



gallery^{JSY}

128

the APPETITE issue



The Roles at the Aztec Group

Your journey starts here...

FUND ADMINISTRATOR

Do you enjoy identifying solutions?

Delve into a career in **Administration** and map-out your route for progression.

FUND ACCOUNTANT

Are you good with numbers?

Discover what you could achieve within an **Accountancy** role.

AML AND COMPLIANCE

Do you have an inquisitive nature?

Explore the journey of an **Analyst** and see what you can learn along the way.

SUPPORT ROLES

Consider yourself a people person?

Including **HR, IT, Marketing** and more. See what you can bring to the table.

What does being a Fund Administrator involve?

This role delivers all aspects of the day-to-day administration of fund and corporate structures including company secretarial matters, preparing agendas, collating and distributing board packs and arranging board meetings.

What does being a Fund Accountant involve?

"I look after the accounting of fund and corporate structures. Day-to-day I'll assist with the preparation, reconciliation and proofing of reports, statutory financial statements and ad-hoc queries."

JENNI | TRAINEE FUND ACCOUNTANT

What do AML and Compliance involve?

Our AML (Anti-Money Laundering) and Compliance teams assist in client background checks, ensuring any suspicious activities or transactions that could cause potential risk are highlighted and addressed, and that we are adhering to jurisdictional regulations.

What do Support roles involve?

Our Support teams enable us to deliver the unrivalled service we provide to our clients. Ranging from Business Improvement, Finance, HR, IT, Legal and Marketing, each role is essential to the core operations of our business.

START

START

START

START

We've upheld over
90%
employee retention
rate for over 10 years

Annual Summer Party

The Skills required

What skills does a Fund Administrator need?

- + Excellent initiative
- + Ability to multi-task
- + Strong communication skills

All roles at the Aztec Group require a **unified approach, interpersonal skills and a desire to continuously improve.**

What skills does a Fund Accountant need?

- + Analytical and logical mind-set
- + Problem solving skills
- + Accuracy and attention to detail

What skills do AML & Compliance need?

- + Investigative skills
- + Inquisitive mind-set
- + Attention to detail

What skills do Support roles need?

"If you're in a Support role, in addition to your job specific needs it's important to have great communication skills. It encourages better working relationships with colleagues and means you'll work well with other teams across the Group."

LUKE | TRAINEE IT ANALYST

We're made up of
75% CLIENT
FACING
TEAMS

and

25% SUPPORT
TEAMS

The Qualifications available

An opportunity to work in one of our European Offices

What qualifications can a Fund Administrator achieve?

"Most Administrators study towards ICSA, which is the Institute of Chartered Secretaries and Administrators. It takes around three years to complete and I like that both the Certificate and Diploma levels are qualifications in their own right."

SEBASTIAN | TRAINEE FUND ADMINISTRATOR

Aztec Group provide **full financial support** for all professional **qualifications** relevant to your role, in addition to study leave for courses, exams and revision.

What qualifications can a Fund Accountant achieve?

Fund Accountants study towards the ACCA or ACA (Association of Chartered Certified Accountants or Chartered Accountants) qualification whilst gaining on-the-job accounting experience, enabling you to become an Accountant within approximately three years.

What qualifications can you achieve in AML and Compliance?

AML and Compliance qualifications vary depending on the route you take, enabling you to carve out your preferred career path. Three ICA (International Compliance Association) qualifications are available: AML, Compliance and Financial Crime Prevention.

Dragon Boat Race

What qualifications can you achieve in a Support role?

There are a range of professional qualifications available for each of our Support teams, ranging from CIPD (Chartered Institute of Personnel and Development) for Human Resources, CIM (Chartered Institute of Marketing) for Marketers and various other qualifications depending on your specific role.

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#128
[APPETITE]

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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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-2016-

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RAISING MONEY FOR
THE BRITISH HEART FOUNDATION
(JERSEY BRANCH)



gallery

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

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published with gusto in Jersey by

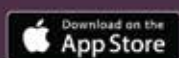
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~ Above - an artist's impression of apartment interiors

edito

By the time this edition's soft touch cover is resting in your palm our intrepid delivery driver, Phil, will have spent Easter putting the suspension of our Volkswagen T5 through its paces, distributing the eighth edition of our Appetite eating guide across the island. The fact that our theme is 'appetite' this month is obviously far from a coincidence. Depending on the dynamics of the calendar, April (usually) represents Easter time.

For some of the more religious and Christian of you, Easter no doubt has deep meaning as you muse on the resurrection of Christ. However, to children and agnostic editorial writers it means something way more important; a licence to eat chocolate in egg shapes. The egg inspired confectionery onslaught seems to start as soon as they've disposed of bargain priced advent calendars. Initially people shun it and acceptance takes a few months; first you have post Christmas nonsense related to weight loss, people who claim to be living only on kale smoothies or many other food fads that seems to have to end in -uary. If you were in town just before Easter you may have been handed a copy of Appetite with some Easter chocolate to enjoy while perusing it. A little something to sweeten our distribution and brighten lunchtimes. If you didn't get any, call the office, we might have some left.

Compiling Appetite never ceases to amaze. We do our best to be comprehensive with venues we include. Although we edit the list down slightly, there are still 227 places to eat and drink listed this year. All in Jersey, all offering something slightly different. It's no wonder there's an endless supply of content for our Appetite section and this themed edition. We meet the people that supply the island's food, some people that grow it and discuss local food in general; whether a wry angle on regional cuisines of Jersey (pg 20) or where to get the best everyman breakfasts, as identified by 'The Breakfast Bean' (pg 94).

You may have seen in news feeds that 'The Green Olive' sadly had a fire last month. We know Paul had been working on a new menu and here's hoping he's back up and running soon, after he's got his head around the arrival of a new son the following day! Gallery's thoughts are with Paul, Noah and the family.

BD

#128

[APPETITE]



COVER CREDITS

MODEL

Georgie Clifford

CLOTHES

Diamond printed blazer & trousers, Harris Wilson from Manna

Hat from Annette Goertz

Social networking shizzle

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ON THIS APRIL... IN JERSEY



03.04.16

JERSEY HERITAGE FESTIVAL

MEET AT THE ICE CREAM KIOSK
CAR PARK AT CORBIERE//
2-4:30PM// £10PP

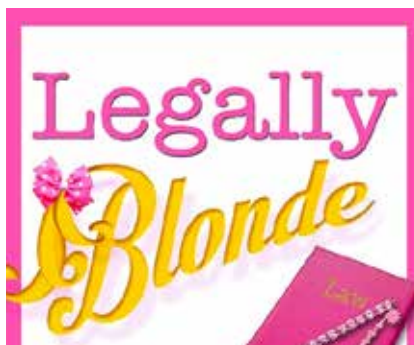
Tour of German Strongpoint Corbiere. Join CIOG Guide Tony Pike to look at German fortifications, above and below ground! This tour includes interior visits to the M19 Mortar & 10.5cm Jäger Casemate bunkers. Interpreted with Archive Photographs & including a guide booklet.

07 & 28.04.16

TWO VALLEYS GUIDED WALK

MEET AT LIBERATION STATION //
10AM- 1PM// £10PP

Trek through two beautiful hidden valleys just a short bus ride from St Helier (route 5). A peaceful, woodland trail followed by a well-earned coffee break in an old station café and return via the Promenade. (Bus fare extra) three hour walk with steep inclines and steps. Suitable walking shoes recommended. Pre booking essential. Contact Helen Barnes on 07797 812529.



7 - 16.04.16 *

THE GREENROOM CLUB: LEGALLY BLONDE

JERSEY OPERA HOUSE//
EVENING 7:30PM// FROM £16.50.

Elle Woods appears to have it all. Her life is turned upside-down, however, when her boyfriend dumps her so he can start getting serious about his life and attend Harvard Law. Determined to get him back, Elle uses her charm to get into Harvard Law.

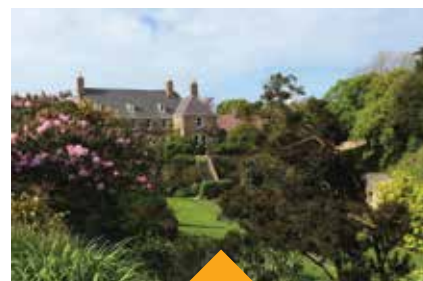
* (excluding the 10th)

10.04.16

WEDDING SHOW & SALE

POMME D'OR HOTEL// 4PM

Are you due to get married, worried about your budget? Or perhaps you're a bride looking for something with a vintage look. Then look no further, the Jersey Branch of Cancer Research UK are holding a special wedding show and sale. For the first time in Jersey they are selling new and pre loved wedding dresses and wedding attire. The dresses on sale are all equally beautiful and you'll be helping to raise money for an amazing cause when you walk down the aisle looking million dollars!



10.04.16

JAYF OPEN GARDEN

LE COIN, LE MONT DU COIN, ST
BRELADE //2-5PM // £3 ENTRY

The gardens of Le Coin will be open by kind permission of Lady Cook in aid of JAYF (Jersey Association for Youth and Friendship). Admission is £3 per adult, children under 12 free. Cream teas will be served. Free parking. No dogs. The route for the garden will be signposted at nearby junctions on the day. The Open Garden scheme is sponsored by Moore Management.



11, 20, & 27.04.16

HERITAGE ON TAP

11TH-SMUGGLERS INN// 20TH

- THE OLD COURT HOUSE //

27TH - THE SEYMOUR INN//

6PM-7:30PM// JERSEY HERITAGE

MEMBERS: £7.00

NON MEMBERS: £10.00

Part of the Channel Islands' Heritage Festival - Explore the fascinating story of Jersey's transatlantic cod fishing trade with historian Doug Ford plus live entertainment. Stay on for supper and get 10% off your food bill. Pre booking is essential so call to reserve your place - contact 01534 633309.

nicky.lucas@jerseyheritage.org

15-17.04.16

THE SPRING LIFESTYLE SHOW

RJA & HS SHOWGROUND// 12-7PM THURS.

10-7PM SAT. 10-6PM SUN // FOC

With so many exhibitors and activities planned for the Show - you can be sure that there will be something for everyone! Loads of ideas for your home and garden, the newest games, toys and gadgets on display and lots of lifestyle exhibitors. The Pentagon Stage Kitchen makes a return for the 2016 show. Kaz Paddidar is just one of the highlights. He'll be showing you how to use a variety of wild edible and medicinal plants, all foraged from Jersey's unique environment.



23.04.16

JERSEY RFC VS YORKSHIRE CARNEGIE

JRFC // ST PETER // 3PM // TICKETS FROM £6

Head up to St Peter's to show your support for Jersey RFC in their final championship fixture of the season. This is always an enjoyable afternoon for visitors or rugby fans alike, it's bound to be a good game, whatever the result!



EVERY FRIDAY NIGHT

LIVE MUSIC AT THE WATERFRONT

RADISSON BLU HOTEL// EVERY FRI 5.30-7.30PM.

What better way to kick off the weekend than with some smooth tunes from live, local musicians? Some of the best local bands, DJ's and singers will perform at the Waterfront Bar & Terrace, located at the Radisson Blu Hotel. You can kick back on our south facing terrace and soak up the sunshine, while the service team ensures you are looked after. First come first served, for group bookings contact waterfrontbar.jersey@radissonblu.com or call 01534 671100

30.04.16 & 01-02.05.16

BARCLAYS JERSEY BOAT SHOW

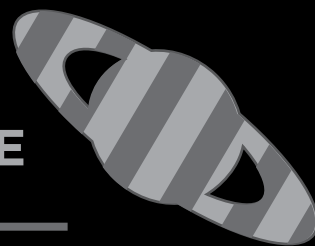
ST. HELIER MARINA// FREE OF CHARGE

Ahoy there shipmates, looking for some nautical fun then head along to step aboard a number of yachts and watercraft berthed in St Helier Marina, and browse the marine accessories exhibitors, local artisans, food and refreshment stalls. There will also be a full stage entertainment programme and activities specifically for children. The Royal Navy has been a regular participant at the annual show since it first started and 2016 will be no exception; strengthening the close relationship it enjoys with the island.



BECAUSE QUALITY MATTERS

ELSEWHERE



4 APRIL 2016

NATIONAL TELL A LIE DAY

NATIONALLY

This is an odd holiday to have, but isn't it true that life is not all white. I guess the significance of this day is that children need to know that lies exist. Even for the older ones this day will make them more conscious of morals and values. White lies are often uttered to help save someone's feelings. For instance parents and teachers talk and practice Santa Claus, Easter bunny and tooth fairy in full awareness. Known by various names like fibs, fish tales, whopper etc., lies are

WWW.WHATNATIONALDAYISIT.COM/DAY/TELL-A-LIE/

13-15 APRIL 2016

SONGKRAN - WATER FESTIVAL

THAILAND

The Lunar New Year in Thailand marks a time when the country literally goes to water. Songkran is an occasion when images of the Buddha are 'bathed' and young Thais seek the blessing of their elders by pouring scented water over their hands (a ceremony known as rod nam dum hua). After that, it's a water-throwing free-for-all - traditionally, the custom was to pour water gently over other people but it has evolved into little more than a good old fashioned water fight!

WWW.BANGKOK.COM

13 APRIL 2016

SCRABBLE DAY

WORLDWIDE

This day is commemorated on the birthday of Sir Alfred Mosher Butts. An uncommon fact about a Scrabble game is that the highest scoring word ever recorded is "quixotry" gathering 365 points. You can celebrate this day by challenging your friend/enemy for a board of scrabble to test their vocabulary.

WWW.SCRABBLE.COM

30 APRIL 2016

BELTANE FIRE FESTIVAL

EDINBURGH, SCOTLAND

Run by the Beltane Fire Society, it's a procession, beginning at the National Monument and winds counter-clockwise along a path. Leading the parade is the May Queen and the Green Man, and at its end, they light a huge bonfire. Dancing, food, drink and music ensue. Since spring festivals celebrate abundance and earthly delights, the Beltane Fire Festival includes some folks who prefer to experience the evening without clothes.

WWW.FEST300.COM/FESTIVALS/BELTANE-FIRE-FESTIVAL

29 APRIL - 3 MAY 2016

NATIONAL CHEESE FESTIVAL

SPAIN

More than 100,000 avid food-fans are expected to flock to the historic main square of Trujillo (birthplace of the Conquistadors) in Spain this summer for what can quite literally be described as a cheese-fest. Visitors will be able to sample over 500 different flavours and dine in one of the square's six restaurants, which will be serving up traditional dishes starring the festival's star - queso - and other regional delicacies.

WWW.TRUJILLOVILLASESPANA.COM/FIESTAS-FESTIVALS



Get ready everyone; I'm about to change your life. I learned from a colleague of mine who happens to possess Italian blood (as in his mum's Italian, I don't mean he's some sort of blood-collecting 'assassino'), that when making lasagne, there's a secret trick... a life hack if you will, that makes it taste roughly 100 times better.

We all know the drill: meat, pasta, sauce, repeat – incidentally, this would be much more ‘my jam’ than that song that came out a few years ago ‘Eat, Sleep, Rave, Repeat’. What irresponsible advice! Surely if you were indeed planning to ‘rave’, you’d want to have a decent meal beforehand so you’re not drinking on an empty stomach, and all that dancing could make you sick, so perhaps a better name would have been ‘Eat, Wait an hour or so, Rave, Sleep, then Repeat – but not before a sensible drink of water’, but I guess that wouldn’t be as catchy. Anyway, I’m getting distracted.

Where was I? Ah yes, lasagne! So, we all know the recipe. However, what if I told you that after the beef and veg and stuff, we added something new and wonderful: a layer of prosciutto. Crazy right!? Trust me, I took his advice last week and by gum it worked. It was absolutely delicious. That’s all you need – a layer of cured ham between the beef and the pasta, and you’re in meat heaven dot com (don’t look that up). Seriously, try it and thank me later – fun fact: the guy who taught me this is also called Alex, but that’s a story for another day... Actually, that’s pretty much it: we’re both called Alex.

I’ve been dealing with some delicious food recently, and whilst we’re on the subject of appetites I may as well keep going – eating is one of the few things I’m good at. A few weeks ago Charlie and I went on a long weekend to Paris. She had never been before, so we undertook a tourist-tastic romp around all the sights the beautiful capital had to offer. From the Eiffel Tower and Le Louvre, to Les Invalides and a Seine river tour, we saw it all. Except for The Catacombs. For some reason they’re closed on a Monday. Maybe the skeletons need a day off from all the Americans with selfie-sticks and un-solicited opinions about how different Europe is to the US? We later learned from our Uber driver

(who, by the way, claimed he’d had Rihanna in the back of his car – not in that way... grow up) that most things in France are closed on Mondays. I didn’t know that was a thing, but I have to say I like it. Down with Mondays! Let’s go on strike! It seems to work for the French after all? Anyway, exploring Paris for two and a half days was fantastic, and we really enjoyed it – especially our second night there. Before seeing Cats Le Musicale, we ate at this delicious wine and cheese place that was a sort of deli/restaurant run by a young couple.

“When the lady whose apartment we stayed in told us this, the sociopath in me decided it was a good idea to shout ‘cool!’, which may have come across as a little insensitive – but what I meant was this: it’s where history happened, where one of the most tragic events of our generation took place, and we get to see it.”

The husband sold cheese at the counter, and the wife ran the restaurant side of things. It was the cutest and most French thing I’ve ever seen. We had broccoli and Parmesan soup to start, and then shared a huge cheese board for our main, complemented by a red wine recommended by the lady. If you’re ever in Paris, go there – it was a lovely change from the tourist-trap, plastic menu establishments on every street corner. It’s called l’Affineur Affiné, and it was perhaps the most appetising meal I’ve ever experienced.

We may as well move onto something slightly less appetising, and talk about where we stayed. Now the AirBnB (I know: AirBnB, Uber – we’re such a digital duo!) was great, it was a short walk from the metro, and right in the centre of Paris. However, unlike Kim Kardashian, it had a small but – it was literally next door to Le Bataclan. If that name sounds familiar it’s because it’s where the tragic Paris shootings occurred last year. When the lady whose apartment we stayed in told us this, the sociopath in me decided it was a good idea to shout ‘cool!’, which may have come

across as a little insensitive – but what I meant was this: it’s where history happened, where one of the most tragic events of our generation took place, and we get to see it.

Obviously it was awful, but one more person saying how awful it was isn’t going to matter, I just thought it was going to be interesting to see what it was like, and haunting to imagine what the people would have thought, and how scared they would have been. And it was interesting...

However, when we saw it, the place was still boarded up, and there were a few bunches of flowers laid by it... but that’s about it. Everything was just sort of normal, no memorial, nothing. I remember thinking to myself that this is the way to handle it. Paris is always referred to as The City of Love, but maybe it should be more aptly named the City of Not Hate? Ok, not quite as catchy, but we all heard about that poor man who lost his wife, whose young boy lost his mother, remember? He wrote an open letter to the terrorists saying that they do not have his hatred, if you didn’t read it you definitely should. His name is Antoine Leiris and the letter is entitled ‘You Shall Not Have My Hatred’. It’s very moving. Hatred is a passionate emotion – why waste it on people who want it? The impression I got is that French hatred is exclusively reserved for Mondays, rush hour traffic, that sort of thing... not cocks who go round shooting people. Sod the terrorists, you don’t even deserve to be considered. Someone get me a café noisette and a croissant. That’s not clumsy racial stereotyping by the way, they’re seriously all about noisettes and croissants over there...

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NatWest

pet
OF THE
month



Waffle

Breed: Birman

Age: 9 months

Likes: Licking faces

Hates: Garlic

If human I would be:

James Bond (007)

Wants: More faces to lick

Interesting facts: Of my whole litter of brothers, I am the only one without socks

Most impressive thing you've ever done: Climbed a 40ft tree (and had to be rescued by a burly man with a ladder).

Milo

Breed: Birman

Age: 9 Months

Likes: Waffle licking my face

Hates: Cashmere

If human I would be:

Ernst Stavro Blofeld

Wants: A Persian to stroke in a menacing way.

Interesting facts: I caught, killed and ate a cashmere sock - entirely.

Most impressive thing you've ever done: Got in and out of a full bath of water all by myself.

Claire Thorn

Breed: Event Producer

Age: 45

Likes: Dynamic Yoga, painting, shooting and red wine

Hates: Spaghetti Bolognese

If I was an animal I would be: A red crowned crane

Wants: Cream eggs to be available all year round (we second that! *Ed)

Interesting facts: I once spent five weeks in a tent eating a vegan diet without red wine!

Most impressive thing you've ever done: Booked Ellie Goulding for a private party the same week she went to number one in the album charts and received two Brit awards.



Above: Waffle's impressive climbing skills



Above: The aftermath of Milo's bath swim

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



Blue Tits

WORDS Deirdre Shirreffs



Now that Spring has arrived many birds will be frantically busy hunting insects to feed their hungry young. Pity the poor blue tit parents who often have large broods of up to 16 young, with an average of 8 to 10, and each one needs at least a hundred caterpillars or grubs a day. That's about a thousand to find daily! At least both parents share the duties.

Although originally woodland birds, nesting in holes in trees, blue tits now frequent our gardens and are more than happy to use any nest boxes provided for them. They are very acrobatic, often hanging upside down on a peanut feeder or from a branch to reach a tasty caterpillar. They are also intelligent and learnt to peck through the silver foil tops on the old-style milk bottles to reach the cream inside. Sometimes they peck the putty out of window frames, perhaps to eat the oil it contains.

The young stay in the nest for around three weeks. Towards the end of this time they start to exercise their wings by jumping up and down in the nest box which is very funny to watch as they appear to be on a trampoline. The young look very like the adults apart from their cheeks which are yellow rather than white. Once they leave the nest they still rely on their parents for a few weeks for food and protection from predators.

They are feisty birds, often squabbling over food with each other, and a group will sometimes mob and chase off a bird of prey. One country name for them is Billy Biter.

The name tit is actually short for titmouse. This is an old English word from the 14th century from tit, meaning small, and mase, the old name for the bird.

In 2015 the blue tit came eighth in a poll to discover a national bird for Britain - the Robin was the favourite. They also score highly each year in the Garden Birdwatch, coming in the top ten.

LIBERATION

International Music Festival

Fifteen internationally acclaimed stars and over 250 local artists perform beautiful and atmospheric music in stunning settings celebrating the Liberation of Jersey.

Event highlights:

Tuesday 3rd May - 8:00pm

Band of the Royal Marines at Jersey Opera House

The world famous Band of Her Majesty's Royal Marines will open the Festival with a military music spectacular featuring festive music; military marches, big band hits and popular showstoppers.



Saturday 7th May - 7:30pm

Stars from the Royal Ballet at Fort Regent

Stars from the Royal Ballet Lauren Cuthbertson and Eric Underwood entertain with your favourite ballet solos and duets in this evening of famous ballet dance and music alongside live music from festival soloists.



Sunday 8th May - 8:00pm

Carmen with the Jersey Chamber Orchestra at Opera House

A stunning Gala concert with the Israeli maestro Daniel Cohen conducting the orchestra with sensual delights from the Carmen Suite to the revolutionary notes of Beethoven's Eroica as well as Russian violinist Boris Brovtsyn in Saint Saens' Violin Concerto No 3.



Friday 13th May - 8:00pm

Dame Felicity Lott & Friends at Jersey Arts Centre

A celebration of Jersey's Liberation features a real Dame and Friends - three international soloists performing in a night of masterworks from Schubert's Shepherd on the Rock for voice, clarinet and piano to Noel Coward's songs.



Sunday 15th May 12:00 - 4:30pm

Jazz at Hamptonne

Enjoy a family day out with jazz at the beautiful Jersey Heritage site Hamptonne, with multiple award winning Joe Stilgoe and his Trio performing popular jazz classics as well as a selection of other jazz artists performing.



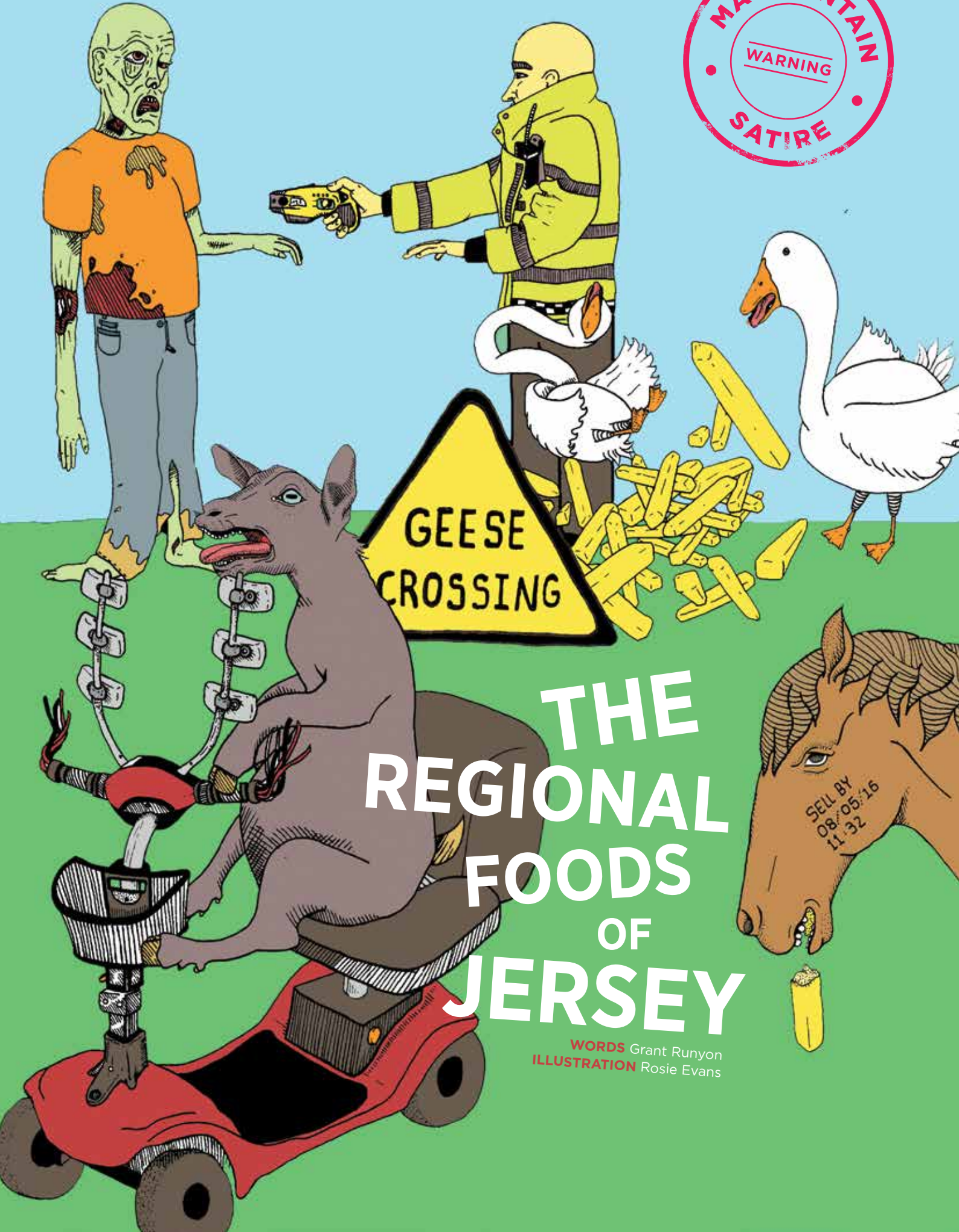
For more information:

www.liberationjersey.com

Tickets: Jersey Opera House 511115

Fort Regent: 449827

Jersey Arts Centre: 700444



THE REGIONAL FOODS OF JERSEY

WORDS Grant Runyon
ILLUSTRATION Rosie Evans

Our baguette-wielding cousins in France are universally, and justifiably, proud of their wonderful national cuisine. Except for the guillotine and Daft Punk's second album it represents their greatest gift to the world, and does a lot to make up for their frightening public toilets and comic inability to pronounce the word "squirrel".

Although they are patriotically united as one nation behind the macaron, they also manage to muster an intense and specific pride in their regional cooking. It seems like every part of la France has evolved its own unique way to seduce your liver with specific blends of fermented grape and smooch your arteries with fresh combinations of sausage, butter and cheese. What fewer people realise is that this Gallic passion for regional tastes has also left its mark upon the Channel Islands, and even extends to the different regions of our fair island. It's true - we are so much

more than a colony of Britain, knee-deep in burger wrappers, chips and frozen meals with horse in them. We are a little bit French, like the road signs none of us can pronounce. Anybody who has failed to persuade friends from the west to journey to the east can tell you that Jersey is at least four separate countries, and each has its own distinct cooking tradition. If you find this hard to believe then just hop onboard my reinforced mobility scooter - for I will be your gout-ridden guide to the delicious world of regional Jersey food.

Jersey's west coast - rustic food at its finest

Gastronomically, Jersey likes to promote itself as a destination for sophisticated diners who flock like butterflies to the sweet meadow of our numerous Michelin-starred eateries. This is certainly true - if you wear expensive loafers and wish to treat yourself to many different varieties of jus and foam, then Jersey is an unmissable destination offering VAT-free truffle mash. However, there is another tradition, an older tradition, which predates fancy culinary concepts like sous-vide, home-made pasta, and refrigeration. It is the cooking of the western parishes - if the Michelin-starred restaurants are Leonardo DiCaprio dressed for the Oscars, then authentic western food is Leonardo DiCaprio crawling through the snow after being attacked by a bear. St Ouen is about more than fried breakfasts that cost £13 - we were eating raw fish before anybody could spell sushi, and the cooks of St Peter were sneaking minced horse into your lasagne long before it became fashionable for big supermarket chains to do so. As for the rosy, protein-fed cheeks and bulging muscles on display in St Mary, let's just say they've long enjoyed the benefits of a "one in, one out" approach that marries sound nutrition to the civic challenge of population control.

St Helier - vibrant melting pot of culinary traditions

St Helier, our frequently unloved dumping ground for the corporate world's most depressing office buildings, is the next stop on our tour of Jersey's regional flavours. This is probably because my metaphorical scooter hit a huge slick of grease and pitched us headfirst into a pile of chips - despite a long list of great restaurants our town is often described as a place where you can get chips with everything. Like many foodie cities, St Helier draws on the

diverse ethnic heritage of its residents to produce a true fusion cuisine - as long as your definition of "fusion" is the idea of ordering an espetada at a Chinese restaurant, served by a Lithuanian waiter, with good old British chips. What more could you possibly want? I hope the answer to that question is "Thai curry, coffee or sandwiches", because if St Helier is ever put under siege by zombies that's the only thing the residents will be eating until the honoraries roll in with both of their tasers and sort the situation out.

St Aubin - a foodie paradise for the hearing impaired

If St Helier is a battered sausage (the salty, greasy, guilty pleasure on the menu) then St Aubin is the chicken burger with salad. It looks a bit more like a proper meal, costs a bit more and has fewer obvious knuckles. It's a romantic date rather than a quick knee-trembler in the back alley. St Aubin is the picturesque, cosy harbour that we like to convince foreigners is our real city centre, and is characterised by an impressive variety of eateries of all types. French, Italian, modern, traditional - the only thing they have in common is a strange commitment to having terrible acoustics. Meals at St Aubin are always a lovely occasion, but you might end up needing to shout at your dining companions after a couple of hours. It may be due to sketchy interior design, or it might be that this is an essential part of St Aubin's historic identity - as a brawling destination for drunken, rum swilling pirates who are upset at never finding anywhere to park.

The East - the bastion of tradition

A vital part of any culinary tradition is the local spin that talented chefs will put on the dishes that newcomers bring with them. I hope I've gone some way to acknowledging the debt Jersey cuisine owes to immigrants from Portugal, Thailand and Poland, but

there is a corner of the island that retains a deep love for a more neglected cooking tradition: that of England in the 1960s. A journey to certain hotels in the east of the island can allow you to step back into time, back to a time before kale, a time before pulled pork - a time before vegetarians. Heston Blumenthal might be doing his best to make postwar grub fashionable again, but there are chefs in parts of Jersey who still think that modern cuisine equals the Borsalino Roque, and will serve you chicken kiev and black forest gateau with a tender care that is absent in any part of the mainland modern enough to have a Nando's.

The North coast - rugged tastes and secret treats

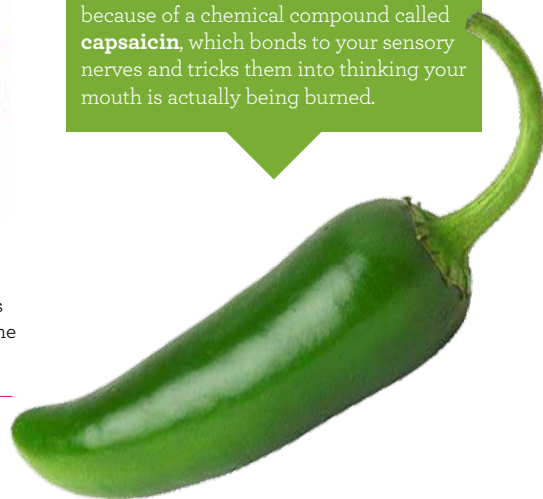
Jersey's blasted north coast is more than just a place you go when you're travelling from St Mary to Grouville, it is a distinct region with hidden treasures for the intrepid diner. It must be said that few of these are found in its restaurants, which offer a solid if unremarkable selection of pub grub and family dining establishments. The true taste of the north can only be found if you venture alone onto the cliff paths, or through darkened lanes, and befriend strange, monosyllabic fisherman or shifty leather-skinned farmers. Earn their trust, curious traveller, and you will feast upon a cuisine that draws its inspiration from the crashing waves, the briny depths, and people who are genetically close to their merman cousins in the "less developed" Channel Isles. I hope you like conger eel pie, bean crock with fingers in it, and bread seasoned with Devil's Hole mushrooms and ferns. Eat in the north and you will never go back, in many cases literally as you run the risk of waking up with a hangover, bound and gagged in a granite pigsty. On the bright side, being kidnapped in St John is the cheapest way to arrange a weekend in Sark.

RESEARCHED BY Rachel Egerton



Clever capsaicin

The reason why chili peppers taste hot is because of a chemical compound called **capsaicin**, which bonds to your sensory nerves and tricks them into thinking your mouth is actually being burned.



The Legend of the Lolly...

The well known (and eaten) ice lolly was allegedly invented by an 11-year-old boy in 1905. This came about after he was mixing a glass of soda and water with a stick and he left the stick in the glass overnight. It was a cold night so the mixture froze and ta-da... An ice lolly!

Foodie Facts!

- Dynamite is made with peanuts.
- Ripe cranberries will bounce like rubber balls.
- One of the most popular pizza toppings in Brazil is green peas.
- Chocolate was once used as currency.
- Humans are born craving sugar.
- In Kentucky, it is illegal to carry an ice cream cone in your back pocket.
- Every time you lick a stamp, you consume 1/10 of a calorie.
- Pineapples ripen faster upside down.
- The Swiss eat the most chocolate, followed by the English.
- The first soup was made from hippopotamus and dates back to 6000 B.C.
- Pearls melt in vinegar.
- The colour tie on a loaf of bread signifies what day of the week it was baked on.

Record Breaker!



The largest individual chocolate was a chocolate Hershey's Kiss weighing 13,852.71kg (30,540 lbs). The chocolate was made to celebrate Hershey's Kisses 100th anniversary and was displayed at Chocolate World, Hershey, Pennsylvania, USA, on 7 July 2007.

Did you know? Hershey Kisses are called so due to the smooching sound the machine makes as it releases the chocolate onto the conveyor belt.

Quoted:

"A balanced diet is a cookie in each hand"

Barbara Johnson
(American Literary Critic)



Donut* play with your food! (*See what I did there?)

Sorry to disappoint, but American artist/photographer **Terry Border** has done just that! Just by adding a few wire arms and legs these ordinary food items have become creative pieces of art...



NEWS IN NUMBERS

50 million pound Condor Liberation vessel detained by Coastguard in Poole due to engineering deficiencies

30,000

pound fine given to two French vessels caught using satellite and radar technology fishing in local waters

50

metre cliff fall dog rescued by firefighters at Portelet

97

percent of shopping baskets at St Peter's Garden Centre have been stolen

40

residents evacuated following building site collapse in St Aubin

1.5

million pound cost emerges after States bow to pressure from unions and grant an additional day in lieu to workers in 2016 after Liberation Day fell on a Saturday in 2015

15,000

pound South Africa trip made by two civil servants will have its disciplinary outcome remain a secret



How to eat a balanced diet:

the proven nutritional benefits of snack foods

WORDS Grant Runyon

ILLUSTRATION Pip Renault

For the last couple of years, nutrition writing has been dominated by unrealistic, faddish ideas like raw food, paleo diets and “eating clean”. An army of glassy-eyed skeleton people had the colour photoshopped back in their cheeks to appear in magazines, clutching bowls of buckwheat gruel and promising that we’d live to be 150 if only we could bring ourselves to restrict our diets to kale and chia seeds.

Shamefully we believed them, even as these charlatans went on to spend their riches on blue cheese and filet mignon like every other rich person. The result was misery for many true believers, because there is a limit to how much you can enjoy life when you spend your days posting images of your post-gym soy smoothie on Instagram.

Well, throw those goji berries in the bin, because, scientists from the prestigious Findus Institute have published new research that indicates that, far from being as unhealthy as previously believed, heavily processed food should in fact be an essential component of our daily nutrition. Their new proposals call for all adults to consume artificial flavours and food colourings as part of a balanced diet - i.e. a side order of salad and chips. They even reassessed the benefits of many vintage snacks from the recent past. We suggest you print out the following guide, stick it up in your kitchen and run as fast as you can if you see Jamie Oliver coming for you holding a parsnip.

Key food group: crisps and corn snacks

Rich in essential salts, grease and monosodium glutamate, adults are recommended to consume at least one portion of crunchy snacks daily, more if expending extra calories by watching something stressful on telly. Just as other nutritionists recommended returning to historic grains such as bulgar wheat and quinoa, scientists are urgently calling for Smith's Crispy Tubes, Flavour & Shake and Tangy Toms to be returned to production. Until that time, it is recommended to help growing children with regular servings of Space Raiders and Monster Munch. Remember: it is dangerous to become deficient in pickled onion flavour, Scampi Fries are practically a serving of fish, and Twiglets contain fibre.

Key food group: fizzy liquids

Once thought to rot your teeth and promote hyperactivity, new studies conducted under the aegis of the PepsiCo fellowship show that carbonated drinks are actually delicious and refreshing. This is equally true whether they are "premium" brands like Coca Cola and Irn Bru, or value equivalents such as Panda Pops and the eastern European cherryade sold in pound shops. Although still drinks like Tip Top and Um Bongo do contain essential sugars, parents are suggested to opt for those that are most

luridly coloured, and if in doubt ensure that children consume at least one Coke float a week, more if they've been good.

Key food group: grains and cereals

Breakfast is both the most important meal of the day, and the cornerstone of any diet. Sadly, our hectic lifestyles mean that too many of us skip the opportunity to consume puffed rice and strawberry marshmallows, and make up for this deficiency later in the day with extra coffee. There's really no excuse - experts from Kellogg's say that if we just took two minutes to heat up a Pop Tart, our day would be off to a much better start. Many parents mistakenly believe that a cereal is only healthy if it contains multigrains - if this worries you a good solution is to serve children a fun, yet nutritious, combination of Frosties (corn) and Sugar Puffs (wheat).

Although still drinks like Tip Top and Um Bongo do contain essential sugars, parents are suggested to opt for those that are most luridly coloured, and if in doubt ensure that children consume at least one Coke float a week, more if they've been good.

Key food group: frozen items (sweet)

It has long been understood that warm weather carries with it the risk that humans can become sad and uncomfortable if not administered with frozen dairy produce, or at the very least a combination of vegetable fats and refined sugar. What was less widely known is the role that frozen treats play in year-round mood maintenance. In order to stave off attacks of the blues, doctors now say that families should stock up on Arctic Roll, Mr Freeze ice pops and Cornettos. If frozen goodness is needed on an emergency basis, administration of a Slush Puppy is recommended - this is the nutritional equal of a raw food protein shake in that it provides the body with servings of sugar, artificial food colouring and the all-important refreshing, slurpy coldness.

Key food group: frozen items (salty)

Remember that the freezer is not just for ice-cream, this essential family friend can also serve as a healthy storehouse containing curry, pizza, batter-coated potato products and a variety of breaded chicken shapes. The important thing to bear in mind about freezer-based nutrition is the "three colour rule" - your frozen meal is only nutritionally complete if brown items are offset with other colours, such as red sauce, mushy peas and yellow mayonnaise. Pizza

is already one of your two recommended portions of vegetables a day, so why not go for a hole in one by topping your Margherita with some baked beans or a couple of potato waffles?

Key food group: sweet shop items

The traditional British sweet shop has never fully recovered from the targeted propaganda campaign conducted by dentists and broccoli farmers, but in today's more enlightened age this institution is showing the first lurid green shoots of recovery. Of course, sweeties remain something that should only be enjoyed as part of a balanced diet - no nutrition expert would recommend that anybody survive more than a day or two solely on Wham Bars and Liquorice Allsorts. This is because the goodness in sweeties is so concentrated, you are much better off spacing your daily

consumption of Fireball Gobstoppers, Tootie Frooties and Nerds in-between meals that are less fun. Otherwise you might get too much energy in you and realise that brown bread is an EU plot - shh, keep it secret!

Key food group items: tinned meat products and preserved foods

Not every family is lucky enough to own a freezer full of wholesome doner kebab pizzas, Wall's Neapolitan Ice Cream and Turkey Twizzlers, but this doesn't mean that their children will go to school miserable because they had to eat courgettes for breakfast. Tinned foods helped Britain win two world wars, and if Spam is good enough to feed a nation who stood up to Hitler then it's good enough to include in every hot meal served in your household. Remember that old doctor's advice - "pink things are healthy" - and if you need a bit of variety on the plate then there are other lovely foods that come in tins, such as corned beef, preserved peas, and hot dogs. If you fancy something a bit exotic on a Friday night then why not take a trip to the mysterious, mouth-watering orient via the Pot Noodle express? All aboard!





LIVING WITH ASPERGER'S

PART 2: DIAGNOSIS

WORDS MK-CA
ILLUSTRATION WILL BERTRAM

I haven't publicised the fact that I have been diagnosed with Asperger's, outside of the few people who I thought needed to know - certain people at work, close friends, some family members.

This, along with a general desire to not be treated differently, is why this essay is anonymous.

I was diagnosed with Asperger's very late.

This is probably hard to understand for people who have known me all my life. They waved away behaviours as just me being a

little odd, the fact that I didn't speak much as the fact that... I just didn't speak much.

I was also diagnosed with OCD very late, far too late for a number of effective treatments to have been used. That kind of sucked, it was a combination of sticking to the same GPs 'oh, it's just depression, lets try a different anti-depressant' and accepting what they had told me as the truth.

It took a crisis point (my brother's wedding, which it was increasingly looking like I could not attend, for fear of being unable to leave the house) for me to change GP, and this kick started things.

Now, I was sent back to the same psychiatrist who had seen me before, but he looked at what was going on with fresh eyes. For one thing, my situation had gotten worse since he had last seen me, something that should not have happened with ordinary depression.

It was around this time that he suggested Asperger's might also be a factor in what was going on with me. The problem - at that time, there was nobody in Jersey who was able to diagnose ASDs (Autism Spectrum Disorders) and as such, there couldn't really be a diagnosis made, without going to England and sitting through a bunch of tests in places I didn't know, something that would prove far too stressful for me.

In fact, it took a good few years before there was a specialist in Jersey again, and eventually when the thought came up, I was referred.

At this point, you should know - nobody was saying that I definitely had Asperger's, just that it was a possibility and was worth investigating.

For what it's worth, a diagnosis wouldn't involve new treatments for me, or change anything in my life, it would just provide answers.

THE AUTISM SPECTRUM

Here I am, talking about spectrums again. The clinical community, at least over here, prefer not to say, 'oh this person has autism' or 'this guy has Asperger's' because really, it's not that helpful, to them at least. To people suffering, it's nice to have a label.

The preferred nomenclature is to say that someone is Neuro-Atypical. There's good reasons behind this. As my psychiatrist explained, everyone sits on the Autistic Spectrum somewhere. However, say that to the average (wo)man on the street and he (or she) will look at you like, 'OK?'

So the way I look at things is this. Sure there's an Autism Spectrum, and everyone sits on it, but there are thresholds: if you're so far along then you basically have Asperger's, if you're farther along then you suffer from full-blown Autism, the kind that causes huge developmental problems and sensory issues.

"Now, I was sent back to the same psychiatrist who had seen me before, but he looked at what was going on with fresh eyes. For one thing, my situation had gotten worse since he had last seen me, something that should not have happened with ordinary depression."

The test results confirm as much - a score above x means Asperger's, a score above y means Autism.

DIAGNOSING AUTISM-SPECTRUM DISORDERS

The diagnosis process has to be one of the strangest things I have ever gone through. It started with some tests that made me feel like I was five years old.

'Put these pieces together in a way that makes sense.'

'Make a story up using five objects from this bag.'

Wait, I'll go first, and you can't use my objects. That curveball was intended to upset your rhythm, so you couldn't look at the objects, pick five and make up a story while you were waiting. You had to use your imagination.

This was followed by a number of interviews. Mostly with the expert along with a third party observer. Occasionally they were one-to-one.

Once my mum had to come in. They interviewed us separately, I guess to see if a) I was making stuff up to get a diagnosis, and b) if there was other relevant clinical information that I simply forgot. That interview focused on childhood.

There's talk about whether you have trouble in day to day life, things like following recipes (ahem, yes), struggling with money (yup).

On the more extreme side of things, problems with personal hygiene.

What I didn't know, was that the whole time I was being talked to, other things were being observed, such as my body language, eye-contact, tone of voice, use of gestures. Basically a bunch of things I have problems with.

About half way through I was told, yes, I probably have Asperger's, and was given a booklet, written by someone who suffered from the condition. That person committed

suicide. Something that didn't fill me with a whole lot of confidence.

I went home that night and read through that booklet, putting post-it notes at every point where something also applied to me. Nearly every page had more than one post-it stuck to it.

(As a side note, I didn't say, 'points where I empathised' there, on purpose. Empathy is something I, and most ASD sufferers, really struggle with.)

I came back to the next session, to be told that they still weren't sure, and the next, and the next. In fact it would be a total of five sessions and they still weren't sure. I was told at the start it would be two, maybe three.

The problem? A lot of my behaviours that came about as a result of my OCD, could account for my ASD-type behaviour. Hopefully you can now see why I started off talking about my OCD.

I was therefore invited to a post-diagnosis workshop (another five weeks' worth) so that I could listen to other people and see how much I faced the same struggles, and then at some point a final decision would be made.

As it happens, I was terrified of going to these workshops. They combined everything I hated, groups of new people, having to speak in front of people, an unfamiliar location.

The day before the first one I called up the specialist, almost in tears, out of fear of what was to come.

Plus I'd have to break from work in the middle of the day, something I wasn't too happy about having to do as it messed up my routines, and meant that I was unavailable for a large chunk of the day.

As it happened, after the first session I was called aside and told yes, I definitely have Asperger's, and that they were sorry it had been such a drawn out (and stressful) process.

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Yes, we're struggling to understand the relevance of the umbrellas too...

Registration for island's first colour run open

We've all seen the pictures of smiling faced runners covered in colourful paints, at the end of a variety of colour runs around the world. Well folks you too can now tie dye your very own t-shirt, whilst raising money for a great local charity.

The Dandara Colour Fun Run in aid of Family Nursing & Home Care is set to take place along St Aubin's Bay on Sunday 5 June. There are 800 spaces available for the inaugural event, which will see you being showered with coloured paint as you make your way along a five-kilometre stretch of the beach.

The paint, which is made of biodegradable corn starch and comes in five colours, will be thrown from colour stations along the route. Each colour is being sponsored by a local organisation; the headline sponsor Dandara is blue, UBS is red, JTC is purple, The Enhance Group is green and NED Bank is neon yellow.

FNHC's fundraising manager, Ivo Le Maistre Smith, is urging islanders who would like to take part in the run to register quickly to avoid disappointment, as there are only 800 spaces available this year.

Tickets for the Dandara Colour Fun Run cost £20 and you can sign up at www.fnhc.org.je

Inspirational Woman of the Year Award 2016

Jersey Women's Refuge announced Melissa Nobrega as the winner of this year's Inspirational Woman of the Year Award, sponsored by Barclays.

The nominees were all inspirational and the judges had a difficult decision to decide the winner for 2016. All nominations were reviewed by the judging panel made up of Pat Sabey, Chair of Jersey Women's Refuge, Jenny New from Barclays and Cassidy McIntosh, last year's winner.

Melissa is an incredible lady and has shown a selfless contribution to the community through the setting up of her charity, Caring Cooks, she is a true inspiration and has made a significant difference to many people in Jersey. She was described as; dedicated and driven by her belief and is an inspiration to be around. She founded the Jersey Fundraising Forum as a way to get collaboration from a mixture of island based charities and to act as a support network for and to understand how different charities work. Melissa founded Caring Cooks Jersey in 2014, one Mum's kind gesture to cook a meal once a week for a family who were struggling, either financially

or through illness, to ensure that they could sit down to eat a nutritional home cooked meal and spend quality time together.

A Caring Cooks pop up kitchen now runs every Thursday, selling homemade meals from £1.50 to enable families to eat together. Their founding service, which to date has supported 52 families through times of crisis.



Study highlights declines in many of Jersey's farmland birds

Results now available from an Island-wide bird monitoring scheme show that Jersey's farmland bird populations are poorer than previously thought. The scheme was managed by the Durrell Wildlife Conservation Trust through collaboration between Durrell, the Société Jersiaise, the National Trust for Jersey and the States of Jersey Department of the Environment and carried out at five sites between 2005 and 2015.

Over the ten-year period the information collated can be used to identify trends in populations and evidence suggests that it is very much a case of a 'mixed bag'. 16 Jersey bird populations showed marked decreases while a further nine have increased.

Birds are great indicators for overall environmental health and birds in Jersey are in decline, the island's broader environment is a lot poorer than people assume. Jersey needs a healthy and diverse environment to prosper, so help the birds and help Jersey.





Marathon undertaking for Earsay runner

It's that time of year again, when thousands of people will be tying their shoe laces and donning their lycra in preparation for this year's London Marathon. One of those people is Timothy Townsend, who will be running on behalf of Earsay, the local charity for Jersey's deaf and hearing impaired children and young adults.

Timothy is originally from Durban, South Africa and has been living in Jersey for four years, during the last two he's taken up running. He has also represented South Africa in three world Cocktail Bartender championships – which will help with a cocktail team building event he is holding at work to help raise more money before the run!

Timothy heard about Earsay's slot in the marathon through a work colleague at Ashburton Investments whose family is closely involved with Earsay. Jumping at the chance to run his first London

Marathon, Timothy's personal aim is to reach a marathon best time of below 3hrs 30. In 2014 he started his marathon adventure and has so far ran five marathons including the gruelling ultramarathon Comrades in South Africa (55 miles either all 'up' or 'down'), Jersey's Round the Rock and the last one being the Jersey Marathon in 3hours 33mins.

Timothy said "I'm excited to be running the London Marathon for the first time and raising money for such a fantastic local charity. Having recently become a parent I can fully appreciate the brilliant work and support that Earsay Jersey provides to the young children on our island with hearing impairments. I'm just a simple guy who likes his running and having this opportunity to be part of such an iconic race, and help local children at the same time will be a great personal achievement".

The Channel Islands Co-operative gifts landmark Pitt Street buildings to The National Trust

The Channel Islands Co-operative Society has gifted three iconic buildings in Pitt Street, St Helier to The National Trust for Jersey.

The gift, which went through court last month, means that the much loved 'Nipper the dog' and HMV sign will be restored to its former glory. The National Trust for Jersey will now be able to sympathetically restore the buildings and preserve Jersey's heritage for the enjoyment of islanders.

The restoration of the Pitt Street buildings will be co-ordinated alongside the main Charing Cross development which includes a Premier Inn, a modern Co-operative store and a lettable retail unit on the corner of Pitt Street and King Street. The project is due to compete in Spring 2018.

In keeping with the Society's commitment to the local community, redevelopment plans have focused on the retention and restoration of a number of historically important buildings, as well as the regeneration of the area from a commercial and tourism perspective.



Everyone's a winner

Jersey residents can now finally take part in a big jackpot lottery every month, thanks to the launch of a local online lottery www.islandslotto.com

This nifty site is the brainchild of a team of Jersey based tech experts, Islands Lotto, who, with years of development and gaming experience, have turned their attention to something the island has so far been missing out on. Now we can play a local lotto and no longer have to cry for the right to play the National Lottery. We can play every month for the chance to win up to £100,000. Lucky winners will have to match their six numbers against those chosen at random when the draw takes place on the last Thursday of each month. Not only can you buy lotto tickets, but you can also play a variety of instant win online games where you can win up to £75,000 instantly. Over 60% of sales are returned in prizes won.

Signing up is easy: you need to be over 18, have a Jersey postcode and a debit card to top up your account. You then choose your numbers or opt for a lucky dip, and check the results at the end of the month. The site has been in development for over a year, built by local developers for the local market, is fully regulated and adheres to all of the safeguarding rules you'd expect.

Not only could you be a winner, but thanks to an independent foundation, www.theislandsfoundation.org, set up by the founders of Islands Lotto, local sporting, educational, cultural and community projects in the island can apply to benefit from 15% of all monies raised by ticket sales. The best news is, you don't have to be a registered charity to apply.

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Jersey Football Foundation on Kenyan TV



A Jersey foundation working hard to improve the lives of young people in the slums of Nairobi through football has been featured on Kenyan TV.

The founder and chairman of the Jersey 2 Africa 4 Football Foundation (J2A), Ricky Weir, is a former President of the Jersey FA and also played for Jersey. During his most recent trip to Kenya, a local media company made a short film about him and his work with kids in the slums. It was aired on a Nairobi sports channel QTV.

J2A was formed three years ago, after Ricky's first trip to Nairobi, when he began by collecting second hand football boots and kits here in Jersey and sending them out to the slums. Since then, the foundation has gone on to train and support coaches in the slum region, and to assist young players both on and off the pitch, many of whom have to cope with difficult living conditions and economic deprivation. As well as providing football

coaching, equipment and kit, J2A is also helping players to develop life skills through tuition, encouraging them to become more confident, aspiring and self-reliant.

J2A is now developing links with the City Stadium in Nairobi, to give players from the slums opportunities to play on a decent surface. Efforts are also currently focused on raising money to provide beds and educational equipment for the Maendeleo Learning Centre, where some of J2A's young players are in care and live in deprived conditions.

To learn more or to make a donation, please visit jersey2africa4football.org. Additionally, you can contribute by using the Co-op share number 1881 when you shop.

J2A is keen to hear from Jersey companies that might be interested in assisting the project. Please e-mail j2a4fb@gmail.com to find out more.



Normal Marathon not cutting it?

Have you ever considered running a marathon, or perhaps that's not quite enough of a challenge. Well with just five months to go until Jersey's annual Round the Rock ultra marathon, organisers are calling on individuals and teams to take on the 48-mile challenge to support two local good causes.

Round the Rock was the first ultra marathon to be staged in the Channel Islands and each year attracts runners from around the world, including as far as Japan and the United States. The 2016 event is once again sponsored by Greenlight and will take place on 6 August from the Steam Clock following 48 miles of Jersey's coastline.

Organised by Rob Douglas and Digby Ellis-Brecknell, Round the Rock has gained a global reputation among runners, and this year they are looking to build upon this success. Digby said "We've had a great response from past and new participants already, but this year we are keen to grow the relay element of the event which offers the ideal opportunity for people new to ultra marathons to test their limits against those more experienced. We're very grateful to Greenlight and Stonehage Fleming for their continued support since day one of Jersey's original ultra marathon, and we look forward to seeing some familiar faces and welcoming newcomers in August."

Registration is open online at www.roundtherock.co.uk and all funds raised from the event will be shared between Autism Jersey and Headway Jersey.

EVENTS



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Sneak Peak of The Durrells

CINEWORLD

THURSDAY 17TH MARCH

There was a full house on a Thursday night last month at Cineworld, when Durrell supporters were treated to a sneak peak of the upcoming ITV series, The Durrells.

The six-part drama is based on Gerald Durrell's classic trilogy of Corfu memoirs, including 'My Family and Other Animals'.

The series portrays the enchanting story of a young Gerald Durrell and his childhood adventures on the Greek island of Corfu. After the screening, there was a Q&A session with Milo Parker, who plays the young Gerald Durrell, and Dr Lee Durrell. You can watch the first episode of The Durrells on Sunday 3 April, ITV.



Seafish Cafe Launch

ST AUBIN

THURSDAY 17 MARCH

The enormous success of the Seafish Café in Liberty Wharf, St Helier, has led the restaurant's owners to open a new venue in St Aubin, where diners will be able to enjoy the wonderful taste of premium fish and chips, a superior version of this most famous of British dishes that everyone can

enjoy whilst drinking in the village's unique atmosphere. Located on the Bulwarks in St Aubin, just a few feet from the picturesque harbour and with stunning views of St Aubin's Bay, the new Seafish Café will appeal to fish lovers who enjoy the great taste of fish and chips.

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Lions Club Swimarathon

LES QUENNEVAIS SPORTS CENTRE

WEDNESDAY 9TH - SUNDAY 13TH MARCH

A record 480 teams took part in the Lions Club Swimarathon raising £138,130 for local charities. His Excellency the Lieutenant Governor and Lady McColl officially launched the event, which saw 16 teams from Les Quennevais School start the five day swimming event. They were joined by the winners of the primary school design

competition plus representatives from RBC Wealth Management, who celebrate 10 years of sponsoring the event. In recognition of a decade of support, 50% of the money raised will be donated to 10 local charities supporting islanders living with mental health issues or brain related illness.



30 Bays in 30 Days Launch Swim

HAVRE DES PAS BATHING POOL

FRIDAY 18TH MARCH

The launch event for 30 Bays in 30 Days saw around 30 people braving a charity swim at Havre des Pas

'30 Bays in 30 days' is a fundraising challenge, which encourages islanders to swim in a different bay every day throughout the month of July, whilst raising

money. All monies raised will go to Jersey Hospice and the National Trust for Jersey.

It was a lovely day for a sea swim, but the water still looked absolutely freezing! However all participants looked as though they thoroughly enjoyed themselves and felt very refreshed after their dip.



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JERSEY

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7th - 9th May

Celebrate the liberation of the Channel Islands with a sumptuous Sunday Lunch. Our three course menu will be served in style overlooking the marina, inclusive of a glass of Pimm's of your choice.

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Leap Year Birthday Celebrations

THE BLIND PIG

SATURDAY 27 FEBRUARY

The Blind Pig celebrated their first birthday this year, having opened in 2012. Yes that's right it was a leap year birthday. The speakeasy celebrated in true prohibition style, with a gangsters and molls themed evening, where regulars were given a secret password they

had to utter in order to be welcomed in. Fancy dress was encouraged and a great time was had by one and all, even the fabulous team behind the bar entered in to the spirit of things, no pun intended!



Roller Disco Jersey

WEIGHBRIDGE PARK

MONDAY 21 MARCH

Dive into the back of your wardrobe for your best 70's and 80's disco clobber because Jersey's latest 'something new' is something old... retro in fact! An authentic roller disco has arrived in Weighbridge Park this month, we went along to take a sneak peak before they opened to the public see a few people test out the rink

before the doors open to the biggest ever dedicated roller disco rink the island has ever seen. The patterned retro styled rink is surrounded by food stalls, to keep spectators entertained and there is a resident DJ slap bang in the middle for you to skate around.

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OUT OF AFRICA

"I speak of Africa and golden joys."

Shakespeare, Henry IV: Part 2.

Often, in the early hours of the African sun, the savannah is brushed with silver and the air for a brief moment is cool and tolerable. We're driving south in a wanderlust mood. On endless roads - mimicking our thoughts - I harp back, to that very first encounter.

WORDS Alexander Maurant

I was young with the family on safari in the Masai Mara. After a mystical sunrise viewed from a hot air balloon, which cemented our fondness for the African plains, we enjoyed a bush breakfast near a river filled with grunting hippopotamus. Here, we met the Masai people. I remember being shocked by their diet - entirely consisting of blood and milk. My memory, though fragmentary, still consists of a sea of red and blue, an echo from their dance and their song.

I'm brought back to reality by the crash of metal; our Toyota Hilux is being slowly disassembled, piece by piece; a severe consequence of infuriating corrugated roads. We're speedily travelling through the Ngorongoro Conservation Area, home to the famed Oldupai Gorge and the gargantuan Ngorongoro Crater. The crater itself is vast and alien, an enormous vista - once inhospitable and fierce - now luscious and green, sustaining a unique, flourishing, oasis of wildlife. We briefly gazed in awe then proceeded to head further down into more lowland areas, and into Masai territory.

"They had that attitude that makes brothers, that unexpressed but instant and complete acceptance that you must be Masai where it is you come from... the thing that used to be the most clear distinction of nobility when there was nobility." Ernest Hemingway, Green Hills of Africa.

Our visit, like my first to the Masai, was unforgettable. The colours are just as deep, the cattle just as precious and the way of life nomadic and noble. It felt like time had only changed for myself. We're shackled by the concept of time standardised by the western man, using it to atone, to forgive, because ultimately, we fear time. There's no fear here, death is as noble as life. Not that I'm condoning death, but here there's a perennial youth. You witness an attitude of an unbound life - no shadowy definiteness - time, like a river is "here and now," it may never make dawn, but it flows, so go fishing.

Three weeks later you'd find us stuck in Africa; a result of those corrugations a few weeks prior shattering our shock absorbers and differential. We drove confidently through rural mud tracks blissfully unaware, then, just off the shore of Lake Malawi, we inevitably got stuck. Our escape took a total of 20 men, some helpful children and a congregation of criticising women who through visual acknowledgments were humorously commenting, along the lines of: "There seems to be an awful lot of noise and not much happening." In the end it took three hours for our Toyota to emerge triumphant from the ochre ooze.

CONTINUED OVERLEAF...



CONTINUED...

Later on we visited Matewere Village. I was on the hunt for a grand baobab tree. I found underneath my chosen tree two guys, Loyd and Paul, sitting weaving cane for their business - Mulambe Cane Furniture. Regrettably, throughout Africa we've found an abundance of cheap plastic furniture: it's everywhere. Of course, your choices in life are often a consequence of available funds, but here we found a traditional process, affordable, natural and revered amongst the community, which was a relieving change of pace.

"We must respect the atmosphere which surrounds the human being, and integrate into the portrait the individuals' habitat - for man, no less than animals, has his habitat." Henri Cartier-Bresson, *The Mind's Eye*.

Theorising portraiture before and during this journey has been a challenge to say the least. No amount of preparation can ready you for the unexpected - in Africa, always expect the unexpected. One thing has always been clear, I'd never pay for a portrait. Ethically and personally it destroys the integrity of the photograph, and thankfully, most people never ask - Loyd was one of these genuine people.

I gestured to an area, Loyd sat down and relaxed into a natural position. I leant forward - repositioned - pulled focus slightly - light emerged from behind a distant cloud, illuminated the skin on his face - I breathed in - breathed out - fire - no click. I'd run out of film - always learning the hard way. Luckily the scene materialised again after I'd reloaded. There, just as Cartier-Bresson had discovered in Africa at the age of 23, I too truly understood the careful combination between environment and sitter. You have to strive to be faithful to reality, controlling is uninteresting, it diminishes the complexity of the individual - it's rather insulting.

In the distance, about 1km away, from the dark forest came a hyena's laugh. To put this into context, we were camping in Mana Pools National Park, Zimbabwe. The hyenas' cackling and conversations carried swiftly in the night air, igniting an anxiety within me, cutting me. I'd learnt to be on the edge, to be teetering on a precipice, to be torn out of comfort and challenged; to live. The hyenas did more; secretly they made me fear death. Up until then I'd been rising above earthly worries, but there, in that instant, I was reminded of my own mortality; the cackle was a breath of fresh air so crisp and sharp it woke me, from my banal safety net

of existence. My body grew warmer, my ears twitched and reacted to any noise, vicious scenarios played through my head like a scratched repeating tape - I felt alive.

Later, that very same evening, I received a childhood wish. I'd always wanted to see a firefly field. I'd seen pictures but the real experience is like anything - unrivalled. The fireflies appeared just after dark. One at first, lightly explored our camp, landing and glowing like a tiny fluorescent bulb. Their numbers began to build. More and more, further and further out into the river marshland by the camp. By 8pm they were glorious, deadly silent, pacing their individual path back and forth.

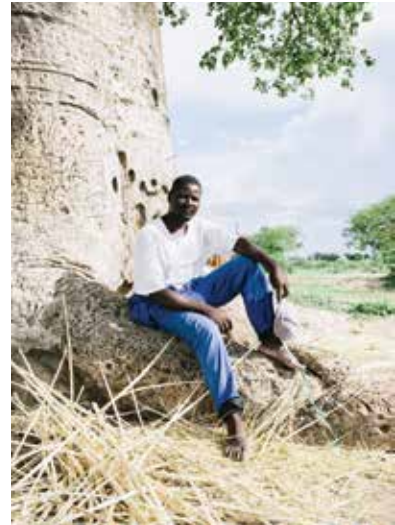
"Regrettably, throughout Africa we've found an abundance of cheap plastic furniture: it's everywhere. Of course, your choices in life are often a consequence of available funds, but here we found a traditional process, affordable, natural and revered amongst the community, which was a relieving change of pace."

"It is impossible then not to imagine that a whole crowd of children of six or seven years are running through the dark forest carrying candles, little stocks dipped in a magic fire, joyously jumping up and down, and gambolling as they run, and swinging their small pale torches merrily. The woods are filled with a wild frolicsome life, and it is all perfectly silent." Karen Blixen, *Out of Africa*.

That's what Africa does. It teaches you about life and death in its coeternal state - never one without the other - God and the devil, light and dark, not in battle, but in a perpetual state of being.

Now, leaving Africa, I'm hungry for more; for more smells and starry nights, for places of unpredictability; I've caught the rhythm, learnt the game, though there's so much more waiting to be explored, out there, along the west coast. But sometimes, there's no reason to search for anything. The mind travels.

"...any number is a limit, and perfection doesn't have limits. Perfect speed, my son, is being there." Robert Bach, Jonathan Livingston Seagull.



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OCEAN CULTURE LIFE

WORDS & IMAGES Ocean Culture Life

My heart lies in the Eastern Cape, in South Africa. It is my birthplace, my spiritual and community home. How apt that Leasa Marie and I should begin our journey in this drought-ravaged, parched landscape tended by the most caring, committed and resilient folk I have ever encountered.

Here we met with loved ones, moving along the coastal towns and villages, to celebrate the festive season, to commiserate with the loss of their livestock and to re-kindle precious bonds. Our route culminating in Morgan Bay. To leave its vast swathes of white sand, unpredictable ocean currents and rip tides, pounding at the bases of dramatic cliffs where my forefathers' ashes are strewn, is more difficult than I can ever express. Days later, our quest to push up into the unspoilt beauty of Sodwana, and to stick to our itinerary, gave us the incentive to move on.

The views of Sodwana Bay are quite literally, breath taking. I had never been to Sodwana before and I can honestly say, that it's one of the most beautiful places I have visited. We were in the heart of iSimangaliso, an independent kingdom, free of South Africa's rules and regulations and in Sodwana Bay, one of the top dive sites in the world! Such a privilege and a thrill.

Hanging out with Pedro, Janu, Valentina and Sirreal in The Pizza Place in Sodwana on the first night, and on subsequent nights, was both comforting and liberating,





as we became woven into the fabric of this barefoot, wild coast culture and its welcoming local community. The whole vibe of this place was relaxed, friendly and unpretentious. Phenomenal pizzas, cold beers and a spontaneous jamming session were the perfect backdrop to the first rains that had fallen since we had been in South Africa.

Our senses were zinging as we processed the earthy scents, the celestial pattering of raindrops, heavy with promise and the responsive call of the insects.

We sought refuge in the natural coves and holes, hiding away from the washing machine effect of the waves. They bounced off the colossal reefs and climbed out of the depths of the massive drop-offs, threatening to scoop us out and toss us around like playthings



...CONTINUED

We silently gave thanks for the relief these blessed rains would bring to all those we had left behind in the Eastern Cape - each drop representing kindness, life and love. Our hearts had been heavy with the weight of drought and death as we had travelled through the Transkei, on our journey up here. Nature was now in metamorphosis, soaking the life giving rain, transforming itself into green shoots of grass, waterholes and silvery river beds.

Our first impression of Sirreal, an 11 year old, local boy, was of a smiling, confident, and friendly kitchen porter, at work as an equal in The Pizza Place. Yet, like so much else in this place, his appearance belied the truth of his situation. At the age of 9, Sirreal came to ask Janu and Pedro for a job, so that he could support his family. Within a year, this enterprising young boy

who soon became drunk and belligerent as evenings became long nights. We saw symbolism round every corner, here no less than in the capricious, volatile nature of man and the sea.

Word amongst the locals was that there had been a dearth of game fishing in the area. So, we took to the air! A microlight flight along the coast to track the game fish seemed the most effective way forward. From that height, the reefs were awesome, giant scribbles on the ocean floor. The colours of the sea, a moving counterpane of azure, aquamarine and sapphire. Our hearts were hammering, our spirits high, filled with reverence for this astounding beauty. Nothing could stop us from venturing further along the coast.

Who better to go exploring this amazing coastline with than my old school-friend, Darren. For seven days, we travelled in his jeep North toward Mozambique, hunting out the choicest bases to trek, swim and dive from. Travelling this far North into unmanned reserve does not come without its security concerns, both while on the road and camping. Having tactical strategies in place for possible eventualities and a constant awareness of your immediate environment is a necessity and a price paid for accessing this untouched coastline. iSimangaliso Wetland Park gave us the opportunity to get in and under some of the roughest, tumbling, dumping waves that we had encountered. Darren, a seasoned master diver and all round ocean child, revelled in this amphitheatre of danger and drama. We sought refuge in the natural coves and holes, hiding away from the washing machine effect of the waves. They bounced off the colossal reefs and climbed out of the depths of the massive drop-offs, threatening to scoop us out and toss us around like playthings. Such exhilaration!

In contrast, on one of our calmer dives, spotting a solitary manta ray was awe-inspiring and the first that Darren had seen in all the years he had been diving along this coast. The sea and its deception...a different mask for every occasion and never more enigmatic than in these powerful, forceful, loving waves of the Southern African shoreline. We fell in turbulent love with the place, daily.

Further down the KwaZulu Natal coast to the magnificent beaches of Balito just North of Durban, we met extraordinary fishing cultures with a love and zest for the ocean, the source of their livelihood and



had saved enough money to hire out the Pizza Place and to pay for all his friends and family to have a party. At 11, his passion for conservation, his community and the ocean is amazing. His diving skills have been fostered by Pedro and he invests his savings into his family, diving equipment and continues his own education by exploring the coast. The wonder and courage of the human spirit continued to inspire us.

On another occasion, Simon, owner and front of house, welcomed us into Sunrise Tavern on the outskirts of Sodwana. This little shebeen, had all the characteristics of a Western out-post saloon: roughly hewn benches and tables, candles, iron grilles and a clientele of sober, even-tempered men

joy. One such character, Tarreck, did not seem to have the expected fear of creatures lurking below his small, fishing kayak. He only seemed a little phased when a 3m Bull Shark, also known as a Zambezi Shark, launched itself at a friends fragile vessel and tried to take him out, sideways! He was only too happy to return to the same spot of the attack, on the same day, to lead me to the pugnacious predator. His sound navigational skills dropped me pin point above the boat wreck 400m beyond the shore break, where they had encountered the bull shark hours before, and to so generously, send me into the depths, armed only with a camera, we unfortunately didn't see or butt heads with the maniac.

As all itineraries tend to do, ours swung back on itself, pointing us, in the direction of The Pilansberg Game Reserve, a geological

phenomenon. As an ancient, volcanic complex, it features as one of the largest and most important in the world. We were drawn not only to its spectacular scenery but to experience an area that was brought back to life through Operation Genesis; re-stocked with wildlife and reclaimed from human settlement in 1979. The question was how to gain an overview of such a magnificent, vast area in a very short space of time. The answer - by hot air balloon.

At 4.00, the air is particularly fresh, unsullied by neither heat nor dust. Our view from the basket...perfect! What struck us most, was the disinterest of the animals as we floated above them, parallel and therefore, unthreatening. Moving without force, resistance or control, we noticed the zigzag patterns of the crocodiles' prehistoric spines as they lazed in the

waters below. In fact, there were patterns everywhere. The systems, order and constellations of nature had never before been so distinct and evident. The rains had transformed this landscape into a tapestry of rich hues and textures.

Leasa loved the close contact with the white and Bengal tigers in the Wild Predators' Sanctuary, located in the Pilansberg National Park. Hand-reared, they were comfortable with her caresses and attention and these vulnerable, charismatic and fickle bundles of fur, entranced us.

We were at the end of our journey, and it left us with profound, emotional and stirring memories; flickering and flying through our hearts and minds daily. They continue to do so.

-Googsi.



GASTRONOMIC GETAWAYS

WORDS Tamarin Marriott-Wilkinson

When planning a gastronomic getaway, food (be it a classic Chateaubriand or a moreish Carbonara) makes all the difference between an average and a great stay. From the many celebrated culinary haunts, to the more unconventional foodie-inspired pilgrimages, read on to discover our top picks...

Nordic countries

Noma, one of the world's best restaurants, has put Denmark on the map as a focal point of 'New Nordic' cuisine. One of the more overlooked Nordic countries is Finland. Helsinki is home to a vast array of eateries offering local and traditional Finnish food far from the tourists' usual radar. Finland feels a little bit exotic and is both accessible and affordable to get to from the mainland.

Best for: a cost-effective culinary escape



Cape Town

Cape Town is renowned for its world-class dining scene, and with the pound strong against the rand, now is a great time to visit this foodie part of the world. With wine as celebrated as the cuisine, there's not much not to love about Cape Town. Franschhoek, the many brilliant restaurants, and the stunning scenery are a must for your itinerary.

Best for: A wine connoisseur.



Deep South of America

The food found in the deepest, darkest south of America has recently become a talking point, and while pulled pork and fried chicken are familiar with many, po boy and collard greens are less heard of. Southern specialties are certainly one thing - extremely tasty. Thankfully, the eateries dotted on every street corner promise a variety of mouth-watering flavours. For a different perspective on the local cuisine, head to Nashville or New Orleans.

Best for: Road trip fans with a healthy appetite



Madagascar

Former French colonial territories are renowned for their great food and Madagascar is no exception. Described as a melting pot of French colonial influence, the food is something to talk about. A few must try dishes include Creole cuisine and seafood stew, all masterfully prepared using a handful of tropical ingredients. Although a little on the pricey side to get to, once there, you'll have a hard time spending your money.

Best for: An extravagant, once-in-a-lifetime holiday



Sardinia

For an Italian 'peasant food' agriturismo inspired holiday, Sardinia is a must! On the menu? Spit-roast pig, taste-tantalising seafood and casu marzu 'maggot' cheese. It's a great place to visit if you wish to escape the tourist trap; it's also well connected by budget airlines.

Best for: *A romantic Mediterranean holiday*



Western Isles of Scotland

Many are struck by the unusual foods found in the Outer Hebrides (Western Isles of Scotland). Besides their own take on black pudding - the mouth-watering Stornoway pudding - the seafood is to die for. This is a land that's undiscovered and untouched. Spend your days cycling from coffee shop to café and your evenings enjoying fine food in one of the local restaurants or hotels. Despite being a little on the remote side, it's well visited, so you'll need to reserve a table.

Best for: *A wild and remote Scottish getaway*



Chile

Chile boasts a hugely diverse range of foods, with the country's gastronomy wrestling for a place in the spotlight. In the north you have copious amounts of dry desert, in the south, the wilds of Patagonia. The island of Chiloé (where potatoes were thought to have originated) is a hot spot for foodies. In fact, it's home to a vast variety of potatoes that you can't find anywhere else in the world. Leading the way is chef Rodolfo Guzmán, who's Santiago restaurant Boragó has been voted one of Latin America's top 50 Best Restaurants. If you're lucky enough to get a table, the 'Rock Fish and Rocks' is a must try.

Best for: *An adventurous long-haul break*

Seoul, South Korea

South Korea's energetic capital has long been seen as a finance hub but it is fast becoming a foodie contender. Seoul is home to a variety of star attractions - vendors sell everything from kimchi to bibimbap, to Korean fried chicken, gopchang and crab in soy sauce. Street food not your thing? Try the upmarket eateries Jungsik or La Yeon for style and tuck into dishes comprising sous-vide pork belly and fried oyster with seaweed powder, Gaduck Island sea cucumber and soybean-paste marinated lamb.



Vietnam

Vietnam is slowly but surely overtaking Thailand as one of the most popular destinations in the world - especially when it comes to exploring a variety of culinary delights. It owes its diverse flavours to the brilliant ingredients you find in Asia, but also, its colonial influence. From Vietnamese baguettes to Asian breakfasts, a road trip from Hanoi to Hoi An is highly recommended.

Best for: *Backpacking*





Pictured: Alex James (of Blur fame) and Jamie Oliver on stage at The Big Feastival

Foodie Festivals

WORDS Rachel Egerton

Food festivals can be traced back thousands of years for example celebrating the arrival of harvest time, the autumnal equinox, and even the honoring of earth gods.

Music festivals have been around since the middle ages, however then they were held more as competitions, but still classed as a 'festival'.

But music AND food festivals?

Now **this** is new! These festivals combine famous music artists with expert culinary chefs to provide a few days of enjoyment for all ages. These events have only been around since roughly 2010 but are growing increasingly more common and popular.



The Big Feastival

Cotswolds, England
26-28 August 2016



A feel good festival of food and music for all the family located in Kingham, Alex James' Farm. This three day festival is open from 10am for campers and day visitors, concluding with the live acts starting at around midday till 10:45pm.

The music lineup for 'Feastival' is always something to look forward to and this year stars such as Mark Ronson, The Kaiser Chiefs, Ella Henderson and The Proclaimers are taking to the stage. Top

chefs including Jamie Oliver, Raymond Blanc and Tom Kerridge will also be making an appearance to showcase some of their cooking skills and techniques live on the NEFF Big Kitchen stage.

Demos begin at 11.30am on Friday and 10.30am on Saturday and Sunday, and seats are filled on a first-come-first-serve basis. There are also a number of family activities such as performances from Cbeebies star Justin Fletcher and Dick and Dom and a vintage funfair!

To book tickets and find out more about Feastival visit www.thebigfeastival.com

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Started
24 April
2010

SweetLife

Merriweather Post Pavilion, Columbia
May 14 2016

The Sweetlife festival brings to life Sweetgreen's mission to merge passion with purpose. Sweetgreen is a destination for simple, seasonal, healthy food based in New York, America.

Sweetlife is an event that brings together outstanding musical acts and curates the best in food and community – including chef collaborations, art installations, play areas

and more. Proceeds from Sweetlife support “sweetgreen in schools,” an educational program created to introduce kids to the benefits of healthy eating and nutrition.

The music lineup for Sweetlife this year includes The 1975, Halsey, Flume and Blondie. Local chefs Michael Stebner, Jose Andres and Spike Gjerde will be making an appearance for the food side of Sweetlife.

To find out more and book tickets visit
www.sweetlifefestival.com



Started
29 July
2006



Kendal Calling

Lowther Deer Park, Lake District
28th-31st July 2016

Kendal Calling is a great four day festival for all the family, situated in the beautiful Lowther Deer Park. This event has recently started to showcase a huge variety of brilliant food from all over the world from British favourites to Mexican.

The music lineup this year truly is one to watch; including Rudimental, Madness, The Darkness and Catfish and the Bottlemen.

Camp out for the weekend by either bringing your own tent/van or hire a cute Tipi or Yurt there. The gates open from

9am-11pm Thursday and Friday, and on Saturday and Sunday 9am-9pm. Don't miss the super fun kids corner with a cinema, face painting, giant Jenga and much more.

To find out more about Kendal Calling
or to book tickets and pitches visit
www.kendalcalling.co.uk

CULTURE



SKIPTON OPEN STUDIOS 2016

**T A S T E R
EXHIBITION**

16TH JUNE – 2ND JULY

CCA GALLERIES
INTERNATIONAL
10 HILL STREET
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**O P E N
STUDIOS**

WEST ←

25TH – 26TH JUNE ←

→ **EAST**

→ 2ND – 3RD JULY

SKIPTON INTERNATIONAL

CCA GALLERIES INTERNATIONAL

CCA GALLERIES INTERNATIONAL



CULINARY CREATIVITY

Jenna Johnson Rayner is the creative mastermind behind Pat-a-Cakes Jersey. A self taught maker of edible art, she tells us all about the work that goes in behind the scenes when making one of her incredible masterpieces.

Tell us a bit about your business?

It's all about celebrating the special events in people's lives with the most amazing cakes. I make bespoke cakes for weddings, christenings and birthdays, using as many fresh local ingredients as I can, raspberry jam made using produce grown in my mum's garden, local eggs and of course Jersey's amazing dairy produce.

How did you learn the skill of cake decoration?

I'm mainly self taught. I use lots of books, magazines and the internet but primarily I've learnt most through trial and error. You learn very quickly what works for you and what doesn't. I was originally lucky enough to do a days class in the UK with a lady called Rachel who gave me the confidence to believe I could create beautiful sugar

craft flowers, and since then I've practiced lots and things have gone from there.

However there is always more to learn and new techniques to try out and I hope to be able to go and do some more classes with other cake makers in the near future.

Are you artistic in any other way?

I'm not at all artistic on paper. I was awful at drawing and painting in school - but even then I loved to cook. Art can come in so many different guises and for me edible art just works.

What's the most intricate decoration you do?

Sugar craft flowers. Trying to capture the beauty of a flower in an edible form is time consuming, sometimes infuriating and for me a real labour of love. Each stage of the flower takes time and it's not something that can be rushed, as it all tends to go wrong if you do. Some flowers can have fifty petals of different sizes and each needs work to help the whole flower come to life.



On average how long does it take to produce each cake?

It's a question I get asked a lot, and to be honest the length of time it takes to create a cake varies greatly. If you include the time taken to research, design and sketch the cake, then the baking, the washing up, the icing, any figure modelling or sugar craft flower work and then finally the decoration, then it can take almost thirty hours in total. Some cakes take less time than that - but others have been known to take even longer!

What's your favourite type of decoration to produce, and why?

I love making edible sugar flowers and making sugar craft models. I know they test my skills and my patience but both are incredibly satisfying when they come together, however when my children look at one of my figures and point out a tiny flaw then I realise I still have plenty more work to do.

"I'm not at all artistic on paper. I was awful at drawing and painting in school - but even then I loved to cook. Art can come in so many different guises and for me edible art just works"

The sequins that we can see on your cakes, are these made by you?

I make 99% of the decorations I use and the sequins are part of that. They are made using gelatine, water and edible shimmer dust. This is allowed to dry as a sheet and then each sequin is individually cut out using a sterile hole punch. Because of the way in which it dries each side has a slightly different shimmer and colour so that when they are applied to the cake the light can catch on them and make them sparkle.

Pat-a-cakes Jersey
Email: patacakesjersey@gmail.com
Mobile: 07797743908



FROM STUDENT TO TEACHER

The annual Gallery Student Art Awards are open to Jersey educated students, currently enrolled on Art and Design Foundation degree courses in the United Kingdom (including the Jersey based Art Foundation and Degree course). Students are invited to submit work in any media, which may include final pieces and works in progress. Shortlisted candidates are then given the opportunity to exhibit their work in a dedicated exhibition at CCA Galleries International.



Since graduating from the University of Kent in 2014, former shortlisted entrant Stephanie Rondel has gone on to study for a PGCE in Secondary Art and Design at Brighton University. She is currently completing her first year as an art teacher at Simon Langton Grammar School for Boys, Canterbury, Kent. We caught up with her to find out what else she's been doing since 2014.

How does your art fit in around your day job?

As well as teaching I still try to continue my own work and participate in exhibitions. I am regularly doing sketchbook work or making artwork on my weekends and holidays. I also participate in a Sketchbook Circle project which is run by art educators who are looking to develop their own artistic practice. The project runs by an

exchange of sketchbooks every month between myself and two other art educators. It is a great experience as it allows me to explore using a variety of materials without the pressure of creating a final piece.

How would you describe your work?

Bold, bright and fun. Jersey landscapes often feature in my work and I also find places I visit to be inspiring whether it is the wildlife, architecture or the surrounding environment.

What mediums do you use?

When I was on my degree I was mainly using oil paints but more recently, I have been exploring drawing, collage and Photoshop as I have found this more suitable for my busy lifestyle. I would love to get back into working with oils in the future.

Are there any artists in particular that inspire you and your work?

I am inspired by painters who explore colour and scale. My top three at the moment would be Anselm Kiefer, David Hockney and Richard Diebenkorn.

Do you have a favourite gallery/museum?

The Royal Academy always put on the most amazing exhibitions and I like the White Cube Gallery for their choice of unusual artists. I recently visited the Jerwood Gallery in Hastings and they have put on a great exhibition on John Bratby and John Piper.

What projects have you been involved in since you entered the GSAA in 2014?

I have been involved in a couple of exhibitions since the GSAA including Skipton Open Studios projection gallery in November and I have recently been in a group show at The Beaney; a gallery in Canterbury. I hope to continue to enter competitions and exhibit my work.

Is there a particular commission that you would like to get so much that you'd forego the fee?

I would love to be commissioned to go back to South Africa to photograph and make artwork on the wildlife. I was fortunate enough to go to South Africa on Safari a couple of years ago and found it the most inspiring trip. I am still working from the photographs now.

If you could own one piece of work from any of the grand masters what would it be?

I think it would have to be Albrecht Durer's 'Young Hare'.

Would you have any advice to anyone who's considering entering the awards this year?

I would just say go for it as you have nothing to lose. It's a great experience to exhibit in a gallery such as CCA Galleries and it's a great way to meet other young artists.

Is there anywhere we can go to find out more about your upcoming work?

Website: www.stephanierondel.com
Facebook page: www.facebook.com/stephanierondelart/

I am also in the process of setting up an account on a website called Art Rookie. The website enables you to sell your artworks as prints and cards and is definitely worth checking out.



“More recently, I have been exploring drawing, collage and Photoshop as I have found this more suitable for my busy lifestyle. I would love to get back into working with oils in the future.”



TO FIND OUT MORE ABOUT THE GALLERY STUDENT ART AWARDS 2016 & TO ENTER VISIT WWW.GALLERY.JE/ART

Ways of Seeing



WORDS Joshua Pattinson

Wikipedia untrustworthily tells me that Percentage for Art schemes were first conceived in the presumably antiestablishment underbelly of the US Treasury Department. Whilst certainly an unlikely candidate for an apparently progressive requirement that apportioned 1% of federal building budgets to the creation of public artworks, you have to thank them for it. Fast forward 60 years and schemes have exploded onto the international stage. Jersey-based artist Mark Guest who has worked on the scheme here on the island says, “Percentage for Arts, put simply, is a small percentage of the cost of large or high value developments which is used for art”.

I think you'll agree, art can be a fairly chewy topic. Whilst I purposefully avoid the 'what is art?' polarisation it is important to briefly note the not necessarily mutually exclusive difference between aesthetics and making a point. Even if you're point is not making a point at all, as my Goldsmiths-studying sister confusingly points out. The people who have learned the language of contemporary art are seemingly the only people well equipped enough to untangle the constant outmoding of each other. It's like dog-eat-dog, only that's too clichéd. Only those left behind are the people it's intended to connect with. The thing about public art is that it's pedestrian. Public art is like an introverted younger sibling that just wants to be liked by everyone.

Take Banksy for example, utterly loathed by some and loved by others or, my personal favourite, the third category those who used to love Banksy before it was uncool. For all his criticisms (and unabashed plagiarisms of Blek Le Rat), has something to say. It's not polemical, it's dissent of a vanilla variety, but it has an end goal. It wants to achieve something. The vector of which is aesthetic – a rejuvenation of Hip Hop culture in a way.

The States write on their website, “Jersey’s collection of public art proudly reflects its history and identity. Evidence elsewhere has proven that public art can enhance the quality of public places and contribute to cultural identity. Public art is also known to attract visitors and to reflect and generate confidence with consequential economic benefits.” You can’t disagree with that at all. But, I can’t help thinking, in my layperson’s terms, that provocation is more important than filling a public space with something that’s simply easy on the eye.

“I can’t help thinking, in my layperson’s terms, that provocation is more important than filling a public space with something that’s simply easy on the eye”

I caught up with 44-year-old Jersey-born artist Mark Guest for his take on things. Mark studied a degree in Fine Art Sculpture and has been making a living from his work for the past ten years.



Gallery: Do you feel that public art can often be a box ticking exercise?

Mark Guest: Public art often is required to address a number of criteria with which it sometimes struggles to deal with. For example, if the building used to be a brick factory the artwork needs to be made of bricks. Sometimes though having all the boxes ticked really works, like with Gormley's Angel.

G: How is Percentage for Arts pushing the boundaries of public art?

MG: To turn the question around, public art relies on a collective understanding to be successful, so it is not always appropriate to stretch the boundaries too far. With Percentage for Arts the artist seldom gets free reign, but this is no different to how some of the best art has been commissioned in the past.

G: Why is there a need for public art?

MG: There is no need for public art in the sense there is no need for music or fine dining. We need to ask ourselves the question if we would prefer to have art or not in our built environment.

G: How is Percentage for Arts embracing contemporary media?

MG: I work in the ancient language of stone but there will be projects that embrace new technologies. I was in Sweden a number of years ago and you could communicate with a lighting installation on an old industrial chimney with your phone, which was good fun as you trundled past on a train.

G: How does Percentage for Arts work in practice?

MG: In essence each project is going to evolve differently, but it starts with a written statement of intent that becomes part of the planning permit. Often the artist gets brought in at quite a late stage, which is a shame.

G: Who is involved?

MG: A host of trades might be involved in production from masons to lighting specialists. But, in essence, it is typically a discussion between the artist, an arts advisor, the architect and the client (who is paying).

G: What are the aims of the scheme?

MG: The scheme should, in good practice, enhance the visual and cultural experience of the built environment. It also gives the visual arts a practical application, and it is a legacy for future generations.

G: The scheme is voluntary, should it be compulsory?

MG: I see no reason for it to be compulsory and in some cases the scheme would be inappropriate. There are going to be occasions when development costs should be kept to a minimum.

G: What artworks have you created through the scheme?

MG: I have created the granite ring sculpture for The Millennium Park, a sign for David Kirsch's Les Freres development and some large granite leaves for Les Ormes.

Culture News



RECORD NUMBER THROW OPEN THEIR DOORS

A record number of 63 artists will this year open their doors to show their work as part of the 2016 Skipton Open Studios in June and July. With some joining together to share studios in some very unusual locations around the island.

Organised by the Jersey Arts Trust and sponsored for the fifth year by Skipton International, Skipton Open Studios is a popular biennial arts event which sees local artists open their studios or take up residence in unusual sites around the island.

Familiar faces from the island's artistic community including Jason Butler, Ian Rolls, Nicholas Romeril, Marc Medland, Nanette Regan and Lisa le Brocq will be opening their studio doors and welcoming the public to drop in, meet them in person and gain an insight into their creative process. Many artists will be coming together to exhibit in historic locations including Jersey Heritage's Archirondel Tower, and National Trust's The Elms and the Wetlands Centre, some of which are not usually open to the public.

This year will also be the first year that many new artists will participate in the Skipton Open Studios, including up-and-coming younger artists Ben Robertson, Will Bertram, Sam Bullock and Sam Carney, as well as well-established Jersey painter Paul-John Kilshaw. Local film production

company Little Rivers Pictures will also be the first filmmakers to exhibit their work as part of the Skipton Open Studios.

Jim Coupe, Managing Director of Skipton International, said: "As headline sponsor we have been delighted to see the popularity of the Skipton Open Studios grow over the last five years and with 63 artists lined up to take part this year, the event looks to be bigger and better than ever. Skipton Open Studios is all about making the work of local artists more accessible to the wider public, and we are very pleased to see so many up and coming artists sign up this year, particularly those who will bring a new flavour to the event through the mediums of film and digital media."

Each of the 63 participating artists will have their work featured in a taster exhibition in the classic and contemporary gallery spaces at CCA Galleries International, 10 Hill Street from Thursday 16 June – Saturday 2 July.

The artists in the west of the island will open their studios during the weekend of Saturday 25 and Sunday 26 June, and the weekend of Saturday 4 and Sunday 5 July, will be the turn of studios located in the eastern parishes.

www.skiptonopenstudios.je
www.arts.je

THE CIRCUS OF HORROR

The show that stormed into the finals of Britain's Got Talent and now a West End smash, is back to mark its 21st Anniversary in spectacular style. The latest incarnation 'Welcome to the Carnevil' is set in Victorian London in 1899, Jack the Ripper was still at large and this was the age of the Freakshow, a young girl dreamt of running away to join the circus only to see her dream become a nightmare in a decrepit and corpse ridden Carnevil.

The story twists and turns with grisly murders and sensational shock's – all interwoven with some of the greatest and most bizarre circus acts on earth, performed by an almighty cast with a forked tongue firmly in each cheek and the devil driven rock n' roll of Dr Haze and The Interceptors from Hell.

**Friday 29 and Saturday 30 April,
5pm and 8pm at Jersey Opera
House. Tickets prices are £15-
£27.50, with concessions £2 off.**



RSC: SHAKESPEARE LIVE!

Shakespeare Live! from The RSC is a unique two hour event marking the 400th anniversary of William Shakespeare's death.

Hosted by David Tennant on Shakespeare's birthday and screened live from Stratford-upon-Avon, this star-studded show celebrates Shakespeare's plays and their enduring influence on music, dance, opera, musical theatre and comedy. RSC Artistic Director, Gregory Doran, is assembling a once-in-a-lifetime cast, including Dame Judi Dench, Sir

Ian McKellen, Joseph Fiennes, Meera Syal, Sanjeev Bhaskar, Al Murray, Alison Moyet, Noma Dumezweni, Ian Bostridge, Akala (Hip Hop Shakespeare), The Royal Ballet, English National Opera (ENO), and Birmingham Royal Ballet, to perform in a unique tribute to the genius of the world's greatest playwright and storyteller.

Shakespeare Live! From the RSC is a Royal Shakespeare Company and BBC production. It will be screened live from Stratford upon Avon at 8.15pm on Saturday 23 April 2016 at Jersey Opera House. Tickets prices are £13.50, concessions £12.



LIBERATION INTERNATIONAL MUSIC FESTIVAL RETURNS!

Tickets are now on sale for the biggest arts festival in the island as the Liberation International Music Festival's programme is released.

Running from 3 to 15 May 2016 the island will be filled with music making and dancing of the highest calibre as we celebrate the 71th anniversary of Liberation from occupation. Such has been the demand that the celebration has been extended to ten days.

The Festival is delighted to announce the return of the Band of the Royal Marines, Jazz at Hamptonne headlined by Joe Stilgoe, international opera star Dame Felicity Lott, and the Royal Ballet bringing principals Lauren

Cuthbertson and Eric Underwood to dance with the starlets of the future and a whole host of other events.

The award winning stars will be joined by Jersey artistes performing at both formal and al fresco events across the island including Hamptonne, St Ouen's Manor, the Mansell Collection as well as Jersey Opera House and other established venues.

A central theme running through this year's programme will also be the joy of liberation through music and dance as we enjoy music from countries across the world from Germany, England, Spain, Italy, France and America.

To buy tickets or for more information please go to www.liberationjersey.com or call the Jersey Opera House on 511115 or Fort Regent for the Royal Ballet on 449827

JERSEY OPERA HOUSE



MET OPERA: MADAMA BUTTERFLY

ENCORE SCREENING

SUNDAY 17th APRIL 6PM

A breathtaking production that has thrilled audiences since its premiere in 2005.

TICKETS: £17.50



MET OPERA: ROBERTO DEVEREUX

ENCORE SCREENING

SUNDAY 24th APRIL 7PM

Conducted by Donizetti specialist Maurizio Benini, with Soprano Sondra Radvanovsky as Queen Elizabeth I, and Tenor Matthew Polenzani as Devereux.

TICKETS: £17.50



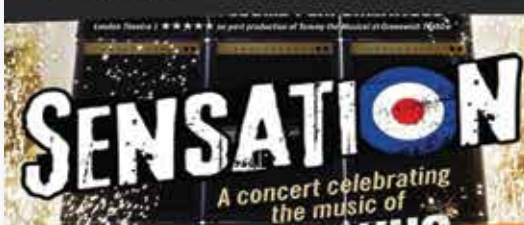
NATIONAL THEATRE LIVE: A VIEW FROM THE BRIDGE

ENCORE SCREENING

THURSDAY 12th MAY 7PM

Following its smash-hit original broadcast, the Young Vic's 'magnetic, electrifying, astonishingly bold' production of A View from the Bridge returns to cinemas due to audience demand.

TICKETS: £13.50



SENSATION

SATURDAY 14th MAY 8PM

After 50 years of The Who, Sensation hits the road to celebrate the music of this timeless British band with a unique concert.

TICKETS: £20

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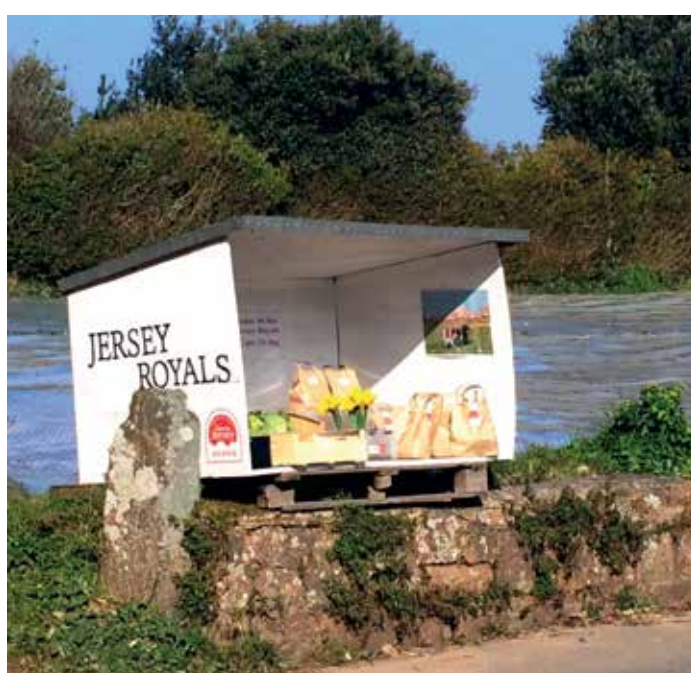
Kirby Lyons



Nigel Grieves



Layla Arthurs



Joanna Malyszko

CCA GALLERIES INTERNATIONAL INTERNSHIP FOR LOCAL ART STUDENTS

CCA Galleries International invites local art students from across the island to take part in the CCA Galleries International Internship Competition sponsored by Rathbones.

This year work can be submitted in any media from drawing to painting, textiles, sculpture and photography, animations and installations. Since the competition launched in 2014, the competition has diversified by adding an additional category for students in Years 10 to 12 as well as the original Year 13 group.

The winner is given the opportunity to work with and alongside the UK's foremost print-makers and publishers - exploring their potential and developing new skills before pursuing a degree or career within the creative industry. Runner-up prizes include a 'whistle-stop' tour of CCA Galleries, incorporating Coriander and Curwen Studio, London as well as experiencing an art workshop at the Gallery led by a leading local artist. All short-listed candidates will have their work exhibited in a dedicated exhibition at CCA Galleries International, during August 2016.

Speaking about the opportunity, Gallery Director, Gillian Duke says; 'This is a fantastic opportunity for us to work with and nurture incredible local talent. We hope it will give enthusiastic young artists the confidence to progress their career within

the arts and connect with prominent artists and organisations within the industry. Our aim is that this initiative grows and more students apply for this year's competition!'

Head of Art and Design at Hautlieu School, Jacque Rutter is pleased to put her students forward saying: "I think the CCA Student Internship competition is incredibly prestigious and a real honour for our local students to get involved with. To see their works in a beautiful professional space alongside famous artists such as Damien Hurst and Peter Blake gives the students such a sense of achievement, pride and confidence. I would like to thank the CCA and Rathbones for this wonderful opportunity."

Vaughan Rimeur, Director at Rathbones adds; 'We are delighted to sponsor the Student Internship with CCA Galleries for the second year running, promoting arts and culture within the community. Last year we saw some incredible local talent emerge through this exciting initiative and we are excited to be offering more young artists the chance to meet some influential artists as they strive to progress in their chosen field. We're really looking forward to seeing some interesting pieces.'

Washing off a silk screen at Worton Hall

Bruce Mc Lean printing at Worton Hall



Students can enter online at www.ccagalleriesinternational.com/internship. The deadline for entries is Wednesday 18 May 2016. Gallery opening times: 10am to 5pm (Monday – Friday), 10am to 2pm (Saturday).

CCA Galleries International, Royal Court Chambers, 10 Hill Street, St Helier JE2 4UA

The background is a solid light purple color. It is covered with a repeating pattern of dark purple lipsticks, each with a lighter purple band near the tip. The lipsticks are oriented diagonally. In the center, the words "BEAUTY & WELLBEING" are written in a white, bold, sans-serif font. Behind this text, the words "BEAUTY" and "WELLBEING" are faintly visible in a larger, light purple font, stacked vertically.

BEAUTY & WELLBEING

Beauty News



Spring Facial Oil

The wonderful Annee, founder of cult beauty brand de Mamiel, has created this new season limited edition blend, bursting with potent aromatics and flower essences. It works at a cellular level to deliver renewed energy, bringing Winter weary skin back into bloom.

'Spring is the season of the wood element in Chinese medicine, representing new life and growth. It's the perfect time to cleanse and de-congest skin. I've hand blended Spring Seasonal Facial Oil using the finest ingredients known for their age-defying, antioxidant, balancing and brightening qualities so your complexion radiates new vitality and clarity' Annee de Mamiel

It's a wake-up call for Winter dull complexions dehydrated through hibernation. High quality base oils such as Jojoba, Rosehip and Milk Thistle have been chosen to balance skin's own natural oil and moisture levels which often go haywire with the change of seasons. Nutritious and easily absorbed, they're full of fatty acids, antioxidants and anti-inflammatories which bring about a healthy glow. Meanwhile, the complex cascade of essential oils including Juniper, Geranium and Grapefruit jump-start cell energy levels and awaken the spirit for inner and outer radiance.

de Mamiel products are available from the Longueville Manor Spa.



Raw Voice and Movement
Weekend Retreat:
'Presence & Empowerment'
Sat 30th April, 10am

Harness the strength of your own authentic voice; allow it to be the creative source of your own life, creating from the place of passion, joy and aliveness inside you. Discover and expand through movement and voice. No need to have any singing (voicework is not about 'singing' but is about your own true voice) or dance (movement) experience, they work with the premise that you already know from deep inside you how to express through these mediums.

They support you to feel safe and gently let go of anything that might be holding you back. At The Bridge Child and Family Centre Investment: £90 early bird by 15 April. £120 thereafter.

Contact Naomi West for more
information on 07797 77 99 49

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1. Walking strengthens your heart

Reduce your risk of heart disease and stroke by walking regularly. It's great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.

2. Walking lowers disease risk

A regular walking habit slashes the risk of type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon, breast or womb with an active hobby such as walking.

3. Walking prevents dementia

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass.

4. Walking tones up legs, bums and tums

Give definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking into the mix and it's even more effective. Pay attention to your posture and you'll also tone your abs and waist.

5. Walking boosts vitamin D

We all need to get outside more. Many people in the UK are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D fix.

6. Walking gives you energy

It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. Try walking on your lunch break to achieve more in the afternoon.

7. Walking makes you happy

Studies show that a brisk walk releases feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking's an absolute must.



Alone in a crowd

WORDS Christopher Journeaux,
Therapy Jersey



Sitting at Birmingham airport over half term, where my flight was delayed by a couple of hours, I berated myself for not bringing my Kindle. It also gave me time to people watch, something of a passion for me. After the initial pleasure of watching children excited to be going on holiday, and couples clearly relaxing before flying off somewhere hot, I came to appreciate a very different group.

This group was made up of individuals, sat or walking alone, and seemingly lost in the blur of activity. It struck me as odd; that a person could appear alone in such a melee of people and activity. So much happening, to be part of, and yet these individuals stood apart, alone in the crowd.

“Loneliness is a state of being, a sense of self that denies context and logic. It simply tells us where we are in relation to ourselves and often without reference to anyone else.”

In our crowded world of open plan offices, social media, family and friends, to list just four pressure points of ‘busy’, can it really be conceivable that any of us can feel alone? It begs the question, what does alone really mean to us? Many of my clients talk of a crushing sense of being lonely and how this makes them feel when no one seems able to understand. They are always part of a group and yet that very fact makes the loneliness seem more gnawing, the impact so much greater and the result, to amplify the sense of being alone.

To understand that is to have experienced it. Loneliness is a state of being, a sense of self that denies context and logic. It simply tells us where we are in relation to ourselves and often without reference to anyone else. That is why it seems inexplicable to others, perhaps. That being alone cannot be cured by more people can be a revelation. It is certainly a first step to finding ourselves in this crowded world. Not being alone starts with the individual; it starts with ‘I’.



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



55 HALKETT PLACE
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BEAUTY
SHOPPING
HAIRDRESSING

Beauty Products *that heal*

Here is a round up of beauty essentials which will zap, sooth or scrub away your body hang ups.



Sisley

Nutritive Lip Balm

Available exclusively at Voisins

Lips are easily irritable and tend to become drier with the first gust of wind or ray of sunshine. This luxury repair formula works to simultaneously protect, moisturise, nourish, relieve and plump up the lips!



Dermalogica

Break Out Control

Available from RIO Hair & Beauty

This is one to have at the ready for any unsightly spots. Contains natural antibacterial agents, including Lactobacillus Ferment, to help clear and prevent breakouts without over-drying the skin.



deMamiel

Altitude Oil

Available from Longueville Manor Spa

This is an energising and revitalising inhalation essence, to help you keep a clear head when you are on the go or feeling under the weather. Take a full breath, which will clear your head, chest and airways and stimulate your senses.



Jo Malone London

Vitamin E Body Treatment Scrub

Available from Voisins

Slough away dull surface cells to reveal radiant-looking new skin ready for tanning! A signature ingredient and beneficial antioxidant, Vitamin E is combined with salt to encourage a youthful glow.



PurePotions

Skin Salvation Intensive Moisturising Ointment

Rich and deeply moisturising, this ointment forms a semi-occlusive barrier which protects the skin from everyday external irritants. It is also suitable for use by people with dry, itchy skin or those prone to eczema, psoriasis or any sore skin condition. 100% natural.



Goldfaden MD

Lifting Neck Cream

Available from SpaceNK

The ultimate potion for fragile, crêpey skin on the neck and décolleté. It contains a cocktail of tightening and nourishing actives to fortify skin's fabric and diminish visibility of fine lines.

Shine Like a Diamond



Rivoli Vintage style Engagement Ring
£1,195.00 (0.45ct set in platinum)

A Rivoli diamond is sourced from the finest suppliers in London's Hatton Garden and Antwerp. Rivoli also stocks a wide range of hand finished wedding rings and offers a shape to fit service for all engagement rings.

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Are you looking for ways to live a healthier, more balanced life?

Young or old, male or female, anyone can benefit from acupuncture...

In Jersey, 18,000 days were lost to illness in 2010 with over 40% of these being stress related. Our goal is to help support you with a step-by-step personalised treatment plan to suit your own personal health problems and needs.

Our full treatments include:

- Acupuncture, Acupressure
- Tuina (Chinese massage)
- Qi Gong
- Swedish massage, Reflexology



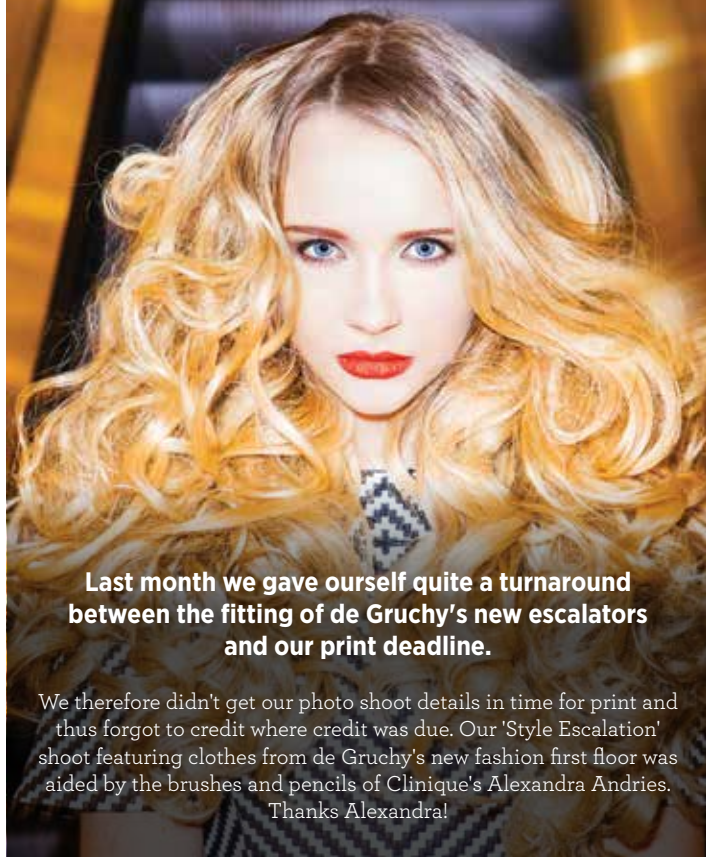
Health Point Clinic

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THANK YOU ALEXANDRA!



Last month we gave ourself quite a turnaround between the fitting of de Gruchy's new escalators and our print deadline.

We therefore didn't get our photo shoot details in time for print and thus forgot to credit where credit was due. Our 'Style Escalation' shoot featuring clothes from de Gruchy's new fashion first floor was aided by the brushes and pencils of Clinique's Alexandra Andries. Thanks Alexandra!

calling all teens...

Take the Clear Start™ challenge and you could WIN* a year's worth of Clear Start products and the best prize of all – clearer skin!

Visit us to purchase your Clear Start Breakout Clearing skin kit today and find out how to enter.

*Full terms and conditions are available at clearstartchallenge.dermologica.co.uk



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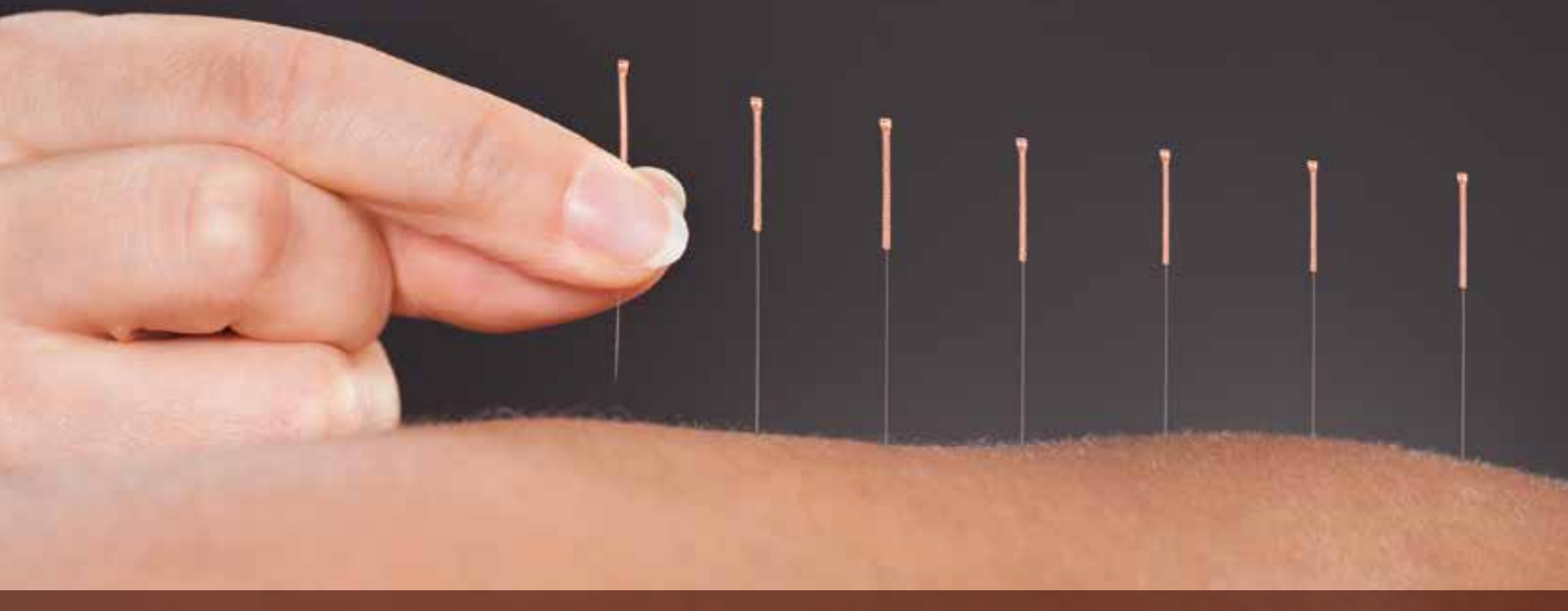


35 HAILEY PLACE
TEL 734458



Acupuncture

It's Not Just About Needles



At Health Point Clinic we don't just use typical traditional acupuncture, and we do more than just dry needling.

Our style of acupuncture is a unique integration of western orthopedics within the framework of Chinese meridian theory. This blend of the ancient and the modern results in precise, anatomically significant and effective treatments. This, coupled with modalities like cupping, bodywork, and nutritional counseling gives us a novel and powerful method with which to treat your injuries.

Trigger Point Dry Needling

A trigger point is a band of muscle that is stuck in a half-contracted state; fresh blood cannot get in, and waste products cannot get out of the muscle. Trigger point dry needling is the insertion of acupuncture needles into these taut muscle bands, resulting in a local twitch response and the subsequent release of that muscle. Releasing a trigger point removes these blockages and allows the muscle to function fully. It is incredibly effective in easing the lines of pull that are contributing to your injury in the first place.

Electro-Acupuncture

The non-painful application of electricity relaxes hypertonic muscles by altering the signals responsible for contraction and results in a number of beneficial local responses such as

increasing microcirculation and thus oxygenation. Flooding a tissue with ions also helps to promote healthy cellular function and increases ATP and protein synthesis. All of these tissue changes are crucial to healing; electro-acupuncture has been demonstrated to reduce inflammation and to speed the healing time of tendons and bones.

Cupping

Cupping is essentially a deep tissue massage in reverse. Instead of downward pressure, cupping pulls the skin and fascia up off the muscles to unwind taut bands and to create space for fresh blood to nourish the tissue. Cupping breaks up myofascial adhesions, increases blood flow and promotes lymph circulation in the body.

Auriculotherapy

Auriculotherapy is a powerful tool to help manage pain, heal injuries, ease cravings, and enhance performance. Auriculotherapy can be provided using either ear needles or seeds. Ear needles are much smaller than needles used on the body. Ear seeds or tacs are not needles at all; they are simply a form of acupressure. Auriculotherapy often increases the potency of our regular acupuncture treatments.

Gua Sha

Gua Sha is an ancient pain-relieving technique of scraping the skin to create petechiae. It triggers a complex physiological process that results in a sustained increase in microcirculation and the creation of an anti-inflammatory substrate. It also provides a uni-directional stretch to fascia, which helps to break up adhesions. It is the precursor to the modern Graston technique.

Nutritional Counseling

In order to perform at your peak, it is imperative that you are eating the foods that are balancing for your body and that your digestion is functioning well enough to transform that food into energy your body can use. In general, we advocate a simple, fresh, whole food diet that is seasonal and in line with your constitutional excesses and deficiencies. Any dietary recommendations will be specific to you, your current state of health, the season, and your personal goals.

Lorna Jackson BSC (Hons), MBAC, AFN
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 852039 / 859348



FASHION

Brand News



Magnificent Marette by Jersey Pearl

Jersey Pearl's latest pieces have arrived, bringing with them an air of opulence and celebration. The Marette collection invites you to step back in time to an era where parties meant glamour and everyone dressed to impress. Picture Elizabeth Taylor chatting over cocktails with Holly Golightly - even the name of the collection has a certain sparkle, meaning Star of the Sea.

Dazzling white topaz shines around a single freshwater pearl, offset perfectly with black rhodium, rose gold vermeil or silver. Pendants, earrings and rings are all available in three designs. With 27 items to choose from, you can mix and match to suit your mood. Collection prices range from £55 to £260.

See www.jerseypearl.com for more information.

BMB

Defined by its clean lines, sharp tailoring and bold details, By Malene Birger's timeless collections feature handcrafted embellishments and high-quality fabrics. Look to this award-winning Danish brand for cozy sweaters, pleated skirts and silk blouses. Pictures are from their 2016 Spring Collection now in store at Manna.



Workout in style

Swarovski's Activity Tracking Jewellery Collection offers tech-loving, athletic fashionistas a range of versatile and on-trend wearable technology bracelets.

This water resistant set includes an elegant Activity Crystal and two bracelets, both specially designed to carry it. Featuring a fully faceted crystal in a Swarovski-exclusive cut, the Activity Crystal measures your activities and sleep, and syncs with your smartphone. Wear it with the sleek black sport band or, for a more fashionable vibe, with the Slake Deluxe Bracelet in black Alcantara fabric with a mix of sparkling crystals.



Ted Baker

It's the label of choice for young professionals who like to set the style bar high whilst they're working hard and playing harder. Quirky and unique Ted Baker clothing brings personality to your attire. Their new spring/summer range has just landed and there are lots of stunning tailored pieces made from high impact patterned fabric - we're totally in love with it all! Go check it out at Ashworth & Bird, 37 Queen Street.

Trend News

AHOY THERE!

Rivoli Jewellers is celebrating the maritime themed 2016 Channel Islands Heritage Festival this month with a range of sporting and nautical watches. From the stylish award winning Gucci Dive watch to the Citizen Endeavor, a watch that brings the nostalgia of racing on open waters to the collection, there is a timepiece to suit all sailors.

As part of the maritime month, Rivoli will once again be sponsoring the Royal Channel Islands Yacht Club marquee at the Jersey Boat Show on the first May Bank Holiday weekend.

The Heritage festival runs in Jersey and Guernsey from 25 March to 10 May 2016.

Pictured:

CITIZEN Endeavor watch, £234.95



Well and truly wedged

The mono wedge* looks fab when it's brought down a peg or two and made in espadrille form. We predict that this shoe, the more simple and elegant cousin of the trainer or brogue mono wedge, is going to be an easy to wear summer favourite. Comfy, cute and with that wonderful boost of height to prevent giving your man backache during summer kisses.

**is that what we're calling them?*

The pictured pair are available from Pebble.



In your clutches

Well hello there pretty thing. This prettily patterned clutch is the ideal accompaniment to your muted toned spring-wear. All the cool beiges and off whites that are covering the shop shelves at the moment would benefit from this little pop of colour.

Available from Pebble £45



Little Dax

Made In Chelsea's Rosie Fortescue has collaborated with French Sole to produce these awesome animal inspired slip ons. £50 from each pair of her 'little dax' shoes will go to Battersea Dogs Home. Philanthropy has never looked so good!



Cardi Cool

With this tricky transitional weather why not throw a big cosy cardi over your pretty summer dresses for a laid back snug-as-bug look?

Pictured cardigan available from Pebble.

女体盛り

Nyotaimori ('body sushi')

PHOTOGRAPHY DANNY EVANS
SHOOT ASSISTANT RUBY LE MASURIER
MODEL GEORGIE CLIFFORD
SUSHI BENTO



OLIVE BLOUSE, SACK'S, £170, FROM MANNA
OLIVE PANTS, SACK'S, £145, FROM MANNA

BLACK BLOUSE, DES PETITS HAÛTS, £95, FROM MANNA
GEOMETRIC BLAZER, BAUM IND PFERDGARTEN, £205, FROM MANNA
GEOMETRIC TAILORED TROUSERS, BAUM IND PFERDGARTEN, £160, FROM MANNA
GOLD PLATFORM SHOES, MARCCAIN, £105, FROM MARCCAIN





BLUE AND WHITE BLOUSE, EQUIPMENT FEMME, £279, FROM RENAISSANCE
BLUE AND WHITE PANTS, EQUIPMENT FEMME, £259, FROM RENAISSANCE



DARK FLORAL TOP, TARA JARMON, £139, FROM RENAISSANCE
DARK FLORAL TROUSERS, TARA JARMON, £189, FROM RENAISSANCE



KHAKI SUEDE BLOUSE, MARCCAIN, £135, FROM MARCCAIN
KHAKI SUEDE PANTS, MARCCAIN, £125, FROM MARCCAIN

DIAMOND PRINTED BLAZER, HARRIS WILSON, £165, FROM MANNA
DIAMOND PRINTED TAILORED TROUSERS, HARRIS WILSON, £105, FROM MANNA
HAT, ANNETTE GORTZ, £125, FROM ANNETTE GOERTZ





PETAL PRINTED TOP, ALPHA, £99, FROM RENAISSANCE
PETAL PRINTED PANTS, ALPHA, £115, FROM RENAISSANCE
GOLD PLATFORM SHOES, MARCCAIN, £105, FROM MARCCAIN

StyleStalker

WORDS
Lauren Burnett



Fliquet Renouf, 23

Fliquet looked casual cool as she spent her Saturday morning mooching around town with her adorable daughter. Fliquet told me that she brought her leggings from Ebay and it was a print of Napoleon's most famous battle The Battle of Austerlitz (2 December 1805/11). Fliquet's t-shirt was made by a feminist group which stated "My body, my sexuality, my gender, where I am from.... none of your business!" which she purchased at an anarchist book fair in Lewisham, London. I asked Fliquet where she drew her inspiration from and she said nature and her friend Harriet.



Stephanie Bexiga, 15

I spotted Stephanie walking down King Street and recognised the Luella Rockerfella beanie and Stephanie, as her and her friends had visited my rail in Elmina salon before. She was wearing a black body-con dress with tights and ankle boots teamed with an oversized vintage denim 80s jacket, topped off with one of our almost sold out beanie hats! Stephanie said that her style was relaxed and chilled and she draws most her inspiration from Instagram. She likes to follow "American Apparel" and loves Kylie Jenner's style! A firm favourite with the youth!



Robyn Kent, 17

When I saw Robyn I wasn't meant to be style spotting that day but I couldn't miss the opportunity to ask about her outfit. I love people brave enough to experiment with their style or to use fashion as art and a form of expression. Robyn told me that her style Icon is Harley Quinn from Batman in the comic book series and she is totally inspired by SLC punk. Robyn also draws inspiration from Instagram accounts especially @ginaharrison. I thought Robyn was a wonderful eclectic mix of disco, grunge with a 90s vibes. Unique and beautiful!



Skye Nicholson, 28

I was in the car park about to go to work when I noticed Skye getting out of the car next to me. As I know my stock well I saw she was wearing a beautifully woven black and gold bohemian style cardigan piece from one of our brands FRNCH. Skye teamed the FRNCH cardigan perfectly with high waisted blue skinny jeans, a white shirt, gold converse trainers, black shoulder bag and messy top bun. She described her style as that of a busy mum, all about comfort and style. Her style icon is Emily Blunt and she loves looking through the style pages of Gallery, especially my style stalker article! Thanks Skye!



Jacqueline Beaumont,
(Age - You should never ask a lady)

I noticed Jacqueline and her sister walking through the centre of town as they both looked like they took pride in their appearance. They looked classy and elegant and had definite style. Jacqueline described her style as classic and loved fashion. She loved the 50's and 60's for fashion and in particular she loved the movie icon Katharine Hepburn's style. Jacqueline told me she liked to recycle pieces and rarely threw garments out. I really loved Jacqueline's style from the patent calf length boots, faux fur hat and jacket, boutique bag, earrings, scarf, to her violet hair it all shows that style is within you, at any age.



Steven Gorman, 53

I saw Steven and instantly thought I had style stalk him. Steven reminded me of a much younger and cooler version of Karl Lagerfeld. Steven's style was impeccably chic, I could not believe that most of his outfit was his work uniform but it was the finishing touches that Steven had added to the look which catapulted his style status! His jacket and bag are both from Zara, his sunglasses are Jonny Depp which completely suited his chiseled style, topped off with leather gloves. Steven described his style as bohemian chic and that he drew his style inspiration from GQ men. He was totally owning his style!

APPETITE



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The best food & drink loyalty scheme in the Channel Islands

- 25% off your food bill on Inndulgence Wednesdays
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- Earn points every time you drink and eat with us and redeem them for FREE food & drink on future visits

Register for your card today at www.inndulgenceclub.com and receive 500 points, thats £5 FREE.

FEEDERS

INTERVIEWED BY Sara Felton

The eighth issue of our foodie annual, Appetite, hit the shelves last month, it saw us meet chefs and restaurateurs from all around the island. We wanted to go one step further and find out about the logistical job of supplying the goods to feed 100,000 hungry locals alongside tourists that visit our huge number of restaurants. As you can imagine, it's no mean feat. So please meet some of the men behind the menus, two guys that supply our island ingredients every day. 5kg tubs of Nutella anyone?



Dave Chalk

Cimandis is... the Channel Islands' leading Food and Soft Drinks Wholesaler

How long do you think you could keep feeding us, if the apocalypse occurred and we were stranded with no ships or planes being able to get here?

We have a whole warehouse packed full of products...whether you fancy an ice cold Coca-Cola to toast the last of your days, going on the final diet of your life munching on fresh fruit and veg, or indulging in fresh meat (of the animal kind - well until it all runs out!) we can cater to all of your last minute requirements.

How many people do you supply to, and what kind of people are they?

Over a 1000 customers, from beach shacks to Michelin starred restaurants, from the smallest to the largest retailers and everything in between! Boats, planes and the zoo you name it we will supply.

We know minimal food miles are important, but sometimes you have to source things from their place or origin, to ensure their authenticity, what's the furthest any of your products travel and what is it?

We would travel to the edge of the earth to please our loyal customers. From micro veg to South American meat cuts, some products are worth the extra mileage.

What's the item most prone to breakages when your team are out delivering?

We don't do breakages, we have an egg-cellent delivery force.

You work with supersized products every day, are there any in particular you take home?

Tomahawk steaks are a firm favourite.

What's the oddest request you've ever had from a customer?

That would be telling! What was odd 5 years ago is the norm now! Ray knobs is a current request- I'll let you work out what that is....

Where's your favourite place to eat in Jersey?

We are spoilt for choice on this beautiful island, after a week of wining and dining, there's nothing better than home.

You can eat only one thing for the rest of your life, what is it?

Too many decisions!!

I don't eat...

Shame, you're missing out!

Can we buy from you directly, if so how?

Although we predominantly supply business customers, if you have something in particular that you are after then feel free to ring our call centre who will be more than happy to help.

“ We don't do breakages, we have an egg-cellent delivery force.”

What about off island?

There is a homemade Chinese dumpling restaurant in London's Chinatown that I cannot resist, and being a true Northern soul the local chippy in Ormskirk is also a regular!

Do you cook, if so what's your signature dish?

I do a great Jacobs Ladder (thanks have to go to Shaun Rankin for that one!)

Jamie Racjan

Fungi Delecti is... Basically a one stop larder for chefs and home cooks. We started with a single Shii-take mushroom grown by my Dad in 1992 and now our business encompasses a diverse range of 1,600 product lines. There is very little being used in modern day cuisine that we don't have at our fingertips.

How long do you think you could keep feeding us, if the apocalypse occurred and we were stranded with no ships or planes being able to get here?

Ages..... we have a standing stock of over 300 pallets of food, but if it was apocalyptic then I would just tag team with Dunell's Premier wines and we'd be happy outliving the rest of you by years!

How many people do you supply to, and what kind of people/places are they?

Currently 130 trade (made up of restaurants, hotels, cafes and bars) and a few hundred private homes. We don't have any "reps" on the road or undertake much advertising. We are always too busy for all that. But you're likely to see our white vans driving around the island bearing our distinctive Fungi Delecti mushroom logo.

We know minimal food miles are important, but sometimes you have to source things from their place or origin, to ensure their authenticity, what's the furthest any of your products travel and what is it?

We once flew a 16KG freshwater Barramundi all the way from western Australia. The freight was so expensive that I think Qantas gave it a seat in business class. It then was held by UK customs and we had to get a fishmonger from billingsgate to come and fillet it before customs would release it. Because time was of the essence we then had to pay for a private flight to bring it to Jersey... The whole thing was ridiculous and we only sold a small amount of it. (Thank goodness too, as it remains the nicest fish I have eaten).

What's the item most prone to breakages when your team are out delivering?

Rosemary Grissini (Breadsticks).. they are not produced with the white van man in mind...

You work with supersized products every day, are there any in particular you take home?

Five kilos tubs of Nutella, obviously!

What's the oddest request you've ever had from a customer?

I once took an order for six Rattlesnakes. In the pre internet days they took quite some finding but we got them in the end. I remember being on the phone to an Indian supplier in north London haggling over the price and thinking to myself, that even by our standards, this was total lunacy!

wife and explained the menu to my kids. To me, I can't think of anywhere more special. It's called "findyourownfavouriteplace".

Do you cook, if so what's your signature dish?

Yes I cook. It kind of comes with the job. It's important to me to believe in and experience all the ingredients we supply. I don't really have a signature dish but If you were at mine and I cooked you a king prawn Massaman curry from scratch, you'd know that you were important enough to me, that I wasn't trying to impress you with flashy techniques or

“ We once flew a 16KG freshwater Barramundi all the way from western Australia. The freight was so expensive that I think Qantas gave it a seat in business class.”

Where's your favourite place to eat in Jersey?

If it were a restaurant I would never name it, I'm too close to too many chefs and anyway different moods require different foods, but I can quite honestly say that my favourite place to eat is my Mum's kitchen. She once cooked a Wagyu Beef Wellington that has me drooling now just thinking about it.

What about off island?

I'm almost embarrassed to say that I could list loads of 1*2* & even 3 Michelin starred restaurants that I have been fortunate enough to enjoy and have been absolutely amazed by what I have been served BUT it wouldn't tell the real story of who I am. There is a small bistro overlooking Carcassonne in south west France primarily serving traditional peasant foods. On separate occasions I have laughed there with friends, enjoyed wine there with my

ingredients but just cooking from the heart, for fun and enjoying your company.

You can eat only one thing for the rest of your life, what is it?

Cote de Boeuf (rare) with grilled asparagus, and a house salad.. but this could change daily.

I don't eat...

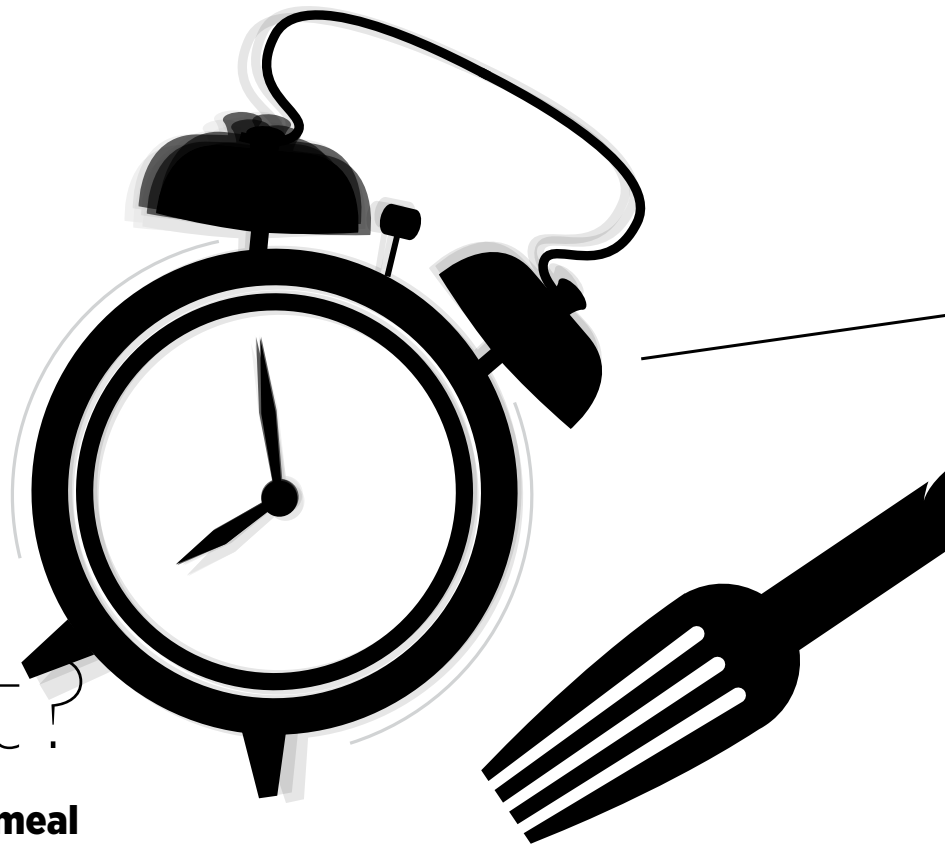
Nothing comes to mind. I would try anything once.

Can we buy from you directly, if so how?

Yes, the only requirement is that you are turned on by food. Some of our best customers are just households of two that love to cook. We sell everything from cauliflowers to Caviar - you just have to get in touch. Sending an email to enquiries@fungidelecti.com is a good place to start.



To eat or not to eat breakfast?



Well it is the most important meal of the day is it not? So why do half of us Brits skip it? More than any other European nation. And besides from being delicious, new research claims eating breakfast helps you lose weight... bonus. But at the end of the day (or start I should say) believing everything you read in the papers is a dangerous game.

WORDS Freya Richardson

by the University of Bath is claiming that “Breakfast helps obese people be more active” a refreshing change. If weight loss is the goal- scientists say neither eating it nor skipping is going to be revolutionary. However, based on other markers of a healthy lifestyle eating breakfast does seem to have a positive effect, both in adults and children.

But it is easier said than done. We all have those mornings where the trade off between breakfast and snoozing your alarm once or twice for an extra five minutes snuggled under the duvet just doesn't compare; or skipping a meal or two before a night out as a quick fix to help the slightly tight zip on your dress do up. Skipping meals does more harm than we may realise to not just our

“Eating breakfast helps you lose weight” or “Skipping breakfast makes you fat” - glossy magazine headlines like this are all too familiar but new research

bodies but also our minds- even more so if it's the first meal of the day you cull. (and a cup of coffee doesn't count)

On top of the hunger pains, the being *hangry*, the fuzzy headache and a distinct lack energy, the hidden affects on our body are scary.

Blood sugar levels become unstable, Glucose is a simple sugar used as energy by our bodies and without it our bodies struggle to perform regular functions. Eating breakfast gives us the initial boosts we need to kick start the day. Skipping this leads to an increased level of the hormone that causes you to be hungry (unsurprisingly) which tends to mean overeating at the next meal.

Metabolism slows. When you skip a meal your digestive system isn't able to digest anything and so enters starvation mode in an effort to conserve energy. When this happens your metabolism slows way down so when you do eat the food will not be burnt off as efficiently as normal.

“We all have those mornings where the trade off between breakfast and snoozing your alarm once or twice for an extra five minutes snuggled under the duvet just doesn’t compare”

“It takes the average Brit 7m 51s to eat their week day breakfast”

Brain function decreases. Without a proper supply of nutrients, your emotional and intellectual functions are clouded. You become moodier, irritable and it is harder to concentrate... so basically you stop being a nice person and produce a lower standard of work. Not ideal.

These factors combined backup the University of Bath’s claims. Although skipping breakfast is not the be all and end all, we have gone without eating overnight and so adding a few more hours won’t harm, rather eating earlier in the day helps your mood, energy levels and body function to improve, meaning you are likely to be more active and snack less later in the day - overall a healthier happier you.

This advice is tragically not based on a full English fry up every morning. Although this may be the best hangover cure, the contents of your weekday meals are just important as the eating itself. Breakfast is probably the easiest meal you can make nutritionally dense yet still keeping it delicious - you can even add a sprinkling of diamonds and you’ll shine all day!

It takes the average Brit 7m 51s to eat their week day breakfast. A quick slice of toast as you run out the door may be the norm but taking the time to enjoy your meal will pay off. However hectic your lifestyle there is no excuse “fail to prepare; prepare to fail”- meal prep is the way forward. Whilst preparing the children’s packed lunch, make yourself a nutrient dense, easy to eat breakfast, and as a bonus it will save you money. And just for reference- it doesn’t have to be a green juice straight off a yoga-junkies Instagram feed for you to gain the benefit!

Ideally breakfast should be high in fibre, carbohydrate, protein and fat to give you slow releasing energy, keeping you invigorated and more active as the study showed. The most important thing to avoid is processed sugar. Conquering your sleepiness with this easy fix may give you and instant high but it will only end in an even bigger low. Hidden in white bread, processed cereals, jam and flavoured yoghurt, easy alternatives to try are: whole grain bread topping with banana, avocado or nut butter; unprocessed cereals such as oats- either cooked or soaked overnight

with your favourite toppings; or pre-boiled eggs with spinach and smoked salmon.

So remember, it’s not the act of eating breakfast that causes weight loss, just as skipping it doesn’t cause weight gain. It is a “prevention rather than cure” type situation- it is the results of higher energy levels making you more active and snacking less throughout the day that lead to a healthier lifestyle. If you haven’t already guessed I only like sleep because it is a time machine to breakfast!

Om nom nom...



#Eatingdirty

unhealthy recipes for unfussy people

WORDS Gordon Gallstone
ILLUSTRATION Marthinus Slabber

Street meat:

five minute quick and nasty burrito

The burrito is now a mainstay of any British city with pretensions towards foodiness. In many ways it's the perfect fast food, in that it offers a sucker-punch of intense flavour from an assembly line of optional ingredients, most of which are quite cheap. It tastes great with beer and encourages eating with one hand.

That said, the culinary origins of the British burrito are very much shaped by the health-conscious, slightly prissy, palates of affluent Californians. Our chains are all about nice cuts of beef and responsibly sourced avocado, but this ignores another style of burrito that is equally tasty. It isn't served in a brightly lit restaurant with stylised pictures of wrestlers, but out of a cart at

3AM, by a man called Geraldo with tattoos on his neck. English-speakers are afraid to ask what's in it, but agree that it tastes phenomenal. Make no mistake - this recipe is bad for you. That's why it is designed to utilise ingredients that you can keep in your fridge or freezer and cook in five minutes when you are too drunk to care.

“Make no mistake - this recipe is bad for you. That's why it is designed to utilise ingredients that you can keep in your fridge or freezer and cook in five minutes when you are too drunk to care.”

Sweet meat:

idiot proof pulled pork burger deluxe

Sandwich places love pulled pork, because it's easy to make in bulk, keeps in the fridge for a couple of days and commands a high price despite being made from a cheap cut of pig. It also has a weird reputation as being something impressive for the home cook, when in reality if you mess up pulled pork you are useless and should be taken out the back and shot.

STREET MEAT CONTINUED...

Ingredients:

Plain tortilla wraps (ideally white)

1/2 a can of posh baked beans per burrito (Heinz Banz tuscan or chilli), or use regular baked beans with some herbs and garlic added

50-75g of black pudding per burrito, depending on how meaty you want it. Black pudding freezes well so buy a huge chunk of it.

Mature cheddar

Some kind of hot sauce, it need not be authentic but Cholula, Frank's, or Tabasco work better than asian chilli sauces

Any extras you want to put in a burrito - such as flavoured rice, basic salad, or guac. Use your imagination here but don't try kale or any other fad diet punishment food

To prepare:

Drink a couple of cold beers and put on a Cypress Hill album. Heat up a large tablespoon of oil per burrito, and whilst that happens grate more cheese than you need because you'll eat anything left over.

Remove any skin from the black pudding. Break it into chunks and fry it in oil until it starts to disintegrate, it should darken in colour, but shouldn't go crispy.

Add the baked beans to the pan. Add any other herbs, spices, bits of cooked meat, or whatever.

Let the mixture bubble away for a few minutes, until it thickens to an even gloop. It should be a lovely meaty brown. Carefully taste some (it gets hot) and season if for some reason it isn't salty enough.

Put the gloop in the tortilla, cover with cheese and douse with hot sauce. Roll it up.

Try not to burn your face when eating it. Cypress Hill aren't Mexicans, BTW.

This recipe has a long list of ingredients, but you can buy them all in the market and it only has a couple of preparation steps. It's totally inauthentic but I use a slow cooker, because as well as being easy there's nothing I like more than waking up to a house that smells like carcass. Prepare the pork in advance (start on Thursday night) so that you can have everything ready for Saturday afternoon burgers that will make you the greasy king of barbecue country.

Ingredients:

Around 2kg of pork. Instead of shoulder, you can just grab a boneless leg roast from the supermarket - they are often cheaper. If you have less meat, use less rub.

Large flat beef burgers, or make your own

Big, soft buns (Portuguese rolls or baguettes are too hard to grip)

Sliced cheese

Pickled gherkins, ideally spicy ones

Two bottles of spicy BBQ sauce. The M&S hot one is pretty decent

American style slaw to serve. I'm not going to insult you by giving a recipe for this

Ingredients for the rub:

2 tsp celery salt

1 tsp sea salt (smoked, if you can find any)

2 tsp mustard powder

2 tsp chilli flakes

1 tbsp dried smoked chilli peppers (chopped up) or 2 teaspoon chipotle paste

4 tsp smoked paprika

2 tsp garlic granules

1 tsp ground cumin

1 tsp celery seed

1 tsp fennel seeds

2 tsp ground black pepper

2 large tbsp hoi sin sauce

5 tbsp brown sugar

4 tbsp red wine vinegar

To prepare:

Mix up the rub in a bowl

Consider taking off some of the pork skin and fat, but not all of it. Keep the meat whole but cut some grooves into it with a sharp knife.

Put the pork in an extra large freezer bag, then massage in the rub. Squeeze so there isn't any air in the bag and it marinates well.

Refrigerate overnight.

The following evening, dump the pork and leftover rub juices into a slow cooker, skin side up. Make sure there is plenty of room cause this baby will sweat. Put the lid on, turn on low and cook for at least eight hours. You can probably oven cook it if you want, just look on Google.

When it's done cooking, carefully remove the pork to a large ceramic dish so that you can shred it. It will be really hot, so use gloves.

Pour around 500ml of the leftover cooking liquid into a saucepan, raise to a simmer and reduce. This might take a while. Taste it. It should be spicy and vinegary. Keep the rest of the liquid in reserve somewhere.

Pull the pork by separating large chunks of meat from the fat and shredding them with a couple of forks, or with your hands. Discard the bigger flabby chunks of fat and skin, but don't worry if some gets in there. It tastes good. You can also roast the skin in a hot oven to make cripplingly unhealthy crackling.

When the leftover liquid has thickened, add a whole bottle of barbecue sauce and raise to a simmer. It should taste strong and spicy, and have the consistency of thick gravy.

Return pork and sauce to the slow cooker, stir up and put back on a low heat. Season if you think it needs it. It should be sweet, vinegary and hot. Add more of the reserved liquid if you want it juicier, let it reheat longer if you want it thicker.

Cook the burgers and lightly toast the buns. Prep each bun with mayo and mustard on the bottom, then a burger with a slice of cheese. Add a generous helping of pulled pork and a couple of slices of pickle. Hot sauce if you want it. Streaky bacon too if you are really tough.

You're the BBQ boss now. Oh yeah.

Write a will, because if you keep eating these you'll be dead before you're fifty.

• THE • Genuine Articles



Sébastien Perrais (CoCoRico)

My name is Sébastien, I was born in Brittany, France and moved to Jersey many years ago. I opened a French café, CoCoRico, 33 Broad Street, St. Helier to share with you some of the French cuisine I grew up with. It is with much pride that my macarons are approved by the Genuine Jersey Products Association, we make them by hand every day.

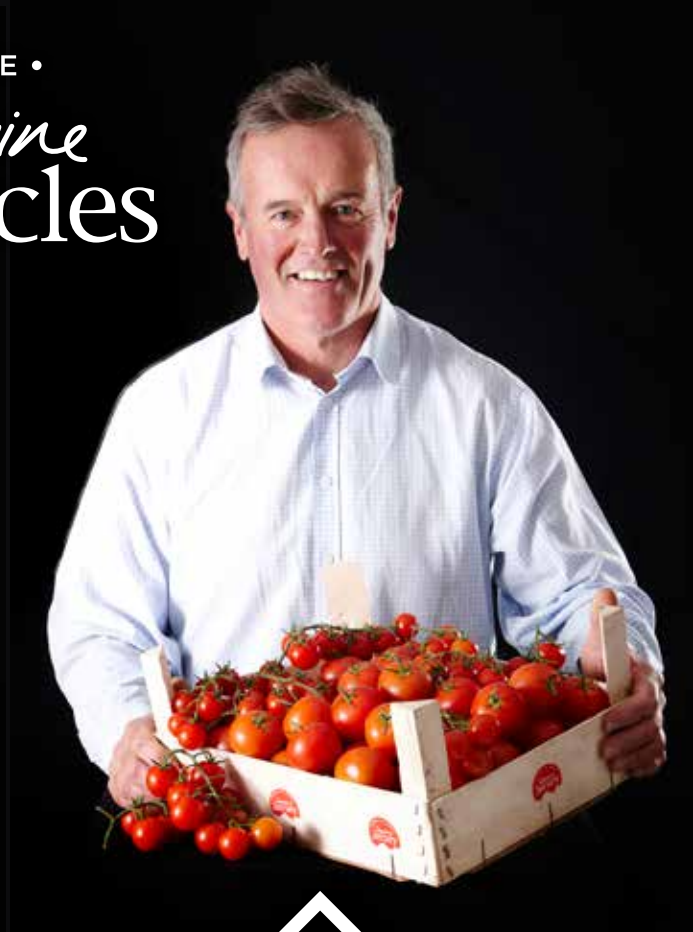
Macarons are different to the English Macaroon. The French macaron consists of a ganache filling sandwiched between two little macaron cookies. They are the most perfect little piece of naughtiness! Macarons come in every imaginable colour and flavour, perfect for matching to your event, perhaps your wedding or simply to keep for your own little treat! Bon appetit!

Our Jersey flavours include: Jersey Black butter, Jersey honey, Jersey Lavender, Jersey cream and our homemade caramel too.

We also flavour them with Pistache (Pistachio), Vanille (Vanilla), Citron (Lemon), Chocolat (Chocolate), Caramel Fleur de Sel (Caramel), Noix de Coco (Coconut), Café (Coffee), Cassis (Blackcurrant), Framboise (Raspberry)...et plus encore!

If you would like to learn how to make macarons then I welcome you to come and take a class with me, I will teach in groups of six to 10 people, great for you and your work colleagues or perhaps just a different event for you and a group of friends.

Please contact me for more information www.cocoricoversey.com or call us at CoCoRico +44 1534 866607



Peter Le Cuirot

I've been growing indoor tomatoes since 1973, which is quite an achievement in an industry which has suffered more than its share of hard knocks. It is because of the lead Jersey took in introducing natural growing processes and controls in the heyday of the indoor tomato industry in the 1980s - and thereby eradicating the use of pesticides - that makes my tomatoes so sought after.

The tomato varieties I grow are Carousel a classic loose round, Conchita a round cherry on the vine and Sunstream a baby plum on the vine. All have outstanding taste, quality and shelf life.

Highlights of my career include the times in 2010 and 2013 when, jointly with UK grower Eric Wall, we were named Outstanding Quality Supplier in the Sainsbury Supplier Awards, beating producers from around the world. Another time was in 2012 when I sent a tray of tomatoes to Prince Charles where they were served up at St James' Palace. I received a personal letter from Prince Charles thanking me for the gift and reminding him of an incredibly happy visit he and his wife had enjoyed to the Channel Islands earlier that year.

We understand the importance of local provenance and the tomatoes' journey from his glasshouses can be tracked as part of the nursery's traceability policy. This is just one of the nursery's extensive manual of policies and procedures that are in place to ensure food safety and also to ensure that the crop continues to receive Red Tractor Assured Produce certification each year. Freshness is also very important and the fruit is harvested early in the morning and delivered within a few hours.

The tomatoes produced each year by us are sold locally to wholesalers, hotels and selected food outlets, they are also available directly from our nursery in Grouville.



APPETITE NEWS

THE M&S FOOD TO ORDER SERVICE

Perfect for business or private events such as lunch meetings, training days, private parties and everyday lunches. With M&S Food To Order you can choose from a wide selection of freshly prepared sandwich platters, vibrant salads, mini deserts, fruit juices and much, much more.



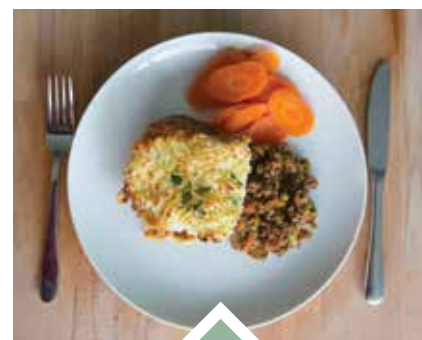
With over 150 products, Food To Order is designed to cater for every taste and occasion. Their range includes vegetarian, gluten free, low fat options as well as indulgent treats and wine. There are no set menus so you can choose any platters you consider appropriate for your event, from sushi or sandwiches to sweet treats.

From personalised birthday cakes to elegant iced options made for anniversaries or weddings, they have the perfect treats, with their stylish solutions at very competitive prices. You can also create your own ideal cake with your favourite flavours and colours including delicious fruit cake or classic sponge fillings and add as many tiers as you like!

If you wish to place regular orders you can simply open an account with them. It's easy and will save you time. For all business account enquiries call 07700 717504. M&S Food To order the perfect solution for your business or private event.

For that special occasion try their wine ordering service. All their award winning wines have been expertly selected. When you choose from their smooth reds or crisp whites you're sure to find something you love among the new world tipplers, traditional Bordeaux and new territories. Order by the case and you will receive one of their amazing discounts.

Placing an order is easy. All products can be ordered, paid for and collected in any of their M&S food stores in Jersey. Alternatively you can order and pay on the phone. Just call 01534 508724 or email to CustomerServices@marks-and-spencer.je for details.



CARING COOKS

From September onwards Caring Cooks will kick off a practical programme using produce from their kitchen garden, to help children understand about different foods and teach them how to prepare tasty, easy meals.

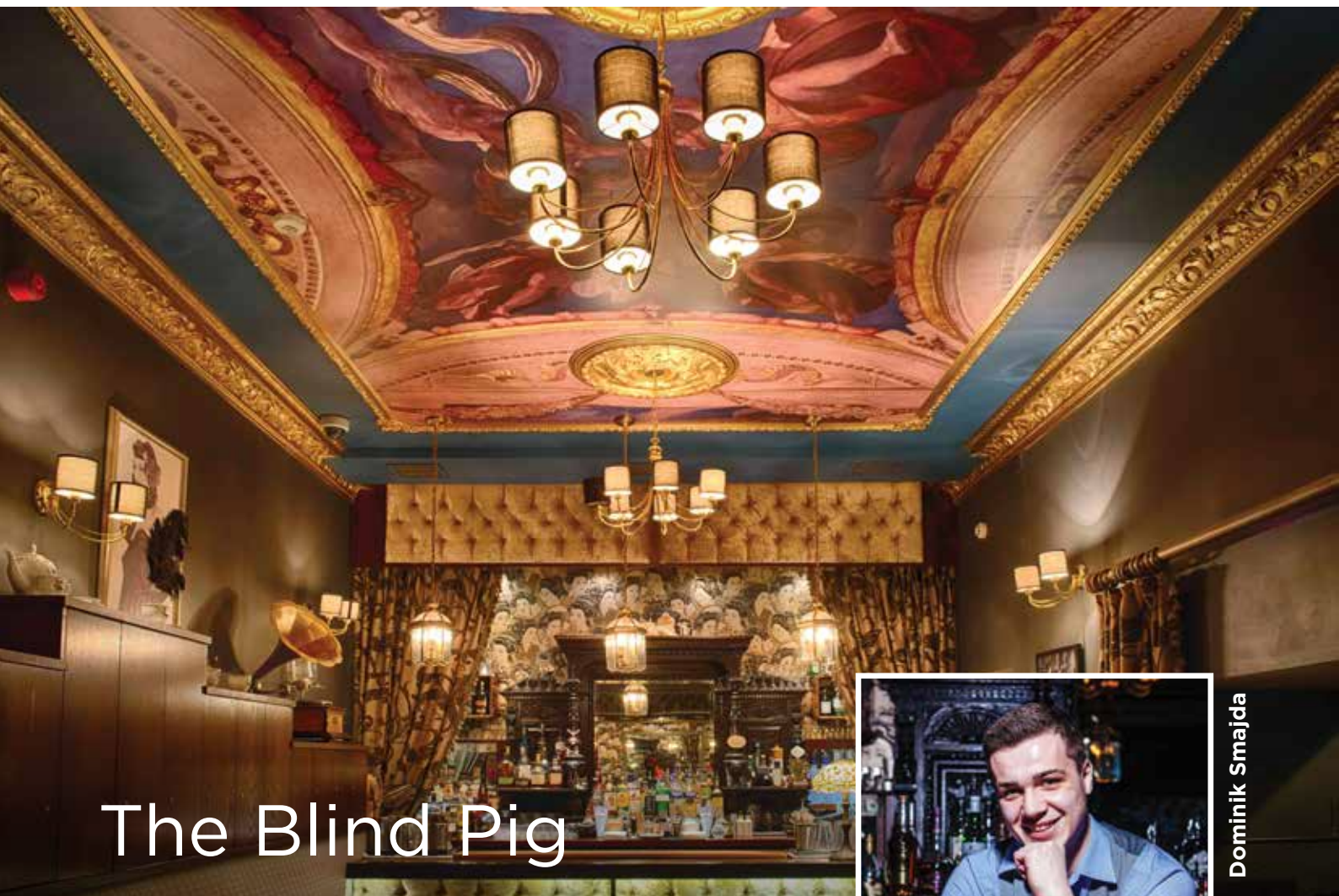
Cooking skills are in decline and children don't clearly understanding where food comes from, often people lack the basic skills and knowledge needed to make a meal from scratch, or simply don't have the confidence to try. This new programme is designed to address these issues and to provide children with the essential tools and skills they need to grow food from seed and prepare nutritious meals – equipping them with some of life's most valuable skills.

They aim to support parents and children, to make nutritious and tasty food part of daily life, but rely on the generosity of islanders to deliver that philosophy, so Caring Cooks have recently launched a new campaign called HOPE – Help Our People Eat (well).

HOPE encourages people to not only think about what they are eating but to also help Caring Cooks positively influence the future of the island's children and families, through the services they deliver and the work they do.

If you would like to get involved with HOPE you can donate on their website www.caringcooksofjersey.com or why not organise a foodie fundraiser for the charity yourself. Supper clubs, cake bakes, cheese and wine evenings, the list is endless, as would be the gratitude of the Caring Cooks.

Photograph by Gisela Olsson



The Blind Pig

The Blind Pig is a real piece of drinking history, carrying on the traditions of the prohibition era, the Pig is the island's first and only speakeasy, hidden from public view, she is a real treasure, once found. Sitting in a secret location in St Helier there are two ways to enter, one slightly more obvious than the other, but once you've found the Pig, you'll never want to forget it.



Dominik Smajda

The brainchild of Brian Smith, The Blind Pig opened their doors four years ago, although this year saw them celebrate their first birthday... Yes that's right, in typically confusing fashion the curator took full advantage of the extra day in every four years and opened on leap year back in 2012. With a seasonally changing cocktail menu you'll never fail to find something that will delight you and all of the team behind the bar are on hand to help you decide, if you can't.

Brian's crack team are headed up by new addition Dominik Smajda. He hails from Slovakia, where Brian found him working behind the bar at Zahir in Nitra. It took Brian just 30 seconds to see he's a man with talent and he offered him a job straight away, well after he'd made him the perfect Old Fashioned first.

"I started working in hospitality when I was 16 years old as a waiter. Whilst studying and learning about the hotel industry, I

"I was ready for a new journey, and had a ticket booked to head to London, but I was fortunate enough to meet Brian and be introduced to The Blind Pig and the beautiful island of Jersey that I had no idea existed!"

worked in lots of restaurants and hotels and spent a year perfecting my skills in Cyprus... but realised early on that my true passion lay within coffee and the world of cocktails!

The opportunity to fulfill my passion came shortly after I finished school and I began working at Zahir...a beautiful American cocktail bar by night and cafe by day! Here I learnt to fine tune my skills as both a cocktail bartender and Barista.

I was ready for a new journey, and had a ticket booked to head to London, but I was fortunate enough to meet Brian and be

introduced to The Blind Pig and the beautiful island of Jersey that I had no idea existed!

After a few short months, I am loving my beautiful new island, appreciating the freedom and creative license I have to grow with The Blind Pig...and now I am ready to see it in the lovely summer months!

Favourite drink...

(As I sit on the fence...) I don't have a favourite, I enjoy all cocktails prepared truly and honestly..."

This is Brian...



You can hire out the Blind Pig for parties up to 35. The perfect place to start your special celebrations. Or how about booking a team building session, where Brian and his team will take you through a cocktail masterclass, teaching you everything you need to know about your favourite drinks, or perhaps you're just looking for some inspiration to help you use up the remnants of an aging drinks cabinet...

E: madamefifi@cesoirjersey.com / T: 01534 610 433



Tom Allen (aka Bambi)

Bartending used to be a chore. A laborious task taken only for extra cash at the end of a week. That was until I met the likes of Brian, Denise and the rest of The Blind Pig team and was taken on as a trainee cocktail bartender... Any good bartender is happy to start at the bottom and trust me all of us started as a bar back washing glasses! From this opportunity, I found a passion for cocktail bartending and have been mad for it ever since. I've been a bartender at The Blind Pig for four years now and love every minute of it!

Favourite drink?

Depends on the occasion, I prefer a bitter style drink. At the moment my favourite is a Manhattan made with Hudson maple cask rye whiskey...I can drink that all day long...



Denise Barham

Without giving away my age, I have about 17 years clocked up within the industry, Like most I got into it to earn extra pennies. The game changed a few years after I arrived in Jersey and met Brian and initially worked for him at the Alfresco events, but I was over the moon when he approached me with an offer I couldn't refuse a few short weeks before The Blind Pig opened...I still remember the very first cocktail I made to practice (Apple and Eve for the die hard patrons of the early days); and of course, opening night 29 February 2012.

Favourite drink?

I love my rum and keep it simple for anytime and mix it up to a fabulous daiquiri when the sun goes down!



Flow Aranda

I got into bartending completely by chance after reading a list of jobs and seeing "bartender" which clicked in my head, I then went on to study at hospitality school in Toulouse and then moved to Jersey. I guess the thing I love most about bartending is the creative process behind a drink, mixing flavours, innovations and always pushing the boundaries.

Favourite drink?

The Hot Tub! I like the fact that it's served hot, with the flavoured smoke complementing all the flavours already present in the drink itself.

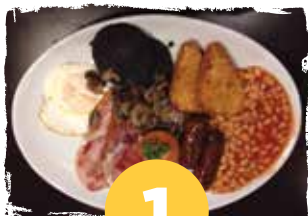
WAKE UP AND SMELL THE BACON

There aren't many people that can't, at some point, be lured by the smell of a cooked breakfast. Whether you're looking for a meal that's going to fill you up until way past lunchtime, or you're craving the fix only a fry up will give you post a heavy night out, the perfect full English is akin to locating the holy grail.

Local Facebook phenomenon, The Breakfast Bean, has become rather a guru on the subject. What started off as a personal quest, to discover the places that weren't on the list of everyone's automatic go-tos,

has seen the Breakfast Bean gather almost 4,000 followers on Facebook and a calling card, so that you know he's been to visit your establishment, we assume he's a man but as the BB is anonymous we don't know

this for sure. We asked BB to put together his top ten breakfasts from the staggering number of places he's already visited since he started his page. Not only does he review the food, but he also takes in to consideration the staff, venue and service too. He doesn't have a particular selection criteria for places to review, he's genuinely just trying everywhere on the island that serves breakfast. If you'd like to find out more then be sure to look him up on Facebook, as his quest continues.



1

The Pickled Pepper Café
The Fish Market
Fantastic ingredients, amazing sausages, amazing black pudding, amazing everything!



2

The Seascale
Gorey Harbour
The best value for money breakfast on the island!



3

La Frigate
The Waterfront
All tasted superb, all cooked to perfection, outstanding black pudding!



4

Colleen's Café
Greve De Lecq
A Jersey institution, has been one of the top breakfast places ever since The Breakfast Bean was eating baby food!



5

The Harbour View
St Aubins
Help yourself to as much as you like of everything, top class!



6

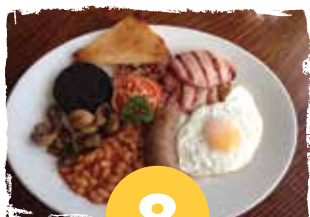
The Pembroke
Grouville
Choice of English and Scottish breakfasts - outstanding all round breakfasts, great value for money!

“What started off as a personal quest, to discover the places that weren't on the list of everyone's automatic go-tos, has seen the Breakfast Bean gather almost 4,000 followers on Facebook and a calling card, so that you know he's been to visit your establishment”



7

Old Station Café
The Avenue
Great tasting breakfast, quality ingredients, top stuff!



8

Prince of Wales
Greve De Lecq
A hidden gem, a cracking breakfast!



9

Jersey Opera House
St Helier
Top quality ingredients, great sausages, a top quality breakfast, truly delicious!



10

Daisy Cottage Campsite
St Ouen
All tasted great, outstanding fried bread!

Time for Tea



Lillie's Tea Lounge at the Radisson Blu Waterfront hotel takes its name from actress Lillie Langtry, the renowned 'Jersey Lilly', one of Jersey's best known historical characters.

Lillie's tea lounge has a great menu that offers a variety of light dining options throughout the day, including breakfast and lunch items. But it was the three tiered delights we were there to sample. We opted to try both the classic afternoon tea and the alternative afternoon tea, which offered us something a little different from the norm, in the form of two hot savoury elements, of which we could choose ourselves from a small menu.

From the classic menu we could choose two mini open sandwiches with a choice of toppings which included prawns and salmon, poached chicken and pancetta, ham, mayo and gherkin or simply cheddar cheese. These were a lovely savoury option and the bread and toppings were brilliantly balanced, setting the scene well for the sweet treats to follow. The Chef's choice of two mini desserts included a toffee profiterole filled with cream, which will be hard to match, light and airy with the perfect balance of toping and filling and gone faster than you could blink. Alongside this there was a slice of toffee cheesecake, which was far lighter than you expected and also delightful. Of

course you can't have afternoon tea without scones, at Lillie's you can choose between plain or fruit, served with plenty of clotted cream, jam and Jersey butter.

Next we move on to the alternative afternoon tea, where this time we could choose between a variety of fillings in our miniature bridge rolls, which included smoked salmon and cream cheese honey roast ham, mustard mayo and gherkins, egg mayonnaise and watercress, Tuna, crème fraiche and cucumber. Added to this were the hot options, where we opted for the Tandoori chicken drumstick, but could easily have enjoyed the honey and lemon chicken skewer or a courgette, pepper and halloumi skewer. Finally we had the choice of a duck or vegetable spring roll, served with sweet chili dipping sauce. We opted for one of each, so we could try them both of course. The alternative afternoon tea is further accompanied by a fabulous chocolate cappuccino mousse, topped with cream and served with a chocolate flake. A freshly baked fruit scone, served with Jersey strawberries, more of that jam and clotted cream and a slice of light and luxurious lemon cake, which finishes it off perfectly.

The hot options see you waiting a little longer, thanks to the individual components being made to order by the chef and his team. This just means you have plenty of time to choose which pot of tea you want to accompany your feast. I'm not sure I've ever been faced with such an impressive menu of teas, at Lillie's you can choose from a variety of different Ronnefeldt loose leaf teas, all served in individual pots and their very own timer, which you turn to ensure you're enjoying your tea at it's very best. Thankfully we had a very help lady on hand to help guide us through the menu, meaning we all got exactly what we wanted to drink and none of us were disappointed.

The service at Lillie's was excellent and both of the afternoon tea options were superb, nothing was left on any of our plates other than crumbs. The one piece of advice we would give you before booking your table at Lillie's, make sure you leave yourself plenty of time to sit back and really enjoy yourselves, this is not an experience to be rushed, oh and skip lunch as you'll want to leave plenty of room for the generous portions.

The tea Lounge is open Tuesday to Sunday from 9:00 - 6:00pm and you can contact them on 01534 671100 or email tealounge.jersey@radissonblu.com

I SCREAM, YOU SCREAM...

ILLUSTRATION Russ Atkinson

We reached out to the readers of Gallery Magazine and asked them, through the power of Facebook, where their favourite ice cream vans are positioned around the island. Rather than map them we have used their words to help you find the best of the best.



WEST Your options on the west side of the island come at two different points along the Five Mile Road and the breathtakingly scenic landmark Corbiere Lighthouse.

Andree Blease

The car park opposite Jersey Pearl. This lovely chap fills the cone with sweeties too! Super duper! ”

“

Helen Shaw Corbiere is the best ice-cream by far! All of our guests visiting the island love ice-cream from there too! Colin Adams Corbiere by far the best. ”

“ **Sandra Pereira**

Corbiere always, we used to drive there after school just to get ice-cream. ”

“ **Tess O’Sullivan**

Mark at Corbiere is brilliant. The black butter is by far the best with coconut coming a very close 2nd... ”

“ **Nicki Maguire**

Les Laveurs carpark on the Five Mile Road, opposite Jersey Pearl with the creamiest 99! ”

“ **Wendy Bertram**

The one just past Le Braye, in the car park opposite the bottom of Jubilee Hill. ”

“ **Kirstie Hyde**

Corbiere ‘cause it’s jersey ice cream although seagulls can ruin the moment. ”

NORTH COAST

A spot where you can enjoy the distant view of the French Coastline on a clear day. This stretch of rugged coastline is all about the Les Platons ice cream van.

“ **Chanel Brady**

Les Platons or the one at the middle of the 5 mile road! ”

“ **Andy Bisson**

Ian at Les platons ”

“ **Kim Taylor**

The car park on the north coast, where Bee’s Knees cafe is. ”

EAST COAST

It seems to be all about the lovely Stuart at Spiral ices, whose spot on the Gorey Coast road gained a huge amount of recommendations. His vintage van can often also be found at events and festivals around the island too. St Catherine’s Breakwater is also worth a drive-by for a 99!

“ **Adam Lescop**

Not a van but the biggest 99 ice creams are from St Catherine’s Breakwater Cafe. ”

“ **Jane McLoughlin**

Stuart at Gorey, he even gives you a cone for the dog! Jessie loves it. ”

“ **Jason Masterman**

Stuart at longbeach. The best ice cream out East. ”

“ **Margaret Ellis**

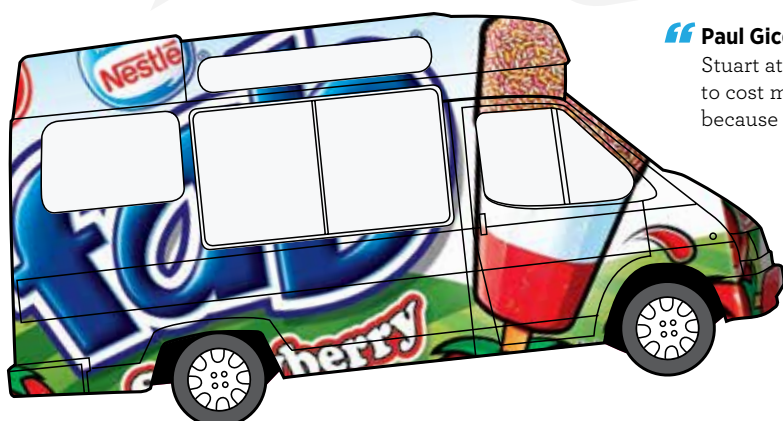
Gorey Common on the little car park - best on Island. Very nice man, very helpful. ”

“ **Paul Gicquel**

Stuart at Gorey is the man! Used to cost me a fortune in the summer because we lived opposite his van! ”

ST HELIER

We’ve also listed a couple of ice cream vendors in town if you find yourself in the area and are in need of an ice cold treat. Check out page 87 of the brand new Appetite eating guide for more details!



WE ASK LOCAL ARTISTS: WHAT'S IN YOUR LUNCHBOX?

In keeping with the appetite theme this month we decided to take an alternative view on the cultural world and investigate what keeps local artists sustained during the day. What you see before you is the contents of their lunchboxes for a little insight in to life behind the easel...

Ian Rolls

My breakfast is always more interesting than lunch! It's a bit of a ritual and the preparation is as important as the eating... all done slowly and mindfully in contrast to the mad rush of the world in general at that time. I always make my own version of Chai tea which I just call spicy tea, made by boiling up milk with tea, fresh ginger, cardamom and cinnamon, but without the heaps of sugar which usually go into Chai on the streets of India, which is where I got addicted to this brew. With this I have (nice bread) toast with a homemade fresh fruit jam (no sugar) made either in a blender or a hot version usually including banana & dates with cardamom seeds and lime juice, fried in butter. This sets me up for the morning, both mentally and physically, and gets my creative juices flowing.



Will Bertram

A bacon, egg, chilli and avocado sandwich. An apple and a coffee. More often than not I just drink coffee when I work, but for a long studio session something more filling is needed. So, a good sandwich is perfect to keep the creativity flowing. That and it's just really tasty.



Abbie O'Sullivan

When I'm working I really enjoy sushi. The mixture of fresh flavours and inspiring colours makes for a fun lunch when I'm on the go - takeaway sushi from Bento is just really easy.



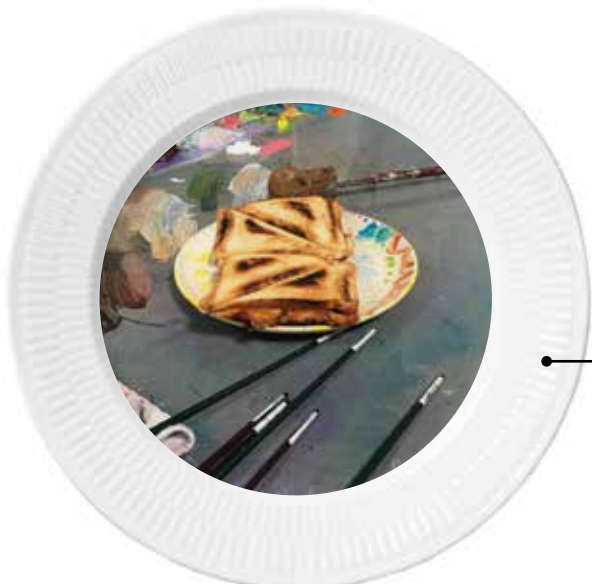
Ben Robertson

Today I'm eating homemade slow cooked chilli, rye bread, gluten free crackers and paleo trail mix. Lunch is usually leftovers from the night before, nothing specific or for any real reason. I use lunchtime to be mindful and just eat, no matter how busy I am. I will always leave my workspace or studio and head out to the park or sit on my sofa as a contrast. After eating I will read, sunbathe or walk (weather dependant of course).



Jason Butler

I'm in the final days of preparations for my exhibition 'Seekers' which runs from 4th - 28th May here at my studio, 10 Commercial Buildings, so I'm spending lots of time here working everyday. So I rely on my faithful toastie maker to get me through lunch. This one has Marmite, Heinz curry baked beans, mature cheddar cheese and butter sandwiched between thick sliced bread - it's a taste sensation!





Overnight oats

WORDS Freya Richardson

A revolutionary fun twists on the age-old classic: porridge. Cheap, easy to make and delicious, this breakfast will nourish your mind, body and soul.

It takes minutes to prepare and leaves you with one less thing to do in the morning. Using an old jam jar holds the perfect portion size, and

with no cooking needed you can crack the jar open straight from the fridge or easily transport in your bag for later.

Super Simple Base Recipe:

Porridge

80g Porridge Oats
100ml dairy or non dairy milk
Natural, soya or coconut yoghurt for extra thickness
Add optional protein powder, chia seeds or flax for an extra health kick
Add all the ingredients plus the additions of your choice or use inspiration from below to the jam jar, mix well and leave to soak overnight.

Flavourings:

Carrot Cake

1 carrot, grated
Pinch of salt
1tsp cinnamon
1tsp all spice
20g raisins
20g crushed walnuts

Berry Cheesecake

50g fresh or frozen berries
30g dried coconut flakes
50g Yoghurt of choice (reduce milk)
1tsp vanilla extract

Nutty banana bread

1tsb vanilla extract
1 ripe banana, mashed
20g crushed walnuts
2tbsp crunchy peanut or almond butter
1tsb cinnamon

Apple pie

60g apple purée or homemade stewed apple
2tsp cinnamon
10ml maple syrup
½ small fresh apple, diced





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ALMORAH

THAN MEETS THE EYE



WORDS Sara Felton

Number 9 Almorah Crescent is more than a little bit special, least of all because it's the last remaining townhouse in this historical development. This spacious and versatile property offers unrivalled accommodation for the growing family, within close proximity to the centre of town and is presented in walk in condition. Almorah Crescent is probably the most distinguished piece of Regency architecture in the Channel Islands and dates back to when Queen Victoria was on the throne. Houses in the Crescent were originally for sale in 1845, when they had very basic amenities, a far cry from the house you'll see today.

With every step you take on the six minute walk out of town to Almorah Crescent you get a little further away from the hustle and bustle of St Helier, despite its short distance from your front door. The gentle incline up to this imposing property sees you standing on high ground commanding wonderful views.

Upon entering the property you get a real sense of its history, it's a little like taking a step back in time, but with all of the securities of a modern house. All of the rooms are well proportioned and benefit from being light and spacious, with beautiful high ceilings. The ground floor is home to a good sized dining room, featuring one of the properties six original fireplaces, which leads on to the well equipped kitchen. This room makes the very best use of the original cupboards and Welsh dresser, whilst being complemented by all of the modern amenities you'd want, a large range style gas cooker, marble

worktops and a large double sink, to name but a few. Double doors in here open out on to the rear patio area, ideal for BBQ's in the summer. Off this room there is also access to a flagstoned scullery (honestly, it really is the original scullery) and plenty of storage areas too. There is also a further door which leads you down

With all of that on the ground floor, it's hard to imagine you'll need much more space, but onwards we go to the first floor. Here there is a cloakroom and room which would easily be used as a guest bedroom or snug. There is also a large lounge which leads on to a south west facing balcony which spans the full length of this room

“With every step you take on the six minute walk out of town to Almorah Crescent you get a little further away from the hustle and bustle of St Helier, despite its short distance from your front door.”

to the basement, which has been cleverly converted into a home gym, but could just as well be made into a cinema, man den, or yoga room, the choices really are endless.

and is accessed by large double doors. This suntrap balcony is the perfect place to sit back and sip Pimms whilst watching the sun disappear over the horizon. There is



also a second room off the lounge, which is currently used as a games room and hosts a large full sized snooker table and shelves filled with books, making this the perfect space for entertaining. Both of these rooms also have working fireplaces and lovely high ceilings, complete with their original ceiling roses and coving.

On to the next level and you find the large house bathroom and also there is a surprisingly, but sensibly placed laundry room, which is like no other. Massive in size it's large enough to accommodate a football team's laundry, complete with large airing cupboards too, this space will be invaluable to any family. You can also access this room from the back courtyard, making it the perfect place to store any wet weather, or perhaps wetsuits your family may have too.

Moving up to the master bedroom, which runs the full length of the front of the house and as such has views over St Helier's rooftops to the sea at both La Collette on the south coast or to the right with Fort Regent and St. Aubins Bay in the distance. With enough room for a lounge area too, you'd be forgiven for wondering where you'll be keeping your clothes, that is until you open the door which leads on to the incredible dressing room and luxurious en suite that has to be seen to be believed. This really is an exceptional

space, which has been decorated and finished beautifully, like every other room in the house.

Last, but by no means least you reach the final floor, which houses three of the five bedrooms. Each room is spacious and light and has the benefits of beautifully sanded original floorboards, work that was completed by the current owners. There is also access to a large loft here, which has been approved for conversion for further accommodation, if you should need it.

Whilst this house comprises 3,200 square feet of accommodation it doesn't feel overwhelming. Each room is well proportioned and has been beautifully renovated by the current owners, meaning there really is little for anyone considering purchasing the property to do, other than move in their furniture and perhaps making their own stamp on the interior. Number 9 Almorah Crescent is a total gem which really does need to be seen to be fully appreciated, once you step through the front door you will be spellbound by its grandeur, it is a house that is just waiting to be filled with people and memories.



Almorah Crescent

Lower Kings Cliff, St. Helier
POA

Savills Jersey
Graham Hoare
+44 (0)7797 765036

- Elegant Period House
- 3,200sqft
- 5 bedrooms, 3 reception rooms
- 2 bathrooms (1 en-suite)
- 1 cloakroom
- Rear private patio
- Large sunny south west facing balcony
- 6 original fireplaces
- Private parking for 4 cars
- Communal gardens

FINISHING TOUCHES

SELECTED BY Rachel Egerton

Multi Egg Holder

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£9.99



Gourmet Gadgetry Chocolate Fountain

Romerils
£34.99



Vintage Juicing Jug

De Gruchy
£13.49



Kitchen Aid Mixer

De Gruchy
£367.83



Pineapple Jar

BHS
£25



Elevate Steel Carousel

Voisins
£49.50

Sausage Dog Teapot

Cath Kidston
£28



Mynte Kitchen Scales

Pebble
£49





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Jersey Lending Market

How much further can mortgage product rates fall?

More reductions have been introduced by Jersey lenders in the past few weeks, so making 2016 the year in which mortgage rates fell to the lowest that we have ever seen.

As the year progresses, we should see a slightly more relaxed attitude being shown by lenders and this means that mortgages could soon become available to more borrowers than at present.

Discount, tracker and fixed rates are available at rates that start at 1.39% if you have a 40% deposit and 2.99% if you have just 10% to put down.



BASE RATE COUNTDOWN

Most professional commentators reckon that Bank of England base rate will continue to be held at 0.50% for some time to come, and that any increases will be introduced slowly.

If this is the case, then all borrowers have the great opportunity of being able to over pay (subject to mortgage conditions) on their monthly mortgage so making massive savings on the total end cost of their mortgage.

JERSEY PROPERTY MARKET

Estate agents tell us that they are very busy and this is confirmed by a big increase in the footfall coming through the doors of The Mortgage Shop each day.

House prices seem to be stable, with no signs that they are going up yet.

First time buyers are featuring strongly, with many of them having saved impressively high deposits over the past few years by putting away the whole of one salary and reducing luxuries to a minimum.

WE REALLY LIKE THESE MORTGAGE INTEREST RATES!

60%	Tracker	1.39%
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60%	5 year fixed	1.99%
70%	Tracker	1.69%
85%	Tracker	1.99%
85%	2 year fixed	1.84%
85%	5 year fixed	2.94%
90%	Tracker	2.09%
90%	5 year fixed	2.99%
100%	3 year fixed	5.24%

NO DEPOSIT? - DON'T WORRY!

We can raise up to 100% of the mortgage that you require if you don't have a deposit. This is made possible by using a Guarantor who has to be a property owner in Jersey or Guernsey and who is a close relative. The interest rate is higher, but at least it's getting you on the property ladder, with the rate being reviewable at the end of the first three or five years.

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

Then please send a request to be added to our monthly Mortgage Shop Bulletin emailing list to: kerrie@mortgageshop.je



JARGON BUSTER

Continuing from last month's publication here are some other types of protection cover available.

Critical Illness Cover

This is a comprehensive cover designed to provide a lump sum upon diagnosis of a critical illness. It provides peace of mind that if you are taken seriously ill, you will receive financial support. The cost for this cover continues to rise with age, so securing it as soon as possible is recommended.

Income Protection / Permanent Health Insurance

This is a form of long term sickness cover, designed to provide ongoing financial support if you are unable to work due to illness or injury. This type of cover is particularly important for those who are self employed.

All types of cover are available to suit any budget. Having some cover at an affordable premium is better than having none at all.

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



The Mortgage Shop

Tel: **789830**

www.mortgageshop.je

Your home may be repossessed if you do not keep up repayments on your mortgage.

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Henley Financial



Tel: **789830**

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The Mortgage Shop

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Your home is at risk if you do not keep up repayments on a mortgage or other loan secured on it. Henley Offshore Financial Services Ltd, trading as The Mortgage Shop & Henley Financial, is regulated in the conduct of investment business by the Jersey Financial Services Commission.

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Contact one of our mortgage advisers and be one step closer to your dream home.
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Why not pop in for a chat or call us on 789830.

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FEATURED SELECTION

Trinity £2,950,000



6 4 ✓

Traditional granite country residence
3 reception rooms
Superbly modernised
Heated swimming pool
6.5 Verges of grounds and wildlife lake

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St Martin O/E £1,750,000



5 2 ✓

Unique beach front home
Huge refurbishment potential
Separate 2 bedroom cottage
Views across to the French Coast
Good sized garden

01534 670333

Gaudin & co
Estate Agents & Property Managers

St Lawrence £1,150,000



4 3 ✓

Detached home
Attached studio apartment
Indoor heated pool
Safe enclosed garden
Wonderful, private convenient location

01534 722227

savills

St Lawrence £1,095,000



5 3 ✓

Fabulous contemporary family home
Quiet rural location
Secure low maintenance private gardens
Heated swimming pool and play area
Close to bus route & access to town/schools

01534 877977

WILSONS

St Peter £799,000



4 3 ✓

Large 1930s home
3 reception rooms
Nicely presented
Large gardens
Walk to the beach

01534 670333

Gaudin & co
Estate Agents & Property Managers

St Helier £595,000



3 2 ✓

Large open plan sitting room/diner
Balcony with town & sea views
Parking x1 plus visitor
Option to purchase single garage for £35k
Would benefit from modernisation

01534 722227

savills

Moving in the
right direction

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INTERIOR NEWS



Flower Box at Liberty Wharf

The Flower Box sits within the Lucas Brothers store down at Liberty Wharf. This in town branch is a smaller version of the well established family run business at their familiar farm shop at La Haule, but with the benefits of being nice and convenient for those based in town. You can either pop down to the store at Liberty Wharf in person, or use their website [flowerbox. je](http://flowerbox.je) to choose a beautiful floral display for any occasion, ready to be collected in store or sent out for delivery.

Have you perhaps left buying flowers until the last minute, then fear not the team at the Flower Box, Liberty Wharf will have plenty of seasonal hand tied bouquets ready for you to choose from, whatever the occasion. They can also help you with floral arrangements for your wedding or event, put together fresh fruit baskets, guide you to the perfect plant or help you put together a gift hamper featuring chocolates and champagne. Flower Box's innovative and creative floral arrangements will have you abandoning the idea of a proper vase, throwing flowers into an everyday household object and realising it doesn't look half-bad.



Office Inspiration: It's all about the desk.

We've found you the perfect desk. The Cupertino by BoConcept is the dream hybrid of classic and modern that suits a whole plethora of settings from company office to home office and small creative spaces to CEO's lairs. It comes in a variety of colours and bases and has integrated Bluetooth enabled speakers and storage space as well as easy cable management. You get no mess and the easiest way to work, plug or play. It really is a thing-of-beauty and we have a bit of a crush on it.

BoConcept is available from Beaumont Home Centre



Our top tip... get a ZIP!

The Zip HydroTap performs to the highest standards of environmental responsibility and sustainability, producing instant boiling, sparkling and chilled water for your home.

Low running costs, advanced energy efficiency, auto-sleep mode and cooling technology mean you'll enjoy every drop, knowing no water is wasted, costs are kept to a minimum and no plastic bottles are going to waste. This is the future for your kitchen.

Zip taps are available from Bauformat.



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Buying a Home – Your Questions Answered

WORDS Marion Thomson
Senior Mortgage Manager at NatWest

What is the most common question you get from potential home buyers?

“How much can I borrow” and “how much will the mortgage cost me every month”, are the two questions that I get asked the most.

What advice would you give to people considering getting on the property ladder?

Definitely come and talk to us. We are open for business and are ideally placed to talk you through the process of securing a mortgage, helping you every step of the way. Even if you aren't ready to make your step on the property ladder just yet, we can help you prepare your finances and give you more information on what to expect.

What is the best part of your role?

I am very fortunate in that I get to help people buy their dream home. I also work with a great team who understand the importance of putting our customer's needs first. Collectively as a team, we have over 150 years of experience in the mortgage market and work hard to provide our customers both new and returning with an exceptional mortgage experience from beginning to end.

What does the bank do to support customers with their mortgage?

We offer competitive mortgage products for both new and existing customers. We offer a face to face service, which allows us to talk the customer through the mortgage process, whilst explaining the various stages and what is expected of them. We aim to provide an agreement in principle within the first meeting with our customer so they can leave with an idea of how much they can borrow.

What is the difference between a fixed rate mortgage, buy to let and first time buyer?

A fixed rate simply means your mortgage repayment is guaranteed for that given period. Because of this your repayment will not change for the term of the product you have chosen. Once your fixed rate has expired, we can then review your options.

A buy to let mortgage is borrowing against a property that you are looking to receive rental income from. With a buy to let mortgage, customers also have a choice products, however, they differ to a residential mortgage.

A first time buyer mortgage is a product designed specifically to help customers in buying their first home. Both of our first time buyer mortgages are available with a 90% loan to value option and no product fee.

“We offer a face to face service, which allows us to talk the customer through the mortgage process, whilst explaining the various stages and what is expected of them.”

How can I get in touch?

Pop in to one of our branches or give us a call on 282828 and we can book an appointment with one of our mortgage team. We will sit down with you to fully understand your requirements and circumstances and come up with a solution that best suits you.



BUSINESS

TOO BIG TO FAIL?

WORDS Joshua Pattinson



In January Guardian columnist and self-identifying social democrat Owen Jones came to speak at the Jersey Arts Centre. It was a full house and there was a tangible anticipation that hung in the air. I looked around the room to demographically decipher the turnout, not surprisingly, the room was full of grey heads.

Owen Jones is a 31-year old Oxford graduate, born in Sheffield and brought up in Stockport. He's an intelligent individual that often feels the compulsion to crack jokes about his ludicrously young-looking face, as if to avoid debasing his often complex proclamations. It was a thrill, under the sodium lamps a rather hot and stuffy thrill, to listen to what he had to say.

The response from the audience was mixed, considered opinion was interjected with incoherent nonsense.

Montford Tadier, Deputy of St Brelade and co-founder of Reform Jersey, comments on the evening, "the message was that we are not alone. We are part of a wider progressive movement. Governments all over the world have been taken over by the interests of the few against the many. The message was one of hope, that things can be better, and that society can be run in a more just way".

Deputy Tadier is in part referring to the so-called 'black hole'. Not simply the £145m deficit a year for the next five years, as reported by ITV, but also the considerable and detrimental social ramifications. "It is more accurately called a projected future deficit, according to our Treasury Minister!" says Deputy Tadier.

Senator Philip Ozouf held the position of Minister for Treasury and Resources from 2008-2014, and is the architect of the zero-ten taxation policy. He said to the Guardian, "Let's be clear about what a black

hole is. A black hole is an amount of money, which needs to be found in order for the government to put in place its plan to make substantial investments in education and healthcare and improve our society".

Any layperson can understand that a budget deficit arises when the treasury income no longer matches state expenditure. Presumably either spending has dramatically increased, or taxation has dramatically decreased for the balance to be so out of kilter. The black hole deficit in terms of public spending equates to one in every five pounds spent.

Or as Jersey business magazine Connect puts it, "filling [the black hole] will take the equivalent of shutting down every school on the island, laying off every teacher, letting the parks turn into overgrown jungles and having our roads literally fall apart."

New EU regulation imposed on Jersey that it had to tax local and foreign businesses at the same rate. Of course a large tax hike to the finance industry would see the money move overseas. In 2008 it dissolved

tax for all businesses except financial companies that pay a rate of 10%. And so zero-ten was born.

Tax receipts fell from £218m to £83m between 2009-2010 and the black hole was opened. I'm no economist but it is curious to me when you subtract £83m from £218m you're left with a familiar sounding £135m.

Colin Powell, who left Ireland to come to Jersey in 1969 as an economic adviser and has been integral in forming Jersey's place in the global financial market says, "EU regulation has not damaged the finance industry. That regulation for the most part has been concerned with the implementation of international standards and Jersey has long taken the view that its future as an international finance centre is more secure if it complies with international standards of financial regulation".

He continues to say, "there has been concern that in implementing the international standards the EU would introduce barriers to market entry for businesses from outside the EU" and "that the standards were not being applied worldwide and that business would be lost to less well regulated jurisdictions.

Jersey is referred to as having three legs to its economic stability: tourism, agriculture and, of course, finance. "One does not have to be an economist to know that one dominates over the other two" says Deputy Tadier. In recent decades all have taken a battering. According to a report published in the Guardian visitors to the island in 1979 reached a dizzying 1.5 million, in 2014 there were just 338,000.

The number of beds in the hotels has halved since the 1990s. Economic contraction doesn't stop there; with cheap global imports agriculture has followed a similar pattern, now owing itself to what Powell refers to as a "niche market".

Looking at the glittering Esplanade with glass and steel developments popping out of the ground like Whack-A-Mole you'd be forgiven for thinking the finance industry is flourishing. Licenced banks on the island have fallen from 73 in 2000 to 33 in 2014. In 2007 bank deposits peaked at £341 billion and by 2014 had fallen by 40%. The finance industry in Jersey has shrunk by a third and

clients have dropped by a sixth, according to the Guardian.

Powell says, "while the very low interest rates that have prevailed have had a significant adverse effect on the banks' profit margins, and thereby on the contribution to tax revenues, the island's ability to continue to attract quality business has been evident in the sustained business level and sustained levels of employment".

Owen Jones told ITV, "let's be honest, Jersey and Guernsey face a looming fiscal crisis. There are already financial problems and if we have a situation where there's got to be cut backs to infrastructure and public services, I think you'll start seeing people leaving then, because the community will suffer and it will be a less pleasant place to live."

The knock-on effect of a multilaterally shrinking economy is that someone has to pick up the cheque to sustain island life.

that equates to £1,000 per household per year is set to come into place.

The Jersey Household Income Distribution report published in November last year found that over five years the 20% least well off residents had their income reduced by 17%, all whilst property prices and rent soared. It also found that over half of single parents, and a quarter of all households, operate on a 'low income'.

It's no surprise that 70% of the electorate doesn't turn out to vote. Deputy Tadier says, "those who tend to vote will be homeowners, middle income with children, the elderly (they have the sense of civic responsibility not present in many of the younger generation) and the wealthy – and this is to whom politicians tailor their policies. And so, it becomes a vicious circle – the majority sees that politicians are not interested in them, and so disengage, sometimes actively as a protest, more often because they become cynical."

Owen Jones told ITV, "let's be honest, Jersey and Guernsey face a looming fiscal crisis. There are already financial problems and if we have a situation where there's got to be cut backs to infrastructure and public services, I think you'll start seeing people leaving then, because the community will suffer and it will be a less pleasant place to live."

Goods Service Tax or GST, added an extra 5% to prices already equal or above the UK average.

Incidentally GST, introduced to fill the black hole, caused by zero-ten taxation, has failed to provide adequate resources to clot the hemorrhage. And now even more severe cuts are being introduced.

In early October Jersey ministers voted through a string of cutbacks to public services including freezing benefits for those on already low income, £90m cuts to the public sector, a new waste tax. And as if that wasn't enough a new 'healthcare' tax

Owen Jones' talk wasn't a pessimistic polemic but the theme was of hope. He spoke of collective action against the tiny elite to rebalance the economic scales. Of course there is a future for finance in Jersey, so much of the economy is invested in it. But according to Deputy Tadier diversification and investment in people must drive Jersey into a new era.

Movers&Shakers

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Expansion for Quemard Properties

Quemard Properties is pleased to announce that it has acquired Uniquely Sales and Rentals Limited, which trades as Uniquely Estates, and both brands will now operate from their offices in Seaton Place.

John Quemard the new owner and Managing Director of the combined business said "I am pleased to announce the takeover of the Uniquely Estates brand in this exciting new venture. The synergy between the two businesses will enable us to offer a much broader and improved experience for our clients. Both businesses enjoy excellent reputations in the industry as well as among our customers. I am sure that the combination of these two entities can only improve the services and qualities that our clients know and appreciate"

Shelagh Marett, former owner and Managing Director of Uniquely Sales and Rentals Limited said "Although the business has been acquired by Quemard Properties, I am delighted that John has asked me to continue in my management role within the new combined operation. I am convinced that combining the strengths of both businesses will enable them to grow from strength to strength, combining the expertise that each brings to the table. I look forward to a continuing relationship with our existing clients and to welcoming new customers that will take advantage of our expanded range of services."

Uniquely Sales and Rentals Limited is the holding company of Uniquely Estates and Quemard Properties. The company prides itself in the truly personal service it offers to all its clients for buying, selling, renting and property management.



Three directors appointed at Barclays in Jersey

Barclays has appointed Adele Bohlen, Emiko Caerlewy-Smith and David Thompson to senior management roles in its Jersey operation. The appointments cover a range of key business areas and demonstrate the bank's ongoing confidence to invest into Jersey to support its growth ambitions. It follows the announcement of over 60 new roles last October.

Adele Bohlen, Barclays new head of fiduciaries, is an experienced finance professional who has worked both on and offshore. In her new role she will lead Barclays' provision of banking and investment services to the trust and private client sector.

Emiko Caerlewy-Smith has a PhD in behavioural finance from Oxford University and a wealth of management consulting and private banking experience. Having joined Barclays as platform director for the Channel Islands, she leads a team of 70 people across both Jersey and Guernsey.

David Thompson has been appointed to the role of director of investment servicing and control. In this role he will work with both internal and external parties in the shape of local regulators and product providers, and Barclays' distribution and proposition teams.





Senior appointments at Ashburton Investments

Ashburton Investments has promoted Jonathan Schiessl to Chief Investment Officer within its international investment team.

Jonathan, a director at Ashburton Investments in Jersey, assumes his new role with immediate effect which will see him take on responsibility for the firm's global investment fund range and portfolio management services. Having joined Ashburton in 2000, Jonathan has 19 years' experience in the investment industry and was previously Head of Equities before taking on his new role.

Meanwhile, Derry Pickford and Marianna Georgakopoulou have been appointed as Joint Heads of Ashburton Investments' Asset Allocation team in London. Derry has been at the firm for a number of years leading its macro analysis while Marianna joined last year as Multi Asset Strategist from Pivot Capital Management (Monaco). As part of the re-structure, Marianna will take over day-to-day portfolio responsibility for the Asset Management Funds while Derry will manage the Global Multi Asset Funds.



Jersey Finance appoints London Business Development Director

Jersey Finance has appointed William McGilivray as Business Development Director for London.

In his new role, William will be the main representative for Jersey Finance in London with responsibility for identifying opportunities and building relationships between Jersey and the City, and for supporting member firms with their private wealth management, funds and capital markets growth strategies.

During a 20-year career in the financial services industry, William has worked closely with ultra-high net worth (UHNW) families and has also focused particularly on alternative investment funds.



Leading charitable Foundation appoint new Executive Director

Lloyds Bank Foundation for the Channel Islands, one of the leading charitable sources locally for giving grants in excess of £15 million to Channel Islands charities, has appointed a new executive director.

Jo Le Poidevin will be taking the place of John Hutchins, who is retiring after nine years at the helm. Jo will be based in Guernsey and will continue to lead communications, support the board of trustees, and administer effective corporate governance standards. Jo will also be the main point of contact for charities wishing to submit grant applications to the Foundation and will be responsible for ensuring each application is to the best standard possible.

The Foundation works to help eliminate disadvantage experienced by local islanders. They donate money to local charities that, among other purposes, provide family support, create positive opportunities for disabled people, help the homeless, prevent substance misuse, and challenge disadvantage and discrimination. Last year, they donated in excess of £600,000 to local charities.

Everyone has a story to tell, we want to hear yours.

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New CEO of Standard Bank Offshore Group appointed

Standard Bank Group, the largest African banking group by assets, has appointed Will Thorp as Chief Executive Officer of its Offshore Group, subject to regulatory approval. He will lead the bank's offshore businesses in Jersey, Isle of Man and Mauritius, as well as distribution and support teams in London and Johannesburg. Standard Bank Offshore Group employs 400 people and offers banking, investment, and trust and fiduciary products to its international client base.

Will was appointed as Chief Executive of Standard Bank Jersey Limited and island head - Jersey in 2014, roles which he retains under his broader remit. He takes over the role from Mark Hucker, who is leaving Standard Bank to pursue new opportunities.



Hand Picked Hotels expand CI Sales Team

Last month saw the appointment of two new sales managers for Hand Picked Hotels Jersey properties, Grand Jersey Hotel & Spa and L'Horizon Beach Hotel & Spa.

Breege Toland takes up the role direct from one of the most iconic luxury British properties, The Dorchester in London, where she has been employed as Sales Executive for the last two years. Prior to this Breege worked at the L'Horizon Beach Hotel & Spa for three years. Originally from Ireland, Breege holds an Advanced Certificate in Tourism and Hospitality Studies and a BA in Hotel and Hospitality Management.

Also joining the team as sales manager is German born Isabel Schindler. Isabel has eight years of experience within the travel, tourism and hotel industry and returns to Jersey after a period of working at the 4 star Sunshine Suites Resort in the Cayman Islands. Just like Breege, Isabel is no stranger to the hospitality scene in Jersey having previously worked with the Functions and Banqueting team at Grand Jersey.

Reporting to Director of Sales and Marketing, Suzanne Kirk, Breege and Isabel will be responsible for introducing new business along with nurturing and developing existing client relationships.

Sanne appoints global head of funds

Sanne have appointed Justin Partington to a newly created role of global head of funds with immediate effect.

Justin is an experienced executive in fund services, having held leadership roles for 10 years in a range of fund administration businesses across the alternative asset sector in Cayman, London and the Channel Islands. Most recently he served as commercial director of a European private equity fund administration business where he successfully grew top-line revenue growth and led the launch of new AIFMD regulatory and depositary services.

Dean Godwin, chief executive officer at Sanne, said: 'We are delighted to welcome Justin to the Sanne leadership team. He brings a wealth of experience across the alternative asset space that will enable us to further enhance our offering to clients and strengthen Sanne's reputation as a leading provider of global administration services.'

Mr Partington is responsible for the strategic development of Sanne's multi-jurisdictional funds capability across the company's alternative asset classes, comprising private equity, private debt & capital markets and real estate.



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Recruitment that is all about you...

Recruitment has seen some big changes over the past 20 years. This year we are celebrating 21 years of supporting our candidates to find the roles they want and working with employers to identify the right people for their business.

The climate can be tough for those moving company or looking for a first role but at Excel we know recruitment. This is what some of our clients and candidates say about us:

Human Resources Manager, leading investment firm: 'We were drawn to Excel by their reputation for professionalism. Their candidate CVs are clear, concise and above all accurate. If they don't have anyone

suitable they will say so and not try to put through CVs that do not meet our criteria. Agencies need to have an understanding of the organisation they are recruiting for because it's not just about qualifications and skills set, it's knowing whether the candidate will fit into our culture. Excel takes time to discuss requirements and have visited our offices to get a better understanding of our company's culture and work environment'.



Katie

Managing Director, Excel

Senior Manager: 'I had not interviewed for some time and Katie was extremely supportive in preparing me for what to expect throughout the interview stages. I also wanted to make sure that the information I had on the vacancies available was in detail, to ensure the role was right for me. When job descriptions were not forthcoming from a prospective employer, Katie was able to get detailed information for me to review. In fact the whole team was very helpful with someone always on hand to talk with me who was up to date with my situation. This made for an easy transition from being a tentative candidate, unsure of the process, to a successful interviewee with a wonderful new job'.



Michelle

Recruitment Manager, Excel

Senior HR & Training Officer: 'Having a person who I trusted and who listened to what I wanted to do, as well as providing coaching prior to interviews, was invaluable and helped me achieve the goal of obtaining the right job for me'. When moving roles I found Excel was able to offer a broad range of interesting roles together with full support through the interview and selection process with full knowledge of their client companies and the vacancies that they were offering'.



Laura

Recruitment Consultant, Excel

Trust Professional: 'Recruitment agencies can help in ensuring that your CV is directed to employers who are actively recruiting and negotiate the best positions for you. Excel offered face to face discussions to determine my exact requirements and therefore had a good understanding of my job expectations coupled with the persistence to find the right role for me. They have a professional website, strong social media presence and a variety of interesting job vacancies advertised'.

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Develop with Ogier

There are plenty of opportunities for talented individuals to develop with Ogier. Our commitment to providing training enables our employees to develop their skills, but development opportunities are about more than just formal learning; work based placements, stretching assignments and secondments also help our people reach their career goals within an open, friendly, team-based culture. Here, three of our team give an insight into their experience of working at Ogier.



Harriett Bisson

HR Administrator

My responsibilities include liaising with candidates, setting up interviews, compiling contracts and offers and, linking in with the business to understand recruitment requirements, ensuring that we secure the right people for the right job, in line with business requirements. We are the first point of contact candidates have with the business so it is important that we ensure they have an excellent experience from the outset. I really enjoy working at Ogier because it is an innovative and collaborative organisation that supports development, encouraging us to be the best we can. I am currently studying towards my CIPD Diploma in HR and look forward to utilising the skills I have learnt in my role going forward.



Stephanie Edge

Trainee Solicitor

I am currently training to be an English Solicitor and I am due to qualify in June. Ogier has a structured training programme and I have undertaken seats in various corporate areas. This has enabled me to identify the practice area I enjoy and work best within. Not only does Ogier provide a platform to work alongside top quality lawyers the work is also interesting and diverse. I am always learning which is an aspect of my job that I cherish.

I am passionate about sport and Ogier participates in a number of events. So far I have taken part in the 5k corporate league, mixed netball, dragon boat racing and the swimarathon so it's not just about hard work.



Rebecca Seller

Marketing & Communications Executive

Since joining Ogier in 2014 I've had some fantastic opportunities to grow and develop my marketing skills. Last year I was part of the team responsible for refreshing Ogier's global brand, a great project to be involved in and I'm incredibly proud of what we achieved - a brand that has been well received internally and externally. I recently completed a three-month secondment to our Cayman office; a great opportunity, both personally and professionally, to work in a different country and culture. I'm extremely grateful for the opportunities I've been given at Ogier and really enjoy being part of a progressive and forward thinking firm.

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We're known for responsiveness, client service and quality, but it's the way we work that sets us apart. As the marketplace continues to evolve and the issues our clients face become more and more complex, they appreciate the fact that we focus on what's needed, getting to what really matters: clear, accurate and pragmatic advice.

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Business News

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Further expansion announced at Benest Corbett Renouf

Law firms Benest Corbett Renouf and Lambert Legal are to merge.

The merger, effective from April, will also see the principal of Lambert Legal, Wendy Lambert, become a Partner at Benest Corbett Renouf, increasing the number of Partners to six. Lambert Legal's staff will also be joining along with Ms Lambert.

The merger, just four months after the formation of Benest Corbett Renouf, builds on the collective experience of both firms.

Ms Lambert is a Jersey solicitor with over 25 years' experience in advising Jersey businesses and individuals. The leading legal directory Chambers & Partners comments that Wendy is: "A highly-respected practitioner and popular with her clients." "She is a joy to deal with. She has a 'can-do' attitude, is incredibly forthright and very proactive."

Lambert Legal is currently a niche practice providing legal advice to the local business

community in all sectors of industry. It focuses on non-contentious work, including employment law, commercial property, planning, and corporate and commercial law, including mergers and acquisitions.

David Benest, Managing Partner, said: "I am delighted that Wendy and her team are joining us. Benest Corbett Renouf can identify truly as a full service law firm for individual and business clients alike, building on our core strengths of dispute resolution, but with the added offering of a wider range non-contentious expertise across a number of practice areas. The merger exemplifies our vision of providing a solid platform for further growth in response to client needs. Our aim remains to meet the ever changing needs of our established and new clients."

Wendy Lambert said: "I am pleased to be joining Benest Corbett Renouf, a firm dedicated to serving the local community and which, as a newly merged firm, has an exciting future ahead."

Pictured above from left to right:

Jane Juste (PA), Wendy Lambert (Principal, Lambert Legal) & Louise Millar (Legal Assistant).

Hawksford shortlisted twice in Citywealth's Magic Circle Awards

The corporate, private client and funds company has been shortlisted for Trust Company of the Year and director Julian Hayden is in the running for Trustee of the Year.

Julian Hayden, who last won Trustee of the Year in Citywealth's Magic Circle Awards in 2013, said: 'I am thrilled to be shortlisted alongside such an impressive pedigree of private client professionals. It was an honour to win the award three years ago and, regardless of the result, I'm looking forward to enjoying an evening with some of the industry's leading lights.'

Julian has more than 30 years' experience of wealth structuring and planning in a corporate, private client and funds setting, providing particular expertise in succession planning for commercial and family assets, family office and philanthropy.

Director James Howe added: 'Hawksford strives to provide an impeccable service to our clients. This shortlisting for Trust Company of the Year recognises the team's commitment to this.'

The awards, which are now in their eleventh year, bring together elite wealth management advisers across the globe. The winners will be announced at a ceremony hosted by comedian Rory Bremner in London on 12 May.



Skipton International shortlisted for Best Offshore Account Provider

Skipton International has again been shortlisted in the Best Offshore Account provider category for the 2016 Moneyfacts Awards, for the seventh consecutive year. The awards involve an independent assessment of personal finance products with input from IFAs.

Skipton International offers a range of offshore savings accounts from Notice to Easy Access, and Fixed Rate accounts, to

Channel Island residents and to British expats around the world.

Jim Coupe, Managing Director, Skipton International, said: "We're delighted to be shortlisted once again for the Money Facts Awards. Offshore accounts are an integral part of our offering and we look after the savings of Channel Islanders along with British expats from more than 100 countries around the world."

At the end of 2015 Skipton International reached £1.075 billion of deposits, making it equivalent to the 12th biggest building society in the UK. Skipton is also the second largest provider of mortgages in Jersey.

The Moneyfacts Awards will be announced in London on 7 June.



let's talk

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Double trust company of the year shortlisting for Elia

Elia has been shortlisted for 'independent trust or fiduciary company of the year' in WealthBriefing's European Awards and 'trust company of the year' in Citywealth's Magic Circle Awards for 2016.

Both award ceremonies, which will be held in London in May, are well-established annual events recognising and celebrating excellence and leadership in the private client, legal, banking and wealth management industries. Citywealth and WealthBriefing have international panels of industry professionals and experts to judge the entries.

Elia Private Wealth group director, Philip Le Cornu, said: 'Elia's private wealth offering is continuing to grow. We employ people who are committed to providing the highest levels of client service; to be shortlisted in two prestigious award listings is testament to their determination to continually improve our standards.'

WealthBriefing is the premier news, features and information source for the global wealth management sector. The WealthBriefing European Awards are now in their fourth year.

Citywealth brings together ultra-high net worth clients and their advisors and managers working in the private wealth sector. The Magic Circle Awards have been running for 11 years.



SANNE to acquire leading South African fund administration business

Sanne has entered into an agreement to acquire IDS Fund Services (IDS).

IDS is an independent South African based provider of outsourced investment administration services to the asset management industry, with a particular focus on hedge fund clients. The acquisition of IDS broadens Sanne's alternative asset capabilities through the delivery of a hedge platform which can be leveraged across the wider group network as well as increasing the group's footprint in South Africa.

The acquisition will cost up to £13.6 million depending on the final audited financial performance of IDS for the year ended February 2016.

Dean Godwin, Chief Executive of SANNE, said: 'The acquisition of IDS is consistent with Sanne's strategy of expanding the Group's capabilities and product offering, and delivering greater jurisdictional diversification. IDS's track record as a leading provider of hedge fund administration services complements Sanne's existing alternative asset specialisms in private equity, real estate and debt. I am pleased to welcome the management team and look forward to working with them as IDS delivers the next stage of its growth and development as part of the wider group.'

The transaction is due to complete within three months, after which the number of employees at Sanne will increase by 140 to over 500.

Biggest youth market event held in Jersey

The Channel Islands Student Business Challenge supports 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, gives teams 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.

The last Saturday in February was Market Day for the Student Business Challenge at the Central Market in St Helier. For the first time, all the teams were under one roof, selling their products and showcasing their businesses to the shoppers of St Helier making it the biggest youth market event to take place in Jersey.

Andrew Dann, Managing Partner at EY said "The Student Business Challenge Market gave the teams the chance to expand their customer base and maximise their sales. I am hugely impressed with the enthusiasm and creativity that the teams are demonstrating."

Bill Davies, Market Tenant Chairman, said "The Central Market was excited to welcome participating students into the market community for the event. The Challenge is a fantastic opportunity for students to gain valuable working experience in a competitive environment. We hope this event will inspire and encourage the next generation of young entrepreneurs to explore their own potential."

This year's contestants traded from January to March, 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.



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Welcome to our careers special...



Gallery speaks to recent graduates about their move to the working world, what motivates them and what advice they'd give to those that are new to Jersey's top companies. We also caught up with a recruitment consultant to hear about their advice for graduates.

STEPHANIE ROBINSON

FUND ACCOUNTANT
AT AZTEC GROUP



Age: 24

University attended: University of Reading

Course undertaken: Psychology BSc

What did you want to be when you were 8? Scientist

Favourite place to eat in Jersey: La Siesta

What is your favourite possession? Good luck necklace my friend made me

What made you choose the company?

I chose to work for the Aztec Group because I wanted to begin my studies to become a qualified accountant straight away. I attended one of the Group's Audition Days and I was impressed with their focus on supporting employee training and development. The Group also appealed to me because they were recruiting a lot of A-level students and graduates for a range of different positions. At the time I was moving back to Jersey after having been away for seven years, so it was also important to me to be able to meet new people.

What sort of professional training do you undertake?

I am currently undertaking the Association of Certified Chartered Accountants (ACCA) exams to become a qualified accountant. To further my understanding and help prepare for the exams which take place every 3-6 months, I attend college for sessions in the day and sometimes evenings. Aztec Group also provides me with further training and support through the Aztec Academy, including soft skills training, technical training and applications training. Each element helps to put what I learn in the classroom into practice.

What do you do on an average day?

My key role is to keep up to date records of all fund transactions, in addition to preparing accounts on a quarterly basis. Although, depending on clients' requests, my role can change day-to-day and this variation is what makes the role interesting.

What is your next step?

I hope to qualify as an accountant by June 2017; by then it will have been three years since first joining Aztec in 2014. As my experience grows I will take on more responsibilities within my team and I look forward to continuing to progress my career with the Group.

Advice to a graduate?

The key advice which I would give to someone who has just graduated would be to stand confident in your abilities but also don't be afraid to ask lots of questions. This is important in the interview stage but also key to your development as you begin to carve out your career.

MORE ABOUT AZTEC GROUP

As a leading fund and corporate services provider, we've grown to hundreds of employees with a multi-jurisdictional European footprint. We have a focus on building long-term client relationships and apply the same approach with our employees, maintaining an employee retention rate in excess of 90% for over 10 years. We pride ourselves in offering a truly rewarding working environment within the financial services industry.

INTERESTED?

If you would like to apply for a role or if you have any questions about a career at the Aztec Group, please visit aztecgroup.co.uk/careers or email our HR team at careers@aztecgroup.co.uk or call us on +44 (0) 1534 837562



FULL DEGREE IN 2 YEARS

If you are considering your higher education options for this October, attend the Open Evening at Jersey International Business School on Tuesday 19 April at 5.30pm. Lecturers and staff will be on hand to talk about the two-year BSc (Hons) International Financial Services degree, which is studied in Jersey and awarded by the University of Buckingham. And hear first-hand from current students and alumni about their experiences and thoughts on both the degree and the paid industry work experience opportunities.

The BSc (Hons) International Financial Services degree has been designed by Jersey International Business School to provide students with a broad and comprehensive understanding of international financial services, laying the groundwork for a successful career in this area or a related discipline. The syllabus covers a range of subject areas in addition to pure financial services including law, accounting and marketing.

The degree also features a unique Undergraduate Employment Programme (UGEP) that provides you with the opportunity to work in paid employment two days a week for the duration of your studies. The UGEP is supported by over 20 organisations, including HSBC, RBS International, Moore Stephens, Rathbones and Vistra. 100% of the 2014 intake of students are currently complementing their studies with part-time employment in the financial services industry.

The BSc (Hons) International Financial Services degree follows the Buckingham model of offering the academic content of a standard 3-year degree as a 2-year programme, running over four terms each year. This efficient structure allows you to complete a master's degree in a third year of study or progress into the world of work 12 months before your peers. The University of Buckingham is one of the leading universities in the United Kingdom, and is ranked no.1 for graduate prospects.

If you want to find out more about studying for the degree from this October, and how to apply, go to the Open Evening on 19 April at Jersey International Business School.

www.studyinjersey.co.uk

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REBECCA ELLIOTT

HR OFFICER
AT BNP PARIBAS



MORE ABOUT BNP PARIBAS

BNP Paribas is a leader in banking and financial services in Europe. The Group is present in more than 80 countries and spans 5 continents. It employs close to 200,000 people of nearly 170 nationalities. Our Jersey operation is key to the growth strategy of the Bank and offers unparalleled career development and progression. We are always seeking motivated individuals who have first-class numerical and analytical skills and want to join an award winning leader in global banking and financial services. Working with us means joining a dynamic and cosmopolitan environment. We are committed to four core values: Agility, Client Satisfaction, Compliance Culture and Openness.

INTERESTED?

Rebecca Daly, Senior HR Officer - Channel Islands
E: rebecca.daly@je.bnpparibas.com T: 815 200

Age: 25

Uni Attended: Liverpool John Moores University

Course Undertaken: Business Studies

What did I want to be when I was 8: I loved playing sports at School so I would have to say a professional sportswoman!

Favourite way to relax: Nothing beats changing into your comfy clothes and watching a movie with a cuppa and chocolate in hand!

Favourite place to eat in Jersey: It's hard to choose just one place as I love so many restaurants in Jersey but I would have to say my favourite is Salty Dog for its Surf and Turf and Peanut Butter Chocolate Cheesecake ... yum!

What's your favourite possession: My favourite possession or should I say possessions would have to be my three dogs which I love to pieces! Although they still live with my parents, I visit them without fail most weekends for cuddles.

What made you choose the Company you work for?

I have always wanted to work for a large corporate organisation with a global reputation and BNP Paribas fitted that bill perfectly! After being told about the role, I did my research about the Company and knew two people who worked for BNP Paribas. They told me about the friendly culture, the professional study support and the longevity of staff who worked there – I was sold!

What sort of professional training do you take?

I have recently enrolled on the Offshore HR Diploma run by Compass. My Manager recommended the course to me as well as other members of my team, who have previously studied the Diploma. I was particularly interested in the course as having come from the UK and covering UK employment law within my degree, I felt the offshore legislation module would prove invaluable for my role and help me with my day to day duties.

What do you do on an average day?

I am a HR Officer who focuses on Recruitment and Learning and Development across the Jersey and Guernsey Offices. Working in HR there is no average day and I could be covering anything from interviewing candidates, creating contracts, organising training workshops or holding inductions for new starters. I enjoy the variety that the role brings and dealing with various people across the business.

What is your next step?

I hope to successfully pass my professional qualification in Offshore HR and as I am still new to the Finance industry, continue to expand my knowledge of the industry and the BNP Paribas offering. Fortunately, I am in a position where I am supported and encouraged to attend local seminars and internal training on the Finance industry and HR topics, so I aim to continue to attend sessions throughout the year ahead to help me achieve my goals.

What advice would you give yourself as a graduate considering the experience you have now?

Have confidence in yourself and never give up! Graduating from University can be a very daunting time but remember everyone is in the same boat sailing the uncertain waters. Keep positive and have the confidence to apply for roles, as although you may not have experience, everyone has to start somewhere and drive and ambition is an equally important quality in the selection process.

“We always look to recruit people who are passionate about their work and who view it as a challenge. We focus on teams and how exceptional individuals can work together to help our clients achieve their goals.”



BNP Paribas is a diverse business with great opportunities for bright and ambitious individuals. Strong risk management, combined with the stability that comes from being part of one of the largest banking groups in the world, underpin our success. Joining us, you will become an integral part of a dynamic team that spans nationalities, cultures and backgrounds, drawing together people from around the globe who are focused on our clients.

At BNP Paribas, we are committed to career development. Our success is built on doing things differently, encouraging new ideas and giving our people the room to grow, to think and to innovate. If you are analytical and entrepreneurial, if you have ideas and are ready to learn, we want to hear from you.

For further information please visit www.bnpparibas.je/en/careers



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BNP Paribas S.A. Jersey Branch is a limited liability company incorporated in France (registered number 662 042 443 R.C.S. Paris) and is regulated by the Jersey Financial Services Commission to carry out deposit taking business under the Banking Business (Jersey) Law 1998, funds services business, investment business and money services business under the Financial Services (Jersey) Law 1998. Registered office: 16, rue des Italiens, 75009, Paris, France. Registered business address: BNP Paribas House, Anley Street, St Helier, Jersey, JE4 8RD.

DANIELLE COTTIGNIES

SENIOR ADMINISTRATOR
AT CRESTBRIDGE



MORE ABOUT CRESTBRIDGE

Crestbridge is a fast growing financial services provider offering a progressive and supportive environment for successful candidates who can grow with us. Crestbridge offers exciting career opportunities with attractive reward packages, a commitment to training and development together with the chance to work on some of the most interesting transactions and cases in our markets. Our inclusive and friendly culture ensures that employees are treated as individuals. You won't be 'just a number' at Crestbridge and we will do all that we can to make your professional life productive and enjoyable.

INTERESTED?

Email: careers@crestbridge.com
Fiona St-Clair Bolam, Head of HR
Fiona.stclair-bolam@crestbridge.com

Age? 27

Uni attended? The University of Exeter

Course undertaken? BA Hons, History

What did you want to be when you were 8? Marine Biologist

Favourite way to relax? A good country walk

Favourite place to eat in Jersey? At the moment, Bento Sushi

What's your favourite possession? The family cat (jointly owned)

What made you choose the company you work for?

I knew that I wanted to work in a private wealth environment and Crestbridge Family Office was a new department when I started. This was very appealing as I knew there would be room to develop a role for myself within the team and I have been able to gain broader experience that I wouldn't have as part of a larger team. I also had a friend who already worked at Crestbridge in another department who told me about the great company culture and how it is focused on a work/life balance and a friendly atmosphere.

What sort of professional training do you take?

I had previously obtained the ICSA diploma in offshore administration and recently completed the CISI certificate in Islamic Finance. There are many different options and opportunities for studying at Crestbridge and they will work with you to help achieve your goals.

What do you do on an average day?

No two days are the same but; generally speaking, my role involves the setting up and ongoing administration of Family Office structures for a variety of ultra-high net worth families and individuals, which offers different challenges every day. One day I might be helping write proposal documents to attract new clients and the next I might be assisting in the purchase of various assets, such as luxury yachts and cars, on behalf of existing clients.

What is your next step?

I have many options at Crestbridge to progress my career and my next step is to work my way up to a more senior role in the team and keep progressing with my studies. Next year I will be looking to complete the CISI Diploma in Islamic Finance to further develop my knowledge on this key market.

What advice would you give yourself as a graduate considering the experience you have now?

Thoroughly research companies that you are applying for to ensure that you are getting the right fit for you. Even if they are not advertising at the time, I would suggest getting in contact as something might come up in the near future. It is also important to look beyond the salary and package offered as experience is key when starting out in finance. It is also encouraging to meet with your team before joining a company to get a feel for the environment you will be working in and to get an insight into how you might learn and develop from your colleagues.

A close-up photograph of two bees on a honeycomb. The honeycomb cells are a warm, golden-yellow color. One bee is positioned in the upper right, facing left, with its wings spread. The other bee is in the lower left, facing right, also with its wings spread. The lighting is bright, highlighting the textures of the bees and the honeycomb.

PROACTIVE & THOROUGH

A career at Crestbridge? Looking after your future.

We are a fast growing financial services provider offering a progressive and supportive environment for successful candidates who can grow with us.

If you are proactive and thorough in all that you do - why look anywhere else.

Available opportunities:

We are always looking for talented people to join our team. Please visit our website for details on current vacancies.

Find out more at crestbridge.com/careers

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ROBERT SCOTT

GRADUATE (TRAINEE) ADMINISTRATOR
AT **ELIAN**



MORE ABOUT **ELIAN**

Elian is an independent professional services firm that provides specialist trust, fund, company administration and capital markets solutions to high net worth individuals, family offices, large multi-national corporations and financial institutions. With over 640 employees across a network of 16 international offices, covering a wide range of time zones and key financial centres, we are able to handle large, demanding and complex engagements.

Our graduate program offers a chance to rotate through the organisation working within different teams alongside established practitioners. You will experience all aspects of fiduciary services whilst at the same time studying towards a range of professional qualifications that will form the basis of your career in finance.

INTERESTED?

Harriet Lewis
Resourcing Advisor
01534 504162
Harriet.Lewis@elian.com

Age: 24

Uni attended: University of Sheffield
(2009 - 2012).

Course undertaken: 2:1 (BA Hons) in
History and Politics.

**What did you want to be when you
were 8:** Astronaut.

Favourite way to relax: Watch rugby.

Favourite place to eat in Jersey:
Wildfire.

What's your favourite possession:
Photo album of travelling with my
partner in Asia and New Zealand.

What made you choose the company you work for?

I chose Elian because it was the best offer I received when I moved to Jersey in July 2015. On top of a great package, I felt they were going to invest in me and their graduate scheme so it looked like the best way to start working in Finance.

What sort of professional training do you take?

When I first joined Elian I did a six week training programme that covered what Elian do and how they do it. I am now studying the first module of the ICSA Diploma, Company and Trust Administration. Hopefully I will have completed my Diploma by November 2017.

What do you do on an average day?

On a normal day, I help the International Finance team complete tasks such as preparing minutes and organising board meetings for the companies we administer. I also do extra graduate work such as filming adverts for our recruitment team and LEAN project training so I can learn to deliver business projects.

What is your next step?

My main aim at the moment is to become a Senior Administrator after finishing the two year graduate program, this was one of the things that first attracted me to Elian in the first place. My professional background is in sales so I would ultimately like to do business development work face to face with our clients.

What advice would you give yourself as a graduate considering the experience you have now?

My advice to graduates would be to look for jobs as early as you can rather than leave it to the last minute after you leave University! I think it's also important to be open to jobs you hadn't necessarily considered before, I never really thought I would work in Finance while I was studying History and Politics at University but I am really enjoying it.



JOIN ELIAN'S GRADUATE SCHEME 2016

WE HAVE EXCITING OPPORTUNITIES
FOR TALENTED GRADUATES TO JOIN OUR
GROWING BUSINESS IN SEPTEMBER 2016

If you are looking to start a career in Financial Services that offers structured career progression, personal development and a fun working environment then contact us today to be in with a chance. We will support you in gaining the skills required to become a Senior Administrator during the two year programme.

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- > FACEBOOK.COM/ELIANCAREERS
- > REGISTER YOUR INTEREST

Email us at: life@elian.com

Regulatory information is detailed on elian.com/legalnotice



LIFE AT
ELIAN

RACHEL WIJSMULLER

TECHNICAL GRADUATE (CYBERSECURITY STREAM)
AT JT GLOBAL



MORE ABOUT JT GLOBAL

JT is part of the JT Group, an innovative and progressive communications enabler based in the Channel Islands providing world-class products and solutions to a diverse client base of business and retail customers. JT Group's product range encompasses all the products and services expected from a cutting edge provider, from Voice and Data, Consultancy, Co-Location, Internet, Security, Mobile and Support Services and is widely recognised as the largest provider of data hosting services in the Channel Islands. For further information visit us online at www.jtglobal.com

"JT's vision is 'to be the partner of choice for global telecoms innovation'. To give us every chance of making this vision a reality we are investing in two key areas - technology and people. From a technology angle we have commenced a pioneering programme that will give Jersey residents and businesses the fastest internet speeds in the world in the next few years. From a people perspective it is essential to identify and recruit new talent into JT and build a workforce capable of realising our vision in the future."

Age: 24

Uni attended: Cambridge

Course undertaken: Natural Sciences, Geological Sciences MSci

What did you want to be when you were 8: Lara Croft.

Favourite way to relax: Definitely something with lots of exercise, and specialist kit. Ice skating on natural lakes in Sweden was a great recent trip.

Favourite place to eat in Jersey: Anywhere unexpected.

What's your favourite possession: It's a tie between motorbike gear and a parachute.

What made you choose the company you work for?

JT is just the phone company, right... Wrong! Probe deeper and discover a major player in cutting edge communications and internet technologies. If you've ever had connectivity issues, scale that up to the 600 terabytes of data flowing through our networks every week, now imagine that data consumption rate doubling every year...

JT has the same number of international roaming agreements as giants like China Telecom, but with a fraction of the staff to manage them, making us a small but powerful force in communications. There are some great challenges here and I wanted to have a go at solving some.

What sort of professional training do you take?

Every day is a training day on the Graduate Program, problem solving skills really are top of the list in this job. Everybody gets an introduction to telecoms, it's difficult to keep up with the acronyms otherwise, but there are still layers upon layers within individual systems to learn. Over the next two years I'll be doing a course in Software and Systems Security with Oxford University and GCHQ which will help keep JT "the business" secure, but it will also improve the security of our services to local and international customers.

What do you do on an average day?

Big Data! Yes, it's a common buzzword - but underneath the hype, big data describes everything to do with really learning the plumbing of a system and monitoring the ins and outs to analyse what actually happens. The information is used to find ways of improving the system or to predict new things about the world the system lives in. For example we can monitor patterns in SMS traffic to make sure important messages are delivered on time, and also to identify and block new sources of spam.

What is your next step?

I don't know, but there's a 50% chance it'll be right.

What advice would you give yourself as a graduate considering the experience you have now?

The online job hunt has a place, but it isn't centre stage. Get out to as many industry events, job fairs, open days, and networking events as you possibly can. You are unlimited - get out and meet people.

INTERESTED?

If you think you'd like to pursue a career at JT, get in contact with Richard Summerfield on 01534 882700 or email careers@jtglobal.com

Move up the career ladder with JT

JT's vision is to be the leading partner of choice for global telecoms innovation. We're a forward-thinking company with an ambitious growth strategy inspiring customers worldwide with our pioneering solutions, innovative ideas and commitment to quality, service and value.

To support our growth, we're committed to bring on fresh new talent and provide the opportunity for all our people to achieve their full potential in one of our exciting global business locations.

Join the JT Graduate Programme

Our Graduate Programme is designed to identify and nurture your talent and ambition, giving you the skills and confidence to eventually take up a senior position.

You'll gain a broad insight into our company through challenging placements in different areas of the business and on the job mentoring & training.

You'll also have the chance to gain professional qualifications in your specialist area and high performance is rewarded with a competitive remuneration package and excellent career development opportunities.

We are currently recruiting graduates for the following role:-

- Technical specialist

HOW LONG IS THE SCHEME?

Two years.

HOW DO WE RECRUIT?

We accept applications from January each year, with successful applicants starting by September.

CAN YOU APPLY?

We're looking for final year or recently graduated students who have a 2:1 degree, are at the top of their game and hungry to succeed.

Postgraduate or masters students are also able to apply.



To find out more details on all our new talent schemes and how to apply go to www.jtglobal.com/careers

Other career opportunities for school leavers:

JT Apprenticeship Scheme

A three-year technical role designed for those completing further education A Levels or equivalent Diplomas, who have exceptional aptitude and a genuine interest in the world of technology and communications.

JT Bursary Scheme

Open to local students going to University studying subjects relevant to the communication industry.

Annual financial support towards university costs and paid work experience in various JT departments during holidays.





MORE ABOUT KPMG

Our success depends upon the quality of our people. That's why we've made it a priority to build a culture that rewards high performers and nurtures talent. But no matter how many awards KPMG firms win for the quality of their work, or the number of projects they deliver to clients, our people keep in mind what's important: inspiring confidence in the market and enabling positive change in society.

INTERESTED?

We have trainee opportunities available in Audit, Tax and Advisory. To apply or attend our careers event on the 6th April, please contact Amelia Hilton, HR Assistant on ameliahilton@kpmg.com / 01534 888891.

Age: 22

University attended: Université de Genève

Course taken: Baccalauréat universitaire ès lettres (BA) en Français langue étrangère et Langue, littérature et culture hispaniques.

What did you want to be when you were 8? A policeman

Favourite way to relax? Listening to music

Favourite place to eat in Jersey? The Navigator at Rozel

What's your favourite possession? The copy of Swallows and Amazons that my grandfather used to read me.

What made you choose the company you work for?

What interested me about KPMG Channel Islands Limited is the fact that it is a locally owned firm and as such is able to react and adapt to local circumstances and situations rapidly and effectively. This makes for an exciting and evolving working environment. KPMG Channel Islands Ltd is also a member of the KPMG Network and the global opportunities, experiences and connections on offer as part of this network really appealed to me.

What sort of professional training do you take?

I intend to qualify as a Chartered Accountant (ACA ICAEW). This qualification, which takes three years and has experience and exam based criteria, is a very well respected qualification in the financial services industry, which will provide me with an in-depth understanding applicable to the industry as a whole. Technical knowledge, professional skills and practical experience are equally emphasised and combine to create a learning experience that is thorough, motivating and relevant to the work that we do day-to-day.

What do you do on an average day?

Life at KPMG very much changes with the seasons! From January until the end of April we are very busy auditing a wide variety of entities with a 31 December year-end. Then, of course, a day at the office might not always be a day at the office because very often we work from the client's premises. In this respect, audit is a very interesting profession because it is very much about relationships and dialogue. Good relations make for constructive collaboration, which means that work can be completed in a timely and efficient manner.

What is your next step?

Since I am embarking on the ACA qualification, I will be in Jersey for at least the next three years. I am a very keen sailor and currently train with the British Keelboat Academy's Offshore Squad and sail locally as often as possible. I have also been a volunteer crew for Wetwheels for the past two years. This has been an incredibly rewarding experience and now that I am based full-time in Jersey, I will continue to support Wetwheels and I hope to become a volunteer skipper.

What advice would you give yourself as a graduate considering the experience you have now?

I think that it's really important to try things; not to be put off by a perception that you have or that others may have of a job or an activity. Have a go, and see what happens! And try to learn as much as you can along the way because ultimately that can only make you better and more interesting. I remember something my Dad said to me: "Keep as many doors open as possible" – only close the doors that you want to close. The world is full of opportunity, all you have to do is walk through the right door.



Let's make a date

We offer challenging, high-quality career opportunities to ambitious people from a wide range of academic disciplines.

April Careers Event

Join us for our open evening to learn about career opportunities with KPMG and benefit from some hints and tips on preparing for interviews and presentations.

Wednesday 6 April

16:30 - 18:30

KPMG, 37 Esplanade

RSVP

Amelia Hilton

(01534) 608413

ameliahilton@kpmg.com



kpmg.com/channelislands

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GEMMA RAWLINGS

RECRUITMENT CONSULTANT
AT PARK



Gemma Rawlings, Recruitment Consultant at Park talks about the benefits of working with a Recruitment Agency when looking for your first job after uni.

Jobs are advertised in two ways; directly by the company or registered with recruitment agencies like Park. Businesses have clear reasons for choosing to recruit through an agency – we get the right candidate, in a short time frame saving valuable time and resources. However, as a graduate, you may ask; Why would I go through an agency?



Here are my top reasons why you should use a qualified Recruitment Consultant to handle your very important first job search:

Access to the hottest jobs on the market

Recruitment Consultants, like me, are in the business of knowing. We network, we chat to people, we research and we've spent many years building relationships with employers so if there is a hot graduate job out there, you can be pretty sure that we know about it. We will provide you with all the options without you having to go searching so you can spend more time prepping for those all important interviews. We may even put you in touch with organisations that you haven't heard of.

Professional representation

Good Recruitment Consultants don't just email off your CV to a potential employer; they will talk through your application with hiring managers or the HR department. These discussions can be pre or post CV submission or even after an interview but having got to know you during a registration meeting, your Consultant will present you in the best light to the recruiting organisation.

Knowing that bit more

We do our best to find out as much about a job, the team and the company as we possibly can and we then share this with you. Imagine how powerful that is when tailoring a CV or planning for an interview. You wouldn't find that sort of insight on LinkedIn.

CV and interview support

We look at lots of CVs each week; the good, the bad and the ugly. We know what employers are looking for and can provide you with suggestions on the key elements you should highlight, additions you should make and bits to take out. We will also guide you through the interview process, conducting mock interviews, helping you plan questions to ask and thinking about your key strengths and development areas. We will support you as much as you wish.

Salary negotiation

We handle those tricky salary discussions. We will tell you if we think the offer is good, fair or just really cheeky and then take things forward. We have your best interests at heart and want to strike the best deal for you.

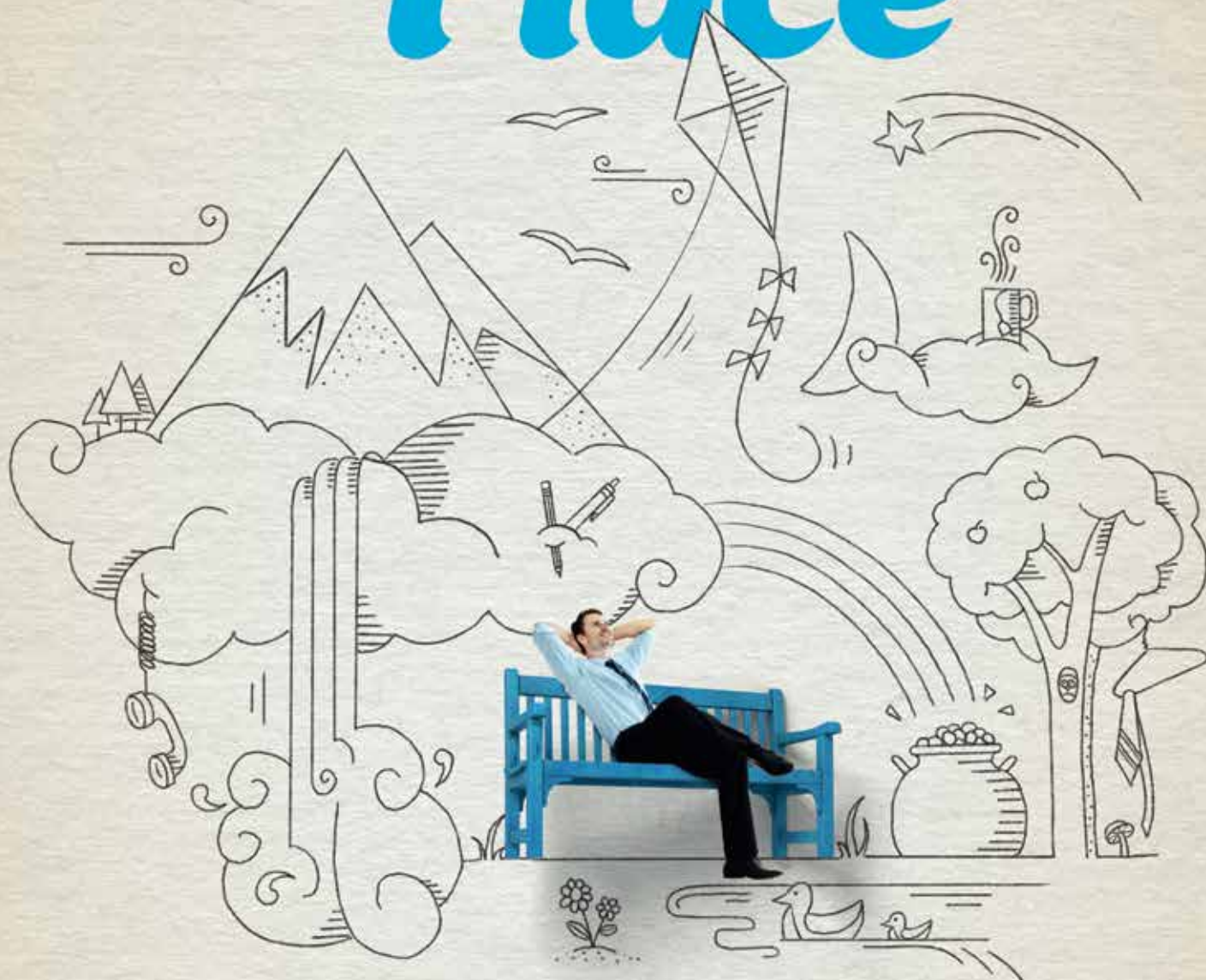
Temp work

If your bank balance needs topping up whilst you find that perfect permanent job, we may be able to get you some temporary work in the interim. Temp work is a fantastic way to gain experience.

It's FREE

Registering your details as a candidate with an agency won't cost you a penny so why wouldn't you?

Find Your **Happy Place**



We want to help you find your ideal place of work,
simply because it makes us happy to make you happy.

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place get in touch.

Gemma Rawlings

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Work Happy :-)



WILLIAM FALLE

ASSURANCE ASSOCIATE
AT PwC CI



MORE ABOUT PwC CHANNEL ISLANDS

We help clients ranging from multinational organisations to local businesses, charities and governments, offering tax, assurance and advisory services that help to improve the way they work in the short and long-term. From auditing their financial data and planning their taxes, to identifying the risks they face and supporting them with strategic decisions, we work with our clients, creating cutting edge solutions for them. We work hard to attract locally grown talent back to the Channel Islands, offering training contracts to local school leavers, undergraduates and graduates from all degree disciplines each year. We are now accepting applications for our August 2016 graduate and school-leaver programme.

INTERESTED?

*If you think you'd like to pursue a career at PwC, get in contact with Sarah Hughes on 838238 or email sarah.l.hughes@je.pwc.com
For more information see: www.pwc.com/jg/careers
visit our Facebook careers page [/pwccareerschannelislands](https://www.facebook.com/pwccareerschannelislands)
or follow us on @PwC_CI*

Age: 23

University attended? Loughborough University

Course undertaken? Sports Management

What did you want to be when you were 8? Professional Rugby player

Favourite way to relax? Playing the guitar

Favourite place to eat in Jersey? The Dicq Shack, the spicier the better!

What's your favourite possession? My new skis

What made you choose the company you work for?

I was initially exposed to PwC because a few of my friends had taken up roles in Jersey with the company. Subsequently, I received an email containing a summer internship advertisement with PwC in Jersey during my second year at University. I duly applied for the 4-week internship and I was lucky enough to be accepted. I really enjoyed the internship and the atmosphere at PwC as a whole. It resulted in me successfully applying for a full time role after I completed my degree in 2015.

What sort of professional training do you take?

PwC offer two exam pathways, the ACA or ACCA qualifications. I am in the early stages of the ACA (Associate Chartered Accountant), having taken four of the fifteen exams required to pass the three year qualification. PwC offer a range of help and support in order to make the qualification as achievable as possible, including study leave and time off to sit exam courses. You also have lots of colleagues that can support and encourage you through the exams.

What do you do on your average day?

Whether it's working directly with clients or conducting field work, every day brings new challenges and experiences in the assurance department at PwC. Even in the short period of time that I have been working there, I have been exposed to wide variety of clients - from real estate to private equity clients. Furthermore, one of the key benefits of operating in such a diverse and fast paced environment is working in different teams and with a variety of different people. This allows you to form relationships and meet plenty of inspiring individuals across the whole company.

What is your next step?

My aim for the next 24 months is to qualify as an ACA Chartered Accountant and to take on a wider range of clients and challenges in order to further my business and assurance knowledge. I also intend to take full advantage of the extra opportunities outside of work that PwC offers, including sporting ones like the PwC Rugby Tour. Beyond that, PwC's global network provides a great opportunity to experience working in different industries and countries so that may be an option for the future.

What advice would you give yourself as a graduate considering the experience you have now?

Just take advantage of every opportunity that's given to you, challenge yourself all the time and work hard. I would also say make sure to apply to take part in work experience as soon as you can. You never know how far it might take you, at worst you'll gain invaluable experience that you can put on your CV and at best you may end up with a career out of it, like me!

"You'll be working and studying with intelligent and inspiring people, building strong friendships and valuable professional relationships. With over 208,000 people in 157 countries across our global network, once you're qualified, the world really is your oyster."

The experience stays with you



Will Falle

Helping create value through:
Assurance
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Advisory

On track for 280 UCAS or a 2:1 or above in any degree discipline?

Visit our Facebook careers page
[/pwccareerschannelislands](#)

Voted employer of choice by students in The Times Top 100 Graduate Employers survey for twelve years running.

Internship opportunities at PwC

Give us a little of your time and we'll give you the opportunity to discover what a career with PwC is all about. See how our different business areas work together; network with all our people, who'll give you an incredible insight into our culture.

Will Falle, a Sports Management graduate, took the opportunity in his penultimate year at Loughborough University to join our Summer Internship Programme in our Jersey offices in 2014. He's since joined us permanently on our Graduate Programme.

That's just one of many ways to experience PwC during your time at university. Another option includes an 11-month undergraduate work placement with us. Whichever route you take, it could lead to a permanent job offer with us. Like it did for Will.

Join PwC - we're focused on helping you reach your full potential.

Take the opportunity of a lifetime

To further explore internship, work placement, graduate or school-leaver opportunities at PwC in Jersey this year, contact Sarah Hughes on 838238, email sarah.l.hughes@je.pwc.com or visit www.pwc.com/jg/careers

We're really proud!

Congratulations to all of our employees in their recent exam successes.



John Le Breton

ACCA qualified

The plan now is to focus on a busy client portfolio at work and enjoy my spare time doing anything but studying.

Chloe Morris

ICSA Diploma qualification

I'm going to treat myself by finally embarking on my dream trip to Brazil.

Robyn Morais

ICSA Diploma qualification

I plan to continue with the remaining modules of the ICSA Professional CSQS, with the aim to qualify as a Chartered Company Secretary by the end of 2017.

Charles Perchard

ICSA Diploma qualification

I plan to continue studying and complete the ICSA qualification whilst keeping a healthy work, exam and life balance.

Matthew French

ICSA Diploma qualification

The plan is to continue with the ICSA Chartered Secretaries Qualifying Scheme (CSQS) exams in order to become a qualified Chartered Secretary.

John James

ICSA Diploma qualification

I am going to jump straight back into exams with my first round of ICSA CSQS exams this June.

Leanne Porter

ICSA Diploma qualification

Now that I've finished my ICSA diploma I am taking a break from exams for a little bit. I plan to go on holiday and hopefully take my first steps onto the property ladder.

SANNE



Grace

Oliver

Warren

Sam

Pearl

Daniel

Stacey

Grace Taylor

ICSA qualified

I plan to further develop my skills and knowledge in my new role with a view to explore where my qualification can take me globally in the long-term.

Oliver Norman

ICAEW qualified

I plan to continue my studies and hopefully obtaining a Master's Degree, whilst continuing to develop my career and advance through the ranks at Sanne.

Warren Law

ICAEW qualified

I am aiming to use my extra spare time following my studies to spend more time with friends and family, whilst also try to get back to a higher level of fitness through participation in more sporting activities.

Sam Hare

ACCA qualified

Now with an international qualification under my belt, I hope this can open up further opportunities overseas in a multi-jurisdictional organisation like Sanne.

Pearl Rabet

ICSA Diploma qualification

I am continuing with my studies and starting my ICSA CSQS professional exams.

Daniel Gillett

ACCA qualified

I will be taking a break from studies to focus on my career development and in the future I will look to take on further qualifications to further my knowledge.

Stacey Mullins

CAT qualified

I want to focus on my career and continue to grow in my role at Sanne.



AUTHORISED
TRAINING
EMPLOYER



What is next for you?



SANNE Careers

www.sannegroup.com/careers

JAMES WILSON

AUDIT ASSOCIATE
AT DELOITTE



MORE ABOUT DELOITTE

Since we want to help you fulfil your potential, we strongly emphasise career development and training. Deloitte employees are among the best qualified accountancy, tax and actuarial professionals. With 12,000 exceptional people across the UK and Switzerland, Deloitte has the broadest and deepest range of skills of any business advisory organisation, and we have a straightforward goal: to be recognised as the pre-eminent and most trusted professional services firm, famous for our people and respected for the exceptional quality of our work. www.deloitte.co.uk/graduates

INTERESTED?

If you think you'd like to pursue a career at Deloitte, get in contact with Michala Wright on 01534 824203 or email miwright@deloitte.co.uk

"The success of our firm depends on the talent of the people who work here, so we invest considerable time and resources to make sure your skills and talents are as sharp as they can be."

Age: 27

University attended: University of Buckingham through Jersey International Business School

Course undertaken: BSc in International Financial Services

What did you want to be when you were 8: A helicopter pilot

Favourite way to relax: Reading, sci fi and crime novels

Favourite place to eat: La Bastille, love the family traditional feel

What's your favourite possession: My insulin pump, lets me lead closer to a normal lifestyle!

What made you choose the company you work for?

My interview with Deloitte was one of many I had as I searched for the company that would feel right for me. Their approach was very different, I was with them for a full day, and the various tests and interviews, including a meeting with 2 prior year trainees, allowed me to really get a feel for the people and culture. It felt much more real than the 'snapshot' approach of others. I got the chance to really get to know what I was getting into, and I felt confident in my decision!

What sort of professional training do you take?

I am studying to become a qualified chartered accountant with ICAEW. I have a three year training contract, with blocks of study leave for each set of exams where we attend college with BPP to gain the core knowledge. It requires hard work and there is the need to study in the evenings or weekends in the run up to our mocks. Deloitte set hurdle mocks to ensure we're really ready to take the final exam, which really helps with confidence, and we also have revision study leave before we sit each set of papers.

What do you do on an average day?

As a trainee, I am gaining skills and knowledge that help me perform the fundamental role of the 'auditor': Providing business stakeholders with confidence that what is being reported in the financial statements of the organisation reflects reality. One day I could be testing the validity of foreign exchange rates used by a company when making transactions, the next I could be verifying the valuation of a fund's portfolio of assets, from farms to oil companies to fine art. We therefore spend a lot of time at the clients' offices talking with them to access and check processes and documentation. I also gain a lot from the team planning meetings working alongside more experienced colleagues.

What is your next step?

Well, I still have another two years of study and exams to go before I hit my first milestone of becoming qualified. Beyond this, with the ACA qualification, I have lots of options: Some colleagues choose to get experience 'in industry' working in a business rather than auditing one, either heading towards a C-Suite role, or later returning to Deloitte with valuable understanding of the business challenges our clients face. Others stay with Deloitte but transfer to another Deloitte firm, from Singapore to New York, developing their ability to adapt to different business environments and cultures. No matter what your life plan, you have opportunities to achieve it.

What advice would you give yourself as a graduate considering the experience you have now?

Don't be afraid of interviews. Remember it's your chance to see if the company is right for you. If you're not offered a position be positive about the fact that it would not have been a perfect fit, and use feedback given to develop your understanding of what you want and how to present yourself. Equally, if you get to offer stage, consider whether you're confident and comfortable committing to that business before accepting: Your goal should be to find the business that will fit not only your career ambitions but also your life values. We spend a lot of our lives at work, so choose your 'work family' carefully!

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

READY, SET, MENU

Eating a sport specific diet could be the difference between 1st and 2nd position. Great nutrition is important for everyone but athletes understand first hand how a bad diet can be a detriment to their performance.

A good diet stops injuries, prevent illness, and shortens recovery time. This applies to to any athlete, at any level. It

is now standard practice to seek help from a Professional Sport Nutritionist to discover the right foods will make you

perform better. From rowing to rugby and everything in between, athletes are now taking care of what they put in their mouths.

If it's so obvious nutrition enhances performance and recovery, are our local athletes taking care of themselves and their sport? We spoke to them to find out.

Enya Satchwell (17)

Rowing (coastal and indoor)

What do you eat on an average day?

Porridge with banana, berries and nut butter. Snack: bounce ball or nakd bar. 12:20 am some sort of fruit. Lunch: 80g protein e.g. chicken, veggies, 120g wholegrain rice. 5-6pm same as lunch but with sweet potato instead of rice. 7:30pm banana, oat cake and nut butter.

What do you eat on competition day?

I try to keep my diet similar to a normal day. If it's an indoor rowing competition I won't need to change it up too much as they are only around eight minutes long. For bigger races such as the Sark To Jersey - which is around 2 hours 40, then I would take on more carbohydrates a few days leading up to the event, with lots of water!



How does your diet differ out of season?

I train for coastal rowing during the summer, which is long and endurance based, and sprints in the winter, fast and strength based. Although these are completely different, my diet only really changes around the longer races. It's better for me to be consistent in what I eat.

How does nutrition impact your performance?

For me nutrition is one of the most important factors in my sport and life in general. Since changing the way I eat, I have got so much more from my performances and it really does pay off.

Do you have a food based Achilles heel?

Nut butters, whether it's almond, cashew, peanut.. No discrimination.



Tom Gallichan (23)

Swimmer

What do you eat on an average day?

Breakfast - porridge with honey and fruit and eggs (scrambled or omelets) with a glass of milk. Lunch - high in carbs with some sort of protein. Dinner - chicken or salmon with sweet potatoes or rice and lots of vegetables. Snack on fruit and specific snack bars in between main meals. Lots of water and energy drinks throughout the day (7-9 litres depending how much I train).

What do you eat on competition day?

I tend to have a high carb and high protein meal the night before. On the day porridge and fruit for breakfast and then high carb lunch such as tuna pasta with veg. A protein shake after the race and massive meal such as chicken or salmon with sweet potatoes or rice and lots of vegetables.

Do you adhere to a strict diet, if so how is it calculated?

I don't have a strict diet. But I tend to eat

clean, as it helps my performance and I prefer healthy foods than rubbish, which is a massive help. As a swimmer I can eat whatever really as I'm training up to five hours a day so won't put weight on.

How does your diet differ out of season?

It doesn't really as I tend to eat clean and healthy all the time as just prefer those sorts of foods. The only difference would be having alcohol erased from my diet when training for specific big competitions.

How does nutrition impact your performance?

Nutrition is everything when it comes to performing at your best. You can train as much and as hard as you want, but if you're not eating correctly you won't reach your potential or even come close.

Do you have a food based Achilles heel?

I love Soreen Malt loaf and can eat a whole loaf before realising.



Calli Bushell (32)

Boxer

What do you eat on an average day?

I nearly always start with porridge and fruit and nuts for breakfast, mid morning snack: fruit and a homemade oat and nut bar or a Nakd bar, Lunch: Normally is what I had for dinner the night before, which will be protein, carbs and veg or salad, Pre training snack: rice cake or crumpets with peanut butter and a banana, Dinner: protein (chicken or Salmon), carbs (sweet potato, brown rice or pasta), and veg or salad. I may have a bit of chocolate with my tea later on.

What do you eat on competition day?

This would depend if we were weighing in on this day or not. If we have weighed in the night before then it is not far off my normal day. As the bouts can be on quite late I normally take a chicken wrap with salad to have about three hours before I will warm up, then after that I would maybe just have a few carb gels or a carb bar and a banana.

Do you adhere to a strict diet, if so how is it calculated?

Depending on what weight I have agreed to fight at will control how strict I need to be. Generally I need to drop about 2KG's before a bout. I prefer to do this slowly rather than have to crash diet in the last week. About 4-6 weeks out from a bout I cut out all treats like chocolate, cakes and alcohol. I normally try and drink a lot more water too.

How does your diet differ out of season?

It doesn't change that much I still eat the same meals as I would while training but I might have a few more cakes and maybe a few more glasses of wine.

How does nutrition impact your performance?

For me I think it plays a big part. Eating well means I can train harder and recover quicker.

Do you have a food based Achilles heel?

I am quite disciplined so I would say I wouldn't give in, but it would probably be a cupcake with buttercream icing!



Lewis Robling (24)

Professional rugby player

What do you eat on an average day?

I normally eat up to four meals a day, with protein shakes mixed in after a training session. Breakfast is usually eggs and bacon, then a protein shake after morning training. We get fed lunch at the club, today was gammon, sweet potato and cauliflower cheese. I then have another protein shake after our afternoon session. Followed by a 5pm meal, something like chicken rice and veg, then a further meal at 8pm, which is usually meat and veg.

What about on game day?

It really depends on what time kick off is, but it doesn't really change that much. We usually eat more carbs than usual to store that needed energy to see you through the game.

Do you adhere to a strict diet, if so how is it calculated?

Whilst it's quite strict, it's easily manageable. We have our body fat tested quite frequently so it's best to keep on top of it! We have someone overseeing each of our diets too, which helps.

How does your diet differ out of season?

It doesn't differ that much.. obviously we're allowed to relax for a while once the season is over. But we are all set targets to meet for when we come back for pre season and it's not worth coming back fat!

How does nutrition impact your performance?

It has a massive impact on your performance... If your body isn't fuelled and ready to go, not only will your energy levels be very low, your mind won't be as focused and there is a significantly increased risk of injury, which no sportsperson wants to face.

Do you have a food based Achilles heel?

I'd say anything that's very stodgy and full of butter does the trick! (Flapjacks in particular).



ON YOUR MARKS...

Standard Chartered Jersey Marathon The Standard Chartered Jersey Marathon will return for its eleventh year on Sunday 2 October 2016. The race, which has been recognised as one of the largest fundraising events in the Island, promises to be a fantastic sporting spectacle for all, attracting runners of all abilities across the globe.

The Standard Chartered Jersey Marathon 2016 will comprise of three established race categories: Full Marathon, the Marrant Ozannes Relay Race and a 3K Fun Run (sponsored by the Jersey Evening Post). With a race category for everyone, the event truly involves the whole community of Jersey and has become renowned for its wonderful crowd of local supporters.

Organisers are again asking entrants to #RunForAREason and raise valuable funds for this year's two chosen charities. The 2016 race will benefit Standard Chartered's global initiative, Seeing is Believing (SIB), which has helped tackle avoidable blindness around the world over the last decade. Alongside local beneficiary, Brig-y-Don Children's Charity, which provides services and experiences to improve the lives of children in care in Jersey.

Organisers were overwhelmed with the support in fundraising last year and hope that as many people as possible will sign up this year, either on their own or as part of a team, to help support these two wonderful causes or a separate cause close to their hearts.

So if you are taking part as a runner or supporting as a spectator, make sure you don't miss out on the Standard Chartered Jersey Marathon 2016, one of the most exciting mass participation events in the Jersey calendar.

Online entry for all three race categories is open at www.jersey-marathon.com Should you need further information don't hesitate to get in touch by emailing contact@jersey-marathon.com

#JERSEYMARATHON-
#RUNFORAREASON

Dance Like Nobody's Watching!

Dance schools all over Jersey have been busy preparing for the biggest dance event of the year - The Dance World Cup

WORDS Rachel Egerton

Speaking as a dancer, the fact that the greatest all-genre dance competition on the planet is coming to Jersey is beyond exciting. I have been dancing since the age of 4 and I do lessons in Tap, Ballet, Modern, National and Jazz.

The Dance World Cup (DWC) finals are taking place at Fort Regent starting with an Opening Ceremony on June 25 and the finals run from then until 2 July. This world wide competition is expecting around 18,000 competitors from 38 different countries, including the USA, China, Russia and Australia, so prepare for the summer months to be booming with tourists in Jersey. Previous hosts include; Austria, France, England and Portugal and last year it was held in Romania.

The classes (or genres) for this year's DWC are as following: Acro dance, Ballet and Demi-Character, Classical Greek dance, Fusion Ballet, Hip Hop and Street Dance, Jazz and Showdance, Modern and Contemporary, National and Folklore Dance, Song and Dance and Tap Dance. You can enter these as a solo, a duet, trio, quartet or quad and larger than five is classified as a 'Group'. There are four age categories: Minis (9 and under), Children (10-13), Junior (14-16) and Senior (16+). Before each DWC final your dance needs to qualify within your country. This year the qualifiers were held at the Jersey Opera House on 9-12 March, where Jersey and Guernsey Dance Schools competed against each other. The top three in each class, providing they had the qualifying mark (65), are going through to the finals this summer.

Two years ago, in 2013, the DWC finals were held in Brighton, and my dance school "Jersey Academy of Dancing" got through to the finals (after coming 2nd in the qualifiers) with a Song and Dance Group called 'Revoluting Children' from the musical Matilda. This was an incredible experience, from going on a plane with all of your friends, to dancing in the Globe Theatre in Brighton, and we managed to get a few days off school! Was I nervous? Absolutely!

It feels like your whole stomach is filled with butterflies, but I know the best way to calm my nerves is not to think about the dance, to close my eyes and just remember to breathe.

I think that the fact that the finals are in Jersey this year makes a huge difference because due to time off school and accommodation fees most participants in Jersey only do a few dances abroad, but this year there are no limits. One of my friends

ironically has no singing in the music, but is very jazzy. Also our costumes are full of sequins which glitter in the stage lights, and we have cute black hats which we use a lot in the dance. We also performed this dance in the "One Hundred and Fifty" Gala at the Jersey Opera House last November, so is the dance I know best and is the most rehearsed out of all of them.

Speaking of rehearsals, we started training for the DWC in the summer of 2015 in order to have the dances well learnt and slick as

"The feeling that you have when you are backstage and the commentator announces your name is an indescribable mixture of bundles of nerves and sheer excitement"

is doing thirteen dances for the qualifiers, because we don't need to worry about flights or school as a lot of the classes are in the evenings. I personally am doing four dances; a tap solo, two tap groups and a jazz and showdance group. My favourite out of these has to be the smaller of the tap groups (seven of us) because tap is my favourite type of dance and it is done to a great piece of music called "Sing, Sing, Sing", which

possible for this summer. Each rehearsal is usually around an hour long, but sometimes longer if the dance needs more work. On the week before DWC qualifiers I was training for just over nine hours a week on top of school and work, so it is a stressful and extremely tiring experience. However this is something that creates the best feeling when you can see what you have achieved, and is so rewarding if you do win.



Pictured above: Rachel and friends practising ahead of the DWC 2016 finals

For more information about the event visit: www.dwcworld.com



HARDWARE



HUNGRY FOR GADGETS?

It's not unusual, as you should know by now, for me to begin this section each month with a brief discussion of one of the deeper, existential and philosophical questions or issues that plague the minds of all humans daily. True, it may not fit with the theme at all, given the technological and non-sentient nature of gadgetry itself, and thus its inability to actually contemplate existence on any level, however what kind of reporter would I be if I failed to position each and every product as a key representation of, or even solution to, the larger social and cultural issues that we face every day?

WORDS Taylor Jones

That's right, I'd be an actual technology reporter, and who wants that when they're trying to decide what kind of

juicer to order off of Amazon? Surely it's better to know that the NutriBullet RX is in fact a symbolic representation of the way consumerism has blended our sense of self-worth and monetary value to become one and the same, and the cheaper Hamilton range is nothing less than our way of fighting against corporate greed and the oppression of capitalism in its purest form? Anyway, I digress.

The issue I am briefly going to discuss in this article (trust me, Appetite will be mentioned at least once) is the way in which we, as human beings, impose distinctions upon ourselves. People are divided in this word by class, race, gender, sexuality; the list is endless. These boundaries and limitations are so often a construct of human imagination, yet they define the world we live in. However, in this world of ever decreasing brotherhood and nigh-on isolationist attitudes towards the foreign, there is one thing we can turn to, to provide us with unity: our need for food. Now, I realise that yes I am clutching at straws here, and there are actually many other things that most humans share, but I got into a groove writing about difference and similarity and realised I hadn't mentioned the theme for this month yet

(350 words in, that has to be some kind of record?). So, instead of speaking about the ways in which human consciousness and free will are the universal links between us all, I'm going to stretch the boundaries of believability and stick with the fact that actually, it is hunger and our need for food that makes us all distinctly human (please ignore the fact that practically all living things require food).

This month, I have chosen gadgets that will help every single one of us, regardless of how you are defined by society, to not only conquer hunger, but have some fun in the process. Because what is the human struggle for sustenance without a laugh a minute? These gadgets are designed to help the ones who simply don't have time to slave over lavish meals in the kitchen, but still have a constant burgeoning hunger for the finer things (I have to specify that to me, "finer things" are often doughy and covered in sugar). These, my friends and fellow humans, are the gadgets that bring fast, fatty, and ferociously unhealthy foods right into your home. In some way, these gadgets themselves will create a universal unity, although it may be obesity and type 2 diabetes.

Popcake Automatic Pancake Maker

Despite popular opinion, the right to eat pancakes is not exclusive to one day of the year. In fact, this restriction, this limitation, is the main reason for my own scepticism surrounding the Christian faith. If God is truly loving, why on his good earth would he imply that there is one designated day for the consumption of these little round pieces of heaven? Pancakes are a delicacy to be consumed and praised each and every day of the year, and as much as it pains me to acknowledge the existence of the assault on the senses that is the thick pancake, the entire family, consisting of all shapes, sizes and fillings, represents the simplicity of the human fraternity. With only three simple ingredients, you can have yourself a tasty, and somewhat nutritious snack (if you disregard the diluvian flood of Nutella that goes onto each and every one). However, it seems that even tenuous, abstract, symbolic representations of unity must be marred in some way. That's right, despite the pancake's obvious power for good, there are still a list of problems that are inextricably linked with the process of making the pancake. Firstly, there's the

inevitable powdering of flour around your kitchen that makes it look like Scarface has attempted to decorate your home by sneezing, and don't even get me started on the flipping of the pancake itself. You, the frequent reader of this section, know that it is rare I am lost for words, but I'll be damned if I ever find the phrase to describe the sorrow any person feels when then turn what could have been a luscious pancake into a ARA Belgrano-esque disasterpiece with a simple flick of the wrist. Pancakes can be squished, bent, dropped, or worse, stuck to the ceiling with nothing more than an untrained chef at the helm (if we're really committing to the gadget/human brotherhood comparison, imagine Trump is the chef).

Anyhow, I realise I have once again rambled on for a long time without actually mentioning the gadget in question. So, without further ado, I introduce to you the Popcake Automatic Pancake Maker. With this undeniably monstrous-looking machine at your command, the problems of pancakes (and thus existence as a whole apparently) can

be a thing of the past. That is actually a white lie, because all this thing does is cook you inadequately sized pancakes at a thickness that could dislodge the first 150 of a shark's teeth. For this machine, you simply need to mix the batter, pour it into the machine, and you will be provided with an endless stream of delicious (too) little treats. Again, that is a white lie as the machine will only make the number of pancakes that corresponds with the amount of mixture added, but that one is more obvious I guess. I'll be completely honest dear reader, I got incredibly excited when I saw this machine, however further research (typing in the product name on Google) has made me disillusioned. What had the potential to be something great has turned out to be merely average at best, and at \$3,700, average may not be worth it.

Not a great way to begin our foray into the world of gadgetry to heal the human condition, but alas we move on to bigger (smaller) and better things. Hopefully I'll be able to keep the reviews a little shorter.

CONTINUED...



“Pancakes are a delicacy to be consumed and praised each and every day of the year, and as much as it pains me to acknowledge the existence of the assault on the senses that is the thick pancake, the entire family, consisting of all shapes, sizes and fillings, represents the simplicity of the human fraternity.”

Be a Rockstar.

Rivoli Solitaire Engagement Ring
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Buying an engagement ring is a big decision and it pays to shop smart. A Rivoli diamond is sourced from the finest suppliers in London's Hatton Garden and Antwerp by buyers with decades of experience. Rivoli also stocks a wide range of hand finished wedding rings and offers a shape to fit service for all engagement rings.

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...CONTINUED



Nostalgia MDF200 Automatic Mini Donut Dispenser

See everything that I complained about with the last product concerning shape, size and density, then apply it to this machine. I'll keep this very simple: the donuts are too small. Do I wish I could make donuts at home with ease? Yes, of course, what right-thinking human being wouldn't? However, do I want to splash out \$140.00 (roughly £100) on a machine that produces donuts that would satisfy the hunger of a small rodent? No, absolutely not. Whilst you may look at this and think "Oh Taylor, you've just being lazy and looked up automatic food producing gadgets online and given us the first two results", which, to be fair, wouldn't be wrong, there is a fundamental difference between this machine and the pancake producer, and it lies in their shortcomings.

The pancake producer knows that it can afford to provide sub-par treats, because anyone looking for true quality can probably, bar a debilitating injury or an IQ of below eight, make their own pancakes. The machine can't be faulted for its simplicity because its produce is, by nature, simple. It knows that it is simply there for a quick fix. The Nostalgia Donut Maker, however, must stand for its court-martial. The donut is sacred. Indeed, there is an entire police force that relies upon a stereotype centred around this doughy treat in order to maintain a false sense of humanity that allows for trust amongst the public. It is not simple like the pancake, despite its similar shape and texture. It requires time, ingredients and a blatant disregard for the vitality of one's arteries. It is not a dessert food to be taken lightly, and thus this gadget does not receive my backing because it takes its job as some sort of joke. If we as a people are to become reliant on machines like this, that provide us with nothing even close to the finest we can expect in the donut world, then we are going to see society crumble around us when the masses are introduced to the life of the 1%, who live with normal sized, glazed donuts, with sprinkles and thick layers of icing. Chaos will ensue, trust me on this. I would go as far as to say that the Nostalgia MDF200 Automatic Donut Maker will play a similar role in human and international relations to Joseph McCarthy in the early 1950s.

Can you imagine if people actually read this stuff?! I could not get away with anything like that. Thank god my message is only being spread to a handful of people on a small island!

Hammacher Schlemmer Countertop Snow Cone Machine

I don't know how stupid these people think we are, but this is just a £40 freezer. You'd have to be a literal cog in the consumer market to actually believe that this does anything different to the freezer that is already attached to your fridge. All you do is put water in, it freezes, you scoop the ice out and put it in a cone. Admittedly, there are probably a number of processes added onto this, but come on, if you're too lazy to make ice, you need to have a talk with someone, or turn down the temperature on your freezer.



CuiZen PIZ4012 Pizza Box Oven

Now we're talking. Or are we? I'll be perfectly honest, I have no idea what to make of this gadget, if it can even be called that. On the surface, it seems great. A novelty pizza oven? Yes please! But let's take a step back and think about this. The size of the machine limits you to only 12" pizzas, that have to be cooked one at a time. Now let's say a 12" pizza can feed two people if dessert (from one Automatic Pancake Maker) is served afterwards. Now, it's unlikely you're going to get this gadget out for yourself, after all it is a novelty item, thus it will probably only be shown off at small gatherings and parties. I'll assume that everyone reading this has at least five people that they can invite to a dinner party (hey, do a brother a favour and show those friends this article, get my name out there?). So that means that you are feeding six people including yourself, which means at least three pizzas. At 20-22 minutes per pizza (thanks Amazon reviewer John Mrvan), you're spending at least an hour just cooking these things, and that's not even considering the preparation time for each one, plus the cost of ingredients etc. Realistically, you're investing a lot more than just £41 into this thing. You're giving up your time and energy just to be able to cook a single pizza at a time in a small box that has a frankly racist, stereotypical image of what can only be assumed is an Italian chef emblazoned on it. Is this the message we want to promote with our gadgets that strive for human equality? I think not.

All this being said, it's still quite fun to look at, which is more than can be said for the others on this list, and despite its efficiency and racial imagery flaws, it serves an important purpose in cooking one of the world's favourite dishes. As you can probably tell, I'm quite torn when it comes to this gadget. I leave the decision as to whether to buy this entirely in your hands.



PHONE HOME



Imagine all the music on earth, in every room of your home.

Forget about large speaker systems and bundles of messy wires. Welcome to the ultimate listening experience with Sonos wireless HiFi, that delivers all the music on earth, in every room including Apple Music, Spotify, TuneIn Radio and much more, with warm, full-bodied sound that's crystal clear at any volume in your home.

Sonos is simple to set-up, control and expand. Simply press two buttons and begin your listening experience using one powerful app to access your music with the ability to add additional speakers to either the same or a variety of different rooms in your home.

With a range of three great products including the Sonos PLAY:1, PLAY:3 and the latest PLAY:5, you'll find the perfect Sonos speaker today in the JT store, or visit www.jtglobal.com/SONOS to find out more.

Big, Beautiful, Powerful

The Microsoft Lumia 950XL gives you style, power and functionality all wrapped up in one superb phone.

With a 5.7 inch Quad HD display supported by a powerful octa-core processor, the Lumia XL gives you one all-encompassing Windows experience driven by Windows 10. In the Windows Store, you can shop for apps, games and music, whilst Microsoft's personal assistant, Cortana, will get you to every appointment on time.

The beauty of the Lumia 950 series can be found in the way it brings together your work and leisure. You can just as easily edit Word documents, fill in spreadsheets or check your email as you can play a game, watch a film or make memories with the 20 MP camera.

Crucially, all of your work, gameplay and creativity is synchronised across your devices. Windows 10 ensures everything you need is always just a click or two away.



You can also connect to a Windows Display Dock to expand the 950XL experience, making you more productive by using an external keyboard, monitor and mouse to give you the full PC experience powered by your phone.

The 950XL comes with USB-C Fast Charging, wireless charging and an extra-large battery to keep you online all the time.

Make sure you experience the Microsoft Lumia 950 for yourself in the Sure Store today.



Hanging tough with the Cool CATS

Superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques reviews the CAT S50

You must be all familiar with iconic Caterpillar brand and its array of heavy machinery to tackle the toughest jobs. So to start with I wondered if this really was a rough and tough device or just another copy CAT with a brand name slapped on the back. I could see the smirk on Peter's face (Head of Marketing at Airtel-Vodafone) when he handed me the phone. I've been known to break a few iPhones in my time you see! 'Bet you can't break this Hannah' he chuckled.

So off I went to try, naturally. A quick drop test resulted in not even a tiny scratch, and this phone is certainly one of the most rugged Android phones you are going to find. It meets military standards for toughness - resistant to water, dust and extreme temperatures. It's thick and solid and the back has a really nice texture, designed so you will get a good grip wearing gloves.

It's got a nice LED display with pretty high brightness and the interface is the tried and tested Android 4.4. It's got an 8MP main camera and there's a front camera for taking those rough and tough outdoor selfies.

The Android smartphone experience of the S50 really ups the ante on previous CAT phones, which were just known for their toughness but with little performance to go with it.

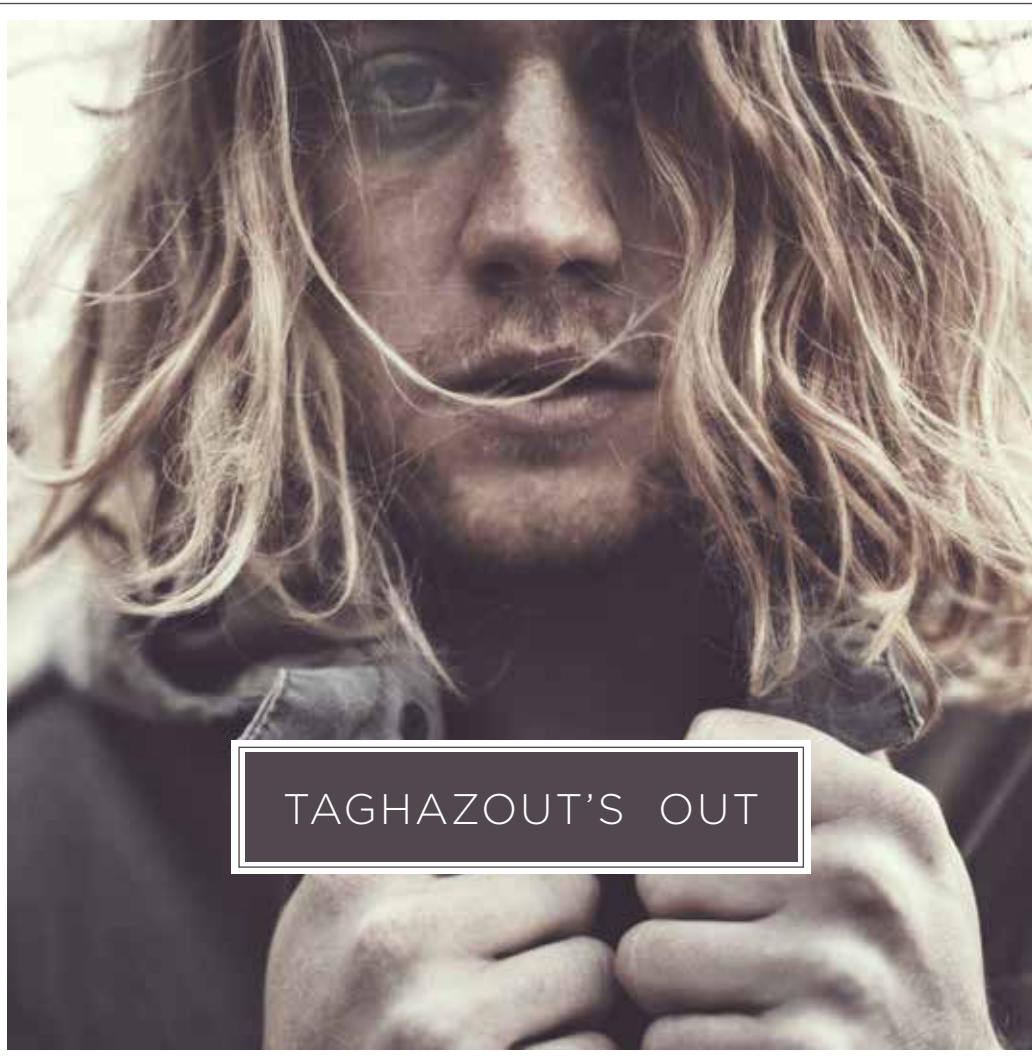
Available from Airtel-Vodafone for £228. Price correct at time of going to print.



MEGAN'S TOP TIP FROM AIRTEL-VODAFONE I'm worried about background App updates using too much data - what should I do?

Think about if you use the App enough for it to be critical for you to have the information up to date all the time. If the answer is yes then you should think about keeping it on.

If the answer is no then you should consider turning background updates off in your device settings to conserve your data allowance. This will stop your phone accessing data automatically, without your knowledge. For example in apps like Facebook, turning off the auto-play feature in the settings will reduce your data consumption.



TAGHAZOUT'S OUT

You may have heard of this unusually named Jersey songsmith, even if you've never uttered his name correctly. Tadhg (pronounced "ti + gue") Daly is a local born and raised 22 year old folk-rock artist who releases his first EP 'Taghazout' just as we go to press.

The first single from it, 'Control Yourself' went live last month with a video shot entirely on the island. How often do you see Victoria Avenue featured in music videos? That's right, it's worth a look. Plus, the song is fantastic. The video was envisioned and directed by locally based Director Simon Edwards of SRE Films with additional filming by Jersey's Anna Somma. According to his label, the hard-hitting video confronts 'the difficulties of temptation in society today'.

Tadhg announced himself and his band to the music industry in 2014 when his debut single 'Learn To Live' was released and immediately recognised by the iTunes Independent New Music Panel, gaining a place on their websites 'New & Noteworthy' page. Tadhg went on to open the main stage at Folklore last year and performed at major UK festivals such as Boomtown Fair and The Isle of Wight Festival.

Along with his band, Jack Townsend (Drums) Zach Pygott (Guitar) and Matt Romeril (Bass) the band continued to develop their sound working with local producer JP le Blond and later Sam Falle. They moved to London, but with support from the Jersey Arts Trust began work on the EP with Sam Falle in Jersey at Gilbert O'Sullivan's 'Frobisher Lane' studio. The result is a unique combination of self-penned, heartfelt songs that provide a moving platform for Tadhg's powerful vocals. It's truly a Jersey effort with so many creatives involved. The EP artwork is also provided by local talent in the form of dramatic photography from Jersey's Danny Richardson.

A local live EP launch is scheduled for Friday 15 April at Havana.

You can see the video at www.gallery.je/tadhg
(it'll help you learn to spell it).



ELECTRONIC GIANTS DISCLOSURE & SKA ICONS MADNESS TO HEADLINE JERSEY LIVE 2016!

It's not long now until the summer months will be upon us, which means that Jersey Live is just around the corner too. The festival returns this summer with headline sponsors JT, for its 13th edition.

Following the success of last year's event, which featured dazzling performances from headliners Rudimental and The Vaccines as well as a diverse line up comprised of some of the world's biggest acts including Years & Years, Clean Bandit, Leftfield, The Proclaimers, Stereo MCs and many more. As ever, the organisers aim to build on that success and expect the 2016 event to be bigger and better than ever.

This year's festival will be headlined by Grammy-nominated house music giants Disclosure. The platinum-selling duo top the bill on Saturday night – a slot that historically has been filled by dance music A-listers including Chase & Status, Fatboy Slim, Groove Armada and Basement Jaxx. To close on the Sunday evening are the legendary “Nutty Boys” Madness, who return to the festival after headlining the JL Main Stage in 2011.

They will be joined by a pillar of British indie history, former Verve frontman Richard Ashcroft, who performs in the penultimate slot before Disclosure on Saturday night, and chart-topping drum & bass duo Sigma, who take to the stage on Sunday night ahead of Madness. We're particularly excited to hear new work from Ashcroft's first album in six years, *These People*,

released on 20 May, and thrilled to have one of the most exciting live electronic acts around, in Sigma, appearing at Jersey Live for the first time.

“In Disclosure we've got an act who really are global A-listers, so it's a real coup to have them here as headliners.”

Co-organiser Warren Le Sueur can't wait for this year's festival “We're ecstatic to announce one of our strongest headliner pairings ever. In Disclosure we've got an act who really are global A-listers, so it's a real coup to have them here as headliners. They put on a heck of a show and I've got no doubt that they'll be bringing something extra special to the Jersey Live Main Stage on Saturday night. In Madness, well, anyone who was at Jersey Live in 2011 will know what to expect, and that's pure, unadulterated fun. The list of anthems to their name is phenomenal really, and seeing 10,000 people dancing like lunatics to ‘Baggy Trousers’ in 2011 is something I won't forget in a hurry. I can't wait to see them again”

Tickets are on sale at www.jerseylive.org.uk

REASONS TO GET STUCK BACK IN!

REASONS FESTIVAL RETURNS WITH GOLDIE, SOUL II SOUL, SLAM & DETROIT LEGEND STACEY PULLEN LEADING THE WAY

Following an unbelievably successful launch during the summer of 2015, Reasons Festival are delighted to announce their return for yet another exciting boutique festival event, right on our very doorsteps. Internationally acclaimed artists from all over the world will join local crowds on Saturday 30th July 2016 at Jersey's beautiful and historic "Coronation Park" to once again deliver a jaw dropping and creative line up!

This year's offering is headlined by Drum & Bass and UK rave scene innovator GOLDIE alongside two time Grammy Award winners Soul II Soul, bringing their full live act to Jersey's shores. They will appear alongside Reasons Festival's already announced artists, Dense & Pika, General Levy, The Reflex, Slam, Special Request, Mike Joyce (The Smiths) and MX Zander, DJ Barely Legal, Stacey Pullen, B Traits, Dub Phizix & Strategy and more.

Spread across unique stages set in the beautiful, historical Coronation Park, Reasons have been working tirelessly over the last eight months to build on the incredible success of their inaugural year.

What was lauded as an extremely, positive, creative and peaceful event, Reasons Festival is extremely privileged to once again have the opportunity to share their creativity and hard work at this celebratory

level at such a precious location to Jersey's community. Armed with fresh inspiration and lessons learned from last year, Ben and John are once again creating an event packed with music and art for both local and visitor crowds to get stuck into, delivering a unique and beautiful event that Jersey can continue to be proud of.



GOLDIE

Hot on the heels of his recently bestowed MBE for ongoing contribution to Britain's music culture, Goldie is now an undisputed legend of stratospheric status. Born Clifford Joseph Price, in Walsall in 1965, he was put into care aged three. He became a jungle and Drum 'n' Bass DJ, and in 1995, had a top 10 album, *Timeless*, a groundbreaking release in the history of D&B music. The album blended the complex, chopped and layered sounds alongside deep bass lines with expansive, symphonic strings and atmospherics. Soon after followed 1998's *Saturnz Return*, released after the explosion of D&B into popular culture. An artist in every sense, he probably describes his output best himself: "Some people might call what I do drum 'n' bass. But I'm not going to narrow it down to what the music industry thinks is commercially viable. I'm not really into narrow thinking. Making this music is like poker. You begin with five cards. You don't play poker with two cards. That's just the rule of the game. Once you learn how to play you can bend the rules." Sounding as fresh, crisp, clean and out there as ever, we can't wait for him to bring the true spirit of artistic Drum 'n' Bass heritage to Jersey's Reasons crowd this summer.



SOUL II SOUL (FULL LIVE ACT)

A real coup for the Reasons Festival crew this year was confirming the booking of absolute legends of 90s dance music Soul II Soul in all their live band glory. By 1989, Soul II Soul's definitive album *'Club Classics Vol. 1'* had put UK urban music on the map and set the standard for British dance music. Soul II Soul have won countless awards over nearly two decades in the music industry, including two Grammys ('Best R&B Vocal Performance by a Duo or Group' and 'Best R&B Instrumental Performance'), five American Music Awards and several worldwide Gold and Platinum Awards recognising massive record sales. Jazzie B, the group's founding member DJ'd for us last year and was a highlight of the festival for many, so the natural evolution for us was to set about booking the entire band - and we made it happen!

The embodiment of so many things Reasons feel make their little festival so great, their motto pretty much says it all: "A happy face, a thumpin' bass for a lovin' race".



APRIL MUSIC & NIGHTLIFE: WHAT'S ON...



FRIDAY NIGHTS PHILOSOPHY OF HOUSE @ GRAND JERSEY

Start your Friday night out at Grand Jersey, where they promise you a great mix of music and atmosphere! Philosophy of House are providing Friday entertainment every week until September. Enjoy great food, cocktails, beautiful views and fine tunes played between 6pm - 8pm every Friday in the Champagne Lounge and on the Terrace from May! What better way to start the weekend?

Tickets: FOC // GRAND JERSEY // from 6pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 09 APRIL DOORLY || SHAKE IT @ ROJO

Playing Jersey for the first time the team over at Rojo are seriously excited about this one! Having done just about everything a DJ and promoter could have done in a very short space of time the rapidly rising star that is DOORLY makes his maiden trip to Rojo and Jersey. Support comes from local legends Simon Gasston and Warren Le Sueur

Tickets: Eventbrite // ROJO // from 10pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 16 APRIL RAM RECORDS || DELTA HEAVY || DC BREAKS || MC VISIONOBI @ THE WATERSPLASH

Vanguard Audio invites the biggest Drum and Bass label Ram Records to Jersey for their first label night. From the Ram camp two heavyweights DC Breaks and Delta Heavy who both have albums dropping very soon will supply a night of the finest music, also MC Visionobi will be the third of the UK acts on this mouthwatering line-up hosting for these two amazing producer/DJ acts.

Tickets: Eventbrite, The Splash, White Label Recrods // THE SPLASH // from 10pm // 18+ • R.O.A.R. • Photographic ID



EVERY SUNDAY SUNDAY INDUSTRY NIGHTS @ CE SOIR

WCAM • Who cares about Mondays? Well if you don't, perhaps you're working in the hospitality industry, or perhaps you're just having a long weekend and fancy a Sunday night out. If so head down to Ce Soir, for free hot dogs, great tunes from the likes of Ben Newman and Sorin Simon, who promise to take you on a lovely journey over the whole night till early morning. See you all on the dancefloor from 9pm and don't forget your disco shoes!!!

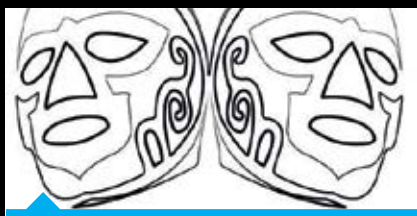
Tickets: FOC // CE SOIR // from 9pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 30 APRIL MISTAJAM (Radio 1) || BADA BADA BOOM! Launch @ THE WATERSPLASH

The chaps over at Togetherparties are bringing the discerning clubbing public a new night, Bada Bada Boom launches with the arrival of Mistajam (Radio 1). As a DJ forget trying to nail him to any one genre for he's from the school of thought where only those who've perfected the art of mixing need apply. As the broadcaster responsible for providing the first airplay received by many of your favourite current artists, it is this fearless approach to delivering the ultimate blend of music that has seen his army of supporters and profile grow over the past few years. With support from Warren Le Sueur and Simon Gasston.

Tickets: Eventbrite // THE SPLASH // from 10pm // 18+ • R.O.A.R. • Photographic ID



BANK HOLIDAY SUNDAY 01 MAY CAMELPHAT @ ROJO

In a series of firsts for Jersey Rojo continues to bring over the hottest new talent, for your pleasure. Rapidly becoming the act that everyone is talking about CamelPhat are a mystery DJ/Production duo coming red hot out of destination unknown?! The partnership has been delivering quality house vibes to the more discerning DJ for the best part of five years; and only now, with the massive deep house movement, have their musical qualities come to fruition.

Tickets: Eventbrite // ROJO // from 9pm // 18+ • R.O.A.R. • Photographic ID



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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 eighth 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.

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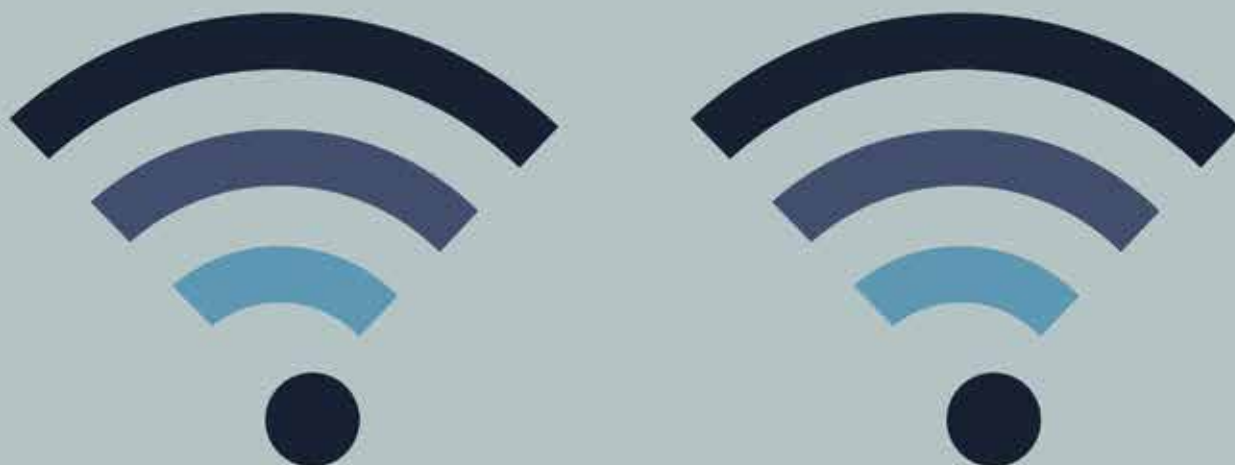
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