Speaking



WORDS Clodhna Smith, Therapy Jersey

Have you ever vowed to make a change in your life? It's probably wise to understand where you are before you decide where you want to be.

When I ask new clients to describe their lives to me, metaphors are often offered by way of explanation. Some examples of metaphors shared with me include, "I'm peering into an abyss", "I'm at a crossroads", "I'm adrift at sea", "I'm on a treadmill and don't know how to get off", "My life's a car crash". The images created by the metaphors give you access on an emotional level, enabling a connection with the experience.

"So, what's your metaphor? A metaphor might be a good way of helping you and others to make meaning of your situation. It certainly helps me in my work with clients, at times when words don't come easy to them. In addition, having a visual image means that the image can be changed"

So, what's your metaphor? A metaphor might be a good way of helping you and others to make meaning of your situation. It certainly helps me in my work with clients, at times when words don't come easy to them. In addition, having a visual image means that the image can be changed. Take the treadmill metaphor above. Treadmills have an emergency 'stop' button, so what if it was used? What feelings/emotions would that elicit just thinking about pressing 'stop'? Once the feelings are identified, one might want to look at the past to see where those feelings have been most prominent and try to find some compassion for oneself; that it's ok to slow down. Easier said than done, indeed, but the metaphor enables understanding and further exploration.

In finishing this piece of writing, I've crossed a finish line and you probably know that's a good feeling because the image of the finish line is something you can relate to. We make use of metaphors in our everyday lives because they create an impact, so don't you deserve to have one that represents your way of being in the world?



STYLISTS ARE
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BEAUTY
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Beauty Products

We take a look at what's new and exciting for 2016...



Mary Kay

Cityscape Dry Oil Mist

You simply step out of the shower, and spritz this stunning smelling mist all over - and voilà your skin is hydrated and you're ready to go!



Benefit

They're Real!

Tinted Mascara Primer

They're Real! mascara's partner in prime! Defines and primes lashes. Worn alone, this innovative mink-brown primer gives lashes a natural look. Worn as a primer, it boosts They're Real! mascara's performance beyond belief.



M.A.C

Velvetease Lip Pencil in

Just Add Romance

Available exclusively from Voisins
From the legends at M.A.C this deep matte red is a thing of beauty and will give you the most gorgeous bee stung pout just in time for Valentine's Day! MWAH!



Dermalogica

Hydrablur Primer

Available from RIO Hair & Beauty
Ok, so we're all getting a little older and all of a sudden primer is becoming something to lust after! This wonderful Dermalogica offering contains velvety silicones which create an instantly smooth surface whilst pearl powder and minerals provides a neutral tint to help balance tone and enhance luminosity.



Sisley

Sisleÿa L'Intégral Anti-Age

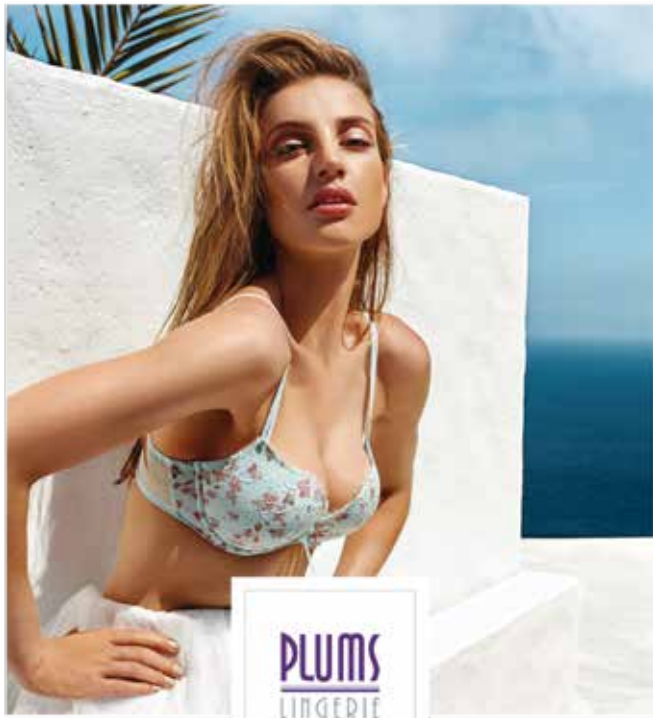
Available exclusively from Voisins
17 years of constant research are enabling Sisley to provide an even more complete anti-ageing response to combat the visible signs of ageing, with truly spectacular results. This is a company which sits at the head of the industry, leading the way, and this is their new must-have product for 2016. If you want younger looking skin buy this. It's that simple.



Urban Decay

Gwen Stefani Blush Palette

Available from Feelunique @ Au Caprice
Gwen let UD in on her best tricks (she's big on defining and highlighting), and together they created the perfect blush palette. Get her glowing, contoured skin with six shades of blush, bronzer and highlighter that are versatile enough for any skin tone! A wonderful set for developing your beautifying skills.



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Gallery Guinea Pig

We're already in the second month of a new year, who can believe how quickly time is flying... Valentine's day is looming and next month sees us celebrate Mothering Sunday across the UK.

Well if you're looking for a gift for your Mum, or your loved one, or even just fancy treating yourself then look no further than Fabriah Beauty Rooms based at the Radisson Blu Hotel. They're offering you the chance to enjoy a fantastic relaxing day of pampering followed by an indulgent classic afternoon tea and all of this for just £55 per person.

This fabulous spa on the outskirts of town offers you the perfect location to dedicate some quality time to enjoying your treatment and with convenient free parking right outside your sure to be feeling relaxed before you even walk through the door. When you do, you'll be seen in to any one of the relaxing treatment rooms to first enjoy your 30 Minute Back Neck and Shoulder Massage. After a brief consultation with your therapist, to discuss your requirements your treatment will be tailored to suit your needs, to discover the level of pressure you'd prefer, so you'll be able to enjoy either a soothing or deep tissue massage. Next up is a 30 Minute Elemis Facial. Elemis facials are designed for skin challenged by modern living. Tailored to each individual client the

Elemis facial will leave your skin feeling relaxed and rejuvenated.

"This fabulous spa on the outskirts of town offers you the perfect location to dedicating some quality time to enjoying your treatment and with convenient free parking right outside your sure to be feeling relaxed before you even walk through the door."

Of course you won't be confined to the treatment rooms, you'll also have access to the swimming pool and use of the sauna and steam room before your treatment, meaning you can really make sure you feel like you've fully escaped from the outside world.

The afternoon tea is subject to availability and can only be used for the classic afternoon tea. This is served from 12:00 to 17:30. Please phone to book your appointment in advance and quote "Fabriah Afternoon Tea". Telephone: 01534 671160 or email: beauty@Fabriah.com



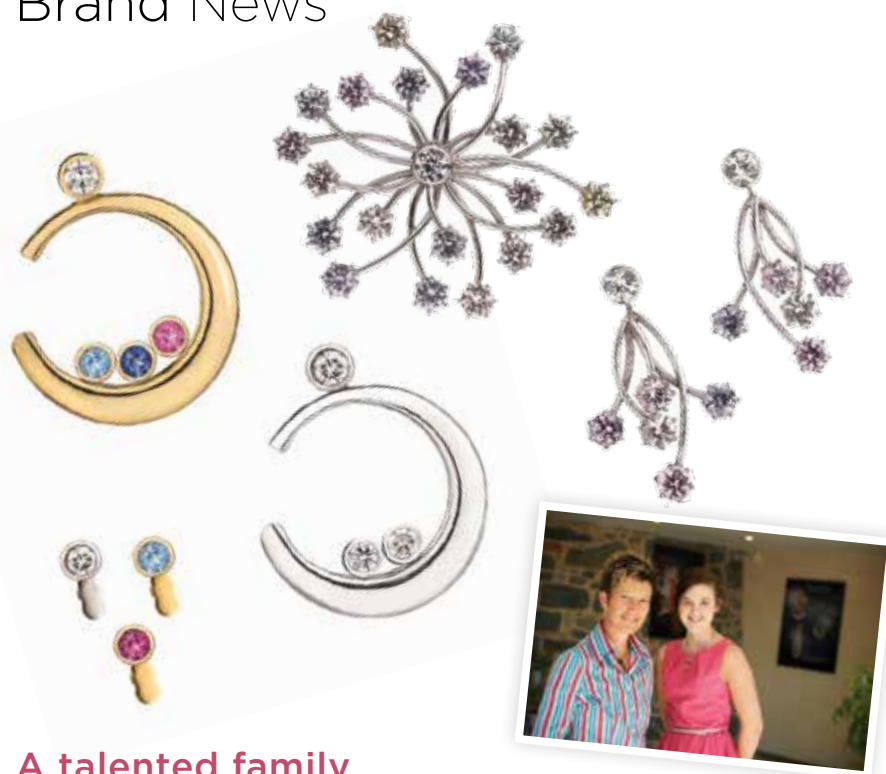
Once you've finished pampering your body, it's time to move in to the hotel lounge and indulge yourself a little more whilst enjoying the view of the sweeping vistas of St Aubin's Bay. The Radisson Blu traditional afternoon tea includes clotted cream & jam with a scone of your choice, two mini open sandwiches, with your choice of topping, chef's choice of two mini desserts, and a pot of Ronnefeldt loose leaf tea.

Whilst you're down having your treatment, why not take the chance to have a peek in to the Rad Fitness gym too. There aren't many gyms on the island where you can so easily forget about your training, thanks to the fabulous view from the treadmill. The peaceful and friendly environment offered by all of those that work within the gym is really something else and becoming a member means you'll be able to benefit from a 10% discount off any further treatments in the beauty rooms.



FASHION

Brand News



A talented family

Vikki Freeman, new designer at Catherine Best has a lot to live up to ... her Mother!

There are now two distinctive styles in the Catherine Best 2016 design-led collection which includes bold and simple pieces for every price range. Both designers are inspired by nature, family and celebration for creating their jewellery:

Catherine's 'Cradle of Love', is bespoke for every individual; the top diamond and simple crescent shape represents the owner cradling family members or loved ones who in turn are represented by the runners, set with 0.13ct stones - birthstones are a popular choice. Prices range from £337 upwards.

Vikki's 'Electra' earrings, pendant or necklace are made with the palest hue of pastel sapphires, almost 13ct in total, that represent explosions of fireworks used to celebrate different occasions. Pieces start at £4,490. Earrings and pendant (pictured) £24,943.

PICTURED CLOCKWISE FROM LEFT ABOVE: Catherine's Cradle of Love pieces, Vikki's electra pieces, Catherine Best and her daughter Vikki



Twit ta woo!

Pretty in Pink and all set to make the boys wink! This gorgeous raspberry 'Brooklyn' lingerie set by Passionata is now in store just in time for Valentine's day. Comfy, fun, fiesty and feminine - what's not to love?

New Season Passionata is available upstairs at Voisins.



DIARY OF A JERSEY BRIDE *continued...*

I simply can't believe that I started planning my dream wedding day months ago and now it's just weeks away!

Just one thing left on the 'to do' list - and that is finalising the wedding breakfast. The very latest menus from La Mare Wine Estate have just popped into my inbox and I am already drooling over all the delicious, mouth watering options. There is so much choice and along with the traditional three-course option, there's also a tantalising selection of hot and cold buffet choices along with pre dinner and late evening options.

Do we opt for dainty smoked salmon blinis to start or a tempting mixed mezze platter - but then fresh Jersey lobster is sure to deliver the 'wow' factor. Moving on to mains we're absolutely spoilt for choice; sole, seabass or turbot all sound exquisite.... but then again so does roast cannon of lamb or guinea fowl with woodland mushrooms; and then there's French chicken with herb dumplings, my husband to be's all time favourite....

Decisions, decisions.....and don't even get me started on the desserts, the menus are simply far too tempting with options such as La Mare summer pudding, vanilla and honey cheesecake, pecan pie or the interesting sounding black butter possett.

One thing that is definite is that, rather than having a traditional fruit wedding cake, we're opting for a 'cake of cheese' - both of us are lovers of fantastic flavoursome fromage and I'm sure the towering tiers of different cheeses will not only be delicious but also make a great centrepiece and talking point for the table.

Oh I am seriously excited now and I can't wait to share this special day with all our friends and family.

If you are thinking of tying the knot in 2016 then La Mare Wine Estate still have a limited number of dates available, call the friendly team on 01534 481178 or visit: www.lamarewineestate.com/wedding

Trend News



Runaway with me

We are totally besotted with the True Religion Runway Leggings. The smooth waistband and all-over seamless look makes them the perfect everyday pair of trousers and their lightweight fabric which hugs (and holds!) every inch of your body makes them an invaluable addition to your wardrobe!

They are actually designed to "create the illusion of never-ending legs"! I mean, come on! These geniuses need our support to bring out more products like this! Make these the next pair of jeans/leggings you buy!

Runway Leggings are available from Manna

Undercrackers

This cracking pair of Derek Rose 'Jack' white pima cotton stretch mid brief is a design that will never go out of style. They're crafted from a butter soft blend of 92% Pima cotton and 8% elastane. This mid height brief has a closed front for a clean and classic look and high elasticity to ensure it retains its superior fit and to also guarantee maximum comfort. Derek Rose is a wonderful brand which has been making nightwear and undergarments since 1926. The story began when Lou Rose, Derek Rose's father, wanted to create a brand unrivalled in luxury using the finest silks and cottons - and set about very successfully achieving this. The company has been showered with awards ever since and, although rarely spotted, their underwear lines the draws of hundreds of celebrities and style connoisseurs cupboards.

Derek Rose is available from Plums Lingerie on Colomberie



Sheer Perfection

2016 is here and if you want to know what it looks like then head to Renaissance to see the latest offerings from their cherry picked luxury brands who are all leaders of industry and trendsetters in the most literal sense! This long-sleeve knit dress, by M Missoni, with colourful horizontal studding on a semi sheer lacquer red base is an ideal example of what you'll soon be seeing on catwalks, and in all the fashion magazines, for Spring fashion. The latest M Missoni collection is inspired by the sweeping midwestern prairies with an upbeat energy from the glorious 1950s, birth of Rock 'n' Roll, rockabilly style, and American Graffiti! It's incredibly cool and it's very 'new' they're not re-inventing they're starting new trends out of wonderful amalgamations which will be picked up for years to come. When you pop into Renaissance and see the collection you get a sense that this is what fashion is becoming and that this is where it's going!

To lead the way in style head to Renaissance on Hillgrove Street.

Getting married this summer?

Rivoli Jewellers will be exhibiting at the RJS Wedding Fayre on Sunday 7 February at the RJS in Trinity along with 100+ other exhibitors, attendance is a must for all future brides!

In addition Rivoli Jewellers will be hosting an in-store wedding event with Brown & Newirth London on Saturday 27 February with over 200 different styles of wedding ring to try, special discounts, offers and complimentary gifts this is an event not to be missed. Appointment booking advised.

See [facebook.com/rivolijewellers](https://www.facebook.com/rivolijewellers) for details.







GIRLS NIGHT IN

Photography & styling Danny Evans

Hair Eoghan McCullagh at *Elmina*

Make up Decia at *Kiss and make up*

Model Filipa

Bra £62.95 & briefs £62 by Marie Jo from *Plums*



Pyjamas By Derek Rose **£126.95** from Plums, Bra By Chantelle **£44** from *Voisins*



Chemise by in Bloom By Jonquil £59.95 from *Plums*



Bodysuit by Triumph £58.50 from *Voisins*



Bra £25.25 & briefs £16.25 by Calvin Klein from *Voisins*



Bra £28 & briefs £20.75 by Calvin Klein *from Voisins*



Pyjamas By Marjolaine **£249.95** from Plums, Bra By Chantelle **£44** from *Voisins*

StyleStalker

WORDS
Lauren Burnett



Clare Hopley

I could see Clare walking through busy King Street as she oozed laid back chic style, she also had the most beautiful dog which totally completed her city chic style. When I asked who inspired her fashion wise she explained Olivia Palermo always looked very styled, Taylor Swift seemed to get it right often and that her younger sister inspired her to try new styles in fashion. She best describe herself as classic with constant updates. I think you can see the Olivia Palermo influence in Clare's style. The matching tan jumper, boots and bag made this a colour combination crush.



Shamalie Elkin

Whilst it was a miserable day and most people were too covered up to stand out style wise, Shamalie was rocking her American Apparel cream disco pants. I asked where she drew her style inspiration from, she explained that she liked certain accounts on Instagram one being @emilyelaineoberg and that she also liked Kim Kardashians recent style. Shamalie wore navy Stan Smith "Raf Simons" Adidas trainers and a sweater by a brand called Ganni. Shamalie nailed androgynous sportif chic.



Ally Cheray

Ally stood out in her corduroy red dungaree and Green bomber. The deep colours brought out her glowing complexion and were also totally on point in this seasons colour palette. When I asked what was her style inspiration she explained that she didn't like to follow people but instead followed how she felt, but tried new styles from time to time. She rocked up her outfit with chunky black heels. Ally said she was at work at it was important she remained comfortable but also expressing herself in her own style too. Totally Solange without the crazy!



Hayley Weaver

I noticed Hayley and if I was to describe her style I would say she embodies understated Parisian chic. Hayley is American and has just moved to Jersey, she's also started a style blog (www.jerseyundressed.com) I asked Hayley how best would she describe her style "It is usually a healthy blend of minimalism (The Chronicles of Her), what's trendy and safe (Bartabac) and the super risky I-do-what-I-want (Manrepeller)." Hayley's coat was from River Island and she teamed with her boyfriends shirt and amazing loafers and bag from New Look. Showing that style isn't about the price tag! Tres chic.



Sarah Kittleson

I absolutely loved Sarah's look! She stood out from the crowd, totally classic, totally sophisticated in her own unique way. The black polo neck jumper, well fitted blue jeans, black riding boots and blue checked scarf proves that silly rules like "Don't mix blue and black" should be discarded, as Patricia Field top stylist has been saying since the late 90s! The absolute statement piece of this outfit is the stunning Marlene Birger hat by a brilliant Danish fashion designer. Sarah's look was my favourite of the style spots if I were to describe her look I would say high fashion, striding chicness.

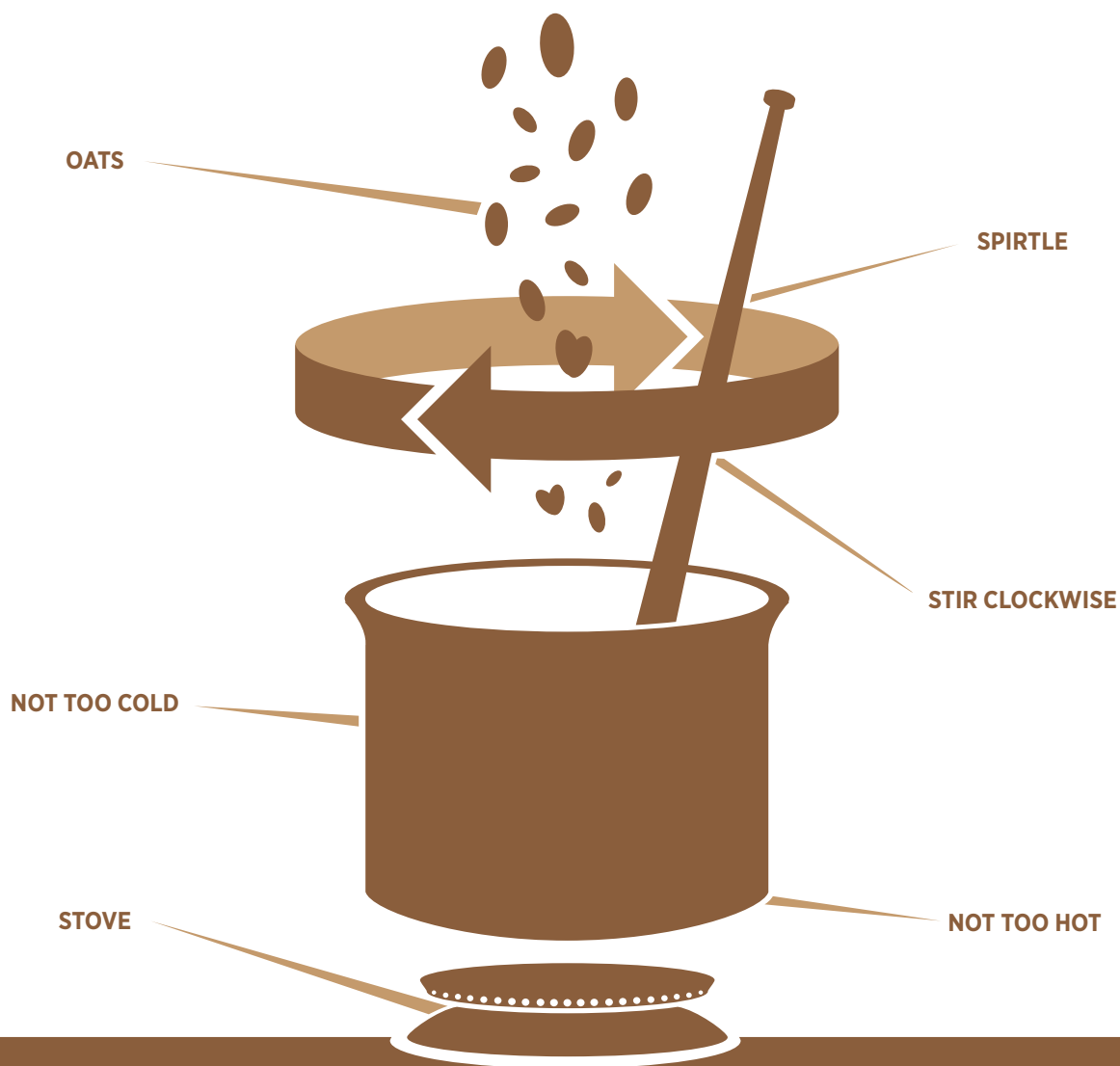


Alex Burnett

Whilst out spotting I could see my brother Alex making his way through the town centre. So I took the opportunity to ask him a few style questions. He explained that he wouldn't put his style into any category but liked different looks for different occasions and that he loves to look at all the street style in Brighton, where he frequently stays. Alex's fashion choices are influenced by the music he listens to and he likes the way Eazy E carried himself. He also loves his girlfriends style in woman fashion. I would describe Alex's style as laid back casual.



APPETITE



PORRIDGE

WORDS Freya Richardson

Porridge is by definition 'solo'- it uses a 'solo' ingredient, a 'solo' pot and only needs a 'solo' mouth to feed. But despite this singularity, there is much more to this seemingly bland and boring breakfast. According to a study by Harvard University, grains such as oats may be the key to living longer, the elixir of life; so there is no better time to shake off the winter blues, stop moaning about the cold and start your morning with a warming tummy full of this energy filled British classic.

The battle of sweet versus savoury: some people choose salt and water over sugar and milk, whilst others use a decadent measure of double cream and syrup- maybe not the heart healthy meal Harvard researchers were referring to. Believe it or not, savoury porridge has made a controversial come back in the form of 'oatsotto'- yes this does mean replacing rice for oats and serving at dinnertime. Trendsetters have tried hard to incorporate oats with other ingredients such as poached eggs, cheese, beetroot and butternut squash- but you will be pleased to know this food fad has (hopefully) been left in 2015.

Traditionally, Scottish porridge is stirred with a wooden rod called a 'Spirtle' or 'Spurtle', which looks a bit like a drumstick (not the chicken variety). Superstition has it that when you are stirring porridge it should always be done in a clockwise direction- and preferably with your right hand, to avoid summoning the devil and bring bad luck- an easy mistake to make on a Monday morning whilst waiting for your coffee to kick in.

Since medieval times oats have been grown in Scotland. Back then they didn't have the preservation methods we have now. Oats were cooked into a sticky paste, cooled and stored in a special porridge drawer. From the drawer, the paste (porridge) would become thick and solid and so could be eaten over several days, often cut into thick slices and eaten for lunch or fried for breakfast. It wouldn't have only been Goldilocks turning her nose up at that.

But how do we get the perfect, third time lucky bowl of porridge. Goldilocks famously uttered the words "Ahhh, this porridge is just right," as she happily ate the whole bowl. Well, it's fair to say the world of oaty names is a confusing place- what is pinhead? Are jumbo oats really bigger? Rolled or oatmeal, instant porridge oats or steel cut? And then there is the question of do you use a single bowl in the microwave to avoid the sticky mess of washing up a pot? It makes me think we should stick to Readybrek (a secret favourite).

Porridge enthusiasts tend to be very particular about their cooking technique and differences can provoke fierce debate (and that is before they get started on the toppings). Secret sources have informed us the number one rule is time. Some people soak their oats overnight whilst others let them cook on a low heat for hours. Chunky organic oats always cooked in a pot with a pinch of salt and half/half water and milk will give you the creamiest texture. At the end of the day (or beginning I should say), the fact is porridge needs to be eaten; if all you can manage is an instant sachet in the microwave it is better than no porridge at all!

Grains such as Millet, brown rice, Buckwheat and Quinoa are new 'cool' kids on the porridge block. These replace oats to provide a base with a nearly identical texture and flavour to porridge, each with its own nutritional pros. Another new health trend presenting itself through social media is 'zoats': zucchini oats. The addition of

mentioning its packed portfolio of vitamins, minerals and fibre. Porridge is digested slowly helping to keep you fuller for longer, leading to just about every health expert proclaiming it to be the most desirable way to start your day. Pairing this with the fact that a packet of oats is very cheap to buy, oats are a winning food for healthy eating novices and athletes alike.

Although porridge is the traditional solo food, toppings for this otherwise bland beige bowl are endless: cinnamon, nuts and dried fruit, jam, almond or cashew butter with sliced banana, honey, Greek yoghurt, chocolate chips, maple or golden syrup. Variety is the spice of life and the world is your oyster, so there is no need to think this gruel should be left in the past. There are even recipes out there that add a healthy twist of your favourite afternoon treats such as banana bread or carrot cake- whichever way you choose to have your daily dose of oats, don't forget to stir them clockwise. ■

“From the drawer, the paste (porridge) would become thick and solid and so could be eaten over several days, often cut into thick slices and eaten for lunch or fried for breakfast. It wouldn't have only been Goldilocks turning her nose up at that.”

grated courgette to your oats whilst cooking them intends to bulk your breakfast and fill you up without adding carbs or calories... Not convinced by this method? Try using coconut, almond or soya milk as more exciting twist to porridge or a dairy-free alternative to cows milk.

But there is no real need for exotic sounding detox superfoods to make your morning nutritionally beneficial. Countless reports have put the unassuming oat right up there with these overpriced health boosters that will only leave your wallet feeling thin. The cereal grain's recognised abilities include stabilizing blood sugar levels, lowering high blood pressure and bad cholesterol- without

• THE • Genuine Articles



Me and the Farmer

Me and the Farmer is run by me, Jon and my wife Jenny Hackett of Brooklands farms. We strive to offer a wide range of local products from our animals, all of which have led a natural happy and healthy life, on our farm in St Brelade.

What started out as just a hobby with just a few Jersey cows, has gone from strength to strength and the farm now boasts a menagerie of animals including rare breed saddleback pigs and Oxford sand and black pigs along with a healthy mix of chickens, ducks and even a goat.

We also produce pies and meat products from the pigs that we breed and from Genuine Jersey beef and lamb. All our products are made on the farm in our specially built butchery, so as to ensure that everything on offer is as fresh as possible, straight from the farm to the fork.

As Valentine's day is fast approaching we produce a special I Love You pork pie, orders for that will be taken up until the weekend of the 6 February. We hand make everything to order as each pie takes around 48 hours to produce, Mrs Hackett and the team work tirelessly to get the pies ready, so be sure to get your order in.

If you'd like to buy any of our produce then our stall is open every Friday and Saturday between 9am and 2pm on the main road on the way to St Brelade and if you're passing any other time then the Le Feuvre farm boys have a hedge veg stall up there too. We also have other outlets around the island and in fact you may well already be eating our products when you're eating out. We supply to El Tico, Le Braye, SeaFish Cafe, the Boat House group, The Lamplighter, St Mary's and Coopers, to name but a few.

If you want to find out more about what we do and where to find us have a look on our website www.meandthefarmer.co.uk

La Crémère - Salted Caramel

We're two ladies who are blown away by the beauty of Jersey and its abundance of fabulous produce, particularly the Jersey cow and all she produces.

We set out to make our own thing of beauty, a natural Genuine Jersey product using that fabulous dairy produce that tourists could take away and reminisce about their fabulous time in Jersey and also something for local people to be proud of and want to share with their family and friends, home and abroad.

We didn't need to look far for inspiration and as anyone who has been to Brittany will know, some Caramel de Sel drizzled on a crepe is pretty hard to beat.

After months of tweaking recipes and burning pans, we perfected our beautiful, glossy, pourable sauce made with Jersey cream, Jersey butter and even Jersey sea salt! Along with sourcing our vintage milk bottle and designing our label, all in homage to Jersey and its beautiful cows.

Since we started in July 2015, our sauce has been even more popular than we could have hoped (over 7,000 sold). And for this we have to thank the help, support and opportunities we received from Genuine Jersey and its farmers markets, our fabulous retailers. But most importantly, it's the support and enthusiasm we've received from our customers that makes us so proud of what we've made.

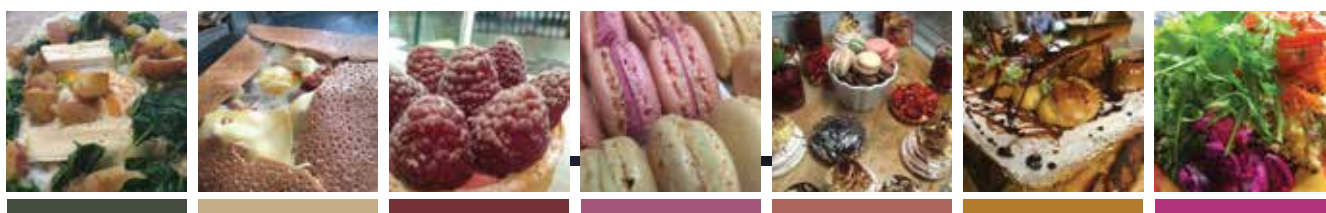
It's not just good on crepes, how about trying our rosemary infused sauce over your apple crumble with a dollop of crème fraîche or our espresso caramel with ice cream for the ultimate affogatto. It's even great in an Asian marinade for salmon or prawns!

This year there'll be even more recipe ideas so make sure you check out our facebook page [lacremierejersey](https://www.facebook.com/lacremierejersey). It's a great treat to help brighten up this time of the year. It really is the ultimate Good Mood Food.





COCORICO FRENCH CREPERIE & SPECIALITÉS DE FRANCE



CocoRico is a longstanding favourite with Francophiles in the island and has been for the five years since owner/chef Sebastien first opened our eyes and tantalised our taste buds with all of his French fancies, the likes of which would normally be reserved for summer trips over to France. With its enticing smells, sensational flavours and charming ambience, CocoRico properly oozes everything that is French cuisine.

The delightful French café, which can be found at 33 Broad Street (on the site of the old Wimpy), was inspired by a simple love story between a French man and his food! The place is full of French character and atmosphere. Their love also extends to the Coco Carte, which can be found every Saturday on King Street outside BHS, where Sebastien himself makes crêpes and very recently they've established themselves in the central market.

Sebastien himself hails from Brittany, but made Jersey his home some time ago now. His philosophy is simple, good quality home cooking made with care and great ingredients, which, where possible are sourced locally and from Genuine Jersey producers. Although to remain fully

authentic and true to his French origins he does bring over some French ingredients over, which are what make his crêpes, galettes, gaufres and patisserie even more like a taste of France. He's responsible for making absolutely every tasty thing you see on or under the counters, all of which are served in generous portions.

CocoRico isn't just a Creperie, although the crêpes are worth a visit alone. Open early you can swing by and pick up a cup of coffee and a breakfast pot or one of their

“CocoRico isn't just a Creperie, although the crêpes are worth a visit alone.”

superb homemade pastries to start your day. Sebastien and his team cater for just about every dietary requirement. Whether you're a gluten free carnivore or looking for low carb vegetarian options, or you're looking for low carb carnivore options, there will be something for you to try and the options change daily, which mean you'll always be spoiled for choice. The central market stall is soon going to be offering beautiful organic omelettes to take away and every day, like Broad Street they have a selection of salads, soup served with homemade bread and patisserie for you to choose from.

It would be remiss to write about CocoRico without taking a moment to reflect on the great beauty of their Macarons. These little sweet treats are irresistible. They come in a variety of colours and flavour combinations and cannot fail to make you smile when you see them nestled under the counter. They can be bagged up, to make an excellent present or what about learning to make them yourself? Sebastien has already held a great many small classes to show people how to recreate these brightly coloured treats at home.

The café on Broad Street (the site of the old Wimpy) is also available for private hire for parties (15 minimum and 40 maximum). Sebastien is very happy to talk to you about whatever your needs are and he's also able to offer a great deal of made to order services too, whether it be an office lunch or birthday cake.

The CocoRico brand has established itself a very serious following already and whilst others have popped up on the scene you will find it hard to find the authenticity offered to you by Sebastien anywhere else outside of France, but don't just take our word for it, go along and try out the CocoRico experience for yourself!

CocoRico 33, Broad St, Jersey
Tel: 866607 / www.cocoricojersey.com

Eat Solo

WORDS Sara Felton

Eating alone isn't just reserved for those of us who are single, it's also sometimes just a needs must situation, perhaps you're away on business, travelling solo, you're low on friends or you're just bloody hungry and need to eat.

There is no shame to indulging in a three course meal stag, but just in case you're new to the phenomenon then we're here to help you find suitable places to dine alone. Obviously nowhere is off limits but

we've stuck to town and tried to identify those places that either have a bar at which you can dine or places where your table for one is less conspicuous. All hail eating solo!

Dandy Coffee Shop, 7-9 Conway Street

This is a great little stop off for a light bite and a coffee. Small enough that actually it's better if you're solo. The staff are all friendly and welcoming and will usually have a bit of chat for you, if you're so inclined and they're not involved in the morning rush. There's enough stools to accommodate six to seven people.

The Grill, The Royal Yacht Hotel, The Weighbridge

This is a long standing Jersey favourite. You can rock up to The Grill order a perfectly cooked steak and a glass of wine and not one person will even notice who you are with. Plenty of bar seating to choose from and a great reliable menu served from 11am until 11pm (last orders at 10pm). There is no need to book, simply turn up and make yourself at home.

CafeJAC, Jersey Arts Centre, Phillips Street

You'll always be sure of a friendly welcome and great menu at Cafe JAC, based within the Jersey Arts Centre. Here, again, there are plenty of solo seating options, whether that be any of the stools at the raised benches or one of the seats at the large round table, slightly obscured from view. Here you'll be able to dine on breakfast, lunch or dinner and all whilst enjoying the great coffee and fabulous people watching opportunities, if you'd rather not stick around then they also cook all of their dishes to take away. Open from 7am, with food served until 8pm and 3pm on Saturdays, closed on Sundays.

Bento Sushi, 1 Commercial Street

Bustling and lively and right in the centre of town, the ideal place to get your Japanese food fix. Pick up what you want from the conveyer belt, pile up your plates and enjoy. Team it all with a chilled Asahi beer or a glass of wine for the perfect wind down location. The bonus of heading to Bento solo is, no one can tell you off for choosing one too many small plates, as it's you that's picking up the bill. Of course you can also get Bento to go.

Chordz Coffee House, 3 West Centre, Bath Street

This relative newcomer has an excellent welcoming atmosphere and neat menu, offering all sorts of freshly made goodies for you to try. There are plenty of seating options, but perhaps the best for the solo visitor is those that line the windows looking out on to Bath Street, here you can sit yourself on a stool, drink your coffee, eat your Townie (tart vs brownie hybrid) and watch the world wander by. Here you'll also be able to enjoy the quirky artwork and great music too.

Roast, 28 Sand Street

For those of you who may not have ventured to this casual cafe, down by Sand Street car park, then added it to your list of places to visit, with or without friends. With an all day menu of rotisserie chicken straight from the spit, homemade burgers and breakfasts that are so good they could make a grown man cry. Open from 8am - 8pm Monday to Sunday you can either stay in the restaurant and eat or choose a takeout, all of their menu is available to take home, or choose one of their stools sat looking at the street outside, good food and people watching opportunities here.



PICTURED TOP TO BOTTOM:
Dandy Coffee Shop, The Grill, CafeJAC,
Bento Sushi, Chordz Coffee House, Roast.



ONE POT WONDERS

WORDS Freya Richardson

Hate washing up? These recipes only use one pot meaning they are great for a hassle free dinner party, easy on weeknights and delicious as leftovers.

In season:

Thai style mussels

Serves 4

Ingredients:

2 kg, ready prepared mussels
1 onion, roughly chopped
4 tbsp Thai red curry paste
2 garlic cloves
1 red pepper, sliced
1 x 400ml tin coconut milk
2 tbsp fish sauce

Method:

Set a large pan with a splash of olive oil over a medium-high heat. Add the onions and the pepper. Cook until they are soft and the onion is translucent. Stir in the garlic, and cook another 30 seconds.

Add the curry paste and fish sauce to the vegetables and stir until evenly coated. Add the coconut milk along with the chicken broth. Bring the curry sauce to a simmer and let it cook until reduced and slightly thickened.

Add the mussels to the pan and cover. Cook for 4-5 minutes, shaking the pan occasionally, until all the mussels have opened. Discard any mussels that haven't fully opened after 5 minutes.

Serve with: chips, crusty bread, a squeeze of lime and coriander.



The please-all classic:

Chicken Stew

Serves 4-6

Ingredients:

1 small butternut squash, peeled, chopped into 2.5cm pieces
500g boneless, skinless chicken thigh, chopped into 2.5cm pieces
3 leeks
4 courgettes
half a bag of kale
3 garlic cloves, finely chopped
3 Bay leaves
1 tbsp dried mixed herbs
1 tsp chilli flakes
500mls chicken stock
200mls white wine
salt and freshly ground pepper

Method:

Chop all the vegetables into even pieces. Put a shallow casserole dish or deep frying pan on the heat with splash of oil. When the pan has heated fry off the chicken pieces until golden, add the leeks and cook until soft.

Add the wine, herbs and chilli flakes and cook until the wine stops bubbling. Add all the remaining vegetables (vegetables can be added or substituted depending on what you like or is available), stock and season accordingly.

Cover with a lid and simmer gently for 45 minutes, stirring often.

Serve with: Crusty bread.



Satisfying the meat monsters:

Chilli con carne with chorizo

Serves 6

Ingredients:

1 large onion, chopped
225g chorizo
2 red peppers, cut into small pieces
1 garlic clove, finely chopped
700g lean beef mince
3 tsp level chilli flakes
1 level tsp ground cumin
1 x 400g can chopped tomatoes
3 tbsp tomato purée
1 beef stock cube, dissolved in 300ml hot water
2 x 400g cans red kidney beans, drained and rinsed

Method:

Fry off the onion with oil on a medium heat until soft

Add the garlic and chopped chorizo and cook until the fat starts to leak from the chorizo. Add the mince and cook until it browns, stirring to break up any clumps.

Stir in the chilli powder and cumin, then add the tomatoes, stock and tomato purée. Cover with a lid and simmer gently for 45 minutes, stirring often.

Add the kidney beans 5 minutes before serving.

Serve with: rice or tacos, guacamole and sour cream.



For the fussy friend:

Vegetarian Curry

Serves 4

Ingredients:

2 aubergines
2 onions
1 x 400g can chickpeas, rinsed and drained
500g spinach (fresh or frozen)
6 heaped tsps. Madras curry paste
1 x 400g tinned tomatoes

Method:

Heat a little oil in a shallow casserole dish or deep frying pan.

When the pan has heated, add the onions and let them slowly soften.

Add the madras paste and let it cook out before adding the tomatoes, chickpeas and aubergine. Add more water if needed.

Add the spinach just before serving so it is slightly wilted but still holding shape.

Serve with: rice, naan, poppadum's and mango chutney.





LET'S GO



Brian Smith is no stranger to the world of events, or fabulous bars! Not only is he the brains behind both the Blind Pig and Ce Soir, his company Alfresco Events & Bars is responsible for supplying the bars at many outdoor and corporate events here in Jersey.

This year sees him and another familiar face, Brett Wheeler (that's him in the photo frame, kicking back in South Africa), join together to make them a force to be reckoned with. If you're responsible for organising your works social functions, or looking for something a little different to add to your next dinner party then look no further. Alfresco Events & Bars will be able to help you bring the fun and atmosphere of your favourite bar, to just about anywhere, all without you having to lift a finger!

We spoke to them both about what's coming up in 2016.

For those who may not know, explain to us about Alfresco Events & Bars:

We specialise in temporary and event cocktail / public bars. Some of the more recent places you may have seen us include; The Big Gig, The NatWest Island Games, Reasons Festival, The Barclays Jersey Boat

Show, Havre des Pas Seaside Festival, the Christmas Markets and many others. We have a variety of different decked out bar units which will work with any theme or marquee based event, charity events and so on. Whether it's a corporate, licensed public event, private, wedding or product launch we can cover it.

Our outdoor trailer unit is designed and fitted with a DJ box, fully functional stainless steel front and back bar, which means it complies to hygiene regulations and it even has an on board hot and cold water boiler system, keeping us on top of our 5 Star rating, it's pretty much the Rolls Royce of units.

We also provide team building cocktail events, where we're happy to come to your office and teach you how to make your favourite drink and we're about to launch a new molecular themed service, bringing a bit of science to your cocktails, which we can bring to your house or works event, look out for this over the summer period.

Obviously we're all gearing up for the long awaited summer season to start, but does alfresco mean that you're only available for outdoor events:

On the contrary, we are geared up for any event, indoor or outdoor. In the winter months we provide large corporations with bespoke in house client champagne / cocktail parties, and also bring the party

to your house, providing DJs, food caterers and event themes, if you've got an idea we can help you make it happen.

The big news is obviously the two of you joining forces, tell us about that:

Over the years, Brett was always my right hand man heading up some of the biggest events in Jersey, he would just get on with the job and understand the importance of doing it right. Sometimes we would have to work overnight to see an event through, no questions asked. Brett was always keen to become a business partner and I felt the time was right for him to step up and he accepted my proposal, which is amazing news. Adding his skills to mine means we're really strengthening our offering for our customers.

So Brett, whilst you're a familiar face to most customers what in particular will you be focusing on with the Alfresco business:

My main aim is to focus on building more business throughout the year along with trying to bring a few new ideas to the party. Alfresco Events, is the largest provider of outdoor bars, and trying to inform our customers we can supply a fully functional bar, whatever the occasion, and they no longer need to put up with part time caterers, who come along with makeshift tables tops that blow away when the wind gets up. We can basically bring the whole bar experience to wherever you are!

Brett you're currently back in South Africa, we're not jealous honestly, but other than a holiday, what are you doing:

Getting sunburnt at the moment! But besides from sunbathing and relaxing I'm also doing a bit of research about molecular mixology with a few people who are already using this method at events and trying to get a few more ideas to bring back to Jersey, it's going to add a whole new dimension to the cocktail experience.

Tell us more about molecular cocktails, is this something we can expect to see here in Jersey:

Molecular mixology has actually been around for a while, but it's just never made it across the water to Jersey, until now. It's not actually something that you'll see in bars, but for one off events, weddings and corporate events it's ideal. I can't wait to get back to the island and start experimenting and getting us ready to launch this sometime in the summer. Without boring people with the science bit,

Brian....I vary from season to season, but have to agree with Brett, it's also the Old Fashioned for me! It is a classic cocktail, derived predominantly from the prohibition era, harsh bootleg whiskey needed a helping hand by the bartender to be more palatable. Nowadays the techniques are just as amazing, with Bourbons, whiskeys and rum being used as the base. Think velvet-smooth textures, smoky notes, straight-balanced, sweetened and chilled, once you get into this drink you become a connoisseur on every new venue you visit, you just can't help it.

If we want to hire you for an event, what do we need to do:

You can contact both Brett & I direct on 610422 or 07797790005 / brian@cesoirjersey.com also go via www.cesoirjersey.com of find us on facebook; alfrescoevents. And if you want to sample some of our Cocktail delights before your event, obviously just for quality control purposes, then please just ask.

“Molecular mixology has actually been around for a while, but it's just never made it across the water to Jersey, until now. It's not actually something that you'll see in bars, but for one off events, weddings and corporate events it's ideal.”

I'll give you a quick example. Spherification is just one of the techniques applied to molecular mixology. It's the culinary process of shaping a liquid into spheres. They can be small like caviar or larger like an egg yolk. These methods enable the creation of greater intensities and varieties of flavour, different flavour combinations and different ways of presenting drinks, for example using gels, powders, foams, atomised sprays etc. as well as affecting the appearance of the cocktail it totally changes up your whole experience. Think Heston Blumenthal if you want to get an idea of just how crazy this can get.

Are there any big events we can expect to see you guys at over the coming year:

We loyally work closely with the Big Gig in the Park, and never miss The Barclays Jersey Boat Show, and you will see us at most locally run public events, such as Pride day, Havre des Pas seaside festival, Dragon boat race and Airshow. There are a few more chunky events we have pitched for, and hopefully will secure, so watch this space.

Do you have a favourite cocktail, if so what is it and why:

*Brett...*Old fashioned. Not only is it one of the oldest cocktails it's still one of the most popular cocktails around, it's hard to beat!

Just two of their happy customers:

“I cannot thank Alfresco Events & Bars for their massive input and help over the last six years in supporting the charity event “The Legend in the Park” and The “Big Gig” Brian and his team have worked incredibly hard to keep our guests happy on the nights of the Gig. The Tom Jones concert attracted more than 6,500 guests, all were delighted how well the bars were managed. I would certainly never consider using another company, they “just get on with the job”
Caroline Strachan,
Big Gig in the Park

“Brian provided unsurpassed bar support in two key areas of the NatWest Island Games including the Beach Volleyball at the Weighbridge, as well as the Games Village in Howard David Park. He managed the temporary bar infrastructure, stock supply and staff in HDP, to ensure that up to 6,000 guests could be served efficiently throughout Games Week.”

Karin Wery,
NatWest Island Games Administrator



FOOD IS MEMORIES

WORDS Joshua Pattinson

“Food is memories” says Charlotte Le Bon’s particularly seductive sous chef character in the gorgeously cast The Hundred-Foot Journey. The 2014 film follows the story of the Kadam family who escaped to the picturesque French town Saint-Antonin-Noble-Val fleeing political violence in India that destroyed the family restaurant and killed their mother. They buy a dilapidated building opposite a Michelin-starred haute cuisine restaurant, as you might have guessed, only a hundred feet away, to open a kitchen and start afresh. Xenophobic cultural clashes ensue, building to a climactic crescendo in the reconciling omelette-making scene between proprietor Helen Mirram and Indian cheffing extraordinaire Manish Dayal.

Food is at its best when shared. And at its most enigmatic when igniting new flames. That’s what this issue is all about; just because you’re single doesn’t mean you have to go solo. Your dining experience doesn’t have to be like that scene from *When Harry Met Sally*. Or Ben Stiller’s saving-face spicy food exorcism in *Along Came Polly*. We’re giving you the better option. We’ve trawled island-wide for the best dining experiences on offer outside of stuffy restaurants. Here’s our top three for those solos who want to make merry and indulge in epicurean delights with like-minded souls this February. In no particular order our first introduction is Private Table.

Brought to fruition over three years ago Jersey-based Private Table is an “exclusive dinner party club and event planning service” that puts its emphasis on high quality foods from around the world paired with excellent wine and even better company. The model is simple, you sign up as a member with an annual fee, and then you can book yourself onto the monthly dinner parties for a, rather reasonable, additional cost. If you, like me, sometimes get a little anxious around new people you can bring a friend along with you. Julia

Hunt, with her background in journalism and PR says that, “the events are excellent for single people because you can come to them by yourself and be sure to meet lots of friendly people”.

The dinner parties are cleverly organised. Randall’s executive chef Peter Brewer cooks for the guests, but rather than slogging away at the hotplate on his own he gets everyone else involved – it’s a learning experience – but don’t worry he’s not going to ask you to prep a punishing kilo of onions. “All of our events are sociable, but have a focus – you get to learn more about food and wine, and the structure means that there will always be something to do, or someone to talk to”, says Julia. Private Table’s upcoming event is on Wednesday 10 February, it’s a Caribbean theme with seared salmon, mango salsa and salt fish croquettes to start; jerk chicken, curried sweet potato puree and pineapple rice for main (which sounds particularly wonderful); and a mango parfait with tropical fruit salad and coconut biscuit to finish.

**www.private-table.co.uk
info@private-table.co.uk**

“All of our events are sociable, but have a focus – you get to learn more about food and wine, and the structure means that there will always be something to do, or someone to talk to”

Julia Hunt (Private Table)



If you prefer a less intimate affair you can visit the Academy of Culinary Arts' restaurant at Highlands College. Current chef lecturer Dominic Farrell has 20 years experience in kitchens, "both my mother and father were in the restaurant trade so I was brought up in the catering industry. For me it was natural progression". The Academy of Culinary Arts offers various full-time and part-time courses ranging from the City & Guilds accredited diploma to barista training and wine qualifications. As part of their study the students run the fully equipped Academy Restaurant for lunch service on Tuesdays and Wednesdays, and dinner on Thursday evenings. Master Chef judge and owner of the star-studded La Gavroche, Michel Roux Jr recently visited the college to run a master class for the students and dined at the restaurant afterwards.

"The restaurant has been open for well over 15 years. We have several regular diners that eat alone, for no other reason than they enjoy the food and experience" says Dominic. "[You] can often be on tables with several people from the same industry, in that way it's a great way to meet people with similar interests" he adds.

The sample menu sounds blissful; cured salmon and soft-boiled quail's egg with pickled vegetables and horseradish cream to start; roast breast and confit leg of duck with fondant potato, parsnip puree and spiced jus for main and malva pudding, black butter ice cream finished with a salted butterscotch sauce for desert. If that doesn't make you want to book a table then all else is lost.

www.highlands.ac.uk
academy@highlands.ac.uk
01534 608560



Last but by absolutely no measure least is Claire Allenet's exquisite private dining service Nourish formally set up in 2015. Claire's background sounds as good as her menus. She's a chef that works solo, catering for those who enjoy locally sourced restaurant quality food. Following an intensive one year classical training course at the prestigious Leith's School of Food and Wine, where Claire had placements at the Michelin-starred Glass House and gourmet chocolatiers Prestat, she moved straight into work as a private chef in the UK and France for high profile clients. "It was tough and intense, but in those first couple of roles I learned so much".

I moved to Oxford to work in a café which introduced me to the pace of the kitchen environment" says Claire. On returning to Jersey in 2013 she worked as a commis pastry chef at Longueville Manor. Since leaving she's been steadily increasing her private client base, which culminated in the official launch of Nourish last year.

Nourish is a fledgling business that is broad in its scope. Claire's private dining clients is only a small slice of the pie, she also runs corporate events, teaches, and supplies drop-off dinners and picnics "for people who don't have the time, but want to host". She describes to me a recent booking she had to cater for a wake, "I was really touched by the way I connected with the men I cooked breakfast for. It wasn't about the food, which was a no-holds-barred full English, it was about taking that side of things off their mind. It was really rewarding actually, and I didn't expect it to be".

claire@nourishdining.com
07797 840 028

APPETITE NEWS



TASTY TREATS GALORE!

La Belle Gourmande Deli in St Aubin, who celebrated their 4th birthday in November, have launched an exciting new seasonal kitchen menu and eatery at the Deli, showcasing the best of their artisan products and delicious seasonal food.

Baked Camembert, artisan cheese and charcuterie boards, antipasti plates and deliciously warming dishes, including confit leg of duck, Spanish chorizo stew and handmade pastas, have added an exciting dimension to their expanding service. Their new downstairs eatery, with cosy sofas and communal tables, has created an informal, relaxed space and is a great new addition to their in house events and wine and cheese tastings.

Supper Club is hosted each Friday night - a simple, seasonal, four course meal with only 20 spots - go to La Belle Gourmande's newly launched website labellegourmande.com to reserve seats, view menus and get all the latest information about events, hampers, catering and cheese boxes. A new blog and online shop will be launching soon, with lots of great recipe ideas and treats to buy online for friends and family.

TEL: 888252 • www.labellegourmande.com
BOOKINGS - eat@labellegourmande.com



HIGH ACHIEVER

One of the island's favourite 'locals' has reached very high acclaim by being the only Michelin recommended pub in Jersey! The newly refurbished Rozel Pub caught the eye of judges with its laid back country charm and excellent food. The menu, which champions local produce, includes a host of delicious classics with some mouthwatering additions such as quail and black pudding mini scotch eggs and Jersey rarebit on thick sliced toast!

Call 863438 to book your table.



SEAFISH CAFE

Seafish have come a long way since opening their doors at Liberty Wharf Shopping Centre three years ago. The restaurant which sits 65 diners has built a solid reputation for the finest fish & chips in Jersey. The restaurant menu has evolved with some innovative dishes, like the delicious ones pictured, that are not normally found in a Fish & Chip shop!

Psst: We've just found out that Seafish is heading out West to St Aubin's Bulwarks with a brand new exciting restaurant opening in mid March. Fish & Chips right on the harbour is going to be brilliant, we can't wait!

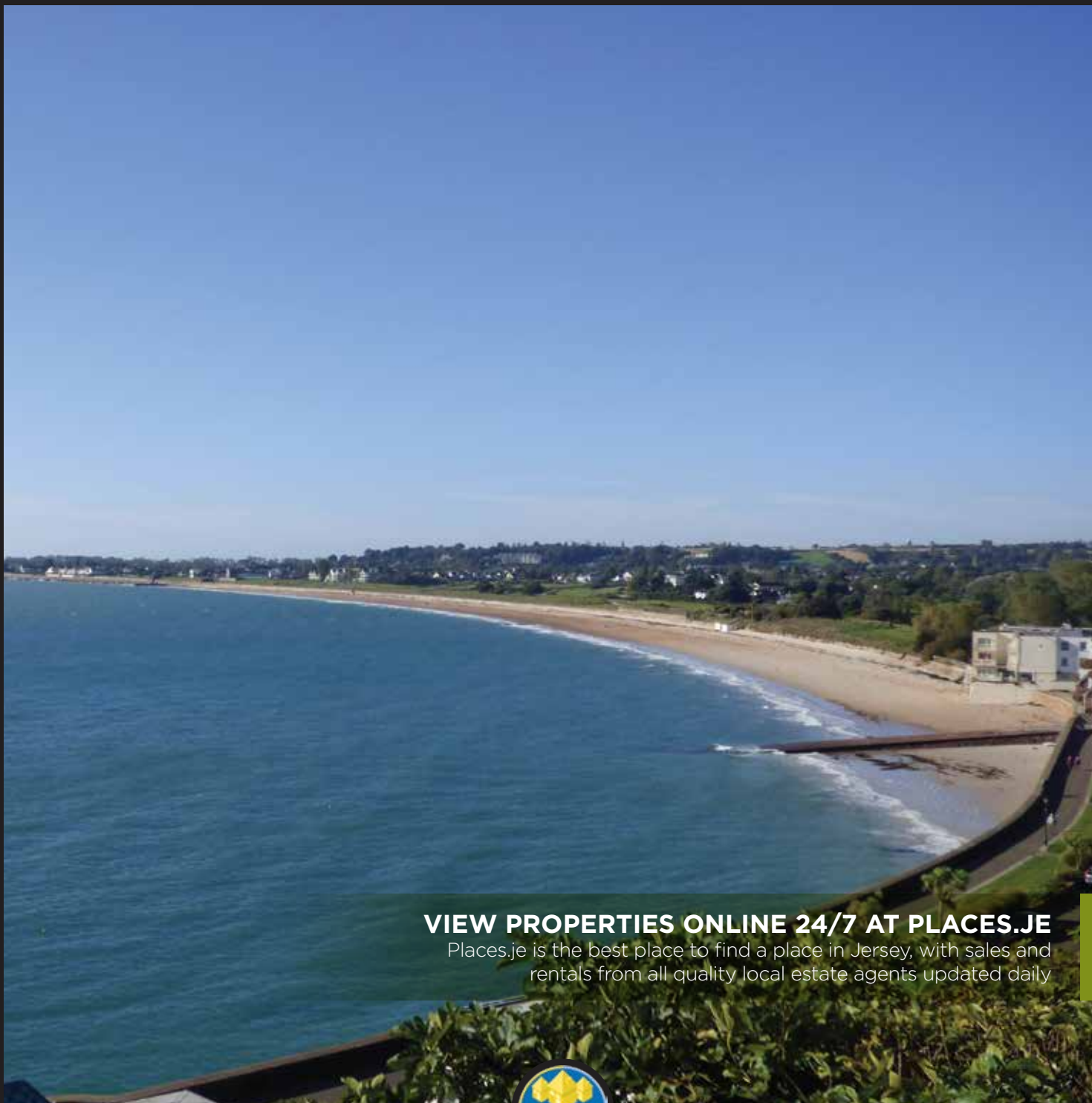


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Every room with a view

WORDS Sara Felton



When you enter the doors of Oakridge your breath is instantly taken away by the stunning view that greets you, thanks to the picture window which directly faces your entrance. This property benefits from panoramic views of the whole of the Royal Bay of Grouville, thanks to its position nestled on Gorey hill and the best news is, the view isn't limited to just this one window, it can be viewed from every room in the house.

This lovely detached home was built in 2002 and would be absolutely perfect for anyone wanting to live by the sea. Oakridge is an impressive 1800 sq.ft upside down house, which means your sleeping accommodation is on the lower level. Upstairs on the floor as you enter the house you'll find a large bright living room and a modern eat-in kitchen, fitted out with NEFF appliances and underfloor heating throughout, which means your shoes can be kicked off as soon as you enter. Did we mention the view by the way, because if we didn't then you'll be able to enjoy it from any of these rooms and the accompanying balconies, all of which allow plenty of space for seating, leaving you to sit back and enjoy your high level vista and be happy to know there are no lawns that will need mowing.

Both of the two bedrooms on the lower level are very large and beautifully fitted and each have full sized en-suite bathrooms and walk in dressing rooms, meaning storage and privacy are catered for. The large hallway between the two bedrooms accommodates a house cloakroom and a laundry closet.

Externally we've already mentioned the good sized balconies to all rooms, but there are also storage areas to the side of either end of the house and also brick paved parking for three cars, which is an absolute bonus for anyone living in such close proximity to Gorey Harbour.

Perhaps you're looking for a seaside 'Pied A Terre', one that offers you the joys of seaside living, but without the fear of being flooded or invaded by people peering in your windows. Or maybe you'd like to benefit from the close proximity of a plethora of shops and restaurants, whilst maintaining your privacy and also being guaranteed of a parking space. If you don't want to cook, then why not walk the few hundred metres down the hill to Sumas, saves on the washing up! If this sounds like you, then Oakridge is a must view. The current owners have excellent taste in interior decoration and all of the furniture within the property is available to purchase, all you'd need to do is pack your clothes and in you move.



Oakridge

Mont de Gorey, Gorey, St Martin

£1,275,000

Wilsons

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01534 877977

- 1800 sq.ft
- 2 bedrooms
- 3 bathrooms
- Eat in kitchen
- Sea views from all rooms
- Oil fired central heating
- Parking for 3 cars
- Qualified
- Walk in condition
- Keys available for accompanied viewing

“Perhaps you’re looking for a seaside ‘Pied A Terre’, one that offers you the joys of seaside living, but without the fear of being flooded or invaded by people peering in your windows.”

FINISHING TOUCHES

To complement our kitchen special this month we've gathered up some kitchenalia to furnish your worktops. Reflecting the colour trends of the season we've chosen to stick to a grey and white themed selection, breaking away from the brights for a change.



**Joseph Joseph
Chopping Boards**
Voisins
£52



**Brabantia Kettle &
Toaster**
Romerils
£39.98 & £49.99

**KitchenAid® Nespresso
& Aeroccino3**
de Gruchy
£407.55



**Cuisinart Seasoning
Mill**
de Gruchy
£33.27



Conran Pestle & Mortar
M&S Home
£45



Enamel tea pot
Pebble
£26





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FEATURED SELECTION

St Lawrence £315,000



2 1 ✓

End of Terrace Property
Single Garage
Communal Courtyard
Upgrading Required
Country Location

01534 880544



St Helier £525,000



4 3 ✓

Immaculate Town House
Garage
Sunny Aspect Patio
Large Kitchen / Diner
2 Reception Rooms

01534 880544



Trinity £1,850,000



7 6 ✓

Great size family home
Adjoining two bedroom apartment
Outdoor pool
5 Verges of agricultural land
Large gardens surrounding the property

01534 860650

Hunt | Estates

St Martin £1,895,000



3 2 ✓

Completely refurbished home
Panoramic views across Grouville Bay
State of the art fixtures & fittings
Adjacent site with development potential
Lock up and leave style home

01534 670333



St John £2,450,000



6 3 ✓

Traditional granite residence
Plus detached 2 bedroom house
Beautiful landscaped grounds
Stunning pool house with kitchen and real fire
Swimming pool with safety cover

01534 860650

Hunt | Estates

St Saviour £2,650,000



4 3 ✓

Imposing traditional Cod House
5 reception rooms
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Swimming pool complex
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NEW YEAR RESOLUTIONS

The start of the new year can often result in many of us making a list of things we would like to accomplish in 2016.

While these lists will often include a desire to lose weight, quit smoking or drink less alcohol, they will frequently feature things that may have also been there back in 2015, or even 2014!

I meet a lot of people who have a list of financial planning items they have been 'meaning to get around to'.

These can be to arrange or top up their life cover, establish a savings vehicle, or to review the pensions they have accumulated over the years.

If you would like to meet with Hayley Carstairs for a free, no obligation initial consultation, you can contact her on 789830 or hayley@henleyfinancial.je

Little do they know that all these daunting tasks could be accomplished by means of a simple meeting with an independent financial adviser.

They can talk you through your existing plans, to ensure you understand them and where possible, suggest improvements or savings.

So don't delay, tick something off your list by making an appointment to see a qualified adviser.

JERSEY PROPERTY MARKET

January is usually a very busy month as people return to work and start thinking about their plans for the year ahead. Currently there is no indication as to whether things will pick up again or for how long. Everybody that we speak to seems to be very busy at work with strong order books, increased activity in many areas of the finance sector and trust companies having to take on additional staff, so giving the impression that there is much more confidence overall in the Island, except perhaps the retail sector. Estate agents have a good supply of property on offer and prices appear to be stable with, in some cases, the opportunity to negotiate a small reduction.

JERSEY LENDING MARKET

What a market! Since the beginning of the year, some lenders have already reduced interest rates in an attempt to remain competitive, whilst others have either cut fees or introduced cash incentives. We have only five mortgage lenders currently trading in Jersey, although between them they are able to offer a comprehensive range of mortgage packages which can suit most borrowers' needs.

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

Another year has gone by without any sign that the Bank of England is going to increase the base rate from 0.50%. Market experts predict a rise in the second half of this year, whilst others don't think this is going to happen until 2017!

WE REALLY LIKE THESE MORTGAGE INTEREST RATES!

60% LTV tracker	1.39%
70% LTV tracker	1.79%
60% LTV 5 year fixed	1.99%
75% LTV 5 year fixed	2.19%
85% LTV 3 year fixed	2.49%
90% LTV 5 year fixed	2.99%
100% LTV 3 year fixed	5.24%

THINKING OF BUYING IN FRANCE ?

Prices are currently very low and it is possible to negotiate large reductions on property of all types. If you need a mortgage we are able to organise this from a range of French banks. A 15% deposit is required and with 25 year fixed interest rates at 3.25% now is the time to think of becoming the proud owner of that maison secondaire.



The Mortgage Shop

Tel: **789830**
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Interior News



A Little Star in the Kitchen

We're kitchen focused this month in places and what better area to explore than fitting your little one's needs in with your beautiful kitchen-scape.

Having kids, in some homes, can mean an end to the carefully created look, style and feel of your home that you and your partner worked on for years together - as ginormous multicoloured plastic toys and accessories start to take over, and bright, bold and crazy print kids things start to fill your draws at a worrying pace.

Here is our simple guide to putting a stop to all of that, and nipping it in the bud before it all gets too much. It is entirely possible to still have a gorgeous home and a gorgeous little one, plus all their paraphernalia, with clever storage and a trip to Little Star Children's Boutique in Liberty Wharf.

The overall aim of the game is to buy once and buy well. We need to turn against the horrible trend of 'buy cheap and throw it out when it breaks a few months later'. Buy items you can use for many years and that your children will love forever.

Firstly, and most importantly; get a good high chair. The Stokke Tripp Trapp highchair is amazing

and a best seller worldwide, and it's easy to see why; as your child grows up the chair transforms to meet their seating needs at each stage, all whilst looking seriously cool! It's an all round winner and a piece of furniture that you can always keep in your home as it also becomes an adult seat. Genius.

Secondly choose pieces you'll love to have in your home and that add to the overall look of your kitchen such as this sweet BamBam cutlery set or this cute Belle and Boo dinner set. These are items your children can keep and use for their babies one day.

Sustainable, functional and beautiful should be your new mantra.

All products shown are available from Little Star in Liberty Wharf.



Stay cosy when it matters!

Don't let the mild weather so far this winter lull you into a false sense of security; make sure you are ready for the colder weather when it finally arrives.

That means checking your heating system to ensure it keeps your home warm and cosy when you need it. If you have an oil-fired boiler for your central heating the first thing to do is to make sure you have oil in your tank. It's a great time to top up as global oil prices have fallen to their lowest levels in half a decade.

You should also have your boiler checked over by an OFTEC registered engineer. Oil fired heating is a popular choice with islanders and it is worth booking a service sooner rather than later, so that you are not left out in the cold as demand for checks is high at this time of year. You can also carry out some very simple maintenance on your system by bleeding (removing excess air) from your radiators.

By ensuring that your system runs efficiently you can make savings and avoid unpleasant shocks when you need to heat your home. With over 60 years' heritage and experience in keeping islanders warm, RUBiS Channel Islands can look after all your needs, from planned oil deliveries to boiler maintenance and installation. Call them today on 01534 709800.





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Spring Overhaul

The Beaumont Home Centre showroom has undergone a stunning refurbishment with eight new kitchen displays scheduled to be completed by spring.

Six of the eight displays have already been installed and are in situ looking stunning! Beaumont Home Centre is the ideal place to head for kitchen inspiration, they have a dedicated team of experts who are always on hand to help and the state of the art new kitchen displays are the perfect guide as to what is hot for 2016! From traditional with all the trimmings, to high tech and show stopping, they've got elements installed to appeal to everyone. So if you want to add to your Pinterest 'Dream Kitchen Inspo' board, pop in and take some snaps!

Places
Kitchen
Special



Fordbrook Dresser

This traditional dresser is handmade in England from solid catspaw oak. This is a statement piece which will make your kitchen feel homely. As well as being a thing of beauty it's also amazingly practical and could be the hub of your home with the drawer spaces containing all of life's bits and bobs - plus there are so many draws that one could definitely be sectioned off as a 'man draw'!



Glorious Grey

Grey is THE colour of 2016; from the palest off white all the way to gun metal grey. This brand new Hacker Classic Oxford display shows you how it could look in your home. Grey is one of those brilliant colours that works ideally as a base because you can easily accessories it to be slightly more feminine (with white, white tiles and pops of pastel) or slightly more masculine (introducing darker tones) depending on your own style preferences. The team at BHC have added a blue island to break up the colour and with gorgeous granite worktops from local company JMCo.

BHC Staff Kitchen

Such is the BHC Staff's passion for Hacker kitchens that they have gone and got one for themselves! They have been treated to a Hacker staff kitchen in Lazer Brilliant with Siemens appliances. If this is what the experts are choosing you know it's a good thing.



The real deal in teal

BHC's new Hacker Systemat teal display with caesarstone worktops from JMCo and Neff appliances would equally suit a country pad or seaside abode. The splashes of teal add some personality to this fantastic kitchen space and highlight how important colour is - gone are the days of all matchy matchy units and in-are-the-days of bespoke builds and tailored touches to make the heart of your home shine with aspects of your personality.



On a budget?

This Hacker promotion kitchen with its sleek lines and Bosch appliances can be supplied for only £5,999! Ideal for those on a budget who want something simple but still value the quality of the product.



Modern and Maroon

This Hacker Classic Cristall display in maroon and taupe with compact Neff appliances is as stylish and sleek as possible for a kitchen. They've hit the nail on the head with the colour palette and ticked the boxes with a smooth modern design. This is the kitchen for the trendsetters and blogging mealmakers of 2016. And seriously, how cool is the main unit containing the appliances? This is what the kitchens of the future look like, and we love it.



BUSINESS

Movers&Shakers

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JFSC appoints new Deputy Director General

The Jersey Financial Services Commission (JFSC) has announced the appointment of John Everett as its new deputy director general.

The deputy director general will play a key role in progressing the commission's current change Programme, as it continues to become a more efficient and effective regulator. The planned changes include improved identification and mitigation of supervisory risk, as well as easier electronic means for firms to deal with the commission.

The appointment re-instates the Deputy Director General position which was a part of the Commission's senior management structure until 2009.



Former RBS treasury expert to head Hawksford's new Treasury and Investment team

Hawksford has appointed a treasury manager to lead its recently launched treasury and investment services team. The new division, which has been created by streamlining a number of existing asset management services, will deliver efficiencies by centralising Hawksford's internal banking services function.

Gary Thirkettle, who joins Hawksford from RBS International, will lead the treasury and investment services team. Mr Thirkettle, who has 20 years' experience working with RBS Group in London and Jersey in various trading roles, joined Hawksford on a project basis in 2015 to identify how the company can improve its treasury service, and has now been appointed on a permanent basis.



New Partner for Le Gallais & Luce

Le Gallais & Luce are delighted to announce that solicitor Marianne Shaw has been appointed a Partner at the firm.

Marianne, who is head of the Wills & Probate Department qualified as an English Solicitor in 2007 and has worked at Le Gallais & Luce since 2010. In March 2014 Miss Shaw qualified as a Jersey Solicitor. Senior Partner, Tony del Amo commented that "Marianne and her department have made an extremely valuable contribution to the success of the firm over the last five years. Marianne will play a full and active part in helping to steer the future direction of the firm through her role as a partner, where she will contribute fresh ideas and offer a new perspective".

Benest Corbett Renouf partner listed in IFC Power Women Top 200 List, 2015

Advocate Barbara Corbett, a partner of Jersey law firm Benest Corbett Renouf, has been listed as one of Citywealth's top 200 power women for 2015.

Running for the third consecutive year, the prestigious list honours 200 of the most powerful women in government, private wealth, private client advisory, education and philanthropy across 25 international finance centres.

Barbara leads the family law team at the newly formed firm, where she deals with a wide range of cases including divorces, resolving financial matters post separation, and children law. Advocate Corbett is the only Jersey-based family lawyer mentioned in the Top 200 list, which is a testament to her expertise in this field. During 2015, Barbara worked on cases as diverse as successfully resisting an application to have two young children adopted and the return of a child to Jersey who had been abducted overseas. She is also the only lawyer in Jersey who is a member of the IAML (International Academy of Matrimonial Lawyers) and a Family Arbitrator.



JFSC appoints new Policy leaders

Mike Jones is now director of policy, and a member of the Commission's Executive Board, while David Porter assumes the role of head of unit, reporting to Mike.

Director General, John Harris commented: "We take great pride in the fact that Mike started his career with us from university and, after gaining industry and international experience, has returned to assume a full director role for the policy division. With 24 years of experience, David was a natural choice to support Mike as head of unit. His appointment cements the strong leadership team now in place for the division."

New Manager for the Jersey Hospitality Association

Helen Hart has been appointed as the association manager following the retirement of Gerald Fletcher as CEO of the JHA. Born and raised in the UK, Helen trained and began her career in hospitality management. After working for a large Hotel Group in London, she moved to Jersey 27 years ago.

Commenting on her new role with the JHA, Helen said "I am delighted to be returning to the Hospitality Industry; although it's been a while my heart never left it. I look forward to building on the solid foundation that Gerald has built during his time at the JHA."



Carey Olsen appointment strengthens litigation offering

Carey Olsen continues to expand its litigation practice with the appointment of Richard Holden as counsel bringing the number of lawyers in the department to 53 across the group.

Mr Holden advises on a broad range of litigation matters including complex trust, contractual and commercial disputes, shareholder, investor and funds actions, cross-border and international litigation, injunctions and other applications.

Carey Olsen chairman and head of the Jersey litigation group, John Kelleher, said: "Richard is an established litigation lawyer with a wide range of expertise in the offshore trust world evidenced not only by his case work but also by his teaching and publishing work. He will make an excellent addition to Carey Olsen's litigation practice."



Internationally successful entrepreneurs join Digital Jersey Board

Digital Jersey have appointed two new members to its Board of Directors to help with the organisation's renewed focus and growth. Aaron Chatterley, Co-founder of online global retailer, feelunique.com, and Gailina Liew, who has a background in international biotechnology and innovation will joined the board in January.

Digital Jersey chairman Paul Masterton said he is looking forward to the next stage: 'We have come through our start-up phase, building the foundations for our organisation and for the digital sector in Jersey. Aaron and Gailina are excellent choices to help us develop initiatives in the key digital sectors we have identified, and both of them have an impressive track record as innovators and entrepreneurs which fits well with our aim to develop Jersey as a test bed for new technologies.'

Head of Digital Hub appointed as Digital Jersey re-organises

Gwyn Garfield-Bennett is to take on the newly created role as head of digital hub, which will focus on ensuring the Hub is a thriving centre for the digital community in the island.

Gwyn, formerly the head of marketing and communications for Digital Jersey will work with events, membership and communications officer, Jessica Draisey and a hub user committee to develop the DJ Hub through workshops, events and member initiatives. CEO of Digital Jersey, Tony Moretta, said the role is a great fit, 'I'm delighted Gwyn is taking on this critical role for Digital Jersey. We are entering a new phase as detailed in our recent business plan and separating the Hub from the Industry Trade Association will enable us to focus and deliver our key objectives, including supporting local technology firms and the digital community.'

Gwyn has been involved with the tech community for several years after setting up teenage coding club, Jersey Coders and she graduated from the DJ Coding programme in 2015.

Lacey Advocates appoint Managing Associate

Alexandra Ruddy has been appointed as Managing Associate to the Lacey Advocates Financial Services Division. Alex obtained a law degree prior to qualifying as a Chartered Accountant with one of the 'big four' accountancy firms. After working in the island's funds industry, for many years Alex held a key position in the Jersey office of Deloitte's Reorganisation, Forensic and Regulatory Services section, working alongside financial service providers, legal and financial advisers and the Island's regulator.

Commenting, Beverley Lacey, the firm's founder, said: "Alex's combined legal and accountancy skills made her an ideal senior appointment for the firm. Alex's role is to work alongside our lawyers and professionals in advising on issues from pre-merger risk reviews to the forensic analysis and tracing of assets as well as reporting professional assignments."

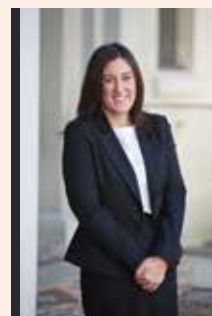


KPMG Strengthens Team of Directors

KPMG in the Channel Islands have further strengthened their directorship with four promotions within the audit team. Lee Clark and Steve Stormonth have joined KPMG's leadership team as Executive Directors. Rachid Frihmat in Guernsey and Ben Honeywood in Jersey have been appointed directors. All will focus on delivering audit and assurance services to financial services clients.

Lee Clark is a fellow of the ACCA, a general affiliate of the ICAEW and a member of KPMG's Private Equity Group. He joined KPMG in Guernsey in 2001. Steve Stormonth is a member of the Institute of Chartered Accountants in Scotland. He has specialised in the investment management and funds sector for 18 years, predominantly from an offshore perspective. Rachid Frihmat has worked at KPMG for 11 years in both the Hong Kong and Guernsey offices. Ben Honeywood has over 12 years experience working for the 'Big Four' and has been with KPMG since 2006.

Neale Jehan, managing director and head of audit, KPMG in the Channel Islands, says: 'These promotions strengthen the breadth of our industry knowledge and expertise, which will benefit our firm, our clients and the future of the financial services industry in the islands.'



Say **Hello** to some
of the team at



Loren Chatterley

Pre-Employment Screening Coordinator

Loren@1strecruit.co.uk

School Attended:

Beaulieu Convent School

What did you do before this job?

After completing my English degree at Newcastle University, I felt it was a good time to travel the world....and so I did! When I came back to the island I registered with 1st and was lucky enough to be offered a role here within the Pre-Employment Screening Team.

What do you enjoy most about your job?

I hold a very unique and diverse role here at 1st Recruitment. Just like the consultants, I meet a variety of people day-to-day from all walks of life, which I love! My role is heavily based around compliance, carrying out background checks on candidates who will be working within the finance industry. It's very interesting and there is never a dull moment in the Screening Team.

What do you enjoy about working at 1st Recruitment?

I love working in a team where everyone takes a real interest in each other. We all work hard but there is always time for a quick catch up with a slice of cake!



Terri Barron

Recruitment Consultant – Permanent Desk

Terri@1strecruit.co.uk

School Attended:

Beaulieu Convent School

What did you do before this job?

I worked as a Legal Secretary at two of the biggest law firms on the island.

What do you enjoy most about your job?

Job satisfaction! I love people and this job allows me to meet new and wonderful ones every day. It is extremely rewarding and I love that I can make a difference to people's lives through guiding and sprinkling some of my positivity onto those that need that little boost in finding that new role! There is the perfect job out there for each individual and I hope to play a part in helping find it.

What do you enjoy about working at 1st Recruitment?

THE FUN FACTOR!! We have a great team and not a day goes by without a good giggle and a good sing song in the office!



Sally Brodie
Recruitment Consultant
 - Temporary Desk
Sally@1strecruit.co.uk

School Attended:
 Grainville School

What did you do before this job?
 I studied Business Marketing at
 Liverpool John Moores University.

What do you enjoy most about your job?
 It's not your typical trainee role! When
 registering with 1st Recruitment I stressed that
 I was seeking a challenging role and something
 more people orientated than your average office
 job. I was lucky enough to be offered the position of a
 Consultant within the company as it offers exactly that!

What do you enjoy about working at 1st Recruitment?
 The diversity, no two days are the same!! Working on the temporary desk, my primary
 focus is to source candidates that can fill roles immediately and this means I'm lucky
 enough to meet some fantastic individuals on a daily basis! The cherry on top for me, is the
 atmosphere in our office! We have a great team and we get on like a house on fire!

Laura Nash
Recruitment Consultant - Permanent Desk
Laura@1strecruit.co.uk

School Attended:
 Beaulieu Convent School

What did you do before this job?
 My previous role was a Statutory Administrator working for a large global
 company. I had worked for the same trust company on and off for
 15 years, sneaking in a few ski seasons along the way. I got to a
 point where I thought if I don't try something new now, I will be
 doing this for the rest of my life and that really didn't appeal
 to me. I saw the Recruitment Consultant job advertised, I
 applied and the rest is history.

What do you enjoy most about your job?
 I love that my job is so varied, there are ups and downs
 (ups...candidates getting interviews, downs...
 candidates being unsuccessful) but nothing beats
 the feeling of telling someone that they got the job!
 Knowing that you have played a crucial part of the
 process is such a great feeling!

**What do you enjoy about working at 1st
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 After working for a large company for so
 many years' it is so refreshing working for
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Business News

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Forty new businesses launched in Jersey

The Channel Islands Student Business Challenge is supporting 40 teams of students from Grainville, Haute Vallee, Jersey College for Girls and Victoria College to start-up and run their own businesses with an initial investment of £100 per team. The Challenge, run by Barclays, EY, Ogier and Sure, kicked off with a launch event for the participating students on 12 January at The Radisson.

The launch event was attended by 140 students and gave them an overview of the Challenge as well as a series of talks about different aspects of running their own business. Each team of students, aged 11 – 16, is supported by a mentor from Barclays, EY, Ogier or Sure who will help equip them with skills which are relevant to the workplace.

Teams have two months to develop their business acumen before facing a final “Dragon’s Den” where they will need to impress the judges with their abilities to run a profitable business and / or benefit the local community. An awards ceremony will be held in mid May to celebrate the achievements of the teams and announce the winners of the 2016 Channel Islands Student Business Challenge.

Many teams choose to donate a share of their profits to charity. Over the last three years this has resulted in nearly £11,000 being given to charities such as JSPCA, Oscan Maclean Foundation, CLIC Sargent and Macmillan.

This year’s contestants will be trading from January to March and selling healthy snacks and drinks, cakes and sweet treats as well as jewellery, candles, key rings, soaps and gifts as they compete to become the Overall Winner of the Channel Islands Student Business Challenge 2016.

Ashburton Indian fund manager rated in top five globally

Ashburton Investments’ Head of Equities, Jonathan Schiessl has been rated as one of the top performing Indian equity fund managers over the past three years by leading investment publication Citywire.

Jonathan, who is also AAA - rated by Citywire, is the lead manager for Ashburton’s India Equity Opportunities Fund which, according to Citywire, has achieved 90.8% total return over the past three years, surpassing the 41.3% average return of all managers operating in the sector.

Based in Jersey, Jonathan is an Investment Director and Head of Equities for Ashburton Investments internationally. He joined Ashburton in 2000 and has 19 years’ experience in the investment industry.



FlyBlueIslandsBe

The islands have had a bit of a love/hate relationship with Flybe but how about being able to access the Flybe network but with Blue Islands operating the flights? Blue Islands today announces it has signed a Memorandum of Understanding with Flybe, Europe’s largest regional airline, to become its third franchise partner with effect from May 2016, operating services in Flybe branded aircraft, with Flybe flight numbers with all tickets booked online at flybe.com. Flybe’s existing franchise partners are Loganair and Stobart Air.

Rob Veron, Blue Islands’ Managing Director said: “By becoming a franchise partner of Flybe, we will really be able to put Guernsey and Jersey firmly on the radar of potential new visitors and will all benefit from Flybe’s significant marketing bandwidth capabilities.

“Whilst our aircraft will be re-painted in Flybe livery, we will still remain an independent locally owned air operator continuing to fly all our own aircraft under the Blue Islands AOC (Air Operators Certificate). We will continue to employ all our own crew, undertake all our own maintenance and control our own handling arrangements, and set our own prices.”

Saad Hammad, Flybe CEO added: “Today’s announcement reflects the long-standing relationship Flybe has with the Channel Islands which can only be deepened by this proposed new partnership. We look forward to welcoming Blue Islands into our expanding franchise family.”

Derek Coates, Chairman and owner of Blue Islands comments: “Airlines all over the world have improved efficiencies and profitability by forming alliances. What this move will do more than anything else, is to ensure that Blue Islands remains locally owned and viable in the future without the need for any Government support. It is the sensible way forward for any smaller airline to move without loss of slots, ownership or security.”

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Business News

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Management buyout of Appleby Fiduciary Business complete

The management buyout of Appleby Fiduciary Business (AFB) from the Appleby Group, by private equity firm Bridgepoint, completed on Thursday 31 December 2015. This means that AFB and the Appleby law firm are now two independent businesses.

Farah Ballands, who will lead the AFB team as Chief Executive Officer, commented on the completion: "AFB has grown significantly over the years with over 350 staff located across nine offshore jurisdictions. With Bridgepoint's expertise and support we look forward to building on this success and investing in new infrastructure to give our clients an unrivalled standard of service."

William Paul, partner and head of Bridgepoint's financial services team, added: "The buyout brings significant opportunity for AFB as a standalone business to accelerate its growth organically and via acquisition, in what remains a strongly growing market."

Contact details for AFB and Appleby will remain the same.

Award-winning night for Standard Bank Offshore Group

A team from Standard Bank Offshore struck gold at one of the world's leading compliance awards. The bank's compliance team was named 'Best Financial Sanctions Team for Regulated Firms' at the recent Compliance Register Platinum Awards ceremony in London. Jersey-based Compliance Officer Samantha Garrett was also named the 'Outstanding Young Compliance Professional'.

It was the third year in a row that Standard Bank has won at the awards ceremony, which recognises exemplary service to compliance and regulation.

Seán Flanagan, Head of Compliance for The Offshore Group, said: "The bank's performance across the Group is built on the foundations of excellence in compliance so it is heartening to receive confirmation that we are doing a good job at all levels. It is especially pleasing to see Samantha recognised for her outstanding contribution. Compliance is a rewarding career for anyone with passion, energy and commitment."



Rathbones wins Gold

Rathbones won a Gold Standard Award for Discretionary Portfolio Management for the second consecutive year at the annual Investment Week awards, held at the House of Commons.

The Gold Standard Awards assess standards of service, financial strength, fair value and trust, as well as governance and social responsibility.

The awards, now in their 13th year, reward financial services firms that can prove they have "strong, transparent structures and procedures in place." Entrants must also demonstrate how they go above and beyond standard practices to fulfill customer needs and are assessed on five key criteria including being a trustworthy adviser in which clients can have confidence.



Collaborate Communications expands into Jersey

Marketing, publishing and PR company, Collaborate Communications has opened a Jersey office to complement its already busy Guernsey operation. With an increasing number of clients seeking communications services across the islands, having a presence in both locations was the next logical step for the business.

Director Julie Todd has relocated to Jersey to head up the new office whilst fellow director Trish Grover will remain in Guernsey.

The Jersey office is now fully operational contact details are 01534 858514 or julie@collaboratecommunications.com



Growth at Fairway Group celebrated with new branding and website

Fairway Group has re-branded due to its continual growth in the Trust, Fund and Pension sectors.

Managing Director, Louise Bracken-Smith, said the decision to re-brand and to launch a new website was made to celebrate the achievements of the group and to differentiate between the developing business lines.

"Our new logo incorporates four coloured bands representing the four business areas and together they combine to form a complete circle, which signifies the group as a whole."

Mrs Bracken-Smith added that the re-brand and the launch of the new website symbolised the continued success of the group.

A number of senior appointments in the trust and fund sectors have also been made to support the group expansion.

Justine Wilkinson has been appointed as a director with over 24 years' experience in trust and company administration. She is responsible for managing high net worth individuals and building business relationships with international clients and intermediaries.

The funds division has been strengthened with the appointment of Philippa Davidson as head of funds. Philippa, who has a wealth of experience in fund administration as well as in business compliance, is well placed to take the new team forward. She is joined by a new senior fund administrator and two trainees.

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brilliant they are at customer service.
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* Quote from a client - April 2015.



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Feeling **overworked** and **underpaid**?

Gemma Rawlings, Recruitment Consultant at Park talks about what to do if you really are.

Nearly everyone at some point in their professional life feels they're overworked and underpaid. Often, the feeling is nothing more than an impulsive reaction to short-term frustration. You're putting in extra hours on a big project or covering for a colleague and no one's even said thanks let alone offered to pay you overtime.

But what if its not short-term, you've been working well beyond your contracted hours for months with no support from your manager or team. You feel your salary is well below the market rate, you haven't been paid a penny of overtime for the hundreds of additional hours you have put in and your extra effort hasn't been reflected in an annual bonus or even been recognised. Your home life is starting to be affected, what should you do?

Firstly, confirm that you really are underpaid. The best way to do this in Jersey is to talk to a Recruitment Consultant confidentially. They will be able to tell you what the market rate is for your qualifications and experience. You are not making any commitment by entering into a discussion and the information will enable you to benchmark your remuneration. Remember that some firms offer an entire remuneration package so you should not consider your basic salary as a stand alone element.

Once you have this information, it's time to take action (or not perhaps!). You must decide whether you are going to sit tight and accept your situation after all there is value and honour in hard work and the grass isn't always greener. Or whether enough is enough. Talk to your manager and suggest that the workload needs to be managed. It could be that your manager is trying to rectify the situation by amending the workflow or recruiting additional team members but this action has not been communicated to you. Try to negotiate a market salary adjustment if you are underpaid. Be sure to remind your manager of your accomplishments and performance.

Make your case calmly and strongly. Before you enter these discussions in a professional manner you must remember that by having this conversation you are making your employer aware that you are unhappy and your commitment to the firm may be in question.

However, it is important to have these open and honest discussions with your employer before you start looking for a new opportunity to avoid wasting yours and another organisation's time and burning potential bridges. Jersey is a small island after all and you never know what is just around the corner. If these talks prove unfruitful pick up with the Recruitment Consultant that you had the initial chat with and begin your search for alternative employment. Be clear about your expectations and be honest about your reasons for wishing to leave your current employer but do not ramble on. Attend interviews with a positive head, radiate energy and enthusiasm. Be someone that you would want to work with, know your CV inside out, be clear on your achievements and make 2016 your career year.

"You feel your salary is well below the market rate, you haven't been paid a penny of overtime for the hundreds of additional hours you have put in and your extra effort hasn't been reflected in an annual bonus or even been recognised"



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Looking for a new career?

Claire Brodie, Human Resources Manager at the Aztec Group, a leading provider of fund and corporate services, explains how the Group has positioned itself as the bright alternative employer of choice.

We have a client centric focus and long-term partnership approach

From the outset, the business has been structured with a focus on clients' needs and a long-term partnership approach. This focus has led to our dedication to our employees and their development, resulting in a more enriching work environment.

As an example, teams are not set up based on business functions as the case may be with some of our competitors, but instead they are centred around our clients. This type of team structure means Accountants and Administrators work alongside each other, so communications are more efficient and valuable client and industry knowledge is shared.

When it comes to a long-term partnership approach, we know that our clients want to work with the same people year in year out. To achieve this we invest heavily in our employees, their progression and development. This strategy has paid off, as we've successfully maintained an employee retention rate in excess of 90% for over 10 years.

We aim to go beyond what is expected as an employer

In addition to a stable workforce, our skilled employees are at the core of

our service proposition to clients. To strengthen this, we provide all employees with bespoke training and development tools through our 'Aztec Academy', offering training tools specific to the role and our core business model. We combine experience, professional qualifications, soft skills training and continued professional development to form a well-rounded and effective training syllabus. With over 80% of our employees either qualified or studying for professional qualifications, the emphasis we place on professional and personal development is proven.

We encourage individual development goals

We have carefully refined our appraisal process so each individual across the Group benefits from structured career progression. Emphasis is placed on employees being actively involved by setting objectives and personal development goals to help them achieve their individual career aspirations. This focus on progression is demonstrated in our own employees' success. By way of

example, over 20% of our workforce were promoted in 2015.

“When it comes to a long-term partnership approach, we know that our clients want to work with the same people year in year out. To achieve this we invest heavily in our employees, their progression and development.”

With continued growth across the business we are always on the lookout for talented individuals who have the passion to deliver fund and corporate services. With a range of roles available within accountancy, administration and support functions, we can provide a rewarding and alternative career in finance.

If you would like to progress, please visit aztecgroupp.co.uk/careers, send your CV to: careers@aztecgroupp.co.uk or call us on +44 (0) 1534 837562.

The background is a solid green color with a repeating pattern of tennis rackets. The rackets are oriented diagonally and are a slightly darker shade of green than the background. In the center, the word "SPORT" is written in a large, white, sans-serif font. The letters are bold and have a slight shadow effect, making them stand out against the green background.

SPORT



Sportsperson of the month: Stuart Parker

Age: 18

Sport: Tennis

What do you do: I play in a tennis academy in France called The Tennis Elite Team

School Attended: Les Quennevais School and Highlands College

Favourite ice cream: Vanilla

Favourite animal: Lion

Favourite food: Pizza

What would you wear to a fancy dress party: Caveman outfit

Favourite tennis expression: 'You cannot be serious' John McEnroe

Favourite song to train to: At the moment, Diplo and Grandtheft remix but it changes frequently.

How old were you when you started playing tennis: I started when I was offered the choice at school, to either play golf or tennis at Les Ormes for a day. I chose tennis because I remember playing it with my Mum and Dad when I was younger. I started playing tennis properly at the age of seven.

You're now being coached in France, how did that opportunity arise and is it full time: This opportunity came through me playing in St Malo's Mens first team. One of the coaches wanted to start a small academy and I was one of the players he asked together with another player from the Men's First tennis team.

How often do you train: I train 6 days a week for 5 1/2 hours a day.

How does your training programme look, is it all tennis: 8am-10am tennis 2pm-4pm tennis and 4:30-6pm physical training (includes weight training, speed and agility).

Where has been your favourite place in the world to play so far: Samoa for the Youth Commonwealth Games.

Where and when has been your favourite moment in your tennis career so far: Playing on court 18 at Wimbledon.

How can people get involved in tennis in Jersey: By joining a local tennis club near to you and either playing in a squad or going for tennis lessons. Or of course you can play in the BNP Paribas tournaments throughout the year by contacting Mark Gilmour, head coach of the Caesarean Tennis Club.

"I am looking to gain my first ATP (Associate of Tennis Professionals) point by the end of February 2016 and to be in the top 800 in the world this time next year"

2015 saw you being chosen to represent Jersey as part of the NatWest Island Games team, how did you get on and how was the experience: I won 1 Gold and 2 Bronze medals. The experience was amazing as it was my first games and to have the home support was great too.

What other competitions have you competed in: I have competed in many tournaments over the years including: The Road to Wimbledon twice and u14 Nationals, Jeux Des Illes 3 times, every age group in County Cup, Islands Games, Youth Commonwealth Games and many more.

What does the future hold for you: I am looking to gain my first ATP (Associate of Tennis Professionals) point by the end of February 2016 and to be in the top 800 in the world this time next year

Do you have a top tip for other young aspiring sports people particularly those looking to follow in your footsteps: Always believe in yourself and your ability and don't worry about what other people think.

PICTURED: Stuart (right) with Mark Gilmour, Head Coach, Caesarean Tennis Club



BNP Paribas, a lasting partnership with tennis

Since 1973, the relationship between BNP Paribas and tennis has grown increasingly strong. The BNP Paribas Group is now the leading partner of the sport worldwide, sponsoring about 550 tournaments a year, both professional and amateur. Globally, the Group also finances educational and social events linked to tennis, thus combining their passion for the game with a social commitment.

Locally BNP Paribas are proud to be associated with both LTA (Lawn Tennis Association) clubs located in the Channel Islands. The Caesarean Tennis Club in Jersey and the Guernsey Tennis Club.

BNP Paribas Jersey in partnership with the Caesarean Tennis Club is the proud sponsor of the BNP Paribas 'We Are Tennis' primary schools coaching programme. This training initiative provides professional tennis coaching for all Year 3 children in every parish primary school in Jersey. So that's around 800 children from 21 local schools over an eight week period. They're now into their 5th year which means they will have coached approximately 4,000 school children since they began the programme.

During their coaching sessions, the children learn about the game of tennis, improving skills in a range of activities, new targets are set to improve performance, they're encouraged to play in competitive matches as an individual and as part of a team. Understanding the rules of fair play, equality and appropriate conduct in individual and team activities are also learnt, as well as of course having loads of fun!

At the end of this programme, each school selects a team of four children to represent their class, this team is then entered into the tennis tournament and plays against the other primary schools, in a bid to win the 'We Are Tennis' schools trophy!

It's a fantastic event, all those new tips are put into action, courts are buzzing with enthusiastic and excited children, whilst staff from BNP Paribas volunteer umpiring duties for approximately eight matches an hour, which sounds exhausting, but we're assured is great fun!

And it doesn't stop there, BNPP also sponsor the Caesarean's Easter Tournament for juniors from Monday 4 to Saturday 9 April 2016, followed a few months later by the BNPP Junior Summer Tournament commencing Sunday 24 July and culminating in a final on Friday 29 July 2016.

There's also a chance for adults to get involved too. The annual BNP Paribas Corporate League, commenced in January 2016 and runs through to April 2016. Played in the BNP Paribas bubble at the Caesarean Tennis Club, and open to players of all abilities. It's a great challenge for work colleagues and an excellent way to keep fit during the cold winter months. Each week teams play 3 x timed doubles matches culminating in the final and prize giving which is held on 28 April 2016.

Want to find out more?

www.lta.org.uk

www.caesareantennisclub.com

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CUSTOM FITNESS

So the last six weeks have seen me being more of a gin bunny, than a gym bunny, actually who am I kidding, it's more like eight! Some of that is of course down to the festive period, but much of it has been to do with a serious lack of motivation on my part.

I have been a significant convert to the world of fitness over the last few years, I've learned to really love how great exercise makes me feel, but I've lost my mojo, so when I was asked if I fancied becoming a member of Fitness First for 12 weeks to try and regain my focus, I jumped at the chance.

As a former member of Fitness First I thought I knew what to expect when I went along to sign up for my trial period, but how wrong was I. The gym has recently seen a significant financial investment turn it in to a seriously good looking, well equipped gym and right in the heart of St Helier's Waterfront, which means it's pretty easy to get to for almost everyone, especially if you're a fan of a lunchtime gym session and work in town. Whilst there are plenty of top of the range cardio machines for all of you fans of the treadmill, there are also a plethora of classes available to members. These include five freestyle team workouts, which will help you reach your training goals, whatever your fitness level, in half the time. These are HIIT (high intensity interval training), strength, power, core and the fantastic TeamGB ProAthlete. This TeamGB class will see you undertake training classes like those of the athletes training for Rio later this year.

As a new member of Fitness First you also get offered the chance to sign up and have a full health assessment to learn your BioScore, which, in a nutshell will help you find out how old your body is versus how

old you actually are. In fact you can opt to take the test even if you've been a member for years, just speak to any one of the team about how to sign up.

It was with slight trepidation that I signed up to learn the reality of what the last few months of gin consumption had done to my body. I was met by Mikey, who was to put me through a variety of different tests covering off my flexibility, strength, agility and fitness. We started the assessment with a quick check of my lung functionality, blood pressure and also my height and waist measurements, no breathing in was allowed sadly. These results, along with the physical tests and a quick lifestyle questionnaire, would provide the results to my BioScore. I'm happy to say that I came out as a respectable six months younger than I actually am, but this for me, means there is definitely room for improvement.

In fact, as the test is conducted twice, once when you start and again after 12 weeks, I can't wait to see what I can achieve to try and get that number down. That's the beauty of the test, even if your BioScore isn't where you'd like it to be, you'll be supported in reaching your goals. I now know the areas I have to work on, and thanks to Mikey's post assessment chat, I've got a plan in place and know exactly what I need to do and the right exercises and classes I should be taking too. His advice, along with the Fitness First CustomFit app I have access to, which shows me videos of the exercises I need to be doing and how to



"That's the beauty of the test, even if your BioScore isn't where you'd like it to be, you'll be supported in reaching your goals."

do them, should mean that it's completely achievable to be able to reduce this number down, I hope!

Mikey and all of the team at Fitness First have made me feel like my membership at the club never lapsed. There's always someone around to help you with any questions you might have and the trainers are also happy to provide any advice which will help you with your goals in the gym. I can't wait to see what the next 12 weeks have in store, I mean come on, having access to a potential time machine is absolutely amazing!



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Sport News

The secret is in the weights

Did you indulge over Christmas and feel that you need to lose those extra pounds this New Year?

Did you know that the trend for the last couple of years has been “strong is the new sexy”?

Some of the old fads may have had you doing cardio for hours upon hours, and I am not saying that cardio is not important, it is. But what will get you shifting the Christmas bulge and help you get the results that you want in the quickest time, is lifting heavy.

I plan my sessions around a weights routine for my clients, you can do these in just 30 minutes and more importantly get better results, quicker.

Exercises which use the whole body are called compound movements, the body is designed to work as a whole, so I get my clients to train in that way.

My top picks are:

The Squat

This classic compound movement trains everything, but the hips and core especially. Squats can be completed using a barbell and you can start to train yourself by simply sitting on to and off a bench, and make sure your friend spots you.

You should be aiming for 1 x your body weight (athletes 1.5 x bodyweight).

The Deadlift

This is great for back strength and if done correctly creates amazing glutes (bums!) But please be careful if done incorrectly it can cause a strain in the lower back. You should be aiming for 1.5 x your body weight (athletes 2x bodyweight).

Pull ups (wide grip hand face away from you) or **Chin ups** (narrow grip hands facing towards you)

My secret weapon to create great arms, backs and abs! Yes you heard correctly if you want nice abs these are your ticket! If – like many people – you can’t yet do a pull up, get a training buddy to give you a push, or jump up to the bar. Make sure you squeeze your chest all the way to the top, you will be amazed how quickly you’re able to do it by yourself.

Aim for 5 pull ups in a row (athletes 10reps).

The best rep and sets combos are;

- 5-8 reps for three sets for exercises such as the Deadlift, squat and pull up.
- 10-12 reps for three sets for secondary exercises such as hip extensions (bridges), push ups, leg press etc. This way you’ll get your metabolism adaptations and you also get neural adaptations. And don’t worry you will not get “stacked” only full-time lifters that eat 1000s and 1000s of calories a day do, but you will get toned and feel great.

The exercises should be performed at 80-90% of your maximum so you can recover well enough to walk up the stairs at work the next day!

Follow my advice and you will decrease body fat % and increase body muscle % = smaller body measurements and dress sizes but perhaps more weight on the scales.

And if you are still stuck with diet or exercise, come and see me at Rad Fitness. Good luck #LOSPT



“Some of the old fads may have had you doing cardio for hours upon hours, and I am not saying that cardio is not important, it is. But what will get you shifting the Christmas bulge and help you get the results that you want in the quickest time, is lifting heavy”

REDMONDAY

The lovely folk at Fitness First wanted to brighten up ‘blue monday’ the name given to the third monday in January, reported to be the most depressing day of the year. So they came up with REDMONDAY where one-and-all were welcome to go along to the gym to try it out. They’ve teamed up with Joe Wicks (The Body Coach) who is famous for his #leanin15 HIIT workouts and put on a variety of free sessions throughout the day. They also had their fitness experts on hand to demo CustomFit, their free fitness app, which helps you get the most out of your training. Pictured are a few of the very smiley staff ready to greet new gymgoers! **For more info on joining Fitness First give them a buzz on 752400.**





HARDWARE


 A full-page photograph of a Red Bull Dakar Rally motorcycle rider. The rider is wearing a blue and red Red Bull racing suit, a helmet with Red Bull branding, and is riding a yellow and black Red Bull Dakar Rally motorcycle. The motorcycle has the number 3 on the front and side. The rider is on a rocky, gravelly trail, and the background shows a steep, rocky hillside.

THE ODYSSEY

WORDS Russ Atkinson

When it comes to gruelling tests of endurance in the motorsport world, I'm confident that it's impossible to argue that any other event can even come close to the Dakar Rally. Especially for those who choose to attempt it alone on a motorbike or a quad.

Granted, there are more technically demanding enduro events out there for those who favour two wheels such as the Erzbergrodeo and Red Bull Romaniacs hard enduro races to name just two, but when you factor in Dakar's searing temperatures, climbs to altitudes of over 11,000 feet and some stages lasting up to around 600km at a time determination as a character trait is mandatory.

Strictly speaking, each competitor is reliant on their team to support them along the two week odyssey that is the Dakar Rally, but when you're riding a bike or quad out there on your own, you're on your own. Just you, your bike, a GPS and a set of pace notes provided by the organisers.

Without the luxury of a trusted navigator to read your notes to you throughout the course of each day's timed stages and keep you sane and entertained during the transit sections between them the pace note solution is an impressively straightforward one.

They're provided on a roll of paper which the rider is given ahead of that day's competitive stages so that they can be annotated to suit personal taste, colour coding hazards and prolonged straight sections, for example. The entire reel is then fed into a device that scrolls through on demand, because let's face it, a scraggy sheet of A4 Duck taped to your tank wouldn't be easy to read if it had 600km of notes on it!

“Despite taking a solid early lead from event veteran and fellow former WRC champion Carlos Sainz, the world discovered that record breaking nine times in a row WRC champion Sébastien Loeb is in fact human after all when a mistake led to a crash that saw him eventually placing ninth overall.”

Passing through three South American countries and covering a grand total of 9,000 kilometres this year, the Dakar is undeniably the grand-daddy of off-road racing. ‘South America, you say? I thought Dakar was in Africa?’ Well it is, and the event was run from Paris, France to Dakar, Senegal from 1979 up until 2008 when the event was cancelled due to security concerns after the death of four French tourists in Mauritania and threats made toward the organisers by al-Qaeda. The decision was then made to move the event start to Buenos Aires, Argentina for 2009 and it has remained on the continent ever since, with this year taking in parts of Chile and Bolivia too.



The Dakar is allegedly the world's most dangerous sporting event having claimed the lives of 28 competitors and 42 known spectators with other spectator deaths suspected to have remained unreported. When you average it out to each year the event has been run that's a consistently poor record. Other negative press has included backlash from environmentalists claiming that the pollution caused by racing a whole host of bikes, quads, cars and trucks off-road for around 9,000 kilometres as well as the additional support vehicles in the bivouac and helicopters providing safety support and video footage in an otherwise unspoilt natural area is an unnecessary luxury that our planet can't afford. However, a study later commissioned discovered that the carbon footprint is actually equivalent to just one Formula 1 race meeting. Stick that in your exhaust pipe and smoke it.

In other 2016 Dakar news, the Russian Kamaz team were uncharacteristically deprived of a repeat of last year's clean sweep on the podium and were knocked off of the top spot by Dutch driver Gerard De Rooy in his Iveco, whilst in the car class despite taking a solid early lead from event veteran and fellow former WRC champion Carlos Sainz, the world discovered that record breaking nine times in a row WRC champion Sébastien Loeb is in fact human after all when a mistake led to a crash that saw him eventually placing ninth overall.

Stéphane Peterhansel took the top spot in the car category racking his number of all-time stage wins to an impressive and unbeaten 68 combined (33 of which were on a bike with the remaining 35 in a car).

It was Australian Toby Price (*pictured above left*) who claimed first place on two wheels though, riding his KTM for only the second time in the event this year after having finished third overall in 2015. He's also the first Aussie to win a title. In an event where you're lucky to make it out alive in the first place let alone manage to even cross the finish line at all I'd say that's no mean feat.

PICTURED ABOVE: Sébastien Loeb having a bad day, somebody on a quad having a potentially worse day, flying Russians not flying quite as high in the overall ranking as they'd have liked and truck class winner De Rooy approaches a large dune looking sedate in comparison.

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SOLO

WORDS Taylor Jones

I will spare you the superfluous conceit welcoming you all back to the pages of this fine magazine in 2016, simply because I'm sure by the time you've reached this article and inevitably glanced at the pretty pictures before moving on to find evidence of either your friends' embarrassing clubbing moments or your child's underage debauchery in the Paparazzi section, you've seen the same stock sentences evoking memories of inebriated mishaps from Christmas and New Year from every contributor within these pages.

That is not to take away from my excellent colleagues, who I'm sure have stoked the embers of a festive cheer that the January weather has done its best to quell. The purpose of my lack of well-wishing is twofold. Firstly, I don't want to bore you with repetition more than a month after the holidays have ended. It is now February, and rather than dwelling on what was a great end to 2015, I'm sure you'd rather just be getting on peacefully with the year's worst month, counting down the days to Valentine's Day (a personal favourite as the avid reader may remember. For the non-avid reader, see last year's magazine) and persisting with the self-assuring notion that winter isn't that bad, and that tomorrow you'll wake up to an Avenue-shutting snow storm. Secondly, a lack of Christmas cheer leads a perfectly into this month's theme: SOLO.

Now, I see and write about 11 themes a year. Some are easy, sparking ideas for leftfield gadgets as soon as I read the title of our editor's email. Some are more difficult; I have to spend an inordinate amount of uncomfortable time scratching my head before inspiration comes to write an article so tenuously linked to the theme that it warrants employee dissent.

The most difficult themes, however, are those that require me to bypass a glaringly obvious group of gadgets. Hopefully I've worded that in a way that will allow older readers to understand and will force

younger readers to question what I mean. The problem of evasion this month reared its ugly head in a way that it rarely has in the past, but I hope that I've found a way to keep this one clean, fun, and family friendly.

“The most difficult themes, however, are those that require me to bypass a glaringly obvious group of gadgets.”

This month, we are looking at gadgets for the solitary being. These are for those who, like the great George Gordon Byron, only go out to get a fresh appetite for being alone.

The solitary human is a misunderstood being. Many mistake their lifestyle for one of loneliness and sadness, which is easy to assume when you seek validation through the length of your list of Twitter followers. Despite the fact some people can't seem to comprehend that life isn't all about “loving and exploring”, a little bit of solitary time can be great, especially when you have gadgets like these to help you through. Because who better to have as a friend than a robot flower that quite literally can't disagree with you?

EXPECTED CURTAIN (PROTOTYPE)

Everybody has had the experience of being asked what their plans are for the weekend. It's very common amongst those who interact with people and are willing to engage in forced small talk. The reply, however, differs immensely depending on the subject of the question. For those who enjoy the company of loud and slightly incoherent crowds, the answer is usually "I might go to town, I'll see who's interested". For others, it may be a simple dinner with friends or a movie with their partner.

For the solitary being, however, the answer is an unfaltering "nothing really, might nip to B&Q". It's not the answer the person asking the question wants to hear, and deep down it's not the answer the person wants to give week in, week out. Sometimes it would be nice for people to think you're at least partly busy socialising, even if it means they'll just stop thinking you're plotting something evil in the private confines of your home. That's why this, the Expected Curtain, is the perfect gift to yourself. It gives the illusion that you are entertaining guests, and who's to know that you haven't got today's greatest minds standing around your living room with wine? I realise there are flaws to this product, however I won't go into them, simply because I like the idea of it. That's how this works you see, I have control over what is made to look good and bad. Impartiality be damned.

Now, as this is a prototype, I don't have much information on how it actually works, how much it costs or where you can buy it from. Oh what a stellar return to the gadget game I'm making in 2016.

SPEECH JAMMING GUN

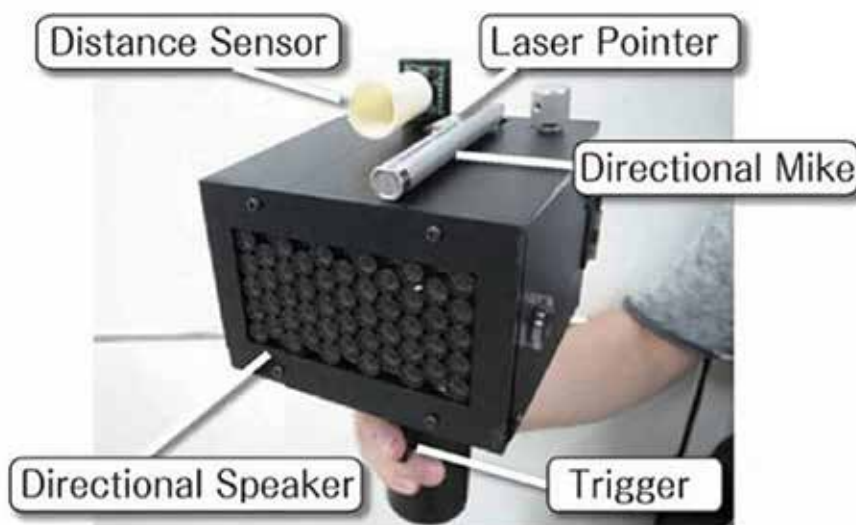
Some people are just intolerable. It's a fact. The sound of their voice, their intonation, their vocabulary, everything. It all comes together to create one completely abhorrent amalgam of exaggerated enthusiasm that cannot, and will not, be tamed. If only there was a product that could silence these people. One that could allay their incessant need to paint every detail of every one of their seemingly endless stories with a finer brush than was required for A Sunday Afternoon on the Island of La Grande Jette.

Short of causing physical harm, it seems that the problem is without a solution. Well, to that I say NO MORE! Once again Japan has come to the aid of everyone who has ever enjoyed their own company more than that of others. They have saved our ears from the bombardment of the energetic. They have created...the Speech Jamming Gun! Now, it's not quite what it sounds like, there unfortunately isn't a way to completely block the sound of speech (practically, not politically), however what this Men In Black-looking contraption does do is reverberate the sound back towards the speaker, creating a kind of echo in their head. From what I can tell, this just annoys them until they stop speaking, which is more than good enough for me. You may look slightly strange carrying this thing around, but when you're trying to stop people talking to you, do you really care if they're not walking near you?

Once again I've done my job well and used a prototype that is unavailable to buy, but what you can do is hope and pray to every God in the Japanese canon that these

"I have a feeling that if they can get a giant fighting robot to function, they can do this for the loners."

engineers will make it work. I have a feeling that if they can get a giant fighting robot to function, they can do this for the loners.

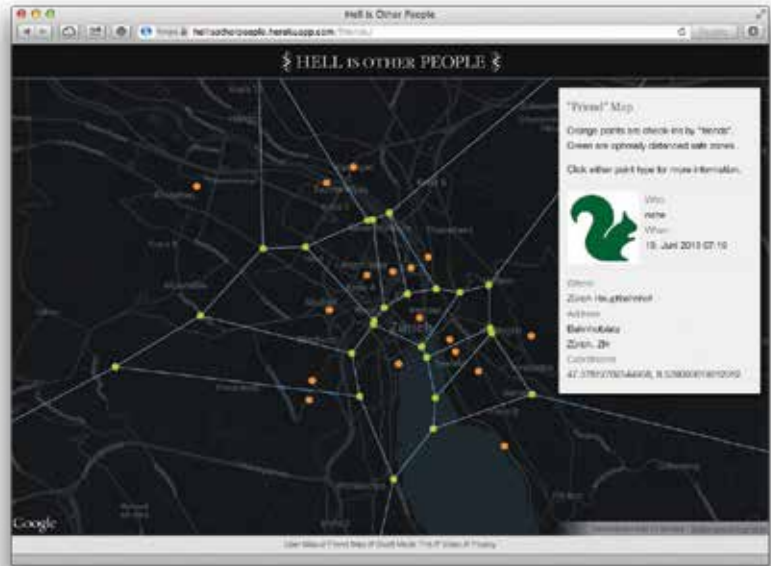


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HELL IS OTHER PEOPLE (APP)

Jean-Paul Sartre was not a man well-known for his humour and breezy demeanour. In fact, one could go as far as to say that he was, in his most light-hearted moments, a bit of a drag.



“The app requires your friends to use Foursquare. Now, most of you are probably, understandably, shaking your heads in confusion, questioning what this word means. It’s OK, so would most people if they ever saw the word written down.”

That’s why the name of this app, a quote from his book *No Exit*, should deter anyone that is searching for an app that connects you and your friends, or promotes any kind of civility between you and the rest of the population. In fact, this app was developed by a New York University student who made it to help him with his “severe social anxiety”. Need I say more?

The app locates your friends and provides a map showing their locations, changing the colour of the dot representing them depending on how in danger you are of running into them. Genius? Absolutely. Practical? Absolutely not. Whilst this app works perfectly in theory, and is probably the closest thing to a divine miracle for the introvert or solitary being, there is one major drawback. The app requires your friends to use Foursquare. Now, most of you are probably, understandably, shaking your heads in confusion, questioning what this word means. It’s OK, so would most people if they ever saw the word written down.

All you need to know is that Foursquare was launched to enable you to find and electronically check in to the best places for you to go with friends. It took off, and it did well, but then Facebook added the check in feature and Foursquare, like so many other apps and businesses that have fallen at the hand of the mighty Zuckerberg, crumbled into dust, with said dust being scattered in the most remote part of the Pacific Ocean. But that, if nothing else, is the perfect gleaming example of social Darwinism. Adapt and survive, and if you can take out a few competitors along the way you’re only making your job easier.

Anyway, I digress. The Hell Is Other People app, whilst a perfectly viable idea for anyone that wants to escape the all-encompassing pit of awkwardness that is a random street meeting with a half-acquaintance/half-friend, will never take off whilst it relies on what is now fossilised technology. It’s a shame, but life is rarely fair.



HANAPA NODDING FLOWER ROBOT

Sometimes all we need from a friend is for them to be on our side. A simple nod of agreement can be sufficient to lift the spirits and solidify a bond between two people that can last a lifetime. But alas, what do you do when the group of people that surround you is, in the nicest way possible, an asshole casserole? You buy a nodding robot flower of course.

This invention, unsurprisingly the work of a Japanese genius (is that racist?), quite literally cannot disagree with you. It works using a voice sensor, which triggers the nodding motion, meaning you can quite literally never be wrong (disclaimer: you can still be very, very wrong). Of course, there are certain ways this could go wrong, say if your solitude is the result of crippling loneliness, but really who doesn’t benefit from a good stem to cry on every now and then? One that will tell you you’re right by saying nothing at all? As good as this product is, and don’t get me wrong I very much enjoy the simplicity in its art, I can’t help thinking I may have jumped at it a little too quickly. I had figured that I could write a small epic on the wonders of Japanese manufacturing and the positive affects of agreement, but now I sit here and realise that this product doesn’t go much deeper than the surface level. It’s a nodding flower, that’s about it. Still, you should buy it.

One thing this product has taught me is just how much the Japanese Yen is worth. The answer? Not very much. This product can be found online for a 2,700 JPY, and whilst that may seem like a staggering figure, that only works out at £16.30. Thank god for global economics.

PHONE HOME

Sony Power in Your Pocket!

Big screens can be wonderful but they're not great for your pocket! Sony has seen that there's a gap in the market for powerful but compact phones and has followed the fantastic Xperia Z5 with the Z5 Compact.

Although beautifully styled around the 4.6 inch screen, and available in a range of colours, the Z5 Compact is unexpectedly rugged. Being both waterproof and dustproof, you can take it pretty much anywhere and with its 23 MP camera, it is the ideal accompaniment on holiday.

The Xperia Z5 Compact is not a companion that will fade fast. It has a two day battery life on a single charge and when it does need a boost, the Quick Charge capabilities give you hours of power in just 10 minutes. Running the latest Android 5.1 (Lollipop) operating system, the Z5 Compact gives you all the power you need to run your life on the go.

There's so much to the Z5 Compact, that it's impossible to list everything here but you can experience this beautifully small phone for yourself by popping into the Sure store today.

Think big in 2016

Superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the Samsung Note 5



There's nothing like starting the New Year with big aspirations. Ok, it's February now, but as it's the first Gallery edition of the year I wonder how many of you have stuck to those big bad resolutions you made back in January? If you're still thinking big for 2016, then take a look at the latest offering from Samsung, the Note 5 - the biggest, baddest beefiest Samsung phone yet.

The Note 5 ticks the big box in every way, not just in size but design, hardware, memory and camera as well. I'm really not a fan of the word phablet but the first thing you'll notice about the Note 5 is its size. With a 5.7 inch display it certainly fits the mould of a smartphone/tablet hybrid and although I'm not a great advocate of using styluses with smartphones, the new redesigned S Pen (now with an ejecting mechanism) does a great job of accurately interpreting my pen strokes. Design quality for the Note 5 is fantastic, no more leather and plastic that has been predominant in the Note series. The Note 5 shines with an aluminium frame and Gorilla Glass and the curved edges look great, so

much so that it really feels like a premium device compared to its predecessors.

The Note 5 takes a great picture and is packed with features such as a "Pro" mode to get full manual control over the camera. I loved the wide selfie mode for big group shots and the camera can also handle 4K video recording. The Note 5 is a visually superb device and its 4GB of RAM makes it a big performer meaning it can handle just about anything you throw at it.

Available from Airtel-Vodafone from £30.90 per month on the Power 125 Plan. Price correct at time of going to print.



An even smarter choice than your last right swipe!

With the January blues behind us but the looming pressure of Valentine's Day at the top of everyone's agenda this February, it's good to know that even JT have you covered with a deal sweeter than that usual cliché box of chocolates. If you're in the market for a last minute Valentine's gift or even if you're after a new Smartphone, why not check out JT's best ever 4G Smartphone deal.

The JT Smart 4 offers high speed 4G mobile data on the go, a 5MP camera and a simple to use interface with access to thousands of apps on the Google Play store,

this makes for the perfect first time phone or a trusty backup Smartphone. Buy two JT Smart 4's for just £3 per month on JT Pay Monthly this February, plus you'll even enjoy double data on your chosen mobile data bolt-on to keep the selfie-love rolling!

Pop in to the JT store today to claim this perfect duo.



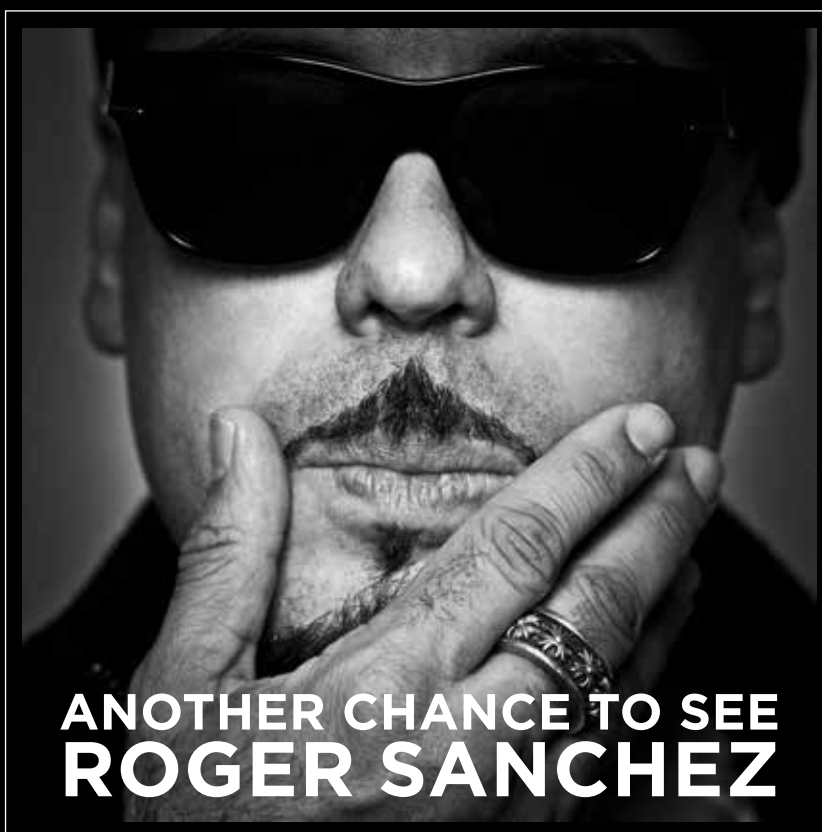
MEGAN'S TOP TIP FROM AIRTEL-VODAFONE

Understanding Wi-Fi Assist

If you are an iPhone user read on. If you have recently upgraded your iPhone to iOS 9 or have purchased a new iPhone over the festive period then you should be aware of a new feature called Wi-Fi Assist.

If Wi-Fi Assist is switched on and you are using Wi-Fi, your phone will automatically switch to use your cellular data if the Wi-Fi signal becomes weak or unreliable. That means you may be using your phone's data allowance when you think you are connected to a free Wi-Fi zone.

It's a useful feature because we all like to access certain apps on the move without loss of connectivity but don't panic, there are a few settings you can tweak to take advantage of Wi-Fi Assist without any out of bundle data anxiety worries. For example be aware that streaming movies and apps like Netflix can use a lot of data. By simply going in settings - mobile data you can turn off the apps that you don't want to use mobile data for. And if you want to, scroll to the bottom of this list and you can turn off Wi-Fi Assist altogether.



ANOTHER CHANCE TO SEE ROGER SANCHEZ

Now the horror of January is behind us and the countdown, to the clocks going forward and the arrival of summer, has begun, it's time to get thinking about filling up that social calendar again. By the way, if you were one of the many people who opted to join in the dry January phenomenon, congratulations you've made it! If you weren't, well done for surviving being in the company of those that were drying out!

If you've not already got your tickets lined up for the next night brought to you by Togetherness, a collaboration between two of Jersey's finest clubbing brands, Together Parties & Firethorn Productions (Iconic), then you better be quick, as this is sure to be another sell out night.

Hot on the heels of Basement Jaxx tearing up the Royal Yacht in November these guys have gone and done it again, this time presenting the stellar Roger Sanchez at the Royal Yacht on Saturday 20 February.

2015 proved to be one of Roger Sanchez's most creative and prolific years to date, with the continued success of his S-Man moniker, and the first releases under his own name for some time.

Following the return of his S-Man alter-ego in 2014, the huge 'Remember Me' (feat Stealth) as Roger Sanchez, relaunched his Stealth Recordings label, and grew from Pete Tong's Essential New tune into a global radio and club hit, picking up deals with Ministry Of Sound - Australia, Ego - Italy, We Play - Germany, Blanco Y Negro - Spain, and beyond.

Current remixes for Apres' 'Chicago' (a Buzz Chart No.1 and Radio 1 specialist favourite) and Mystery Skulls feat Brandy & Nile Rodgers, have added to a lengthy, and illustrious mix discography featuring legends like Madonna and George Clinton.

His DJ shows have also gone into overdrive across all five continents, demonstrating a growing hunger for his characteristic take on house music. In the club he mixes up the likes of new stars Dusky and Huxley with the next level, underground gems he sources from labels and producers across the world, crafted with the kind of experience that only comes from two decades of DJ'ing. The same fervent, crate-digging attitude he's always been known for can also be found on his radio show, where he champions new talent and obscure tracks he picks up on his travels, having first road tested them in the booth.

Formerly a talented student of the arts who attended the Pratt Institute's School of Architecture, music culture grew to encompass Roger's life as he began to sell his own mixtapes on the sidewalks of Broadway in order to finance his

earliest gigs. With encouragement from his father, an engineer, Roger put his thoughts about a career in architecture on hold and launched himself into music full-time. His first 12-inch, "Dreamworld", came out on the Outer Limits imprint in 1990 under the name Egotrip. It was around this time, that Sanchez began to take producing seriously as a compliment to his DJ'ing. He soon released "Luv Dancin'" for Gladys Pizarro on the iconic Strictly Rhythm records under the name Underground Solution, which led to his first tour.

Roger hasn't stopped grinding since, using his decades of experience to build enticing remixes for a wide range of artists such as Michael Jackson, The Police, Diana Ross, Jamiroquai, Maroon 5 and even the So-Cal punk-pop outfit, No Doubt, for which he won a Grammy in 2003 for Best Remixed Recording with the song "Hella Good".

Ever evolving on his hustle, always pushing himself, and others, to do better, the S-Man sums it up perfectly when he states: "I'm always moving forward, but never losing sight of where I've been."

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FOLKLORE HEADLINERS ANNOUNCED SUNDAY 12 JUNE



Following the successful return of Folklore to Jersey's event calendar in 2015, after a three-year hiatus, the organisers are delighted to reveal this year's Main Stage line up, headlined by folk-rock heroes The Levellers. Also on the bill are seminal 'Madchester' indie band, Tim Burgess' The Charlatans, along with a diverse array of some of the hottest acts in ska, dub, reggae, folk and rock music.

Headlining the event on Sunday 12 June (subject to the organisers gaining the Bailiffs permission), The Levellers are one of the best-loved bands to emerge from the British Isles. Best known for their anthemic hits 'What A Beautiful Day', 'Carry Me' and 'The Boatmen'. Firm festival favourites, they are a regular fixture at Glastonbury and in 2003 formed their own festival, Beautiful Days in Devon, winner of the Best Grass Roots Festival prize at the 2015 UK Festival Awards.

They are joined on the Main Stage line up by a band that have played a pivotal role in shaping the landscape of British guitar music, indie icons The Charlatans. Formed in 1989 they have created some of the most memorable indie classics of the past 30 years, including the mega hit 'The Only One I Know', 'Weirdo', 'One To Another' and 'Just When You're Thinking Things Over', and since their UK Number One debut album *Some Friendly* in 1990 they have gone on to release a further eleven studio albums.

As ever, Folklore is committed to curating musically diverse line ups and the 2016 edition is no different, as the remainder of the Main Stage line up demonstrates; Bosnian seven-piece reggae-dub-rock outfit Dubioza Kolektiv are certainly one of the most intriguing additions to the line up, and one of the most blisteringly exciting live acts that the Folklore team have ever laid eyes on.

However, the competition for 'wildest act of the day' is bound to be fierce when self-styled 'Pyro Circus Rave Massive' collective Slamboree are on the bill. A unique assembly of circus performers, daredevils and entertainers, they fuse bass-driven beats with live orchestra, guitar, percussion, loops, live MCs, visuals and pyrotechnics. It's set to be completely mad, and completely brilliant.

The festival are also welcoming back not one, not two, but three acts that have knocked their collective socks off in recent years – firstly, the six-headed party monster that is Molotov Jukebox, who first appeared in Jersey on the Hospitality Stage at their sister event Jersey Live in 2014. Led by singer and accordion player (and a star of *Game of Thrones* and the *Harry Potter* series) Natalie Tena, the band are a most welcome addition to Folklore 2016. As are 'trance folk' act and internet sensation The Showhawk Duo, who wowed the Hospitality Stage at Jersey Live last summer and return to the island to unleash their unique acoustic guitar-based take on electronic music. Last but by no means least are the always incredible Buffalo Huddleston from just across the water in Guernsey. They made their Jersey debut at Folklore 2015 and we're thrilled that they'll be bringing their 'folk-hop' sound back to Val De La Mare this summer.

There are still further announcements to come, so watch this space.

Tickets are now on sale from www.folklore.org.uk priced at £47.50 for adults (13 years and above) and just £7.50 for children. Hospitality tickets are available for £95 for adults and £25 for children. All prices are subject to booking fee and 5% GST.



Chordz Music School (above Chordz Coffee House, West Centre) is home to some of the finest music teachers the island has to offer. Not only do they offer private one to one lessons but they also open up the doors to their Rock School four times a year. The school offers week long courses to anyone under 18 and sees youngsters being able to choose between playing guitar, drums, piano, vocals or bass as part of a band that is formed during the week.

All of the Rock School students receive the highest quality tuition and mentoring from the Chordz music school teachers everyday. They also go on various outings and workshops to really enhance their Rock School experience. These range from visits to performance venues; where students will learn how to sound check their equipment, performance workshops, live radio interviews, and they also get to see what goes on backstage at a gig.

In the first three or four mornings students are grouped by instrument with their music teacher. They then learn the chosen song of the day. This helps the teachers get a good idea of the ability levels of the students so they can group them together into bands. Once in their bands they choose a name and think about their style and image for the upcoming showcase.

On the final day of the week the newly formed bands got to rock out live on stage in front of their friends, family and spectators. The gig was held at Rojo on Christmas Eve. We wanted to add a little more to their rock school experience by featuring them in the magazine and interviewing them. All of the bands were asked the same six questions, the answers of which you can see here.

If you, or someone you know, would like to take part in Chordz Easter Rock School you should have at least six to 12 months experience in your chosen instrument. The next course is held over the Easter holidays and will run from 4 - 8 April with a special concert on the evening of the 8 April where all the students will perform on stage with their new bands. Pop in to Chordz at West Centre for an application form.

Metalawit

Holly Jordas, 11, Vocals

What are your musical influences? Life, passion and my love for music, I feel like I can do anything when I am on stage and since I have been younger I have had a few issues in my life music has always helped me.

Who decided on your name and what does it mean? We all put our favourite band name together to make one, so it symbolises everything we love it was Metallica and Whitney Houston.

You're planning your first tour, where would be your first location and venue? Somewhere where everybody would like!

Who makes the major decisions about the band, what you wear, the songs you play, things like that? We do it together as a team.

Do any of you have any pre gig rituals? Lucky socks, for example? I always talk to myself before performing!

What's coming up next for you, and where can we hear you play? Chordz will be doing Easter Rock Academy and I definitely will be doing it! So be sure to come and listen to us!



National Plastics

What are your musical influences? Led Zeppelin, Foo Fighters, Black Flag, Amy Winehouse, Arctic Monkeys, Nirvana, Pretty Vicious, Kooks, The Reasons, Roodmood, Lloyd Yates and Tom Quenault.

Who decided on your name and what does it mean? We all had a say and we got the name from a song by Pretty Vicious.

You're planning your first tour, where would be your first location and venue? We would play Wembley, to a sold out crowd with Chris Morgan, Matt Holcroft and Charlie Northedge coming together as the opening act, performing Hansons M'bop.

Who makes the major decisions about the band, what you wear, the songs you play, things like that? We all have a say in what we wear and what we play, so we work as a team.

Do any of you have any pre gig rituals? Lucky socks, for example? Pacing up and down. A lucky drumstick and drinking water before I play.

What's coming up next for you, and where can we hear you play? Keep this band going and you can hear us play at future Chordz events.



The Cold Sun

Luke Gardener, 15, Drums

What are your musical influences? My musical influences are; The 1975, Twenty one pilots, Nirvana and Kings Of Leon.

Who decided on your name and what does it mean? A few members of the band, including myself came up with the band name, and "the cold sun" is a metaphor that describes extinction and the end of time.

You're planning your first tour, where would be your first location and venue? Chambers in Jersey, because that was where the band played its first gig, and the crowd were wild.



The Untamed Reindeers

Emily Gray, 12, Vocals

What are your musical influences? My idol is Adele. She is so gorgeous and successful. She goes on stage and owns the show. She always brings joy and passion to her fans and people watching. I wish to be like her one day.

Who decided on your name and what does it mean? We all decided on the band name, The Untamed Reindeers. We wanted something that we all agreed on as everyone is equal in the band. As the band was put together at Christmas time we also wanted to have a Christmas themed name.

You're planning your first tour, where would be your first location and venue? If we were planning our first tour my choice would be to do it in New York, specifically Times Square on New Year's Eve. It would be a fantastic atmosphere with everyone happy, dancing and joining in the show.

Who makes the major decisions about the band, what you wear, the songs you play, things like that? The main decisions are normally made by me (singer), and Kiera, the drummer. We are the only girls in the band so we like to boss everyone around, and make the major decisions, even though nobody really listens!

Do any of you have any pre gig rituals? Lucky socks, for example? We, as a band don't really have any pre-gig routines, but I feel that if we all have one thing in common, eg. A hat or a theme of some sort it helps to relax us all a bit.

What's coming up next for you, and where can we hear you play? I don't really know what is next for us. We are excited to play at any time, any where. I would like to see what the future holds for us. Who knows?



3rd Band from the Sun.

Nadege Horwood, 13, Vocals

What are your musical influences? My mum! She sings for the local band Inside Job and I've always wanted to get up on stage with her! I also love Taylor Swift. But I most prefer gentle, soft numbers, and I've recently recorded a cover of 'The Power Of Love' (which I surprised my mum with for Christmas!).

Who decided on your name and what does it mean? We struggled for a name that we all agreed on so Chris, the drumming teacher at Chordz, helped us out with it. Everyone loves a Jersey Summer so we played on that!

You're planning your first tour, where would be your first location and venue? A tour would be amazing, are you offering Gallery?! Anywhere with good weather, good food and lots of music loving audiences!

Who makes the major decisions about the band, what you wear, the songs you play, things like that? There isn't really one person, we all talk about our ideas and agree on the best way forward as a group.

Do any of you have any pre gig rituals? Lucky socks, for example? I always do a vocal warm up before a gig and avoid dairy. And yes, lucky socks help!

What's coming up next for you, and where can we hear you play? We are yet to get together and make a plan for 2016 but I hope we can play at Chordz' music festival. if they do it again at West Centre this Summer!

FEBRUARY MUSIC & NIGHTLIFE: WHAT'S ON...



SATURDAY 06 FEBRUARY BLKOUT LAUNCH PARTY // WILKINSON (DJ SET W/ AD- APT) @ HAVANA

BLKOUT are teaming up with their good friends from Reasons for the official launch party for BLKOUT 2016 and it is going to be an absolute monster! They are beyond hyped to be able to welcome back the brilliant Wilkinson to Jersey for an exclusive DJ set, alongside the much loved Ad-Apt on hosting duties for the evening! They've also got a huge lineup of support DJs, drum and bass at its finest in the main room, plus a huge Reasons takeover in the Chili Bar!

Tickets: Eventbrite // Havana // from 10pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 13 FEBRUARY SUB FOCUS FEAT. MCID - MASS VALENTINES EVENT @ THE SPLASH

Vanguard Audio and Togetherparties present MASS - A Valentines Special Event featuring one of the worlds most in demand artists. SUB FOCUS has already etched his name in drum and bass history as one of the most iconic artists of the last decade and has maintained his integrity to his art form paving the way for artists like Wilkinson & Rene LaVice on the award winning Ram Records. With new music set to drop early in 2016 the promoters want you to know that this is 'an event not to be missed!'

Tickets: Eventbrite // The Splash // from 10pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 13 FEBRUARY DECADENCE EVENTS PRESENT: VALENTINES BALL @ ROJO

Decadence Events are hosting a Valentine's ball at Rojos. The seated cabaret show will include performances from two fabulous burlesque performers and magician Jasz Vegas will be performing close up magic to keep you entertained throughout the night! When you arrive you'll be greeted by a hostess and escorted to your table, where you'll be able to enjoy the evening in style. The dress code is glamorous.

Tickets: Eventbrite // Rojo // from 9pm // 18+ • R.O.A.R. • Photographic ID



FRIDAY 19 FEBRUARY CLUB KAMIKAZE 'LONDON CALLING' @ HAVANA

Club Kamikaze returns with a special fundraiser for Headway Jersey. As organiser Chris Bell is running the London Marathon in April in aid of the local brain injury charity, this party has a certain London-centric vibe to it, with four local bands performing covers of selected London icons: Brave Yesterday as The Kinks, Howl as The Who, Little Big Band performing Madness and Vagus paying homage to the mighty Chas & Dave. Plus DJs Mr Livingstone, Pip, Patrick W Reed, Mo'Matic and Stefunk. There's even a raffle with prizes ranging from records to festival tickets.

Tickets: £5 Headway Shop // online from Billetto, £6 OTD // Havana // from 9pm // 18+ • R.O.A.R. • Photographic ID



FRIDAY 26 FEBRUARY VANGUARD PRESENT ETHERWOOD (HOSPITAL RECORDS) @ HAVANA

Jersey favourite ETHERWOOD returns to the island to play at Havana for the first time. On previous visits he's played sets at the Watersplash and Pure, back in the day. Hospital records newest star will once again deliver a unforgettable soulful groovy drum and bass set covering all four corners of the genre which has seen him play around the globe and at some of the biggest festivals in Europe.

Tickets: Eventbrite & White Label Records // Havana // from 10pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 27 FEBRUARY TREMOR PRESENT BODDIKA (NonPlus+) @ ROJO

Jerseys techno collective TREMOR kick off a new series of high profile events this month, starting with a techno masterclass from one of the world most respected underground and forward thinking DJs. Tremor are very excited to be taking over Rojo with two floors of outstanding upfront beats. Boddika, who is no stranger to the Jersey crowd, will kick off a series of events that will explore the underground sounds from across the UK and Europe. Support will come on the night from Tremor residents Lee Pinglaux and Luke Wraight, no strangers to the dark brooding sounds of Techno themselves.

Tickets: Eventbrite & White Label Records // Rojo // from 10pm // 18+ • R.O.A.R. • Photographic ID

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noun (pl. discos)

- a club or party at which people dance to pop music



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Manna

Manna is a relaxed laid back store that stocks the hard to find fresh designer labels that have been selected for their individuality and fashion forward design including: By Malene Birger, American American Retro, Ba & Sh, American Vintage, 360, Ganni, Velvet and new for 2012: By Zoe, Stop Staring! And Bastyan.

Manna

Tel: 619985
7 West's Centre

MANNA



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Tel: 736449

www.ilovepebble.com

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Rivoli Jewellers

Situated in the heart of King Street, Rivoli Jewellers stocks a wide selection of wedding rings. Whether you are looking for a plain or diamond set ring, in platinum or gold, Rivoli will have the perfect ring for you. A shape to fit service is also available to ensure that your engagement ring fits perfectly against your wedding ring.

Rivoli Jewellers

41/43 King Street, St Helier

Tel: 01534 601930

www.rivolijewellers.co.uk

RIVOLI
Jewellers & Silversmiths



ChiChi Boutique

ChiChi Boutique is an inspirational fashion boutique in the heart of St Aubins. Stocking Vila a unique brand of fashionable clothing which allows woman to dress with with boutique fashion in mind at affordable prices. We also stock collections by Saint Tropez, Karen by Simonsen and Valour & Valkyrie, plus we've just had a delivery of some beautiful statement jewellery! Pop in and enjoy some retail therapy 7 days a week.

ChiChi, St Aubins, Tel : 490021

[facebook.com/ChiChiBoutique](https://www.facebook.com/ChiChiBoutique)

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The Wellness Practitioner

john@johnway.je

www.johnway.je

John Way



Eye Candy Lash & Beauty Studio

Centrally situated within Blades Salon, a Beauty Studio specialising in eyelash extensions and offers a wide range of Beauty Treatments: bridal and occasion make-up, tanning, gel nails and waxing. A relaxing and convenient location for all your beauty needs.

Eye Candy Lash & Beauty Studio

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[Eye Candy Lash & Beauty Studio](https://www.facebook.com/eye.candy.lash.and.beauty.studio)

www.eyecandyjersey.com



Orchids Nail & Beauty Academy

Orchids Academy is a UK based independent training provider that offers exclusive training within the nail and beauty industry in Jersey. We offer training for beginner to therapists that want to update their skills for this fast moving industry.

Contact details:

www.orchidsacademy.co.uk

07895490405

natalie@orchidsacademy.co.uk



Bellezza

A stunning new salon situated in the recently renovated St Brelade's Bay Hotel. We offer a wide range of treatments from essential beauty maintenance to more indulgent body treatments. Indulge yourself with our professional team in luxurious surroundings. Open 7 days a week (including 4 evenings).

T: 01534 723333

E: www.bellezzajersey.co.uk



Pennyfeathers

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Pennyfeathers, within Capelli,

La Grande Route de la Cote, St Clement

Tel: 867172 / penny@penny-feathers.co.uk

www.penny-feathers.co.uk

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RIO • HAIR • BEAUTY

Rio conveniently situated in the heart of St Helier, this dynamic salon has something for everyone, quality hairdressing and beauty services in modern contemporary surroundings. A great retail shop for all your hair/skin cleansing and conditioning needs, our knowledgeable staff have the answers.

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Tel 734458
55 Halkett Place, St Helier



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01534 876 500
www.theclubjersey.com
e-mail: spa@theclubjersey.com



The Gooseberry Bush is a unique Clothing and Lifestyle store!

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Tel: 726224 or Find us on Facebook.



ChiChi Home

Our beautiful Home shop in the heart of St Aubins is ideal for finding unusual pieces to make your home stand out. We stock mirrors, frames, lighting, shabby chic pieces, shelving, hooks, baby gifts, candles, stocking fillers, festive decorations, cushions, scrapwood wallpaper by Piet Hein Eek and lots more! Pop in and be inspired.

ChiChi, St Aubins, Tel : 491496
facebook.com/pages/
ChiChi-Home-Gifts
twitter.com/ChiChiHomeGift



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E: reservations@selfcatering.co.gg
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The largest contemporary art and craft gallery in the Channel Islands: exhibiting and selling work of over 800 local exhibitors. Stockists of art and craft materials, textile materials in the shop "Sew and Sew" and knitting yarns and accessories in "Knit Wits". The Harbour Gallery is home to "Evolve" showcasing one off fashion designs from Jersey.

Harbour Gallery
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Paul has been one of Jersey's top Sports Therapists for over 20 years working with professional sports people, club athletes, the Jersey Island Games Team and people from all walks of life. He is part of the team at the Jersey Sports Medical Centre.

You can contact Paul on:
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plvsportstherapy.com

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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
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Marketing Manager, RBC



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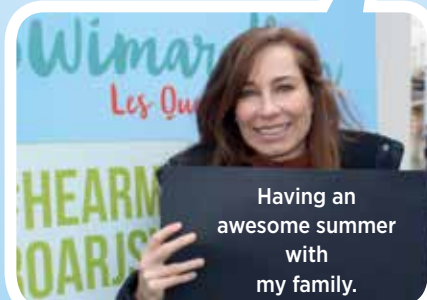
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