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129
the MICRO issue



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gallery

#129
[MICRO]

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gallery

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

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edito

Last year I was in London for the weekend when they announced that Prince was in town and doing a last minute intimate gig the next night. Tickets were to be released at 7am the following morning and you'd have to call on the dot to get one. As someone for whom Prince holds more than a little significant nostalgia, I set my alarm to be up for 7am.

We were staying at the Z hotel, just near Victoria Station. They're good value, have a communal lobby hang out area that serves free wine and snacks in the evenings and small but practical rooms. A 'micro' room if you will (my tenuous link to the theme of Gallery this month). The trouble is that, on this occasion, our room was one in the middle of the building and they have no windows. Those with mild claustrophobia probably wince at the thought but they are well fitted out, so you don't really notice. And did I mention the free wine? A logical aspect of a windowless room is that it gets DARK and if you're tired, and have spent time in the lobby, you're going to sleep pretty well.

On this occasion I slept too well. When it comes to phones, my friends will tell you I'm hard to get hold of. As much as I can drain a phone battery in near record time, I'm of the opinion that phones just do things to annoy me. I've tried Apple, I've tried HTC, I've tried Samsung. They're all the same, designed to let you down when you need them most. That day was one of those occasions, as 7am came and went and I slept through my chance to see Prince.

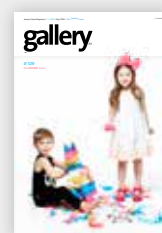
The year before I'd found myself sitting in a tiny smoky bar of just five seats (micro), up a ladder, on top of a bar, on top of another bar in Shinjuku's crazy Golden Gai bar area. In the glow of a massive screen playing 80s rock, a friend and I struck up a pretty decent rapport with the proprietor and his mate who actually seemed to be drinking more than us. It turned out they were friends with the promoters of a Rolling Stones concert the following evening and they invited us along. We had to be at the bar at 5pm the following night to get a lift. The trouble was, we carried on drinking whisky. And carried on. And on. And spent the whole following day in the metaphorical bin. And failed to make it for 5pm. I missed the chance to see the Rolling Stones in Tokyo. Fail.

In truth I'm not a massive Rolling Stones fan. They were a little before my time and, although *Sympathy for the Devil* is fantastic, I guess going to the concert would have been more of a 'legends' box tick. Despite being about 90, they're also still touring (see page 48). Sadly, as of today, Prince isn't and I'll never get the chance to go to that gig again. I suppose the purpose of this edito is to highlight that if you get an opportunity, take it. Also charge your phone and try and stay reasonably sober, just in case. Those micro moments (theme there again) go past pretty quickly and all you're really building in life is good memories. One memory I'll now have is that regret and the fact that Prince died at 57 on the Queen's 90th birthday. How Random.

BD

#129

[MICRO]



COVER CREDITS

MODEL

Beau & Amelia

CLOTHES

Beau:

Beau Loves Heart
Hand Romper from
Little Star

Amelia:

BillieBlush Pink
Bow Headband, &
BillieBlush White
Dress from Little
Star, Pediped Flex,
Darcy One Strap
Sandals In Fuchsia
And Orange from
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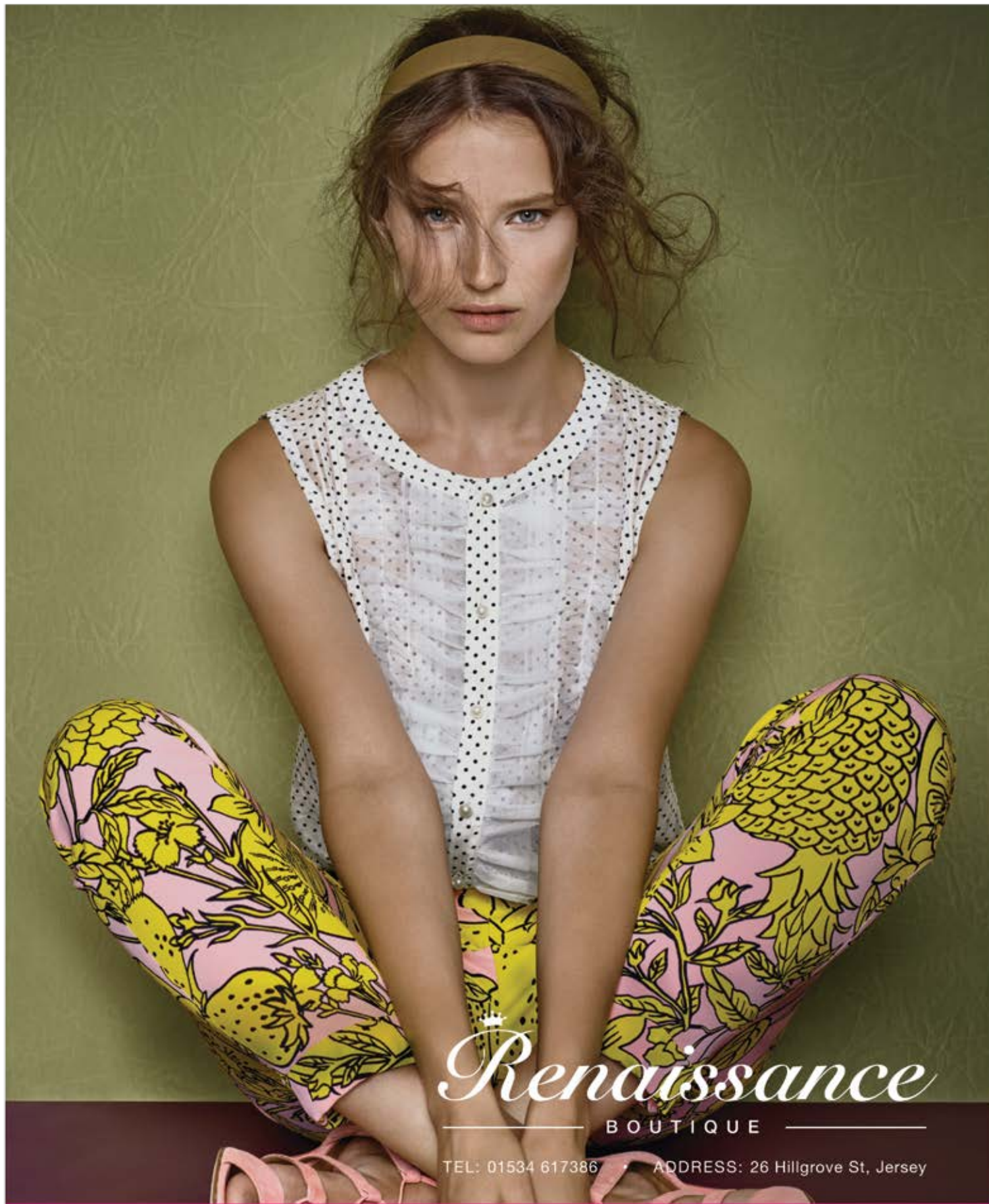
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ON THIS MAY... IN JERSEY



03-15.05.16

LIBERATION INTERNATIONAL MUSIC FESTIVAL

MULTIPLE VENUES & PRICES

The island will be filled with music making and dancing of the highest calibre as we celebrate the 71th anniversary of Liberation from occupation. You can expect to enjoy highlights including the Band of the Royal Marines, Jazz at Hamptonne with award winning jazz pianist Joe Stilgoe, the Royal Ballet with principals Lauren Cuthbertson and Eric Underwood, a fiery night of Carmen and revolutionary music with the Jersey Chamber Orchestra, and the International Chamber Music Series

06.05.16

6 HOUSES, 6 COLLECTIONS

TIFFIN - CASTLE QUAY // 6:30PM-8:00PM // TICKETS: £3-5 AVAILABLE FROM EVENTBRITE

Jersey College for Girls are presenting a unique House Fashion Show Competition. Ten students from each House have taken part and made a collection of wearable art pieces inspired by the theme 'Disguise'. Each house has had six weeks to create this body of work using upcycled items, creative textile techniques and adornment to produce exciting wears. Tickets for the JCG House Fashion show will be on sale and all proceeds go towards the House charities.

07.05.16

BOOTLEG BLONDIE

MERTON HOTEL

Debbie Harris, Bootleg Blondie, has the looks, the voice and the attitude of the original Blondie Bombshell Debbie Harry and like her heroine is typically outrageous on stage. She has been known to wear dustbin liners, thigh length boots and t-shirts with more holes than t-shirt! Bootleg Blondie is the official Deborah Harry of Blondie tribute and the only Blondie tribute to play at the legendary CBGBs in New York City. CBGBs was the Holy Grail of American Punk and New Wave, where the real Blondie first kicked off their career. Tickets cost £29.50 which includes a 3-course dinner.

09.05.16

LIBERATION DAY CEREMONY & FESTIVITIES

ISLANDWIDE

Join the Liberation Party in Weighbridge Place, St Helier and find yourself dancing the Jitterbug and the Lindy-Hop or slow things down as the Jersey Big Band plays classic tunes from the 1940s. Enjoy a full day's programme of music and entertainment, al fresco food and relax as you watch the celebrations on the big screen. Or, if you prefer, peruse the many vintage and craft stalls, or sample traditional treats as street entertainers wind their way through the crowds.

12.05.16

STREET FOOD THURSDAY

ST HELIER TOWN CENTRE // 5PM

Now the nights are getting lighter late night shopping on a Thursday will now be accompanied by a plethora of foodie treats, initially for a four week trial period. There will be five locations for food vans to occupy; Charing Cross / Brook Street / Don Street / Halkett Street / Bath Street and more will be added if demand allows. Confirmed so far are: Pink Panda Van, Jersey Cupcakes, Meat and Eat. Street Food Vans will all be in location from 5pm - 8pm.

14.05.16

PEAS&GLOVE// PERMANENT OLLYDAY 2 WATERSPLASH // 12PM ONWARDS

An all day fundraiser made possible only by the incredible community brought together by the spirit of Olly Newman... a spirit they call Peas&Glove. After the amazing success of last year's Permanent Olly Day, they are back with an even louder bang in 2016. This year, the Watersplash will be host to even more exciting areas, bands, activities and of course, opportunities to raise money for the well being of Olly.



12-14.05.16

ARK ON THE PARK

WWW.ARKONTHETHEPARK.COM

We're told that something exceptional is about to happen in Jersey! A unique three day celebration freely given for all the people of Jersey. Two sessions daily starting at 11:30 am and 6:00 pm. People of every age, persuasion and belief are welcome! This event aims to "open up the reality of a living faith relationship with a risen Saviour, and to demonstrate the love and power of Jesus Christ through the preaching of His word and healing of the sick".!

15.05.16

THE DURRELL CHALLENGE 2016

FROM £5 // 11AM

Durrell Wildlife Conservation Trust launches 'The Durrell Challenge 2016', a 13k road race held in Jersey, Channel Islands, followed by a family fun day at Durrell Wildlife Park on 15th May 2016. Have a fun day out whilst raising funds for Durrell Wildlife Conservation Trust. Can you 'Do it for Durrell'? www.doitfordurrell.com

20.05.16

CHARITY MUSIC NIGHT

IN AID OF MIND JERSEY // 6-11PM // KITTY O'SHEAS

Three white collar boxing contenders are hosting a fantastic night of live music in aid of Mind Jersey, the charity will directly benefit from all of the money raised on the night. Music starts from 6pm with performances from a number of talented local musicians. There will also be a raffle with a chance to win some great prizes! Start your weekend off with a bang and pop down and see the non drinking competitors raising funds for this great charity!

29.05.16**THE BIG RIDE OUT****11AM // ST CATHERINES BREAKWATER**

The Holidays for Heroes ride has become increasingly popular with the motorcycling community both in Jersey and overseas. Starting at St Catherines Breakwater, riders will explore the east coast before heading west through St Helier towards St Aubin and on towards Corbière, where the ride will finish on Jersey's Atlantic coast at the Watersplash. The event is open to bikes, trikes, scooters and mopeds.

30.05.16**JERSEY HORSE RACING****2:30PM // LES LANDES RACECOURSE**

Head up to watch the action at the bank holiday Whitsun meeting. Set in the picturesque coastal area of Grosnez in the north-west corner of the island you can enjoy the most beautiful uninterrupted views over the historic ruins of Grosnez Castle and the neighbouring islands of Guernsey, Sark and Herm. The racecourse hosts nine race meetings during the summer.

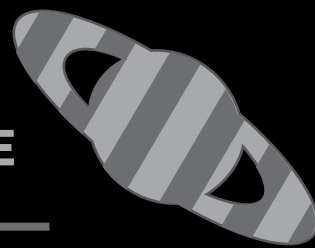


05.06.16**FNHC COLOUR RUN****ST AUBINS BAY // 10AM**

The FNHC Colour Fun Run is set to be one of the most fun and exciting events in the Jersey fundraising calendar next year, and we are excited about getting as many people involved as possible to make it a truly memorable and unique occasion. On top of this, all proceeds will go towards the funding of frontline FNHC services that are essential to the lives of all islanders, from birth to end of life.

**BECAUSE QUALITY MATTERS**

ELSEWHERE

**KUMBH MELA FESTIVAL****APR 22 - MAY 21, 2016****NASHIK, INDIA**

At Kumbh Mela, millions make the pilgrimage to bathe in the Ganges in remembrance of a divine battle that broke the holy pitcher containing the nectar of immortality. Sublime and surreal, the Kumbh Mela festival is an absolute must for anyone earning their graduate degree in festivals. The festival will go on for 55 days, filled with spiritual lectures, religious performances and the cleansing of sins. The world's biggest carnival is so large that on its main days it can be seen on space satellites—just imagine what it feels like to be on the ground.

WWW.MAHAKUMBHYATRA.COM**CANNES INTERNATIONAL FILM FESTIVAL****MAY 11 - 22, 2016****CANNES, FRANCE**

The setting itself along the French Riviera is as famed and glamorous as the ever changing roster of celebrities who attend the world-class Cannes International Film Festival. Filmmakers might start their careers in Hollywood, but the Cannes Film Festival is where they're made. For nearly two weeks in mid- to late May, the Cote d'Azur becomes a playground for celebrities and the paparazzi who stalk them. This ritzy, increasingly competitive festival, where the scene and fashion is perhaps more important than the films, awards and winners, is one of the last of its kind.

WWW.FESTIVAL-CANNES.FR**HANGOUT MUSIC FESTIVAL****MAY 20 - 22, 2016****GULF SHORES, ALABAMA, UNITED STATES**

What could be more quintessentially modern American and youthful than the Hangout Music Festival, where you're drinking beers on a beach with your best buds listening to your current favourite band? The Hangout Music Festival is like MTV's Spring Break writ large for this century. First organised in 2010, the name really says it all. It's a standard multi-day music festival with the differentiator being that it's on the beach. In Gulf Shores. In Alabama. The promoters were keen on setting a vibe of an easy going southern beachy good time. To convey this, they chose to symbolise their festival with a shaka gesture, better known as a surfer's symbol for saying it's all cool.

HANGOUTMUSICFEST.COM**HAY FESTIVAL****MAY 26 - JUN 5, 2016****HAY-ON-WYE, WALES**

Be inspired, moved, and entertained by some of the greatest minds and talents of our time. This convivial country gathering has a quirky classroom on a farm inside a separate country vibe, with 250,000+ attendees seemingly united in the pursuit of literacy, artistic expression and human connection. In this idyllic marsh-meadow setting, you're likely to see Tibetan prayer flags flapping in the breeze, an international assortment of folk singers, and people of all ages in colourful wellies or bare feet, draped on picnic blankets or perched quietly in canvas lawn chairs, wholly absorbed in a collection of good old-fashioned paper-page books.

WWW.HAYFESTIVAL.COM



In the last month, I've been thinking about three things that have the word MICRO in them. And no, before you ask, one of them isn't 'micro-penis'. Yes, apparently that's a thing. The things I've been thinking about range from nostalgic to newly-found, from old to new, and one of them is just something I have issues with but I can't for the life of me work out why.

I guess the best course of action will be for me to list my top three 'MICROs' and just talk you through my thought process, but be warned – we might get lost, as I'm not very intelligent and to be completely honest my train of thought is more of a milk float of thought. (that's right, I'm still relying on self-deprecation as my main comedic output... I don't feel like I've fully tapped out the barrel yet... I have a lot of flaws so there's still scraping out to do.)

Right, without any further word-count increasing meandering, let's begin...

Micro-pigs

Yes, this is the one that annoys me. I don't know why, but something bugs me about the idea that normal pigs just aren't cute enough. Why does something have to be smaller to be cuter? I could easily make another penis joke here, but I feel I may have exhausted that resource (not literally), and if I make too many obscene jokes I might get the sack! Anyway, first of all, as a meat eater and animal lover, I always feel guilty when chowing down on a burger or bacon sarnie or whatever, because it was obviously once a cute little creature. I just don't have it in me to give up the good stuff. I'm ashamed to say it, but it's true. The best compromise I can come up with is in my refusal to connect emotionally with farmyard animals – some people will raise a pig from birth but then eat it when it's big enough. Nope. Not for me. I'm not saying people eat micropigs, but it just feels like we've had to justify thinking an edible animal is cute by breeding a tiny version of it. Just buy a Guinea pig or GTFO.

Microdermabrasion

This is a new word I've learned this year. I don't quite know what it means, but I think it's something to do with your face. With work we get free vouchers to use each month at a beauty salon, and I usually just get a back massage. I don't think microdermabrasion is really a 'man' thing. That being said, I'm not a sexist and we're lucky enough to live in a world where men and women alike can get beauty treatments without fear of being called a 'girl's blouse', so perhaps I'll give it a try? I never liked the term 'girl's blouse' anyway – what's insulting about an item of clothing? It's like calling someone a skinny jean or a purple v neck – both of which sound like experimental sex positions.

Micro Machines

Remember these!? They were wicked. Something about small metal cars roughly the size of a child's oesophagus doesn't seem too safe, but I certainly never choked on one... and to be honest, if you try to eat a small piece of metal maybe that's nature's way of trying to... you know, drop a hint!

Obviously children choking is a bad thing, but on the subject of child misfortune and Micro Machines – did you know the tiny toys made an appearance in the 1990 film Home Alone? You know, the film about how a neglected child from a family who'd apparently never heard of contraception decided to take revenge on his troubled upbringing by trying to murder a couple of home invaders? That childhood classic! Macaulay Culkin's Kevin lays these toys at the bottom of a flight of the stairs in an attempt to maim his bumbling nemeses.

Micro Machines have a wealth of nostalgia surrounding them, at least, for me they do. I remember waking up really early when I was a boy, and playing with this really cool carrier thing that was shaped like a big Micro Machine, which in hindsight seems a bit futile... It'd be like calling pigs 'giant micro-pigs'. I have such vivid memories of playing with these toys, and they're one of many childhood memories I hope to impart unto my children one day, children who I promise never to leave behind when I go on holiday, unless supervised by a responsible adult.

I have no real reason for writing about the things I've written about. I suppose that's usually the case, but this time I feel like there's no real relevance to anything topical... perhaps, in many ways this article could be seen as a microcosm for the futility, instability and helplessness we see in the news every day? What do you think?

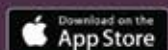
Nah, I agree... too tenuous, but there's your fourth micro! If I had time for a fifth, I'd probably mention my broken microwave, but I think I've just proven how boring a story it is by telling it in about 10 words. It's coincidental that I happened to be thinking about the theme of this month's issue even before I was even told about it, but I think it's fair to say that sometimes cool things happen. I guess that's just how all of life works.



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~ Above - an artist's impression of apartment interiors and exteriors ~



NEWS IN NUMBERS

400,000

plus pounds spent on flights for civil servants in the past five years

55,251

pound UK Arts and Humanities Council grant awarded to local musician to study how to safeguard Jerrais

67

years of age won't necessarily spell retirement for those capable of continuing work from this September

15

dogs and their owners looking for temporary home after fire tragically destroyed animal rescue centre two months ago

892

mile trip north for Guernsey's waste to be incinerated in Sweden rather than here in Jersey

6

in thirty local reception year schoolchildren are not toilet-trained

0

States employees opt for recent voluntary redundancy scheme

2

local teenage kayakers come to the rescue of a man trapped by the tide at St Aubin's fort



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The SwissMiniGun is the size of a key fob but fires tiny 270mph bullets powerful enough to kill at close range.

Officially the world's smallest working revolver, the gun is being marketed as a collector's item and measures just 2.16 inches long (5.5cm).

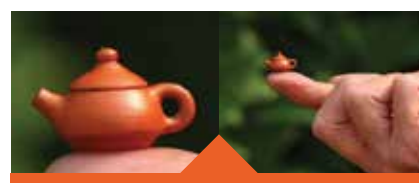
It can fire real 4.53 bullets up to a range of 367ft (112m).

The stainless steel gun costs £3,000 although the manufacturers also produce extravagant, made-to-order versions made out of 18-carat gold with customised diamond studs which sell for up to £30,000.



Bear-ly visible to the naked eye...

German artist Bettina Kaminski's "Mini the Pooh," at just 5 mm tall, is the world's smallest Teddy Bear!



Time for tiny tea...

Chinese master potter Wu Ruishen (吴瑞深) has created a mini teapot weighing just 1.4 grams.

The ceramic teapot is claimed to be the smallest teapot in the world, although it's also claimed that the teapot is fully functioning, so as to actually qualify as a teapot for the purpose of claiming its distinction as the world's smallest teapot. As magnificent as it is, it looks as if you'd be lucky to fit a mere crumble of loose leaf of tea in there at best unless Wu's wife has been busy sewing up some tiny teabags to go with it. Be careful not to burn your fingertips filling it from the kettle, don't say we didn't warn you.

The 73-year-old Wu is a renowned pottery artist in China, specialises in creating teapots. His artworks can be found in various museums in China.

One Liners:

In line with (see what I did there? It's started already...) this month's 'Micro' theme here are a few one-liner jokes for you to scoff at:

I just changed my Facebook name to 'No one' so when I see stupid posts I can click like and it will say 'No one likes this'.

What's the difference between snowmen and snowladies? Snowballs

How do you make holy water? You boil the hell out of it.

Why did the blonde get excited after finishing her puzzle in six months? The box said 2-4 years!

I once farted in an elevator, it was wrong on so many levels.

I wondered why the frisbee was getting bigger, and then it hit me.

What do you call a fat psychic?
A four chin teller.

For anyone who think a woman's place is in the kitchen, remember that's where the knives are kept.

Geckoutta here!

This little fella is a dwarf gecko known as the Jaragua sphaero (or Sphaerodactylus ariasae to give him his full name). It is one of the world's two smallest known reptiles (the other is the S. parthenopion, native to the British Virgin Islands). The Jaragua sphaero measures 16-18 mm from the snout to the base of the tail and can fit on a US 25-cent coin. Its range is believed to be limited to Jaragua National Park in the extreme southwest of the Dominican Republic and the nearby forested Beata Island. The species was first described by Blair Hedges, a Pennsylvania State University evolutionary biologist, and Richard Thomas, a University of Puerto Rico biologist, in the December 2001 issue of the Caribbean Journal of Science.



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pet
OF THE
month

Heinz Longbody

Breed: Miniature Smooth Haired Dachshund

Age: 3 yrs

Likes: Chicken - chasing and eating, digging, barking and snuggles - preferably IN a jumper with a human.

Hates: Baths and being left alone... Even for one minute... I need love at all times!

If human I would be: An Abercrombie & Fitch model

Wants: Love, chicken, snuggles, chicken, toys and did I mention chicken..?

Interesting facts: My breed traditionally hunt badgers, but I am a fine gentleman and wouldn't want to get my paws dirty!

Most impressive thing you've ever done: I have been kayaking on the Dordogne and protected my humans by barking at everyone who passed us.

Georgina Noel

Breed: Human.

Age: 33

Likes: Muay Thai, chocolate and animals.

Hates: Animal cruelty and broccoli.

If I was an animal I would be: A large cat... maybe a lioness...

Wants: Comfort, food, Muay Thai and Heinz snuggles obviously!

Interesting facts: I am part of a three part harmony trio called Optimistic Voices so I go from fight training to seamed stockings and glamour in a heartbeat - I like the variety!

Most impressive thing you've ever done: Worked in Borneo with Orangutans for three months



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Micro-moths

WORDS Deirdre Shirreffs

Have you ever noticed tiny cone-shaped structures about five millimetres long sticking to the walls and windows of your house? If you look at them closely you will see a tiny head and legs sticking out of the wide end. This is the caterpillar of the case moth.

It builds the cone from tiny bits of lichen. This particular species only occurs in Jersey and Cornwall in the British Isles. The adult female has no wings and so is flightless. Another very similar species which is more common in Britain does not have any males - the females self fertile and reproduce without males.

Case moths belong to a very varied group called micro-moths, all lumped together because of their small size. Other members of the group are the leaf miners whose caterpillars eat leaves from the inside, tunnelling as they go. The tunnels get wider as the caterpillar grows. Bramble leaves often have these pale tunnels and if you hold them up to the light you will see the caterpillar if it is still inside. It is possible to identify the species without even seeing the caterpillar or the adult moth by the shape of the tunnels. If the leaf falls from the plant with the caterpillar still inside an area around the caterpillar stays green and alive, allowing it to continue feeding.

Scientists don't know how the caterpillar keeps the leaf alive.

An unusual micro-moth is the crucifixion moth, so called because it holds its narrow wings at right angles to its body, making a T-shape. It belongs to the plume moths which have modified wings resembling feathers.

Some micro-moths can be pests. The caterpillars of the clothes moth feed on clothes made from natural fibres particularly wool, but also cotton and linen, and can cause a lot of damage, hence the term moth-eaten. Mothballs are no longer recommended to repel the adult moths and prevent them laying eggs as the chemical they contain is carcinogenic. However the caterpillars can be killed by freezing, washing at high temperatures or dry-cleaning. Carpet moth caterpillars can ruin carpets. These caterpillars make cases of silk which look like grains of rice to hide in while feeding.

*These windows haven't been
cleaned in a lifetime...*



"If the leaf falls from the plant with the caterpillar still inside an area around the caterpillar stays green and alive, allowing it to continue feeding. Scientists don't know how the caterpillar keeps the leaf alive."



Weird tourist attractions of Jersey

22 | gallery

The launch of the attraction saw queues as far as Bonaparte's, although this is less impressive when you remember that each diminutive exhibit could only be viewed at any one time by a single person, with the aid of a microscope, and even back then very few of our tourists were able to boast 20/20 vision. Micro World was unusual enough to be a modest success, but sooner or later the Fort needed the space to install more slot machines and like many retired things the miniature masterpieces found themselves unceremoniously dumped in the western parishes, installed at The Chateau in St Ouen's Bay. Since the demolition of The Chateau nobody quite knows where they ended up, but Bergerac is unlikely to take up the case due to the fact that the entire collection could quite easily have been burgled by a miscreant with moderately deep pockets. Like a shrunken version of the Fantastic Tropical Gardens, Micro World will live on in a series of anecdotes guaranteed to either bore or weird out people under thirty - but in a strange way the rise and fall of this small yet perfectly formed attraction might offer a warning about the possible fate of our tourist industry as a whole.

SMALL, DELICATE AND BEAUTIFUL: THE RONNIE CORBETT OF HOLIDAY DESTINATIONS

One of the odder aspects of package tourism in Jersey was that the presence of a captive audience means that people were willing to chance some unpredictable ideas in order to attract floating visitors who still had pound notes to burn and who'd already done the Fort funfair and Jersey Zoo. Young readers might struggle to believe this but at one point we had so much holidaymaker cash flowing into the tills that Jersey could support multiple leisure centres, three or four games arcades and nightclubs in places where there aren't even streetlights today. Supplementing these more conventional pleasures we then had places like the Micro World, the Shell Garden and the Butterfly Farm, where a giant moth once landed on my grandmother's blue rinse and took a dump that glowed a radioactive green and must have represented easily 70% of its body weight. Gran was fine, although she has since lived entirely on daffodils and has a habit of repeatedly banging her head against the bathroom window any time the moon is out.

If tourism was Jersey's beating heart, then its body was kept alive through the slow circulation of its lifeblood: an endless, throbbing procession of pensioner coach parties, hire cars and the occasional German on a bicycle. Think of them as red and white blood cells, suspended in a plasma comprised of Mary Anne bitter and liquid scampi, carried to the vital organs of the tourist body. I think this metaphor means that Fort Regent was the brain, the Fantastic Tropical Gardens were the pancreas and small attractions like Micro World might have been some kind of appendix or a gallbladder - nice to have but ultimately the body limps on if they are removed and dumped in St Ouen.

“

In their own way,
the tiny harbours
that dot our
coastline, the
quirky buildings
and tiny streets,
are as unique
as a diorama
painstakingly
etched into the
eye of a needle.

”

MICRO WORLD WRESTLING FEDERATION

Well, that is what we probably thought at the time. What has since become clear is that strange little curios like Micro World were part of the package that made a place like Jersey unique. Even before the aviation industry decided to slash long-haul prices in order to hasten humanity's total extinction through climate change, Jersey was never going to be able to compete with destinations like Florida or Las Vegas. We were always a smaller, cleaner Blackpool, a sandy miniature of the larger British isles, perfectly preserved like a ship in a bottle. We offered shows, seafood restaurants and beaches, but also a destination where you never had to ride on a coach for too long to reach another odd, endearing little

attraction. Although no visitor was likely to prioritise a repeat visit to get pooped on by a butterfly, or revisit a painting on the head of an ant, attractions like Micro World helped our economy because so many of our tourists would try them at least once - like Indian food, lawn bowls, or swinging. They should be seen as an important part of our history, and it is sad that so little evidence exists of locations like the witchcraft museum above the Relais De Mielle, the Shire Horse Farm, or Wee Jimmy Krankie's Kinky Dungeon.

DOES JERSEY NEED A NEW MICRO WORLD?

Joking aside, the answer to that is probably a no. Our main tourist priority is a ferry that works, but beyond that we are unlikely to tempt back visitors by offering an artistic rendering of Kim Kardashian on a bee's tongue. What we do need to remember is that visitors continue to choose Jersey because we offer a unique scale, a small destination with surprises tucked away in unexpected spots. These don't have to be weird museums or giant plastic dinosaurs, but can just be restaurants, boutique hotels and the many pleasures of our natural environment. In their own way, the tiny harbours that dot our coastline, the quirky buildings and tiny streets, are as unique as a diorama painstakingly etched into the eye of a needle. They also have the advantage that you don't have to queue for 15 minutes behind a party from Bolton in order to look at them. Nonetheless, there is a danger that these subtle charms will be crowded out by the gradual expansion of UK chain restaurants and generic building projects, or suffocated under mounds of litter and sea lettuce. We should remember places like Micro World fondly, but also consider that if we aren't careful their fate may ultimately await us all - dumped in the countryside, gathering dust and eventually bulldozed for another luxury house. Rest in peace, Micro World - you were easily the fifth best thing to do if it was too wet to play miniature golf and Belle Vue was full of teenagers.





ENSHRINE YOUR SOUL

WORDS Sara Felton



We met up with Sophi Rain, tattoo artist and owner of the recently opened Sanctum Tattoo Studio in Halkett Place, to talk about the increasing trend in body modifications. At Sanctum they can not only help you choose and design your tattoos and piercings, but they can also help you with options for laser removal too, just in case the choices you made in your youth aren't the best representation of you now.

Sanctum Tattoo Studio is home to artists Sophi, Billie and Matty all of whom have their own distinctive styles and loyal followings. They're joined by piercer Caroline and Olivia who can help you with laser removal options. Having opened their doors in January Sanctum is already a busy and buzzing studio, attracting those new to the inking scene looking for interesting and exciting artists to guide them through the process for the first time, whilst of course keeping their regular clients happy too.

Sitting with Billie and Sophi whilst the latter was completing a piece on the hand of the former we chatted through their studio's philosophy and approach to body mods.

Spending time with these ladies you get a real sense of their passion and professionalism, they really do care about what they do. They're happy to spend as long as you need to working through your own designs, or working on a bespoke design, always remembering that one size does not fit all and that everyone is an individual. Your ideas will never get dismissed, all of the artists are here to help you get the very best out of your tattoo, meaning that you're as happy with the original artwork as you are with the finished piece. They're also not afraid to point you in the direction of another artist, if they don't feel that their style is going to capture exactly what you have in mind, a refreshing attitude in today's world.

As our theme this month is all things Micro we asked Sophi for some examples of her fine and delicate minimalist work, more of which people are coming in and asking for. These small and discreet tattoos offer a great option whether it's your first or one of a collection of a tattoos. They're brilliant for those who want to dip their toes in the world of tattooing before committing to something bigger, which trust me you're likely to do.

Sophi's story is an interesting and inspiring one. Having first pursued an apprenticeship as a teenager in middle America, where she's originally from, it didn't quite work out how she'd expected, mainly because of a change in circumstances with the owners of the studio. So when she was given the option to move to the UK she took the leap. Whilst London wasn't for her the move over to Jersey was the move she'd been hoping for and after a career, like many others, in the finance industry she was lucky enough to get the chance to pursue her original love of the art of tattooing through an apprenticeship here on the island.

Thanks to her previous experience the time she spent under the guidance of her mentor was much shorter than others and she rapidly developed a list of people wanting to add a piece of her work to their collections.

The first thing that strikes you as you open the doors to Sanctum Tattoo Studio is it's a far cry from what most of us might imagine a tattoo 'parlour' would look like. Sophi and Billie have a great eye for detail and have made what is the largest studio in the island feel welcoming and opulent. So you feel like you're entering an exclusive boutique where you'd happily while away many an hour, which is exactly what these guys want you to do.

“Spending time with these ladies you get a real sense of their passion and professionalism, they really do care about what they do. They're happy to spend as long as you need to working through your own designs, or working on a bespoke design, always remembering that one size does not fit all and that everyone is an individual.”

If you've been thinking of getting yourself tattooed or pierced then you should consider heading down to see any of the team at Sanctum Tattoo Studio, it doesn't matter how micro or massive it is, there is an option for you.

You can look at more of Sophi's work on instagram: @sophirain

Sanctum Tattoo Studio, 102 Halkett Place, St. Helier | 01534 865861

TOMORROW'S TECHNOLOGY TODAY

A preview of virtual reality

WORDS Grant Runyon
ILLUSTRATION Luke Moss

Forget 4K televisions and the latest iPhone, because the hottest technological sensation for 2016 is the launch of consumer-grade virtual reality goggles. Although you might remember being promised a similar revolution in the 1990s, then again in the mid 2000s, and then again about 18 months ago, virtual reality is really here this time.

Or at least VR is virtually here, as you're going to need to carry out some preparation if you want to transform your living room into the holodeck from Star Trek: The Next Generation. In the interests of research, I've been living in the matrix for the last couple of months to discover what this bold new world means for the average non-cyborg. I've now returned to meatspace and changed into a clean pair of underpants to write this exclusive guide for you, a fully-interactive tour of the most exciting technology since 3DTV. If you are reading this via Gallery's augmented reality experience (which the editor tells me will have launched by the time this issue is in print), then now is the time to put the electrodes in your mouth and increase the voltage to your crotch socket. Digitise ...
NOW >1101010100010000100111111

What is virtual reality?

Virtual reality, or VR for short, is a way of replacing boring normal reality with a limitless world entirely simulated by technology. Once you invest at least £500, configure and strap on a giant bulky helmet, some headphones and a controller of some sort you will be plunged into a digitally-rendered alternate reality where you are free to go anywhere, see anything and even interact with things by poking them with a kind of floppy virtual hand. You'll be able to use VR to consume media, have new experiences without leaving your couch, and also to watch hours of disorienting pornography whilst giving yourself a cluster headache. Imagine Ceefax, but better. The world will never be the same again.

That sounds like a video game. Is it like Wii Sports?

In the sense that VR will require you to remove breakable objects and children from your living room, yes. Unlike Wii Sports, VR will fully immerse you in the simulated HD golf-course environment, filling your view

with artificial grass and oddly-repetitive water features wherever you turn your gaze. Like Wii Sports, anybody watching you will laugh at your stupid facial expressions, flailing limbs and inability to swing a virtual 9-iron without smacking yourself in the face. The main difference is that the illusion offered by today's VR makes use of dramatically more powerful technology, so the thrilling realism of Wii Sports has been extended to simulate sitting in a spaceship, floating jerkily up a mountain or being one of those soldiers who flies drone strikes against goat farmers in Afghanistan.

I'm not interested in video games. Does it do anything else?

What doesn't it do? It places you inside another world, like a View-Master, or like Nightmare but without being ordered around by a bunch of teenage nerds. Imagine watching Batman vs Superman from inside a crumbling skyscraper, being sat on top of a dragon in Game of Thrones, or staring into Sue Perkins' hungry mouth from the perspective of a slice of Victoria Sponge. The possibilities are limitless, at least until you start talking about other, less-important, senses, like taste, touch and smell. VR isn't there yet, although anticipation for VR technology is so high that it can only be a matter of time before digital nose implants, tongue bluetooth and simulated fondle gloves reach the market.

VR may even transcend entertainment to become the future of the workplace. There is no point travelling to a physical office when you can jack in to a realistic virtual representation of an office, complete with simulated motivational posters and an artificial intelligence that provides regular performance reviews and flaccid workplace banter. You won't need higher wages, because you'll be content to live in a poxy cupboard as long as it has room for your VR helmet and a fridge full of Slimfast shakes.

Okay, I'm curious. What do I need to have virtual reality in my home? What do the different brands mean?

At the moment, there are three high-end manufacturers of VR helmets: the Facebook-backed Oculus Rift, the HTC Vive, and Sony's Playstation VR. The aims of each corporation are expected to influence the user experience, and will subtly skew the type of reality that is simulated. For example, Facebook will use Oculus Rift to steal your personal information and immerse you in a virtual world of baby pictures and racist urban legends, whereas Playstation VR will cost less but will be more skewed towards games and therefore less likely to offer the experience of Springwatch from the perspective of a mistle thrush. The Vive is marketed mainly at wealthy video-game obsessives, so it costs more but has far more realistic explosions.

The key thing to understand is that you're going to need some sort of powerful computery box room to stretch out a great number of wires, and a lack of sharp objects in flailing range in your soon-to-be outdated physical reality. Also, despite the temptation to live the boring real world behind, you're somehow going to need to maintain enough contact with genuine humans that somebody is willing to come and untangle you if you get too excited by a holographic simulation of Dancing on Ice and fall over.

I can't afford all that. Is there a cheaper option, like those low-end smartphones that send all my credit card details to China?

Yes. For people who don't necessarily have the budget to fill their house with high technology and fancy cables, there are also Samsung Gear and Google Cardboard, which offer a less-powerful VR experience simply by strapping your existing smartphone directly in front of your eyeballs and blocking out tedious distractions like children and traffic lights. Although this offers less realism than the high-end competitors, it does present a more realistic bridge between traditional and virtual reality by giving families a more immersive way to ignore each other whilst staring directly at Clash of Clans.

***“The possibilities
are limitless, at
least until you
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senses, like
taste, touch
and smell”***





LIVING WITH ASPERGER'S

PART 3: A BRAVE NEW WORLD

So, I've been diagnosed with Asperger's. But what does that actually mean, in practice? For some of my routines, I have no idea if they come from OCD or Asperger's.

This is something that, generally speaking, doesn't really make a ton of difference. But it's something else to explain my weird behaviours when somebody asks.

This is also the major reason why the specialists in Jersey had so much trouble deciding if I actually had Asperger's or not: a lot of Asperger's-type behaviour can be explained away by OCD. It was only with the additional observation that they could feel confident where OCD ended and Asperger's syndrome began.

So, rewind to last summer, when all this was taking place. I've just turned 30, and been told that my entire childhood could have been different had I been caught earlier.

I HAVE TO ADMIT, IT'S A LITTLE BIT OF A KICK IN THE TEETH.

I said in part two the following: 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. That was true. But it wouldn't have been true if I had been diagnosed as a child. There would be classes to go to which would teach me social skills.

The fact that I didn't have a 'proper relationship' until I was 16 is kind of indicative of this I think. Put me in front of a member of the opposite sex, and I would clam up, not say a word. Especially if other people were there.

I don't know if my friend remembers, but once I gave someone I liked a lift home, and this friend was in the back of the car. I didn't say a thing to them, while my friend was there: Literally nothing.

That happened more than once. Far too many times for someone who was supposedly neuro-typical.

Now for most people, this would be an issue of confidence, or practice, or something like that. For me, it's something I'll never get better at. It's the hand I've been dealt, and only now, finally, I am learning how to deal with it.

I guess that's part of what these articles are, a way of expressing what's been locked inside for so long. Will they help other people? I hope so. But if nothing else, they are helping me.

I guess now you want a quick and easy run down of what to expect from someone suffering from Asperger's Syndrome. I'd love to help, really I would. But that's just not how this thing works. The best I can do, like with OCD, is to tell you some of the difficulties that I have.

People on the Autism Spectrum have varying problems, the few people I've met who also suffer have vastly different experiences to me, so, I guess, instead, you'll get a run down of some of issues that I can think about at this moment in time.

I CAN NEVER RUN AN AMBER OR RED LIGHT

This probably makes you laugh, but it's a very simple example of what comes into an Aspie's head when faced with a rule that they might have to follow. You make me do this, I will get really upset. And it's not because I might get in trouble with the law. It's purely because the lights have rules, and rules should not be broken.

I AM IMPULSIVE, TO THE POINT WHERE SOMETIMES I WILL IGNORE OBVIOUS RISKS, BE THEY PHYSICAL, MENTAL, OR LEGAL

This will confuse some, especially coming after #1, but Asperger's syndrome is confusing, and contradictory.

The best way to describe it is, if, in my mind, a rule shouldn't exist, then for all intents and purposes, it doesn't. I am trying to get better at this. I have not, so far, had any legal troubles, or physical mishaps. I have had my share of putting myself through the mental wringer, however, often in defiance of routines I created myself. A treatment for OCD is called Exposure and Response Prevention. I can tell you, it doesn't work for me, and I fought with every bone in my body to avoid doing it.

I HAVE NO IDEA ABOUT THE VALUE OF MONEY

If I want something, I'll get it, as long as I have some means to pay for it. Credit card usually.

This means that, ever since I could be in debt, I have been in debt. I'm in debt now. I just took out another credit card loan. I'm trying to figure out how to save up to buy a house. I have no idea. I just bought a £1,000 TV.

I SUFFER FROM SENSORY OVERLOAD

In an airport, you'll always find me in view of the departure screen with headphones on. In

fact, I'll quite often have headphones on. This helps to drown out noise and focus myself on what needs to be done, whether paying attention to when my flight is called, or keeping focus on work.

If I go to the supermarket, I need to have everything that I am going to buy in a list. Even more, I need to know where exactly I will be able to find everything and so I will actively avoid new supermarkets.

I freak out if the layout has changed, or if something is missing. These freak outs can vary from minor (if I'm having a good day), to extreme. Either way, that'll be the end of my journey in the supermarket. I'll have to leave, sometimes leaving my shopping behind.

I HATE BEING TOUCHED

This one is pretty self explanatory. Whatever you do, don't tickle me, or lightly stroke me (something drunk people seem to find hilarious). Light signs of affection tend to feel like daggers on my skin. I hate it. I'm much more comfortable getting a tattoo where the touch is painful, constant, and expected.

I HATE CROWDS, ESPECIALLY IF SEPARATED

I guess most people don't like crowds, but I go into meltdown if I'm separated from the people I'm with in a crowd. The first time I can remember this happening was on holiday in Lanzarote. I was left bawling my eyes out for hours until someone managed to find me.

SOCIAL EVENTS, ESPECIALLY WITH PEOPLE I DON'T KNOW, ARE A NO-GO

People wonder why I never go to Christmas parties or other social events for work. This is why. It's also why I speak to as few people as possible at work. That and the whole crowds thing. Too many people freak me out. I can't even go to the cinema unless a) it's empty or b) I can go VIP

For the same reason, I only fly Club/Business now. It's expensive and a waste of money but it's the only way I can feel comfortable.

I GET OBSESSIVE ABOUT THINGS

Books, movies, cartoons, games, songs. I once listened to a song 100 times in a row. This doesn't really need explanation, with one exception.

If I think I need to contact someone urgently, the same instinct will kick in. This has led to some unfortunate moments where I've called someone 50/60 times in a couple hours, just because I couldn't get hold of them, and in my mind, I had to.

BIGGER ISN'T BETTER

WORDS Joshua Pattinson

I am as guilty as the next of proselyting against wealth whilst quietly aspiring to it. In sickly spectacles of excess the titular Rich Kids of Instagram are trustafarians at best, and at worst a cancer metastasising into those worse off than themselves, spreading the disease of exhibitionism and gross gluttony.

For all their elitism they are in fact slaves. They are the perpetuating apex, the vanguard that unknowingly charges the advertising brigade half a league, half a league, half a league onward. Channel 4's merry-go-round programming of Million Pound Homes, Posh Pawn, Made in Chelsea and Million Pound Mega Yachts compounds the status quo and sells us this idea that we all want to have loads of stuff. But, bigger isn't better.

Although wealth and materialism has a kind of symbiotic relationship, it doesn't have to be that way. Lovably known as the 'Homeless

Billionaire' Nicholas Berggruen doesn't own a house and sees everything he buys as temporary. And IKEA founder Ingvar Kamprad buys second-hand clothes and all of his furniture flat packed at, you guessed it, IKEA. He describes himself as "thrifty".

In fact, there is a wealth of research that indicates consumerism is correlated with mental disorders. "Mass consumption and mass production has lead to mass depression. The statistics for that are frightening", says author of Stuffocation James Wallman.

"It was the early 20th century paradoxical idea that in order to have more we had to spend more", says Wallman in his TEDx Talk. There was this cultural shift where we placed tremendous value in belongings, and navigated the social hierarchy through the accumulation of better belongings.

And so we bought stuff. A lot more stuff. We moved our old stuff to the attic and garage to make space for new stuff. Then, we ran out of attic, so the £355m self-storage industry blossomed. We bought a shelving unit to fill a space and then bought stuff to put on the shelf.

The average US home now has more TVs than people. We throw away 40% of the

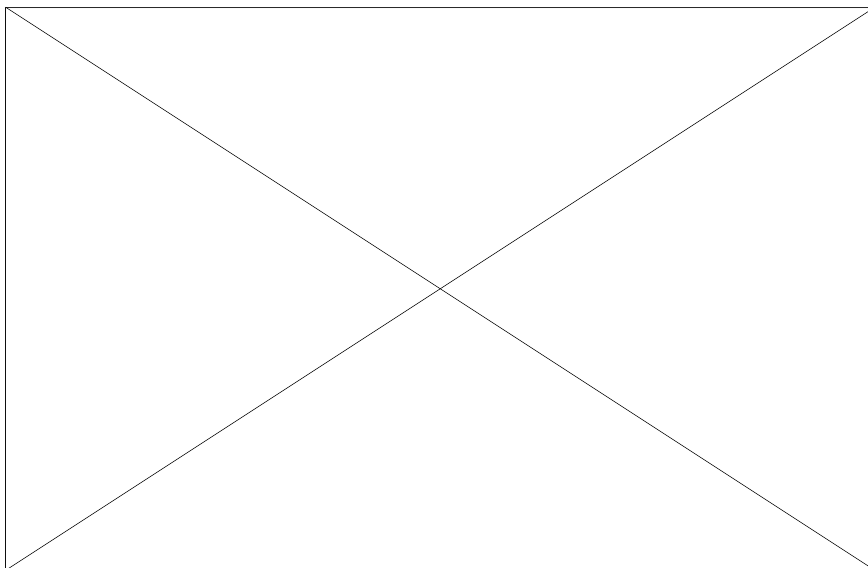
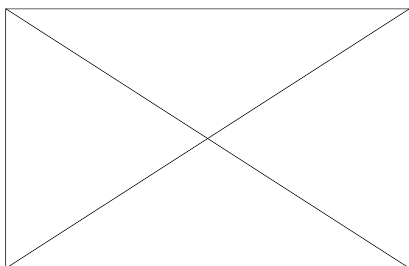
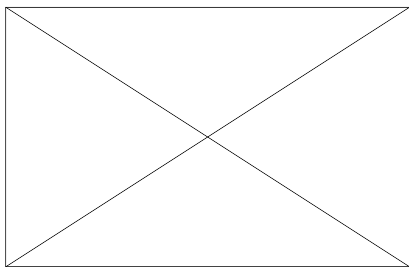
food we buy. UK consumer debt rose by two-fifths in six months, now at £13,520 per household. We wear 20% of our wardrobe 80% of the time and engorge ourselves on 3,500 marketing messages each day.

But, that might be slowly changing.

"We've moved from seeing more as a good thing, to seeing more as more to think about, more hassle, more complications. More is a pain", says Wallman, "we've had enough of stuff because of the status anxiety that comes with the snakes and ladders game of consumerism.

"Ron Ingleheart found in 1970 that 70% of people were materialistic. He's been doing the research ever since. Now that number is 50%. You can see there's a long term decline in how materialistic society is".

Wallman explains the work of Everett Rogers who examines how culture changes over time. "It starts with the innovators" the people that see a solution to a problem and live by it. Then follow the early adopters, then the early majority, the late majority and finally the laggards, who still till this day "switch their mobiles on only to make outgoing calls", says Wallman. "The future is already here, it's just not very well distributed".



“Quite honestly I couldn’t care less about your digital ego nursing, not in some kind of anti-Insta crusade, I’m all for social media, more in an endearing way, like putting up with your pissed mate chat shit for an hour. It’s quaint.”

There are several reasons why we’re seeing this grassroots shift away from materialism; and social media plays its role. Instead of seeking status through what we have, we increasingly measure ourselves by what we’re doing.

“Social media has had a massive impact on how we achieve status. We used to gain status through the cars we drove, the handbags we wore. Who knew that you’d been to Paris for the weekend, or that you were at the opera last night? Your followers on Twitter and Instagram do know that. In the 21st century what we do matters more than what we have. That matters because status matters”, says Wallman.

For my dissertation research I asked the question ‘do you present yourself differently online than in real life?’ 80% of the 78 respondents said that they didn’t. I asked ‘do others present themselves differently online than in real life?’ 90% said yes. This skewed self-perception is magnified somewhat when we compare reality to cultivated online identities.

This unrepresentative showmanship isn’t a bad thing. Quite honestly I couldn’t care less about your digital ego nursing, not in some kind of anti-Insta crusade, I’m all for

social media, more in an endearing way, like putting up with your pissed mate chatting shit for an hour. It’s quaint.

Wallman has a proposition for you. He reckons we should swap out materialism for experientialism. To me, that sounds like an unnecessary elevation of an otherwise grounded thing: experience.

“Instead of searching for happiness, status and meaning in material goods, experientialists find happiness, status and meaning in experiences instead”, says Wallman.

By having less stuff our lives become simpler, maintaining smaller homes is quicker and easier. By avoiding buying stuff you have less debt, and more money to spend on experience-based living; holidays, time with friends or family, eat at excellent restaurants, try a new sport or take up a new hobby. All the research suggests you’ll be happier for it.

I’m sure you’ve seen plenty of lifestyle ‘ten

steps towards a healthier, happier you’, which typically involve an unsustainable routine of meditation, bikram yoga, goji berries, drinking enough water to irrigate Ethiopia, and surgical sleeping patterns. Here are Wallman’s three steps;

Step 1) Destuffocate: “Go big. Go through your house like a mad person, put everything you haven’t worn or used in the past three months into bin bags. Tie them up and put them out of sight. If you miss something go and get it, then tie the bag back up. Throw away anything left in the bags after a month, or better donate it to charity.”

Step 2) Don’t restuffocate: “It’s so easy when you’ve cleared a cupboard or a shelf and you look at the space and think what shall we put there? Resist the urge. Even if it is 70% off.

Step 3) Do stuff: “Spend as much money as you would have usually spent, you’ll have more stories, more status and you’ll be happier for it. You’ll be one of the innovators”.

The Macro Growth of Micro-Poetry

WORDS Alice Bennison

Lowku, gogyohka and twaikhu may sound like mysterious entrees from a Japanese menu but, low and behold, they are up and coming forms of micro-poetry. The age of social media has moved our everyday lives into the online world; shopping, socialising, dating and marketing and now our literature. By reshaping poetry as we know it, is Twitterature dumbing down the prestigious genre? Or breathing new life into an archaic art form?

The man of the moment: Kanye West, tweeted declaring that his 'tweets are a form of contemporary art'. Quite a bold statement but would you expect any less from the man who proclaimed his own album to be 'the best of all time'? He creates threads, which are a string of tweets to create something which resembles a poem. It is clear to see how Kanye West uses Twitter to communicate with his fans and discuss his methods of making music.

Twitter is also used as a platform to share traditional poetry, @HeaneyDaily is an account which shares extracts of literature written by Seamus Heaney, an Irish poet, highly regarded in the 20th

Century and winner of the Nobel Peace Prize for Literature. Social media is being used by some of Heaney's dedicated fans to keep his profile alive and connect with new audiences. It also changes the form of Heaney's poetry, so that it essentially becomes micro-poetry. Reading Digging via Twitter certainly felt different to analysing the poem in my English Literature Anthology all those years ago.

I spoke to a poet friend, Anna, studying English Literature and Creative Writing at Bath Spa University, to ask for her thoughts about micro-poetry. "I can see the appeal of micro-poetry," she told me, "but I wouldn't be able to get enough into 140 characters.



I'm all for contemporizing poetry, though. I love performance poetry, taking poetry off the page makes it more sociable, that must be similar with online poetry."

The intensity of social media in 2016 is almost impossible to avoid, it's used for trolling and bullying, to name the least of horrible activities. So why not let us use it for poetry?

There is a quickly growing online community of writers, dedicated to micro-poetry. Tiny Words is an international, daily magazine of haiku and micro-poetry. They say, their goal is to is 'to publish excellent poetry whose ambitions and effects far outstrip its small size'. In addition to publications such as these, a great thing about micro-poetry is that it offers everybody a poetic license and makes poetry more accessible to a wider audience. Let's argue, we all have shorter attention spans, writers, and readers, alike. Writers can pen (digitally, with their finger) a short poem that can instantly be read by someone scrolling through their feed, passing time on the bus.

Monday 21st March 2016, otherwise known as World Poetry Day, saw everyone from Jersey Library to The National Coast Guard Team become involved in micro-poetry via Twitter. 'We may be small/ And our uniform is blue/ if you get lost at the coast/ We will come find you'. This micro-poem posted by The National Coast Guard Team is rather charming but simple, can it really be compared to traditional micro-poems that each follow unique yet absolute structures?

One example, is the haiku, derived from another type of Japanese poetry named 'tanka', a seven lined poem which would begin with one person writing three lines that follow the 5-7-5 syllable structure. Another writer would then continue the poem following a 7-7 syllable structure. The first three lines were greatly admired and developed into its' own form: the haiku. It is

easy to imagine how the sociable method of tanka poetry could have been the seventh Century equivalent of posting micro-poetry on social media platforms.

Charlie, from St Lawrence, has been a writer for 13 years, he thinks that 'poetry is a genre which should be acknowledged, restricting it to 140 characters limits the writer hugely', he told me: 'micro-poetry shared on Twitter is often written with little effort and is subsequently lost online'. On average, 500 million tweets are sent per day. How many of those are micro-poems? How many of those are actually read? Your guess is as good as mine.

"The intensity of social media in 2016 is almost impossible to avoid, it's used for trolling and bullying, to name the least of horrible activities. So why not let us use it for poetry?"

As long as there is poetry, some forms will be deemed good and others bad. A printed collection of poems may never be deleted but it could be left unread to gather dust. Thousands, even millions of people, could potentially read the next Nobel-Peace-Prize-winning micro-poem at any one time.



If you'd like to be our contributing write of the month get in touch by emailing an example of your writing to: contribute@gallery.je



Get back in the saddle

If you were to find yourself wandering through Broad Street last July you may have chanced upon some cycling based visual entertainment. Turbo trainer bikes were spinning as some of the islands' corporate giants sweated away in the saddle, aiming to challenge themselves, their industry rivals and raise money for good causes as part of Prosperity 24.7's Prosperity Day.

The event was a great success with 15 teams going 'head to head' and giving it their all to clock up a combined 3,690 kilometres over 12 hours. The final saw First Names Group pitted against Aztec and Bedell with the accolade of first place going to Bedell Group. Thanks to all competitors' efforts, the result also saw £17,247 raised for good causes in a single day. Yes, an amazing coincidence considering the organiser. Despite everyone giving their all, there were no fainters and only one participant had to check their lunch!

This year's event is 'about revenge and Inter-Island rivalry', aiming to go one step beyond and work to raise £24,700 over two days of events to benefit four designated charities; Caring Cooks of Jersey, Wetwheels Jersey, the Prialx Premature Baby Foundation and Channel Islands Air Search. On Friday 22nd July in St. Helier, Prosperity Day will be taking place once more, not only enabling businesses to compete but also colleagues to settle inter island scores. As it worked so well last year, the three way competition will see the teams tackle the *Col du Tourmalet*, a long climb stage of the Tour de France. There will be no freewheeling as they battle their industry contemporaries the teams will be aiming to get as far along as a 30 minute limit allows, hoping to beat Bedell's 10.6 km that took the win last year.

As you'd expect from a technology driven organisation like Prosperity 24.7, all the data from last year's event is available online. The virtual race technology behind the event meant riders could track their racing against competitors post event and will no doubt mean some team talks and strategising ahead of this year's battle.

ProsperityDay

SUPPORTERS

BIG MAGGY'S have helped to source the Virtual Race hardware and software, are providing bikes for the day.

BARANNES are supporting on the day by providing refreshing fruit smoothies to ease aching bones from incredible levels of exertion!

SURE are helping the islands to connect, thanks to their 4G bandwidth which will ensure every business can track the efforts of their colleagues racing on the day.

JT provides remarkable support up to and on the day of Prosperity Day, through their robust fibre connectivity to Broad Street which in turn will ensure the required bandwidth is available for all the highly connected technology on the day.

BKOOL are helping Prosperity 24.7 to deliver such an incredibly innovative event – they provide outstanding Virtual Race technology globally

RACE NATION are supporting our event by providing a fantastic platform that solves the problem of donating to multiple Channel Island charities.



AND...RELAX....

After the event there will be an awards ceremony for participants at the Museum Brasserie. This will be an opportunity to mingle with other competitors and celebrate the success of the event and rest those weary quads...



THE 2015 HEAD TO HEAD TO HEAD TEAMS



Bedell Group

Carey Olsen

Collas Crill



EY

KPMG

PWC



Aztec Group

First Names Group

JTC Group



Airtel-Vodafone

JT

Sure



BBA

Grant Thornton

Prosperity 247



GET INVOLVED

Your teams will need to be able to ride a bike, shout for (at) each other and have fun – that is about the sum of it! For the 'Head to Head to Head' there are only 15 slots to race available in each Island, you will need to pay a registration fee of £500 and make a minimum commitment to raise £500 per team is required to ensure the donation target is met.

Learn more and sign up at
www.prosperity247.com/prosperityday/

Prosperity_{24.7}

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY

Hats off to local law firm

Local law firm Le Gallais & Luce have chosen Jersey Action Against Rape (JAAR) as one of the charities they will be fundraising for this year. Due to the large amount of islanders who have already used the services available, since they set up just over a year ago, they are wanting to support their work going forward.

Le Gallais & Luce wanted to find something that could raise funds throughout the year and struck upon the idea of releasing a special beanie hat, for both males and females to wear. With this in mind they approached Lauren Burnett over at Luella Rockerfella, who is not only a woman who set up her own fashion business, but also has her own range of Luella beanies, making the union a perfect fit. Lauren wanted to ensure that the production costs were kept low, so

that the charity would benefit as much as possible, so came up with a brilliant idea to involve HMP La Moye prison. Once she contacted them it was agreed that a female prisoner, who was eager to help, would carry out the sewing on of the distinctive labels for this great cause, enabling her to develop a new skill whilst also giving back to the community.

All the projects start up costs have been supported by Le Gallais & Luce with profits thereafter being donated directly to JAAR. The beanies are available in a range of colours that will be perfect for all outfits to take you from spring right through to the winter, whilst supporting an excellent local charity. Currently you can buy the beanies online at www.luellarockerfella.com or instore at Elmina, with more outlets coming soon.



Local dog poo campaign cleans up at national award ceremony

The 2015 eco active Proud of You (for picking up my poo) campaign has won a major award at the National CIM Awards, for Sustainability and CSR.

The Proud of You campaign ran for the summer months of 2015. Island residents responded to its message and put in a huge effort to rid the island of dog mess. The campaign is currently being rolled out again as summer approaches.

Eco active is part of the Department for the Environment, and works with organisations across Jersey to help them operate more sustainably. Programme manager Jane Burns said “we’re extremely proud to have had our campaign recognised at a national level. The difference it made around the island last summer was enormous. Some hotspots saw an 88% reduction in the amount of dog mess. Sadly it is one of those issues that requires continual ‘nagging’ so we are all set to launch again this year.

“One of the reasons the campaign was so successful was that it was a team effort – a lot of people and organisations were involved. Among these were Freedom Media, who worked with us to make sure the campaign was informative and friendly. It’s down to this extensive team work that we have achieved this special accolade.”



MyMarathon challenge in the fight against heart disease

The British Heart Foundation is challenging islanders to run a marathon in a month this May, as part of its brand new fundraiser MyMarathon to help fund life saving heart research. But the bonus is that you can take on the 26.2 mile challenge at your own pace, in your own time, during the month.

With MyMarathon, you can complete the challenge in your own time, whether it's over 4 hours, 4 days or 4 weeks. Run to work every morning, jog during your lunchbreaks or run laps around the park in the evenings; you decide the place and you decide the pace. Islanders are already signing up to the challenge, including the BHF Jersey Branch's very own Chairman, Haydn Taylor.

Heart and circulatory disease affects around 7million people in the UK and is responsible for around 155,000 deaths each year – around one person every three minutes.

To find out more or to sign up for free to MyMarathon visit:
www.bhf.org.uk/mymarathon





THE FAMILY 'FUNSHINE' FESTIVAL RETURNS...

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THE LITTLE BIG BAND · HOWL · JOE YOUNG & THE BANDITS · WESTERN PROMISES

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Introducing



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100th Muratti Limited Edition Footballs

2016 marks the historic occasion of the 100th Muratti, to be played at Springfield Stadium on 14 May.

Jersey 2 Africa 4 Football ("J2A"), with the agreement of the Jersey FA, has commissioned 100 commemorative Limited Edition footballs, which have been kindly sponsored by Standard Bank. Designed by J2A, the commemorative footballs have been produced in the Kenyan factory run by partner charity Alive & Kicking. The manufacturing unit is based in the Nairobi slums and employs people from the surrounding areas.

The footballs have been individually handmade and hand stitched in leather. They are reminiscent of the high quality footballs used before mass machine production came to the fore to produce today's modern synthetic balls. A limited edition of 100 footballs, each individually numbered, have been produced and are priced at £45 each. All proceeds will go directly to J2A, a Jersey based charitable organisation dedicated to improving young lives in Africa through football, both on and off the pitch.

The limited edition footballs can be reserved by simply emailing Ricky Weir at j2a4fb@gmail.com.

For an additional £5, a number of your choice can be requested, if it is not already taken.

Mental health carers treated to special dinner at Radisson Blu

Twenty islanders who care for family or friends with mental health issues were treated to a complimentary three-course dinner at Radisson Blu Waterfront Hotel recently.

The hotel, which is partnering with Mind Jersey throughout 2016 to raise money and awareness for the charity, treated the carers to the special dinner to recognise their continued and selfless support.

Mind Jersey arranges an evening out for carers each quarter, to ensure that they are receiving the emotional and practical support they require.

If you are caring for loved ones with mental health issues to get in touch with the charity and to ensure they are receiving the support they need. Islanders can contact Stephen McCrimmon on 077077 17767 or S.McCrimmon@mindjersey.org to learn how Mind Jersey can offer carers support.



New Playground Equipment in Howard Davis Park

The Department for Infrastructure (Dfi) has refurbished the play area in Howard Davis Park and it now includes new features which are both exciting and challenging.

The new larger play area has 13 different features with a new multiplay unit (Toddlerzone Sneak and Peak unit) as a centrepiece for group play. The equipment is designed for children between the ages of two and six (not all the equipment is suitable for two year olds). Other features include a set of swings, rockers, a roundabout, seesaw, cradle swing and trampoline.

The previous play area was installed in 1994 and, at over twenty years old, was in much need of replacement and upgrade.



Future Finance looks set to donate thousands to Silkworth Charity Group!

Keen supporters of the local community, Future Finance has opted to support the Silkworth Charity Group by sponsoring a number of critical 2016 fundraising events, as well as donating £100 for every loan taken out this year.

The lender of choice will assist the charity group - which offers residential rehabilitation to men and women who are affected by drug and alcohol addiction - at the following events:

The LH White Collar Boxing event - a boxing competition held last month where Silkworth benefited from the charitable donations on the night and through their raffle.

The Silkworth Extreme Team Challenge - which involves teams participating in a hard-core, full day event of running, swimming, kayaking and cycling around Jersey's north coast on 10 September 2016
A proposed Charity Gold Day - details to be agreed - held in the summer

For those interested in The Silkworth Extreme Team Challenge, please visit www.silkworthlodge.co.uk - it promises to be an exhilarating day!

CK! DODGE! DUCK! DODGE!
GEE! DUCK! DODGE!
SATURDAY 9TH JULY IS TIME TO
DODGE!
E! DUCK! DODGE!



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LES ORMES, ST PETER WITH AFTER PARTY
AT KISMIT CABANA, OUAISNE SIGN UP AT

WWW.GALLERY.JE/DODGE

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Sign up for the TackleAfrica Jersey Football Marathon

Following four very successful events since 2012 the TackleAfrica Jersey Football Marathon is back for 2016 and it's going to be massive. The event, which involves squads of eight people playing 6-a-side football for 12 hours, was first run in London in 2002. Now in its 14th year the Marathon has raised over £1,200,000 for TackleAfrica and this year as well as London and Jersey, Football Marathon events will also take place in Lancaster and Brighton.

This year the Jersey Football Marathon will be held on the 4th of June and once again at Les Quennevais sports centre. Kick off is at 8am, with final presentations at 8pm. Teams should register for the event by 5pm Friday 29 April.

More information can be found out at:

<http://tackleafrica.org/marathon/jersey-football-marathon-2016/>



Digital skills in focus at Les Amis

The Barclays Digital Eagles recently hosted a 'tea and teach' session at Les Amis to help their residents get the most out of the digital world.

The 'tea and teach' sessions are designed to help novices better understand how to take advantage of the internet and online banking services in a comfortable environment.

The sessions are tailored to the needs of the individuals and aim to show how using the internet and mobile apps can enhance their daily lives, including online banking, shopping, video calling, tablet and smart phone tutorials.

The team have also been working with staff at Les Amis to help them complete the Barclays Digital Driving License. This fully endorsed City & Guilds qualification will develop their digital skills, enabling them to improve the way the charity uses technology and mean they can support Les Amis residents' digital needs in the future.

The Digital Eagles are a fully-trained group of Barclays employees on a mission to boost the nation's digital confidence and they are now on hand in Jersey to provide free technology advice to anyone.

For more information please visit <http://www.barclays.co.uk/P1242671738729> for helpful how-to video guides offering practical tips on how to get started online.



New Jersey Hospice Care Chairman

Previous vice chairman, Stewart Rowney has been appointed as the new Chairman of Jersey Hospice Care.

He commented:

'I am delighted to have been appointed Chair. I joined as a Trustee in 2014 and have been continually amazed by the outstanding and dedicated work all the team at Jersey Hospice Care undertake, from the nurses to the support staff and all the volunteers who give their time freely to help with the smooth running of the charity. I am looking forward to working with a very talented Board.'

Stewart has worked with a variety of Boards and clients as a consultant across a wide range of business sectors, managing the delivery of complex and challenging businesses and property projects with multi-disciplinary teams of consultants. He has three daughters and is a keen rugby fan and follower of Jersey Rugby Football Club, enjoys sailing and boating and loves to travel.

The background is a solid orange color with a repeating pattern of stylized camera icons. The icons are arranged in a grid-like fashion, slightly offset from each other, creating a textured effect. The word "EVENTS" is centered in the middle of the image.

EVENTS



Kairos Wealth cocktail party

ORMER TERRACE

THURSDAY 19TH APRIL

The directors of unique investment introduction business Kairos Wealth, Monique O'Keefe and Georgina Jeffries, offered clients and colleagues a 'Kairos cocktail' to thank those who assisted in the market research and start-up phase of their business.

Kairos offers sophisticated investors access to high yielding, well secured and well

originated, unique investment opportunities. Monique is sourcing the opportunities from her contacts within the investment industry. She was previously an Executive Director at Goldman Sachs and Merrill Lynch. Georgina Jeffries commented 'We wanted to offer all of our colleagues a 'Kairos cocktail' to celebrate the business launch as well as thanking them for their time and support'.



Mamma's Kitchen at the Portelet - Opening

THE PORTELET

THURSDAY 23RD MARCH

After an extensive refurbishment over a six week period, Mamma's Kitchen at the Portelet opened over the Easter weekend. We went along to their pre opening night, which saw the kitchen and staff being put through their paces and testing everything out on a

select few invited guests, us included. They are offering diners a rustic style menu that has something for the whole family to enjoy. Pizza, pasta, garden fresh salads and delicious sharing boards "Just like Mamma makes it".

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Degree Open Evening

JERSEY INTERNATIONAL BUSINESS SCHOOL UNIVERSITY CENTRE

TUESDAY 19TH APRIL

Over 50 interested students and their parents attended the recent degree open evening at Jersey International Business School University Centre to find out more about the two year BSc (Hons) International Financial Services degree, which is awarded by the University of Buckingham.

They had the opportunity to speak with some of the degree's current students

and alumni, as well as partners from the Undergraduate Employment Programme, which offers students the chance to gain paid industry employment for the duration of the degree.

Applications for October 2016 are still being accepted by Jersey International Business School.



Launch of the 12th Jersey Construction Awards

HOTEL DE FRANCE

WEDNESDAY 20TH APRIL

The great and good of the construction industry celebrated the successful launch of the 12th Jersey Construction Awards at a breakfast at the Hotel de France. The Awards were officially opened for nominations by Senator Lyndon Farnham, Economic Development Minister, speaking to an audience of Jersey Construction Council members and interested public.

Senator Farnham recognised the significant innovation in the industry and its continuing importance to the economy. Last year's winner of the Skills Jersey Star of the Future Award Mark Brandon also addressed the audience, highlighting the importance of training and professional development to creating the construction stars of the future.

INTERNSHIP COMPETITION 2016

Studying art as a GCSE, AS or A Level and looking for a unique insight into the industry?

Category 1: Year 13

Category 2: Years 10 to 12

The winner will intern at the UK's foremost print-makers and publishers, CCA Galleries, Coriander & Curwen Studio. A dedicated exhibition for the winner and runners-up will be held at CCA Galleries International in July this year.

Closing date for entries: 18 May

Find out more or ENTER NOW at:
ccagalleriesinternational.com/internship



2015 winner - Year 13,
Astrid Harris
with her final piece



2015 winner - Years 10 to 12,
Jemma Allenson
with her final piece



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



Sanctum Tattoo Studio

Jersey's newest and biggest tattoo studio, has opened in Halkett Place (opposite Wholesale Electrics) and covers over 1000 square feet of floor space, allowing for a comfortable and relaxed environment.

The artists, Sophi Rain, Billie, and Matty have an eclectic mix of specialist areas, catering to all types of tattoos. They invest time in understanding their clients and creating custom one-of-a-kind tattoos and artworks.

Ankh Piercing

07700 807326

Caroline is a fully qualified and experienced body piercer.

102 Halkett Place
St Helier

01534 865 861

07700 735433

SanctumTattooStudio@gmail.com

Luminosity Laser

07829 852773

Olivia is a fully qualified professional and is able to lighten existing tattoos ahead of a cover-up or alternatively remove them completely.

Consultations for all services are always free





SOY Seafood and Sushi Bar Launch Evening

SOY WEST'S CENTRE

FRIDAY 11TH MARCH

SOY Seafood and Sushi Bar is a new restaurant created by Vic and Sammy Gomes, in West Centre, St Helier. The family-run restaurant has been buzzing since its March opening, with everyone eager to sample their delicious menu. SOY offers a modern fusion of seafood

and Japanese cuisine, with vegetarian and meat options also available. As well as dining in the restaurant, guests can relax on the al fresco terrace and enjoy a drink with freshly prepared sushi. The restaurant is a must for foodies and a new hub of style and pleasure.



Lighting of the Beacons for Her Majesty The Queen's 90th Birthday celebrations

GLACIS FIELD, FORT REGENT

THURSDAY 21 APRIL

The Queen was joined at Buckingham Palace by the Duke of Edinburgh, her eldest son the Prince of Wales and his wife the Duchess of Cornwall as she lit the first of 1,000 beacons to celebrate her 90th birthday. To coincide with the Queen's beacon-lighting ceremony, Jersey hosted a similar event to join the network.

The Lieutenant Governor and Lady McColl joined islanders in celebrating the Queen's 90th birthday where the Bailiff lit the beacon at Glacis Field, Fort Regent. A speech from HRH Prince of Wales was read and a 21 gun salute was fired by Jersey Militia.
#HappyBirthdayYourMajesty

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CUBA★

A COUNTRY ON THE CUSP

WORDS Rod Bryans

It was repeated to us many times before we went, “you’d better go soon before it changes.” Once we’d spent a few days navigating the humid streets of old Havana we knew we’d be repeating it like a mantra when we got back.

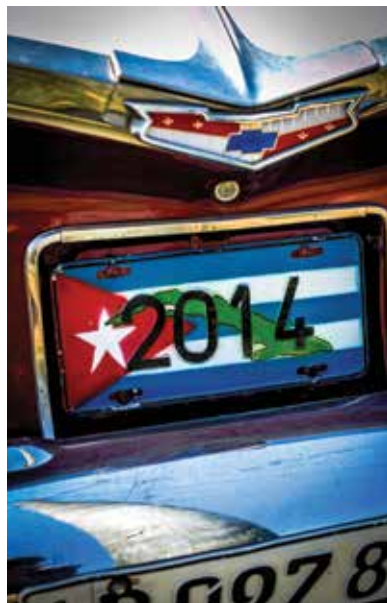
Obama had arrived just days before, he opened hearts and minds with his common touch and flew home leaving a vacuum of expectation. President Raoul Castro had spent the last eight years loosening the reins on his brother’s legacy, but barely had Airforce One lifted, when Fidel blasted the visit “We don’t need the empire to give us anything.” And so it goes...

Cuba is a land of contrasts. Caught between the storm laden Caribbean Sea and the cooler Atlantic Ocean. It has two seasons wet and dry. It feels like a film set full of facades. Beautiful buildings of colonial architecture accented against a backdrop of crumbling communistic concrete. A country caught in aspic.

With a poor economy quietly focused on tourism any remnant of the past is articulated to create attention. Images of the revolution, Korda’s Che, Fidel and their guerilla colleagues are to be found everywhere.

Hemingway’s haunts, from the bodegas and bars he sought refuge in as he hid from the world, their walls cluttered with black and white photos, their exteriors covered in graffiti, still peddle rum based cocktails that vary in authenticity.

The Cuba we all recognise is crumbling in so many ways. But their proud sense of stoicism and ingenuity is most evident in the masses of American automobiles that cruise along the freeways.



Beautifully preserved specimens or lumpy hand painted hulks, spewing clouds from oversized exhausts, their sheer existence is a marvel. With a lack of free trade they have re-engineered these coveted possessions to keep themselves and the economy moving and to lay claim to the odd tourist taxi ride.

An American alphabet of classic cars, the Chevys, Buicks, Fords, Pontiacs and Cadillacs that were on the streets in the winter of '59 were never replaced with newer models, and the Cubans have had no choice but to keep the old cars running.

Then just as we had acclimatised to the heat, negotiated the currency, accepted the poor food, the music pouring out of everywhere, the friendly people, the mojito's and daiquiris, the surprising lack of cigar smoking locals, the Stones arrived. All the better for being unplanned and unexpected it became a brilliant concert experience.

Along with 500,000 others we wandered through the hot night air into an old baseball stadium. Huge pristine screens scattered through the Ciudad Deportiva de la Habana illuminating the crowd. Ronnie and Keith struck the opening bars of "Jumping Jack Flash", big smiles on dark faces, the noise rose and Mick with the opening line "Watch it. I was born in a crossfire hurricane", strutted himself into the hearts of Cubans.

It was historic, symbolic and free. Cuba loved the Stones.

Obama and the Stones laid a calling card of hope, it will be interesting to see how quickly it gets picked up. There is no doubt that as the world turns Cuba will choose to reconnect on its own terms but the change is inevitable. Ask any Cuban. They are fiercely proud of their revolution and the part it played in the world's history but the borderless Internet gives glimpses of endless opportunities and goods for their empty shops.

The beaches are clean, the waters warm and pelicans, those odd prehistoric survivors, skim along the waves, wheel up, fold themselves and dive into the surf oblivious to tourists. It's lovely.

So, if you are thinking of going...
You'd better go soon before it changes.

"Obama and the Stones laid a calling card of hope, it will be interesting to see how quickly it gets picked up. There is no doubt that as the world turns Cuba will choose to reconnect on its own terms but the change is inevitable. Ask any Cuban."



MICRO MISSION

WORDS Tamarin Marriott-Wilkinson

We all know size isn't everything. From picturesque bays to chic retreats, to outdoor adventures, you don't always have to go large to have a good time...

The world's most insanely small caves

If you have some pretty impressive climbing/dunking equipment to hand, then a trip to an insanely small cave is a must!

Blue Grotto, Capri

The entrance to the Blue Cave is so close to sea level, the only way to gain access is to lay flat on your back. Inside, you'll find a second underwater entrance way that glows a vibrant bright blue.

Blue Caves Zakynthos, Greece

On the Greek Island of Zakynthos, Blue Caves cut into the cliffs around Cape Skinari and can only be reached by small boat. Once inside, you'll discover the white pebbles and walls of the floor emanate a vivid hue.



PICTURED HERE: Blue Grotto, Capri & Blue Caves, Zakynthos (inset)

Size isn't everything

If you're thinking logically, taking a trip to a tiny island means less time travelling, and more time spent sipping cocktails on the sidelines.

Vis, Croatia

Micro in size and mysterious in nature, Vis sits at the furthest point from the Croatian mainland. Once a military base - only opening up to foreign visitors in 1989 - it's now a remote, picturesque holiday hot spot. With just two settlements, a scattering of local vineyards, superb seafood, and hidden coves, it's this enforced remoteness that forms part of its tranquil essence.



Sleep tight in the smallest hotel in the world

Central Cafe, Copenhagen

For £170 per-night, you can enjoy a snooze in the world's smallest hotel.

Measuring eight by ten-foot, the Central boasts one room only, which sits above the Central Cafe - Copenhagen's smallest coffee shop.

Inside the historically decorated room, you'll find all your usual amenities including a flatscreen, iPhone docking station, retro bedside lamps, a padded door for extra sound-proofing and an en-suite... oh and just about enough room to swing a cat.

Gozo, Malta

Measuring just 26 sq miles, Malta's smaller sister, Gozo, is a must-visit destination if you're looking for some down time.

Just a 25-minute ferry ride to the north, Gozo is as green as it is rural. Embellished with Baroque churches and a scattering of golden bays, it's the perfect place to visit if you're a little bit of a history buff (you'll find archaeological sites dating as far back as the Bronze Age here) who enjoys relaxing at the same time.



Ever wondered what it would be like to downsize...

Tiny houses have long been established as an affordable home alternative, as well as an educational tool for sustainable design.

Those curious about what it would be like to live in a tiny home will be pleased to learn there are some unique, retro and tiny houses dotted around the world - all of which, with the intro of start-ups such as Airbnb, can be rented out...



Serene tiny, New York

The “serene cabin” located in upstate New York, in the idyllic region of Finger Lakes is an ideal suitor to the quiet, eco enthusiast. Just a stones throw away from one of the region’s many hiking hot spots, on the Finger Lakes Wine Trail, this serene setting is an ideal option for a relaxing getaway.

Inside you’ll find a sleeping loft, a balcony ‘in the trees’ and an unreal outdoor shower, as well as a sauna and fire pit.

After a few days spent in a smaller environment, you may even decide to downsize yourself. NOMAD Micro Homes have designed a house that features all the living functions you could ever need in a sleek, 10” x 10” package (pictured above). The tiny house has all the necessities to go off the grid, with PV cells, rainwater collection and grey water treatment, the basic model will set you back a tiny £19k.



Take a nap in a sleep pod, Nine Hours Hotel, Japan

That innovative Japanese experience - sleeping in a pod, in the heart of the city. Sometimes space is unnecessary and if all you’re after is a place to rest your head, Japan have it sorted.

Some of the more contemporary versions boast hugely visually exciting experiences in a compact space - despite their small size, micro hotels are becoming a big trend.

Juancho E. Yrausquin Airport, Saba, Dutch Netherlands Antilles

With steep cliffs on one side, the Caribbean Sea on the other and a runway measuring just 400 metres long, you have to be a pretty experienced pilot to make this landing. The only planes making this journey are the ones heading to St Maarten - just 12 minutes away.



Cesky Krumlov, Czech Republic

The quaint, fairytale town of Cesky Krumlov is said to be one of the most charming destinations in the world. From the cobbled streets to the cutesy eateries, this idyllic place is far cry from the hustle and bustle of McDonald-laden city’s. **Tip** - visit in the summer season and practice your sailing skills down the Vltava River.

Dinner for Two - Solo per Due, Italy

Measuring just 30 sq metres, Solo per Due sits just two people, and as the name suggests, houses only one table. Only 1,500 lucky diners get to try the dishes at this exclusive restaurant per year, which sits in the grounds of an historic villa, once owned by the celebrated poet Horace - with this in mind, reservations are a must!





a break in the snow. from

For some people the idea of a summer holiday is buckets, spades, sand and sea. Life in Jersey means we've already got that pretty much in the bag over the summer months. Whilst I understand school holidays dictate timeframes for many, I've long wondered why people head 'to the beach' for their summer getaway.

For the last ten years I've been pretty content to let Jersey's beaches satisfy my summers and leave my 'time off' to the darker months, concentrating it primarily on as much time on snow as possible. Since my first snowboard trip to the Alps at 21, I've been getting more and more at home in the mountains and my waking dreams of air fresh enough to scold your nostrils combined with blazing sunshine on top of the world begin to creep in before August is finished and frequently last through

to after Easter. Just as the season was coming to a close last year a London PR agency approached me with an interesting proposition; would I like to make my way to Morzine and experience what the mountains have to offer in the summer months? Of course I would.

Morzine is a great resort. Slap bang in the middle of the Port du Soleil, it's one of my favourite resorts in the French Alps. Not only is it just an hour transfer from Geneva but it's one of the most favourable for road trippers too as one of the closest quality resorts to drive to from Jersey; with good traffic you'll do it in under nine hours. Whilst the charming Morzine village is quite low at 1000m, the new two year old Prodain lift takes you up to the wooden world of Avoriaz at a more welcome 1800m. Coupling the two areas and combining them with Les Gets and the available jaunts over to Switzerland make a region for winter entertainment that rivals its slightly larger Trois Vallées counterpart and without the premiums associated with Russians' patronage.

It's at the foot of the Prodain lift that you'll find Au Coin Du Feu (By the fireside) - the flagship chalet-hotel operated by Chilly Powder, a Morzine based chalet operator run by Paul and Francesca Eyre. The couple met in Morzine while doing seasons and having saved and bought some land, built the chalet around Paul's design in 1996. Now with several chalets offering both catered and self catered options, the business has certainly grown but still feels like a true family affair, with the couple and their three children as a walking advertisement for the benefits of the mountain lifestyle.

GREAT FOR KIDS

I thought it would seem odd arriving in Morzine with no snow on the ground but as we meandered up the valley in the sunshine flanked by the steep mountains and the buildings of Avoriaz breaking the skyline in front of us, I was already breathing deep and sucking in a new kind of mountain air; less snowfield, more meadow. Although it makes perfect sense that a high valley basked in sunlight would hold heat, I was taken by how warm it is up there in



Summer hot tub? Chilly Powder's Au Coin Du Feu Chalet-hotel

the summer. Arriving at the chalet feels like arriving at a friend's house with an informal check in and relaxed atmosphere. Other guests were milling around and with daughter in tow, it was great to see a group of children playing happily in the garden. I'm getting better each year at the art of entertaining my daughter on all manner of holidays but, whatever I propose, I know it will be second fiddle to running wild with a group of like-minded three year olds. In addition to the great outdoors, the chalet offers both a crèche and kids club/playroom downstairs, allowing winter time visitors to get some skiing in safe in the knowledge that little ones are having a good time. For summer visitors it allows parents to experience the frankly shocking variety of entertainment on offer.

A MOUNTAIN BIKE MECCA

I'd seen the structure of the mountain bike course in nearby Les Gets on a previous winter trip but was amazed at the volume of mountain bike routes and mountain bikers that clearly descent on Morzine when the snow melts. I guess the clue is in the name

but having grown up mountain biking in Wales, this was something else. Planned downhill routes, bike parks and cross country trails stretching into Switzerland and back, all served by the ski lift system for upload. It had been a few years since I'd been on a full suspension bike and the tech has certainly advanced with quick-adjust seat height and suspension settings that make it a breeze to adjust your riding depending on conditions. Our contact had arranged a guided morning of mountain biking provided by FB Freeride, giving guidance and advice on the trails and riding tuition for the newbie rider. We rode to Les Gets and back, arriving at the base of the new Pleney lift in Morzine in time for a late lunch in the sun before making our way back to the comfort of Chilly Powder's afternoon hospitality. The chalet has a small bar that serves as a sanctuary for a mid afternoon tipple. When you're on holiday it seems totally appropriate to sample local beers mid-afternoon.

A FEAST OF FOODIE OPTIONS

Kids eat early evening and there's time to

get them to bed before canapes are served pre-dinner. It gives those without children time for a longer day or time in the bar, pitying those that have kids to settle. It took me quite a few trips to the mountains before I got to enjoy the luxury of the full catered chalet. Since then I've sampled a cross section of the quality available and can say that the offering provided to Chilly Powder's guests is at the top end of what's available but without feeling in any way stuffy. The menu is not only accomplished but also varied, incorporating mountain food influences but presented in the style of what you'd expect in one of the island's better restaurants. We were staying half board and enjoyed the breakfasts, served in buffet style with hot options changing each day.

When it's time for the staff to take a day off on Wednesday you can either head down to Morzine or jump on the Prodain lift to Avoriaz. We fancied something light so went for a great tapas at Le Coup de Coeur although if it's your first time in Morzine I'd recommend sampling the whisky meat tree



at the buzzing *L'Etale* or the burgers and real ale at local craft brewery *Le Bec Jaune*. Suffice to say you'll be spoilt for choice!

GET WET!

I'm sure many people come principally for the mountain biking but that's just one facet of the summer entertainment agenda. If you fancy getting wet then you're in luck. The region is replete with water based activities. We donned our life-jackets and helmets for a morning of canyoning, which started with a bridge abseil and also spent a morning river rapid rafting with Frogs Rafting, a little outside town towards Geneva.

If you're with small children or feel a little less adventurous then there are several pools. Morzine offers an outdoor pool right in the centre of town whilst Chilly Powder guests have the amazing Aquariaz, Avoriaz's amazing indoor pool complex - complete with water half pipe, right at the top of the lift next to the chalet. With a full water based indoor play area and activity centre for children you'll be getting a water cannon in the face before you know it.

If you fancy combining the two then *Le Lac de Montriond* is a great middle ground with a natural swimming pool and family canoeing and paddle boarding in an incredibly picturesque setting. It gets surprisingly busy so I'd advise taking a packed lunch or making sure you get in one of the lakeside cafes in good time before your kids make you realise how important a prompt lunchtime is for a hungry child.

TAKE TIME TO FLY

If you'd rather stay dry then simply walking or hiking the area gives some great views. A stop at Les Lindarets can't help to entertain. Referred to locally as the goat village, it's still a surprise to see the village positively overrun with the mangled horns of relatively tame goats, most of whom are happy to pose for selfies. Be warned, their horns are sharp and they get distracted easily so be careful!

Take some time to lunch with the goats and then carry on up the same valley to Chatel and head up the left hand Chaux Fleurie lift to find the Fantasticable, a chance to take in the mountain views whilst hurtling along 2523 metres of cable at 100km/h. It's certainly exhilarating. If you fancy cruising

down the mountain at more of a steady pace you could opt for a relatively tame toboggan run instead at The Pleney Luge. If all this sounds a bit active and you really need to slow it down, there's also pony trekking in town!

A trip to Morzine in the summer was more diverse and enjoyable than I'd ever have imagined. The best review I could give is that our week last year led me to book two weeks with Chilly Powder this year. I'm slowly learning that the mountains needn't be kept just for winter and, whilst our Jersey beaches are incredible, there's always room for a bit of variety.

Summers at Chilly Powder half board start at €575 per person per week. Learn more at www.chillypowder.com UK 020 7289 6958 FR 00 33 45074 7521

We travelled direct with Blue Islands who will be continuing the routes this summer under their new Flybe banner. Book at blueislands.com until 31/5 and at flybe.com thereafter.



Flying on the fantasticable



River rafting on the Dranse



Riding the Pleney Luge



CULTURE



SEEKERS

PHOTOS Matt Porteous, Studio M.

We met up with, and featured local artist Jason Bulter exactly a year ago this issue. In his interview he talked about preparing for a forthcoming solo exhibition, his first in five years. Well this exhibition is now a reality and for the month of May he is opening the doors to his studio at 10 Commercial buildings, which he has converted into a gallery for the duration of the month long exhibition.

We have been fortunate enough to see many of the works in this exhibition develop over the last 12 months, and we would implore you to go along and see them for yourself and meet Jason, who'll be onsite Monday - Saturday between 10am-5.30pm, maybe take him a coffee or he might even make you one...

Rather than try and explain the work to you, we have used the far more insightful words of Rod McLoughlin, who wrote the introduction to Jason's catalogue;

"Jason's latest paintings at once invite but simultaneously defy interpretation. They imply a narrative, with figures meticulously

positioned in time and space, but that narrative is ambiguous in some way, or perhaps it is simply that we are missing a vital piece of information which would provide the key.

As viewers, we seek that meaning just as the subjects themselves are impelled to be seekers after significance: it is, after all, the human condition to search our lives for meaning and direction. Yet these are not works to offer certainties in the face of such inquiry; they remind us rather of Francis Bacon's celebrated remark that the job of the artist "is always to deepen the mystery". It is questions that occur to us more readily than answers in this exhibition.

The characters Jason creates, whether imposing solitary presences or the tiny Bruegel-like figures of 'No Place', are all distanced from us by their total absorption in the task at hand; they inhabit a world somehow separate from ours. Whether individuals or members of a crowd who surrender themselves to a group, social interaction or conventional communication is not for them: it would somehow trivialise their search for meaning, you sense.

This exhibition is the product of a lengthy period of gestation over several years which started with intensive reading - history, politics, theology and fiction have all influenced the work. While Jason will talk



“In painting, you have to acknowledge that you also try to find out who you are”

with enthusiasm about these books, he appreciates the danger of being too specific: no extraneous thoughts should distract the viewer from the paintings themselves, particularly since their creation owes as much to the spontaneous act of painting as it does to any conscious processes.

There are no preparatory drawings or sketches; instead, ideas are worked out on the canvas itself, layers of paint applied to create an impasto which, as we approach the pictures, we have the same urge to immerse ourselves in. For the artist, it is - in Jason's words - 'like painting the air'.

It is unusual, of course, to hold an exhibition in a studio and rarer still for the space itself to be so important in the making of the images: the influence of the Commercial Buildings warehouse which Jason moved to in 2015 cannot be over-estimated. For this is work created in a large space, in the physical act of applying paint to canvas, the paint itself becoming part of the imagery, as one can see from the way some figures - in 'Finder', 'Seeker' I and II of 'The Colour of the Earth', for example - seem to be engrossed in the very picture surface of which they themselves form a part.

Visitors to the studio in the weeks and months leading to the exhibition will have experienced the curious sensation of ghostly figures disappearing beneath layers of fresh paint, as pictures develop and take a new direction. The space, light and atmosphere of the studio encourage such reassessment which, in turn, requires the artist to be entirely unafraid of discarding previous ideas, irrespective of the time they may have taken to create, or how long the images have hung in the studio.

One of the most obvious benefits of the Commercial Buildings studio is that it permits scale, a monumental quality, quite different from some of Jason's other recent work. But there is another interesting aspect: it encourages a relationship between artist and his public. It is as much a place for conversation and discussion - to which individuals and groups are warmly encouraged - as it is the refuge of the working painter.

And with this latest exhibition you sense a new confidence for the work openly acknowledges the very mystery and uncertainty that it seeks to capture: the artist is as much a seeker after meaning as his subjects or public. 'In painting, you have to acknowledge that you also try to find out who you are', as Jason puts it."

Seekers

4-28 May 2016

Mon-Sat 10:00-5:30

10 Commercial Buildings, St Helier
(next to Normans Trade Centre)





REFINING HER TALENTS

INTERVIEW WITH Laura Syvret

The annual Gallery Student Art Awards are open to Jersey 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 in 2014 from the University for the Creative Arts in Farnham, former Gallery Student Art Awards winner Laura Syvret, has worked in London gaining valuable experience working

for a jewellery company, experience which she has subsequently brought back to her current role here in Jersey. We caught up with her to find out what else she's been doing since 2014.

What have you been up to since you graduated in 2014?

After graduating in Jewellery and Metalwork I took on some exhibitions and ended up moving to London. I interned for a jewellery company where I took on everything from designing, photo shoots, pop-up shows and London fashion week. It was nice to be given free reign in the industry and this is how I got into PR and Marketing. I am now back on 'the rock' working for The Refinery as a PR Executive.

How does your art fit around your day job?

I'm currently focussing on my (still quite new) job and learning so much from The Refinery family. I involve my creative side whenever I can, painting and illustrating for friends (and sometimes for Gallery). I definitely intend to bring my jewellery designs out of the sketch book one day... when I have time!

How would you describe your work?

I always find this tricky to explain... I'd like to think that the pieces are communicative, intricate and thought provoking. My latest jewellery and illustrations use juxtaposition to touch on the conflict between natural and urban environments.

What mediums do you use?

I use mainly silver and sometimes concrete within my Jewellery. When it comes to illustrations all I need is a piece of paper and a pen.



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

Loads! But the person who inspired me initially is probably Eina Ahluwalia - a fantastic jeweller who uses her jewellery as a form of personal and social activism... and it's really beautiful! I seem to like artists / jewellers who use their work to communicate something meaningful.

Do you have a favourite gallery/museum?

It's not really a gallery that's available all year round, but RAW artists is an incredible, underground showcase of independent artists. Everything from art, film, fashion design, music, performance art, hair and makeup and photography is unleashed in an annual underground event - check it out!

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

I've been involved in a few exhibitions in Jersey and London, including a showcase at the OXO Tower and another at the Mall Galleries in London. Now I'm back in Jersey, I hope to find some new projects to get stuck into.

“The only jeweller that I have come across today, who can match Lalique’s work, is Ilgiz Fazulzyanov. His rings are stunning and it’s so rare to see craftsmanship like that today. The only problem is, if I owned one, it would be so elaborate I would probably never wear it!”

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

One day I'd like to have the opportunity to travel more and find ways that my jewellery can contribute and not just communicate. At the moment my jewellery is all about provoking thoughts, it would be great to see these thoughts turn into actions. If you look at Eina Ahluwalia, Saught Jewellery, Pippa Small and The Brave Collection, they all use their work in this way.

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

Probably one of René Lalique's original pieces of jewellery. The enamel colours

are amazing. The only jeweller that I have come across today, who can match Lalique's work, is Ilgiz Fazulzyanov. His rings are stunning and it's so rare to see craftsmanship like that today. The only problem is, if I owned one, it would be so elaborate I would probably never wear it!

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

Do it! It's such a great way to mix with like minded creative-sapians.

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

I keep my website up to date with my new work www.laurasyvret.co.uk



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

Culture News



BEACH HUT HISTORY AT THE MARITIME MUSEUM

Beach huts were once a common sight along the beaches of Jersey but now just a few remain, standing testimony to a bygone era.

In 2013 Jersey Heritage invited a number of artists to respond to the theme of seaside leisure in Jersey, in order to create imaginative new exhibits for the Maritime Museum. These artists constructed a 1930s inspired beach hut, using found materials, fitted it out with period furnishings and introduced a variety of automata - moving sculptures - each being a response to seaside pursuits including sun worship, surfing and sea bathing, adding a sense of fun and playfulness to the space.

In order to further enhance the space they are now commissioning local artists Edward Blampied, Ian Rolls and Matt Falle to populate the beach hut at the museum with more new artworks in response to these themes.

Other than the brightly coloured examples beside Rozel Harbour there are few remaining beach huts. Because of this Jersey heritage are also aware that the memories and stories associated with them needs to be collected and preserved. It is with this in mind that they are asking members of the public to share their beach hut stories, some of which will also be featured in their Beach Hut display at the Maritime Museum.

B&W PHOTO ABOVE: *Société Jersiaise Photographic Archive*

STARS OF THE ROYAL BALLET

Hot from the Royal Opera House Lauren Cuthbertson will be performing in Jersey on Saturday 7th May at Fort Regent as part of the eighth Liberation International Music Festival. Lauren is currently receiving rave reviews for her performance of Hermione in Christopher Wheeldon's "A Winter's Tale".

Accompanying her in Jersey will be Royal Ballet principle Eric Underwood and the Royal Ballet stars of the future. Together they will entertain us with many of our favourite ballet solos and duets in an evening of famous ballet dance and music. These will include scenes from the Nutcracker, Sleeping Beauty and Swan Lake.

The show is directed by local dance star and coach Christophe Chateau with supporting performances from international musicians Harriet Mackenzie and Milos Milovejvic. As well as the main stars there will be dances provided by some of Jersey's top dance students. All in all there will be over 100 performers in this spectacular Ballet Gala.

For further details visit:
www.liberationjersey.com or book tickets direct at Fort Regent Box Office on 449827.



SENSATION - A CONCERT CELEBRATING THE MUSIC OF THE WHO

After 50 years of The Who, Sensation celebrates the greatest hits of the timeless British Band including songs from both Tommy and Quadrophenia in one great concert. On Saturday 14 May the show rocks into the Jersey Opera House!

Be taken on an amazing musical journey by three fantastic singers and a rocking live band with the maximum rhythm and blues factor ... this is definitely the night out for you!

These kids are definitely alright and from My Generation to Be Lucky via the rock opera hits including Pinball Wizard and The Real Me, this show promises a night of non-stop hits from one of the most influential bands of all time.

From the producers of the 5 star London production of Tommy and featuring Damien Edwards (War of the Worlds, Quadrophenia), Peter Eldridge (We Will Rock You), Leanne Jarvis (The Voice finalist), Mitch Miller (Rent), Toby Drummond (Wicked), Kamil Bartnik (Hats Off to Led Zeppelin) and Musical Director Kevin Oliver Jones (Tommy, Thriller Live) this sensational show will give you a night of Who classics that'll have you on your feet from the off.

Said critic Jonathan Baz of Tommy: "A beautifully weighted tribute to the original, with a rock pulse that could have come straight from a time machine".

Tickets priced at £20





MUSIC, MOVIES, POETRY AND FREE BISCUITS!

As the weather gets warmer, pop down to Jersey Arts Centre for evenings of music and drama, or learn something new for summer in a new course!

Amici Artium's summer season kicks off on 12 May with the return of Anthony Marwood and Natalie Clein, who will be playing as a duo for the first time at Jersey Arts Centre. Having played with orchestras such as the BBC Symphony Orchestra, Anthony Marwood has worked with Sir Andrew Davis and is internationally renowned as both a soloist and director. Natalie Clein won the BBC Young Musician of the Year at the age of sixteen, and as been described by The Times as a cellist who "plays everything with passion". They'll be playing a programme of Bach, Ravel and more.

For cinema fans, May's Monday Matinée is the 2015 British film, Suffragette. Starring Carey Mulligan,

Helena Bonham-Carter and Anne-Marie Duff, the film follows the early feminist movement in Edwardian Britain, and the women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal government. The screening is on Monday 23 May at 2pm and tickets are only £5 - and there's free tea and biscuits afterwards!

Finally, if you're looking to learn more about the arts, then there are some new workshops to get your teeth into in May. For those who want to learn more about poetry, Linda Rose Parkes' Poetry Workshops starting on Saturday 21 May are suitable for beginners, lapsed writers or those with more experience. If exploring all art forms is more your scene, then Naomi West's Therapeutic Arts creative arts group starting on 25 May is a chance to live more creatively and freely, using lots of different artistic techniques.

For more information about any of the above, visit Jersey Arts Centre's website at: www.artscentre.je, or call the Box Office on: 700444.

NT LIVE: A VIEW FROM THE BRIDGE ENCORE SCREENING

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



This stunning production of Miller's tragic masterpiece won a trio of 2014 Olivier Awards including Best Revival, Best Actor for Mark Strong (The Imitation Game; Tinker, Tailor, Soldier, Spy) and Best Director for Ivo van Hove.

The great Arthur Miller confronts the American dream in this dark and passionate tale. In Brooklyn, longshoreman Eddie Carbone welcomes his Sicilian cousins to the land of freedom. But when one of them falls for his beautiful niece, they discover that freedom comes at a price. Eddie's jealous mistrust exposes a deep, unspeakable secret - one that drives him to commit the ultimate betrayal.

A View from the Bridge will be screened at Jersey Opera House on Thursday 12 May 2016, tickets prices are £13.50, concessions £12

JERSEY OPERA HOUSE



AUDIENCE WITH IAN WAITE & NATALIE LOWE: TOUCH OF CLASS...

FRI 13th MAY, 8.15PM

The Strictly Come Dancing favourites will perform a dance showcase designed to dazzle and wow you.

Tickets: £25, Concessions: £23.50

DON'T PANIC! DADS ARMY COMEDY DINNER TRIBUTE SHOW.

DINE ON STAGE!

WED 18th & THU 19th MAY, 8PM

Don't Panic! is a Dad's Army tribute dinner show.

TICKETS: £39.50 (includes 3 course meal)



TEDDY'S ZOO ADVENTURE & PINOCCHIO

FRI 3rd JUNE

Entertaining, exciting, informative and educational shows for children

Tickets: £12, Under 12's: £5



NERINA PALLOT

SAT 4th JUNE, 8PM

TICKETS: £22-£26

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

BOX OFFICE: (01534) 511 115

www.jerseyoperahouse.co.uk



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



Angie Muir ▼

▲ Holly Benning



Layla Arthurs



Michael Dottore

Norma Molloy



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



Darren Malzard



Helen Child



Angie Muir

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

Exhibitions

PERSONAL, PRIVATE OR PUBLIC

Jersey Library Gallery until 7 May

This exhibition brings together work produced by A2 photography students at Hautlieu School in 2016. For their personal investigations each student had to produce a photobook and write a critical essay exploring themes such as faith, family and community.

In constructing their visual narrative students were challenged to think about ways to explore the notion of an archive, either by re-contextualising family photo albums or engaging with the Photographic Archive at the Société Jersiaise. The exhibition presents the students' images as both prints and photobooks.

Since September 2015 students have been learning diverse approaches to documentary and storytelling in photography. Encouraged to find their own voices and unique stories, students are required to write an online blog that demonstrates their research, analysis and experimentation in response to practical and theoretical tasks using lens-based media. Photobooks have become an important art form in the digital era as a way of fusing design and print to tell their stories. Narratives explored by students at Hautlieu School include family bonds, relationship break-ups, abandonment issues, mother roles at home and work or discovering the biographies of ancestors.

Personal, Private or Public is a collaboration between Hautlieu School Photography Department and Archisle: Jersey Contemporary Photography Programme at the Société Jersiaise Photographic Archive.

For further insights into the students' projects and ideas visit the Hautlieu A2 Photography Blog online: www.hautlieucreative.co.uk/photo16a2



'PARK LANE TO PARK BENCH'

Fort Regent 5-27 May

Sanctuary Trust, the men's shelter, works to help men on the island who have fallen on hard times. Over the past five years, they have helped over 180 men on the island who have found themselves without a home. They look to provide more than just accommodation and food. They offer support, advice, fellowship, and perhaps above all, hope.

To celebrate their fifth anniversary they are holding an art and photography exhibition at Fort Regent running from the 5-27 May. The exhibition, titled 'Park Lane to Park Bench' has been put together as a reminder that homelessness is very much an issue on our island, and that it can happen to anyone. All of the artwork has been produced by local artists, making it an opportunity to appreciate the great talents of our fellow islanders, whilst also getting an insight into the lives of those who are in the unfortunate position of having lost their home.



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

BEAUTY & WELLBEING

Beauty News



All Hail Paul Mitchell!

Paul Mitchell is one of the most famous hair care brands in the business for a very good reason; their incredible range deliver. It's as simple as that.

For an every day shampoo that rids hair of impurities and renews worn out locks try the Tea Tree Range, for unruly hair that needs to be managed use their MirrorSmooth Conditioner to control the frizz, or for some extra body their Up For Anything Daily Boost is the styling product for you. They have some wonderful collections and the team at RIO Hair and Beauty on Halkett Street can help you work out which products will work for you to give you the hair you wish for.



Lipstick Reinvented - Bobbi Brown's New Nourishing Lip Colours

Everything you want for lips and more. This deeply emollient, oil-infused formula delivers rich conditioning benefits, lush colour and luminous shine. Available in 16 brilliant shades, it's Bobbi Brown's modern take on lipstick. Lipstick is the quickest way to glam up for those last minute dates so always have one at the ready in your office desk!

The new Nourishing Lip Colours are available from Voisins



Murad's Invisiblur Perfecting Shield SPF 30

This little bottle is your one step to perfect skin. It's a 5 in 1 multi-benefit anti-ageing treatment which also blurs, primes, moisturises and protects with an invisible sunscreen to reveal a smooth, flawless complexion! In their tests 71% of people saw fewer fine lines and wrinkles and 94% saw improved smoothness and texture - those are odds we like!

It contains Shitake Mushroom and Mucor Miehei Peptides to stimulate collagen whilst Barley, Sunflower and Cucumber Extracts mimic the skin's membrane structure to enhance its ability to attract and retain moisture.

Available from Bonita at Les Ormes so ask their team about it next time you're in!



Spring Scent Pick:

Jo Malone London's New Nashi Blossom Cologne

With the sweetness of pear with a crisp bite of apple this scent is bright and bold. Nashi blossom, voluptuous rose and the softest hint of white musk are all wrapped up in a beautiful unique bottle inspired by the Nashi flower. Pop in to Voisins to try some!

Real men don't cry?



WORDS Christopher Journeaux, Therapy Jersey

They are four simple and yet potentially damaging words. They remain embedded in our culture where the expression of emotions, we are implicitly or literally told, should be limited to women and children only.

We may revolt against this, relish the thought that a man can feel and share emotions and yet...watch the response of others to a crying man. Many will squirm and shift in their seats, especially other men. They will probably look away or change the subject. Anything to avoid the felt weakness of others being experienced.

Why? What makes emotions the domain of everyone but men? We start this process young. In parks throughout the Island you can hear parents imploring toddlers, especially boys, to 'be brave', 'stop crying'. One client of mine recalled being told by his mother that unless he stopped crying she would give him something to really cry about. These are lessons we learn young, ways of being that are reinforced through popular media.

"In Psychotherapy sessions I have found crying to be both painful and positive, sometimes in equal measure. Perhaps we should allow tears to flow and just be with that person."

Our first response to someone's tears is to thrust a tissue into their hands, men and women. There is a practical aspect to this but there is also a part of us that wants the crying to stop. Tissues are a practical way of achieving that. 'I see your tears, take this and wipe them away'. So perhaps our relationship with crying is just not a good one.

And yet what do our tears say? We are sad; want to be left alone; are reaching out for support and a true expression of how we are at a given time. Put that way crying sounds important. In Psychotherapy sessions I have found crying to be both painful and positive, sometimes in equal measure. Perhaps we should allow tears to flow and just be with that person. And maybe we should start with our children.

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Bobbi Brown

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Voisins

Specially formulated to stay put for 12 hours. It's waterproof, smudge and transfer-resistant. This richly pigmented pencil glides on smoothly and delivers intense definition for looking glam by the pool!



Shaveworks

Get Smooth Duo

SpaceNK

Sunny hols mean more shaving! Be prepared with this wonderful pair. The Pearl Soufflé reduces ingrown hairs and moisturises whilst The Cool Fix banishes redness and unsightly bumps!



La Mer

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An essential for the luxury traveller this powder flawlessly blends into skin. Cleverly featuring four shades so you can obtain just the right tone as you go from English Rose to bronzed goddess over the summer!



Yes To Coconut

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Yestocarrots.com

Keep on top of moisturising your skin as the sun tries to dry it out! Made from 97% natural ingredients this delicious smelling spray is easy to spritz on after your shower.



Urban Decay

Naked Skin Bronzing Beauty Balm

Feelunique @ Au Caprice

Keep things basic on holiday and just pop some of this lovely balm on when you're heading out to party for a twinkly glow that makes your skin look magic - also this is the perfect product for highlighting collar bones!

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Feel Transformed



Acupuncture is one of the longest established forms of healthcare in the world and is a key component of traditional Chinese medicine. Whilst it is most commonly used to treat pain, it can in fact be used as part of an integrated approach to many kinds of ailments, both physical and mental.

Charlotte Janes (LicAc, BSc Hons, MBAcC) of Transform Acupuncture Jersey practices two forms of traditional acupuncture and massage therapy from her base at the Lido Medical Centre. Having experienced first hand the benefits of Acupuncture Charlotte made the decision to retrain and enrolled on a three and a half year BSC degree course at the College of Integrated Chinese Medicine, she qualified in 2012 and has been practicing in Jersey since.

During her course Charlotte explained "we are taught a great deal of western medicine, alongside the specific acupuncture techniques, these include anatomy and physiology, all important when treating individuals. It is important for us to be able to identify any red flags that may indicate a more serious disease, that would perhaps require a referral to a medical practitioner. When you come and visit me for a treatment the focus is always on you as an individual, symptoms are seen in relation

to each other and we will build a picture of your whole health."

In contrast to the conventional Chinese Medicine approach to acupuncture acting to rebalance your qi (pronounced chi), many Western practitioners view the

If you're concerned about the needle side of things, then worry not. Acupuncture needles are so fine that most people won't even feel them being inserted, having experienced this first hand we can confirm it's true.

acupuncture points as places to stimulate nerves, muscles and connective tissue, the stimulation of which boosts your body's natural painkillers and increases blood flow to the area, which ultimately should help you to heal more effectively.

During a treatment Charlotte will insert very fine needles at precisely located points,

depending on what she is treating. She will decide which points are right for you after a detailed consultation covering every aspect of your health and lifestyle. The aim is to trigger your body's healing response and to restore physical, emotional and mental equilibrium. Treatment is designed to affect your whole being as well as your symptoms so, as the condition being treated improves, you may notice other health problems resolve themselves and you'll get an increased feeling of wellbeing.

If you're concerned about the needle side of things, then worry not. Acupuncture needles are so fine that most people won't even feel them being inserted, having experienced this first hand we can confirm it's true. Whilst it is normal to feel a mild tingle or dull ache as the acupuncturist adjusts the needle, during your treatment you are likely to feel deeply relaxed, which can continue after the needles are removed too.

**Transform Acupuncture, Suite 3.08, 3rd Floor, lido medical centre.
T: 07797 764582 / www.transformacupuncture.co.uk**



FASHION

Brand News

GALLERY KIDS
FASHION SPECIAL!

Rain Rain don't go away!

Jumping in puddles and splashing in streams have to be some of the greatest childhood past times. Make sure your little one is wrapped up warm in one of these gorgeous raincoats from the fab Canadian brand Hatley.

This wonderful family business was started by a husband and wife duo and taken over by their three sons. It's a company that keeps going from strength to strength with their sweet nature-inspired designs adorning practical and comfy clothing. These fully waterproof and machine washable raincoats will keep your kids stylish and dry. In our unpredictable climate keep them at the ready in your car!

Available from The Potting Shed up at Ransoms.

The Bonnie Mob

Founder of Bonnie Baby and The Bonnie Mob, Tracey Samuel set about designing modern, colourful and distinctive baby-knits with the expectation that you should 'Buy once, buy well, pass it on'. Playful clothes from newborn snuggles to seven-year old explorers that spark imagination and go on never-ending adventures - a touch of handmade, a pinch of vintage and a whole heap of durability!

The Bonnie Mob is available from Little Star in Liberty Wharf.



"Parents are in the unenviable position of having to replace footwear on a regular basis. Choose a few good quality pairs - they are more likely to be well-made, look good for longer and may incorporate arch supports and flexible soles. Some of the newer brands are even machine washable!"



The perfect fit

WORDS Audrey Laurens-Chalmers Owner & Manager at Fit Central

Liking a shoe style for your child is not enough. You may have plenty of nice footwear yourself that you can't wear for long, but kids can't always tell you what theirs feel like.

The recommendation is to get growing feet measured and checked every 12 weeks - not just for length and width; shape, depth and heel width are all equally important. Very square feet should never go in a tapered shoe or little toes get squashed. Over the top of the foot the shoe shouldn't be too tight or loose. For narrow heels always buy shoes with an indent, preventing slipping.

Overly rigid or tight shoes can change the shape of children's feet. They may not need shoes replacing, but they may need the width changing. Some modern brands provide extra insoles, allowing the shoe fitter to easily adjust width and depth quickly.

5 handy tips for checking how your children's shoes are fitting:

1. Ask them how their shoes feel! They don't always tell you without prompting.
2. Removable insoles? Take them out and let your child stand on them. There needs to be space at the ends and sides of their feet.
3. Put the shoes on one at a time - feet are never exactly the same. They should just clip the heel, without pushing.
4. Get your child to stand up. Run your fingers along the outside edge of their shoe and check that you can't feel their toes bulging on the side.
5. Sit them back on a chair and pull the heels of the shoes. There should be no movement.

Parents are in the unenviable position of having to replace footwear on a regular basis. Choose a few good quality pairs - they are more likely to be well-made, look good for longer and may incorporate arch supports and flexible soles. Some of the newer brands are even machine washable!

These days, children often know what style they like. To avoid battles, let them choose from a few that you're happy with.

Never sacrifice comfort for style. It is possible to have both if you bear these things in mind!

LOOKING FOR SOMETHING FRESH?



gallery

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Trend News

BillyBandit for boys & BillieBlush for girls

The latest and greatest labels from kids style experts Children's Fashion Worldwide, Billybandit is a must-have collection dedicated exclusively to boy's style. Fun, easy-to-wear, Billybandit's collections feature relaxed pants, t-shirts, jackets and swimwear, topped off with mix-and-match shirts, coats and adorable accessories.

Or if you have a little lady in your life then enter the playful, girly universe of French brand Billieblush. Updating classic wardrobe staples with pops of neon, flounces, lace and prints, Billieblush girls are carefree, adventurous and above all, stylish!

BillyBandit & BillieBlush are available from Little Star in Liberty Wharf



**HOT
BRAND
OF THE
MOMENT!**

Beau Loves

This super cool kids brand is plastered all over instagram and pinterest by yummy mummies in the know and it's now available in Jersey at Little Star in Liberty Wharf.

We are head over heels for everything this brand produces and we are quite tempted to make life more simple by exclusively dressing our kids in head to toe Beau Loves! It's stylish, current and different to everything else on the market. WE HEART BEAU LOVES.

Inch Blue

Baby's feet aren't just smaller versions of your own, they're a completely different shape. They're softer and plumper with hardly any hard bone in them at all. Inch Blue shoes have been designed to give total comfort for little growing feet. They are made from soft natural leather allowing your baby's feet to breathe with supple non-slip suede soles ideal for tiled and wooden floors. The elasticated ankles ensures shoes really do stay on and they're 100% safe for little ones who might like to experimentally taste them! Plus they're just so adorable!

Get yours from The Potting Shed up at Ransoms.



Hire Junior Range

With 165 years of experience under their belt, Moss Bros. know a thing or two about making men look amazing on special occasions. Along with their great selection of ready to wear suits, they also offer a hire service from their concession in Liberty Wharf.

Although being known as Gentlemen's outfitters, they also offer hire options for children too. Whether you are opting for a head-turning Ted Baker suit in blue or traditional grey morning tailcoats, the junior range has a wide selection of outfits, meaning all groomsmen and page boys are dressed to the nines.

For further details pop and see their suit experts at the Moss Bros. Liberty Wharf store.



Make your life easier!

Feeling like "If I have to wrestle my baby whilst doing fiddly poppers one more time I'll have a mum breakdown?" Well the wonderful folk at Hatley, who (and this is key) actually have children as well as being clothing designers, have made baby sleepwear that is a dream to use. There is a super simple zip that runs from the leg and up the middle - in one swift move your baby is ready for bed... no wrestling... no buttons done up unevenly... no tears - they'll be ready for bed before they know what's happened. Genius. *Hatley sleepwear is available from The Potting Shed up at Ransoms.*

StyleStalker

WORDS
Lauren Burnett

This months photos were taken at my son Camden's bonanza BBQ and pool party, perfect for spotting what's cool in micro fashion! Spring was in the air and the outfit choices reflected that.



Camden Burnett, age 4

The birthday boy wore his new Adidas Gazelles with chino style navy shorts and braces. Camden is never one to stick to the rules and he's the same with fashion, seen here combining checks and polka dots. Camden looked party chic whilst keeping cool running around entertaining!



Winnie Young, age 4

Winnie's outfit was bought from a Spanish boutique and the neutral colour combining was definitely a talent of her mummies! The beige cardigan, socks and shoes with a splash of colour in the a-line skirt floral skirt. Total innocence, until the sugar rush that is!



Emily Betts, age 4

Emily is full of smiles and was happy to show of her new sandals which totally colour coordinated with her beautiful three layered electric blue party dress, teamed with a popular choice amongst the girls is her perfect spring yellow cardigan. Couldn't get enough of kisses from Emily!



Neve Lucas, age 4

Neve was so full of personality and had no problem showing me her pearly whites with her crinkly nose!!! Neve's daddy had dressed her and she was stylish and weather appropriate. Sneakers are not only making a massive comeback for adults but also in kids fashion too. Neve brought the sun with her sunny disposition!



Emily Golding, age 9

Emily is definitely a girl who wasn't dressed by her mum! She had a bag with three outfit changes in it and was happy to show me all three, each with co-ordinating shoes and she had her hair brush standing by, to make sure she was camera ready, a girl after my own heart!! Emily was wearing a top spring coloured mint playsuit teamed with her matching ballet pumps. Emily is one to watch, I think she'll be coming for my job in the future!



Michael Brocken, age 3

Michael's laid back cool party attire was the all American boy style which Ralph Lauren loves to depict in his collections. Michael was wearing a Ralph Lauren knitted jumper turned up jeans and old school Kicker style sandals and a denim shirt. Michael was effortlessly cool.



RAIN, RAIN



Photographer *Danny Evans*
 Mini Models *Beau Murray & Amelia Gaudin*
 Styling *Ceri Baker*

AMELIA:
 Hatley Heart Rain Jacket, £32.00, *The Potting Shed at Ransoms*
 Town & Country Pink Wellies, £9.99, *Ransoms*
 Hatley Unicorns & Rainbow Umbrella, £13.50, *The Potting Shed at Ransoms*
 BillieBlush Pink Bow Headband, £15.00, *Little Star*
 Socks *Model's Own*



GO AWAY!



BEAU:

Wellies Emma Bridgewater, £17.99, Ransoms
 Hatley Dinosaur Rain Jacket, £32.00, The Potting Shed at Ransoms
 Hatley Space Cars Umbrella, £13.50, The Potting Shed at Ransoms
 Socks And Shorts Model's Own

With Thanks to amazing mummies Jade & Natasha, as well as Audrey from Fit Central Footwear, Lara at Little Star and the team at Ransoms.

White Sandals, £39.00, *Little Star*
 Beau Loves Mouse X Tee, £27.00, *Little Star*
 Beau Loves Davenport Pants Arrows, £32.00, *Little Star*
 Cap By Beau Loves



Beau Loves Heart Hand Jumper, £36.00, *Little Star*
 Beau Loves Davenport Pants Arrows, £32.00, *Little Star*
 Cap By Beau Loves
 Geox White Sneakers £37.00, *Fit Central*



Beau Loves Heart Hand Romper, £31.00, *Little Star*



White Sandals, £39.00, *Little Star*
 Beau Loves Mouse X Tee, £27.00, *Little Star*
 Beau Loves Davenport Pants Arrows, £32.00, *Little Star*
 Cap By Beau Loves

White Sandals, £39.00, Little Star
 Beau Loves Love Vest, £25.00, Little Star
 Beau Loves Davenport Pants Arrows, £32.00, Little Star
 Bowtique Bobble Hat, £28.00, Little Star



White Sandals, £39.00, Little Star
 Beau Loves Mouse X Tee, £27.00, Little Star
 Beau Loves Davenport Pants Arrows, £32.00, Little Star
 Cap By Beau Loves



White Sandals, £39.00, Little Star
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 Bowtique Bobble Hat, £28.00, Little Star



White Sandals, £39.00, Little Star
 Beau Loves Love Vest, £25.00, Little Star
 Beau Loves Davenport Pants Arrows, £32.00, Little Star
 Bowtique Bobble Hat, £28.00, Little Star

Amelia:

BillieBlush Colourful Skirt, £35.00, *Little Star*
BillieBlush Chilli Pepper Tee, £18.00, *Little Star*
Pediped Flex, Amazon Fuchsia And Tangerine Sandals,
£34.00, *Fit Central*



Amelia:

Coral Bow, £2.50, *Little Star*
BillieBlush White Dress, £36.00, *Little Star*
BillieBlush Fluro Zipper, £35.00, *Little Star*
Pediped Flex, Darcy One Strap Sandals Fuchsia And Orange,
£34.00, *Fit Central*



Amelia:

BillieBlush White Sombrero Tee, £21.00, *Little Star*
BillieBlush Grey Marl Shorts, £29.00, *Little Star*
BillieBlush Pink Bow Headband, £15.00, *Little Star*
Pediped Flex, Darcy One Strap Sandals Fuchsia And Orange,
£34.00, *Fit Central*



Amelia:

Mexican Sombrero, *Little Star*

BillieBlush Colourful Dress, £43.00, *Little Star*

Pediped Flex, Amazon Fuchsia And Tangerine Sandals, £34.00, *Fit Central*

MICRO FASHIONISTA

Photographer *Danny Evans*

Mini Model *Sage Murray*

Styling *Ceri Baker*

Daisy Print Bubble Pink And White Heart Romper,
Part Of Set With Striped Bloomers

£29.99, The Potting Shed At Ransoms

Amy & Ivor Pink Moccasins

£38.00, Little Star In Liberty Wharf

Bonnet

By Briar Handmade Online

Blanket

By Coco And Wolf Online



Kissy Kissy White Knit Cardi

£36.99, The Potting Shed At Ransoms

Daisy Print Bubble Pink and White Stripe Bloomers,
Part Of Set With Romper

£29.99, The Potting Shed At Ransoms

Amy & Ivor Pink Moccasins

£38.00, Little Star In Liberty Wharf

Blanket

Model's Own

Bonnet

By Sylvie Anne Online



The Bonnie Mob Orange T Shirt

£18.00, Little Star In Liberty Wharf

The Little Tailor Cashmere Mix Pants

£28.00, Little Star In Liberty Wharf

Amy & Ivor Tan Moccasins

£38.00, Little Star In Liberty Wharf

Bib

By BillyBibs Online

Bow and Blanket

Model's Own





Daisy Print Bubble Pink and White Stripe Bloomers,
Part Of Set With Romper
£29.99, The Potting Shed At Ransoms
Kissy Kissy Pink & White Stripe Knit Cardi
£36.99, The Potting Shed At Ransoms
Bib
By BillyBibs Online
Bow
Model's Own



Aden & Anais Kimono Pink Star Onesie Vest
£17.00, Little Star in Liberty Wharf



Kissy Kissy White Knit Cardi
£36.99, The Potting Shed At Ransoms
Daisy Print Bubble Pink and White Stripe Bloomers,
Part Of Set With Romper
£29.99, The Potting Shed At Ransoms
Amy & Ivor Pink Moccasins
£38.00, Little Star In Liberty Wharf
Blanket
Model's Own
Bonnet
By Sylvie Anne Online

The Bonnie Mob Yellow T Shirt

£18.00, *Little Star In Liberty Wharf*

The Little Tailor Cashmere Mix Pants

£28.00, *Little Star In Liberty Wharf*

Amy & Ivor Tan Moccasins

£38.00, *Little Star In Liberty Wharf*

Bow

From A Selection At Little Star In Liberty Wharf



Bunny Rabbit Leggings

£9.99, *The Potting Shed At Ransoms*

Kissy Kissy White Knit Cardi

£36.99, *The Potting Shed At Ransoms*

Daisy Print Bubble Pink And White Heart Romper,
Part Of Set With Striped Bloomers

£29.99, *The Potting Shed At Ransoms*

Amy & Ivor Pink Moccasins

£38.00, *Little Star In Liberty Wharf*

Bonnet

By Briar Handmade Online

Blanket

By Coco And Wolf Online



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Alternative Milks

WORDS Freya Richardson



Almond

Taste: Less creamy than soya milk with a subtle nutty hint.

Process: Blended almonds and water, very easy to make at home.

Nutrition: Almonds naturally contain a variety of essential vitamins and minerals. Choose unsweetened for daily use.

Best use: As versatile as milk because of its subtle flavour. A great alternative for those allergic to soya and nowadays just as readily available. Add to coffee at room temperature to avoid separation.



Soya

Taste: Smooth, sweet and creamy.

Process: Dried soybeans are soaked overnight, once rehydrated the beans are ground with enough water to create the texture of milk.

Nutrition: Lower in fat than most other non-dairy milks but higher in carbohydrate. We don't recommend drinking it all day everyday as it has a higher concentration of protein than whole soya products.

Best use: The most similar to 'normal' dairy milk and so can typically be a substitute without any problems.



Hazelnut

Taste: Thick and creamy, drinking on its own tastes (and looks) like an indulgent chocolate milkshake.

Process: Hazelnuts are gently roasted before grounding and blending with water.

Nutrition: A source of vitamin B12 which some say can help reduce tiredness.

Best use: Makes a delicious hazelnut flavour coffee or hot chocolate. Also a great replacement in baking for those who can't, or choose not to, have dairy.



Coconut

Taste: Refreshing yet full-bodied with a subtle hint of coconut.

Process: Watered down coconut cream mixed with rice milk.

Nutrition: Lower in calories but higher in saturated fat than other alternative milks.

Best use: Great in porridge, cereal and blended in smoothies. Also the best for use in savoury cooking such as soups, curries and stews.



Oat

Taste: Deliciously smooth and naturally light.

Process: Simply blended oats and water.

Nutrition: Rich in fibre and contains naturally occurring sugar meaning it contains no artificial sweeteners. Be aware that gluten free oats are not always used so always check the label.

Best use: Use for making even oattier porridge or great in pancakes.

“Hemp is a trendy superfood that naturally contains 10 essential amino acids as well as being a great source of protein and vitamins-the most nutritious alternative to nut milk.”



Rice

Taste: The thinnest of the alternative milks, watery and not strongly flavoured.

Process: The rice is normally pressed through a mill to create a liquid and any remaining grains are then removed. It can also be made by boiling rice and blending, or by mixing rice flour with water and straining.

Nutrition: Shop bought rice milk is usually fortified with vitamins and minerals, including calcium, vitamin B12, vitamin B3, and iron.

Best use: Not so good in coffee because of its watery texture but great for children to drink with cookies.



Hemp

Taste: A nutty flavour, but like rice milk, one of the thinner alternatives.

Process: Crushed hemp seeds are blending with water and strained to remove any leftover solids.

Nutrition: Hemp is a trendy superfood that naturally contains 10 essential amino acids as well as being a great source of protein and vitamins-the most nutritious alternative to nut milk.

Best use: The high protein content makes it great post workout, either on its own or blended into smoothies.

• THE •
Genuine
 Articles



Lisa Le Brocq *Jewellery Designer*

After living and studying away for a few years, as an artist I feel very fortunate to have returned to live in the inspiring surroundings of Jersey. Using the macro lens on my camera, I take a lot of photographs as a way of collecting textures and inspiration for my work. Our gorgeous coastline is jam packed with quirky landmarks and stunning beaches. I love to dig around rock pools and scour the tide lines for perfect little shells, seaweed pods and beautifully formed pebbles that are washed up after a stormy tide. All of this forms the inspiration for my Beachlife collection. Likewise, the country lanes are bursting with plants, seed heads and flowers that often become a feature of my Birdlife collection.

It takes a lot of thought and energy to create a design for a piece of jewellery, I often think of my pieces as wearable art, like little tiny sculptures! Each piece is crafted using specialist hand tools and I often experiment using traditional as well as inventive techniques. Over the years of making and creating, my collections have evolved into two main types of design. The two dimensional quirky and stylised little illustrations of local landmarks, like the Little White House and animals, and my three dimensional pieces like shells, seeds and pod-like forms.

One of my favourite techniques is to sculpt tiny shells in clay. I try to capture the beautiful natural textures and forms and enjoy sculpting them further to emphasise the best features. The little Clay shell is then cast in Sterling Silver to create one of my 'Beachlife' pieces.

My jewellery can be found on display at a few outlets dotted around the island and I regularly take part in local markets and events all year round. It is such a buzz when I bump into someone wearing my jewellery. This tends to happen more often these days. It is a lovely feeling to know all my little creations are somebody's treasure!



Kerwin Mohun *Pimata Producer*

In the middle of the quiet St John's village is set the little chilli factory of Twin Islands Limited, the company, founded by Kerwin Mohun, which makes Pimata, a very hot chilli sauce.

Pimata is a very hot and thick chilli sauce, made to a traditional recipe, the way it is in Mauritius, where Kerwin is from. Pimata can be used in, or eaten with, any type of food and goes so well with all types of cuisines. It can be used straight from the jar to add spice to anything you want, as an ingredient in a variety of cooking preparations or to spice up dips and sauces.

As an ingredient: Pimata is a great alternative to any other type of spicy or chilli product. Since it is already cooked and it delivers flavour and heat instantly, it can be added to cooking preparations at any time. Marinating meat or fish for a barbeque or spicy roast brings an exotic edge to the finished product.

As a dip or spice up other condiments: The brave use Pimata as a dip on its own, but not everyone can do that, as the product is rather hot. But there are other ways it can be used, due to the very fine consistency of the sauce it binds very well with other condiments, so you can simply just start mixing it up.

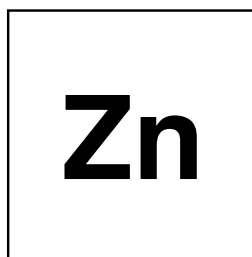
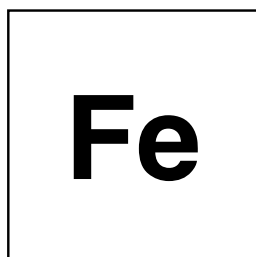
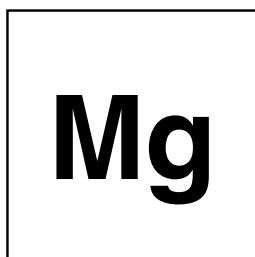
Mix Pimata with ketchup to make it nice and spicy, with honey it makes an instant sweet chilli dip or marinade. Mixed with mayonnaise you'll get a spicy creamy mayo to be used to dress your salads or anything really. Chutney, salsa, hummus and olive oil are just a few of the other things which can be spiced up with Pimata chilli sauce the opportunities are endless.

Pimata is currently available at a variety of retailers in Jersey and is also available online at www.thefoodmarket.com website.



Micronutrients Matter

WORDS Kit Chamier *MSc BSc SENr, Performance Nutritionist*



We have all heard of macronutrients: carbohydrates, proteins, fats. These have had a lot of attention in the last few years, especially with the IIFYM style of eating (If It Fits Your Macros).

But are we overlooking their sidekicks, the micronutrients?

Macro domination

Let's look at the big boys first, the macros. I want to start with fats as these usually don't get much positive attention when in fact they are very important. Most of us know there are good and bad versions of fats, but where are we meant to find the good ones? And how much should you have? Well surprisingly a general healthy diet should have 30-35% fat. Ideally from natural sources like oily fish, nuts, avocado, oils, seeds. Fats are absolutely essential so don't cut them out, we need them for transport of some vitamins and also for energy!

Next are carbohydrates; these are the main source of energy for us so we can't neglect them. It would be a very bad idea to go onto a low carbohydrate diet as this can lead to a plethora of problems such as tiredness, poor concentration, mood swings, bad breath, and reduced immunity to name a few. So stick with the fruits and vegetables as your main source, along with whole grains like brown rice, quinoa, brown breads.

Proteins next. Probably the most abused macro at the moment with protein seemingly being the answer to all of life's problems (well protein and coconut oil, apparently). Admittedly it is crucial for many functions like muscle growth and repair but we still don't want to over eat it. It's not hard to get your daily amount of protein from the basics like dairy, meats and fish. So it's likely that your whey protein shake is worth leaving on the shelf for now.

Micro considerations

Now let's look in detail at their underrated counterparts. The micro's are all the essential vitamins and minerals needed in your diet. They are not produced by the body so we need to eat them, and deficiencies can lead to serious health issues.

The vitamins are A, C, D, E and K, as well as the B-complex vitamins. The minerals include iron, selenium, sodium, iodine, copper, and zinc. These all play a role in the body systems and often work together, for example, calcium is needed for structure of bones and teeth, but also for signalling of muscles and nerves.

Here are some other ways that micronutrients help your body function:

- *Magnesium helps maintain a normal rhythm in your heart, as well as helping with converting glucose into usable energy.*
- *Iron helps take oxygen to our muscles so we can use them.*
- *Zinc has a role in digestion and carbohydrate metabolism, as well as a role in the immune system.*

“Most of us know there are good and bad versions of fats, but where are we meant to find the good ones?”

Deficiency disorders

Micronutrient deficiencies can lead to serious health problems. The World Health Organisation (WHO) says it's one of the leading threats to the health of the world's population. The most common are iodine deficiency and iron deficiency anaemia.

Iodine deficiency during pregnancy can result in stillbirth, miscarriage, and mental retardation. Whereas iron deficiency anaemia will cause severe fatigue, pale skin, and brittle nails.

Eat the rainbow (Skittles don't count)

It is not an impossible task to get all of your micros from real food, and if there are specific medical conditions or pregnancy then supplementation is usually required. A diet rich in vegetables, fruits, whole grains should do the trick for general health so don't dive into the multi-vitamins just yet! The key is to eat a multitude of colourful real foods every day. 'Eat the rainbow' every day to make sure you're ticking all the boxes for your body.

Appetite News

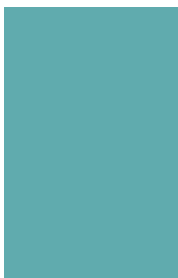
GREAT NEW DISHES AT SEAFISH CAFE LIBERTY WHARF!

Seafish Café have introduced some very tasty new items on their menu to tantalise your taste buds.

The Seafish Fish Dog is sure to soon become a firm favourite; a rolled fillet of cod with spicy crumb with nacho cheese and pickles. Their new grilled fish and shell fish coconut curry is already one of the most

popular dishes, with delicious pumpkin, roasted peppers, bok choy and a Bombay potato cake.

In their new St Aubin Restaurant they now offer rotisserie chicken with a variety of sauces including rosemary gravy, tomato chilli and mango & red onion salsa.



SOAK UP THE SUN

Summer is here and the Merchant House terrace at the Museum is open again! Soak up the sun over a delicious meal or drink and enjoy those warm summer nights - with help from their new heaters! - to catch up with friends or family.

Their Garden bar is open from midday every day with a range of beers, wines, cocktails and meals on offer. Pop in and relax with some smooth tunes being played all day and live entertainment from 6pm. Reservations are now being taken so like their Facebook page, visit www.merchanthousejersey.co.uk or call 510069 for more info and to book!



GET DOWN TO SUGAREEF!

Located right in the centre of St Brelades Bay and only two metres from the beach, Sugareef offers a fabulous picturesque spot for you to enjoy tasty food freshly prepared by their team of chefs.

The restaurant serves a variety of delicacies which include fresh local lobster and seafood specials to Asian fusion, sticky ribs and of course the traditional fish and chips, perfect for being by the seaside. Why not pop in for one of their famous local crab sandwiches or what about their duck noodle salad with a crisp glass of wine during a busy lunch, or stay for dinner and enjoy sea bass to steak on a warm sunny evening from their varied a La carte menu. The choice is yours...

Indulge in a delicious cocktail on the terrace area where you can soak up the sun and enjoy the stunning views of the picture perfect St Brelades Bay. Dogs welcome outside so it's the perfect place for a pit stop whilst walking your pooch!



BRASSERIE STYLE DINING

Chateau la Chaire has long been known for its fine dining but during the spring and summer they also open the sun terrace and conservatory for their exciting Brasserie menu.

Brasserie style dining originated as a French idea offering moderately priced, hearty meals in a relaxed setting and their menu is based on the same principal with French inspired 'comfort foods' that are available for both lunch or dinner.

Choose from dishes such as Moules Frites, Jersey Oysters, Fruit de Mer and seafoods as well as steaks and other meats. Vegetarian and gluten free options are also available. See you there in the sunshine soon!

DELICIOUS FISH DISHES IN THE SUNSHINE!

Faulkner's at L'Etacq have signalled the start of summer by firing up their barbecues. This wonderful secret spot is where all the locals in-the-know head on sunny afternoons. New chef Alex is on stand by to create for you a whole host of delicious dishes from char-grilled baby calamari with chilli, sea salt and olive oil to king prawns and local grilled lobster in their famous homemade Jersey garlic butter, which are a must try!

Enjoy the food and wine sat on picturesque picnic benches taking in the incredible views over St Ouen's Bay. Faulkner Fisheries is the place to head for your Fresh, Live, Cooked Local Fish and Shellfish - if you don't have your passports on hand to make the journey that far out west then you can head to their lovely shop at the Fish Market in town. Faulkner Fisheries also supply local hotels and restaurants as well as exporting to France.

483500 | Le Vivier, Northern end of St Ouen's Bay
www.faulknerfisheries.co.uk



THE ULTIMATE IN AL FRESCO DINING

It's that fantastic time of year again when we can shrug off the scarves and dine al fresco, in style! With unparalleled views and a relaxed yet elegant ambiance, the Terrace at Grand Jersey Hotel & Spa is a stylish, sun swept, comfortable space. Soak up the sunshine whilst enjoying the magnificent sweeping views of St Aubin's bay and treat yourself to a tempting array of delicious dishes from their brand new summer menus.

Enjoy a range of timeless favourites from their daytime selection, such as gorgeous galettes, sandwiches, paninis and ciabattas with scrumptious fillings; or your choice from the tasty BBQ menu, all cooked to order in the Terrace kitchen. Afternoon tea, complete with a selection of cakes and fancies, can be enjoyed between 2pm and 5pm.

After a hard day's work, (or shopping!) the evening tapas menu complemented by a fabulous selection of draft beers, fine wines and summer cocktails provides the perfect pick me up. The Terrace at Grand Jersey Hotel & Spa is open every day from 10am until late, weather permitting and can also be booked for private events. With Philosophy of House DJ on every Friday from 6pm - 8pm, what better way to start your summer weekends?



BEACH CAFE WITH A TWIST

It's 10 years since Paul and Hayley took ownership of Plemont Beach Cafe. In that time they have really raised the bar with their wonderful varied menu options and fantastic quality, providing as much Genuine Jersey produce as possible and of course their famous and oh-so-delicious home baked cakes and scones!

Already proving very popular with the locals is their new Breakfast Loyalty Card; where you buy five English or vegetarian breakfasts get one free!

It really is the perfect morning or afternoon pit stop whatever the weather as their dramatic views over the stunning Plemont beach and neighbouring islands are simply jaw dropping.

Open every day | Breakfast 9:00am to 11:30am | Lunch 12:00pm to 3:30pm | Doors close at 5:00pm | Telephone 482005

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Appetite News



KEEP A LOOK OUT FOR THIS AWESOME VAN!

Bean Around took delivery of its newly sign written van this month, and, as is usual with The Bean, it really is something different. Dave from The Bean approached local artist Oli Nightingale with a brief of creating a dynamic take on the Company's slogan 'Fuelled by Caffeine'. "I wanted the van to appear alive and in motion, even when standing still" said Dave. "Oli worked tirelessly to achieve something that we were both really happy with, he really is a talented dude!"

'One of our philosophies at The Bean is inclusiveness and diversity, and this is something we have tried to portray in the artwork as well'.

The most detailed piece on the vehicle is the 'coffee machine' engine, with coffee, steam and beans being pumped around the engine bay.

The refrigerated van replaces the previous vehicle which sported artwork by local artist Robert Greene, who went on to The Royal College of Art in London. "The van will be used to delivery freshly prepared food and freshly roasted coffee from our bakery and roasting facility in Aquila Road", said Dave.

The Bean is now in it's 20th year and has truly become a Jersey institution.

NEW TASTY TIPPLE

The ever popular Swedish Cider producer Rekorderlig have crafted a flavoursome new blend of their premium apple cider with tropical guava. The result is bursting with luscious apple and guava fruit sweetness with a crisp, clean finish. Pour over a glass of crushed ice and you'll have your new summer favourite!



SPICE UP YOUR LUNCHTIME AT THE SPICE OF LIFE

The popularity of Thai food doesn't seem to be waning, if anything it continues to grow here in Jersey. With a wide variety of dining options available for lovers of Thai cuisine we are spoilt for choice. The Spice of Life is one such restaurant, opening their doors a little more than six months ago they have already developed a great deal of loyal customers looking to get their fix of their fragrant and flavoursome delights and now you can happily head to see them to get that fix at lunchtime too, thanks to the introduction of their express lunch menu, making them the perfect choice for fast and fabulous Thai food.

Located in Sand Street, right in the heart of the business district and with convenient car parking directly opposite, The Spice of Life offer a mix of modern decor with an Eastern influence. They have plenty of space, if you're looking to keep on working over your lunchtime, there is also Wi-Fi and charging points available for those on the move.

The restaurant is proudly owner-managed and uses fresh locally-sourced produce. In addition to the essential Thai spices and sauces that give the food that fresh

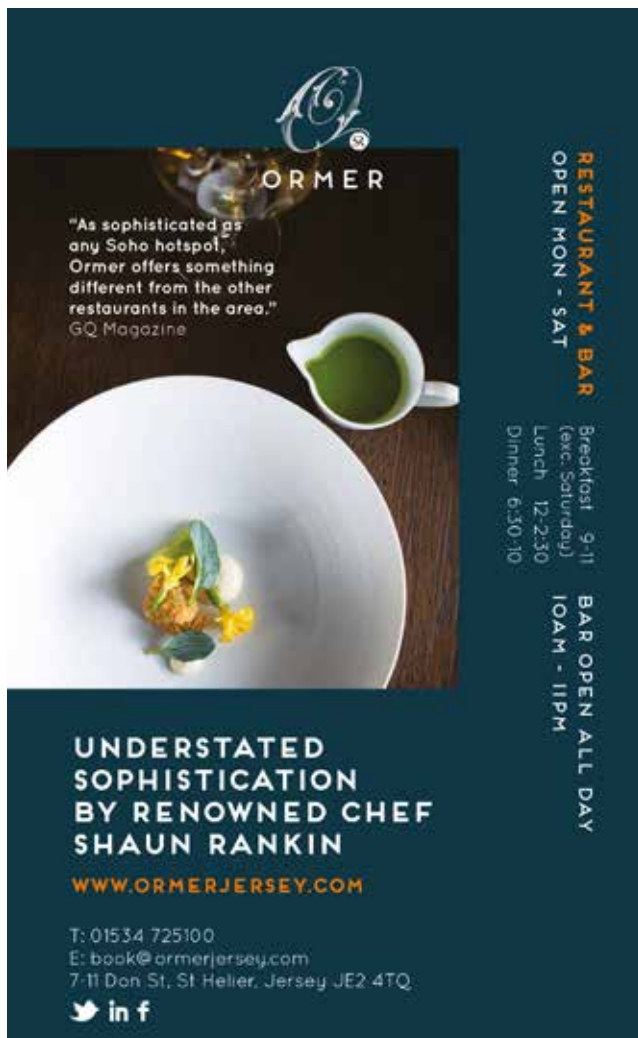
wholesome flavour. The beauty of Thai food is that all dishes can be served as mild or as hot as you choose and there are of course a variety of great healthy options available for those considering the approaching summer months!

Of course they're not just a brilliantly located and speedy lunch option, the Spice of Life also has a wide full menu, which includes enticing chefs specials and also an oriental tapas bar too, where you can indulge in a selection of small dishes all cooked right in front of you at any time of day. You also have the added bonus of being able to guide the chef on your preferences or perhaps ask the chef to explain the dish ingredients to you (all of the cooking is done by trained Thai chefs.....but fear not, the explanations will be in English!).

Why not accompany your tapas or your meal with any one of the specially selected wines or why not try the cocktails! There is also a fully licensed bar, so you can pop in for drinks any time of the day. You can be assured that there is fabulous food and drink available whatever your busy schedule!

Call 01534 630303 for reservations.





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TIME TO ALFRESCO

The air temperature may still be chillier than normal, but the sun is most definitely out (or at least it was when going to print) and the nights are getting lighter, which can mean only one thing, summer is on its way and we're all ready to start thinking alfresco drinking options, or is that just us?!

We all know at this time of the year getting an alfresco spot to while away a few hours after work or on the weekends is harder than you might imagine, particularly as we live on a sunshine filled island. Well fear not, if you've failed to grab the last table under the shaded umbrellas of a number of other establishments in the Weighbridge area, head over to see the team at Ce Soir. As they're the last stop on the row of watering holes you can sit back and in their range of comfortable seating and be treated to the very last drop of sunshine this side of St Helier has to offer.

Sit back and listen to the sounds of the Balearic beats, thanks to their resident DJ's on Saturday afternoons (bank holiday Sundays too) and sip on a pint of lager from £3.50 or why not share a bottle of wine, prices start from just £10, what's not to like about that. They of course have a great menu of cocktails which they will happily talk through with you.

Once you've enjoyed the last of the sunshine, why not step inside and while away the rest of your evening, as they're open until 1am. Excellent service is as at the very heart of everything these guys do. They really do love to treat their guests well and want everyone to have an fantastic experience when they visit Ce Soir. Thanks to the plentiful seating options and the complimentary table service you really do feel like you're being treated like a grown up.

The knowledgeable team behind the bars will be on hand to make sure that you have a truly incredible experience the minute you walk through the door, or sit outside it. Inside you can choose from one of two bars downstairs or perhaps you're looking for somewhere a little more intimate, if so be sure to head upstairs and find the Gin Room and ask them how on earth they manage to use their bath...

"Perhaps you're looking for somewhere a little more intimate, if so be sure to head upstairs and find the Gin Room and ask them how on earth they manage to use their bath..."

Whether you're on a big night out with friends, looking for somewhere to enjoy a sundowner or it's the middle of the week and you just fancy a glass, or a bottle of wine, Ce Soir is the perfect place to go.



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STEEPED IN HISTORY

WORDS Sara Felton

Malorey Manor is a traditional Jersey farmhouse of late 18th/early 19th century appearance - the house with potentially late medieval origins has been owned by the same family since 1894. This historic granite farmstead would be a brilliant choice for those looking for a two generation property.

The main farmhouse is a real treasure and ripe for renovation, bringing this piece of history back to life will enable the new owners to put their own stamp on to this property, whilst making it into an excellent family home. The large barns, which lay alongside the main house could either be converted into secondary accommodation, or could easily accommodate horses, which is the function they would have had during the times this was the house of a working farm.



Situated in a tranquil valley location in the parish of St Lawrence Malorey Manor is in the very heart of the countryside yet only a short drive to town and the airport and a mere five minutes walk down to the nearest bus stop. The property is accessed by a sweeping carriage driveway lined with mature pine trees. You can also access the property from a second entrance, if coming to the house from the opposite side of the island.

Whilst the main farmhouse is in need of modernisation it currently comprises three good sized bedrooms and a house bathroom up on the first floor. You can access the second floor through a set of Narnia like doors, up on this floor you will find two further bedrooms and a small box room, which lends itself to space for a bathroom, should you so wish.

Downstairs you'll find three large reception rooms, which include a breakfast room, with double doors leading out on to the exterior of the property, an area which lends itself to house a BBQ and

entertaining area for when you have guests over to visit. Along the back of the house there is a long large kitchen, with enough room to eat in. There is also a large more formal dining room with enough space to accommodate a table for 12. Further still there is a separate lounge, or 'gentleman's room' complete with a grand fireplace. Downstairs there is also a separate utility room and wc. The flooring in the entrance hall is the original checkered Victorian tiles and this leads on to the staircase with mahogany balustrade.

Malorey Manor is a grade three listed building and a site of historic interest. The earliest document referring to the property is a deed of sale dated 1387, thought to be the oldest documented property in the parish. The present farmhouse is of late 18th/early 19th century appearance (although it is possible that the house is late medieval, refaced circa 1800, and not an entirely new building of that period - an in situ there is an oak beam in the east room on the ground floor being potentially 15th century in date.

“The property is accessed by a sweeping carriage driveway lined with mature pine trees. You can also access the property from a second entrance, if coming to the house from the opposite side of the island.”



The principal building is three storeys, five windows, rectangular form, with granite walls and dressed quoins and surrounds. There are recently replaced painted softwood sash windows, and 20th century extensions to the east and along the rear of the house. There is a small dormer above the main door and a slate roof.

The interior is of late 19th/early 20th century character. The staircase is early 19th century. The reception rooms fireplaces: one in marble and one in stone, are both likely to be early 20th century.

A range of 19th century combination outbuildings is built into a slope at a right angle to the house. The walls are in granite, with brick window and door surrounds, and slate roofs.

This property really is a historic gem just waiting for the new owners to bring it back to its former glory. With good sized rooms and plenty of space for a growing family Malorey Manor would make an excellent option for a growing family.

“This property really is a historic gem just waiting for the new owners to bring it back to its former glory.”



Les Charrieres Malorey

St. Lawrence

£1,795,000 Guide price

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The background image shows the interior of a small, rustic wooden cabin. On the left, there is a light-colored wooden countertop with a white sink and a chrome faucet. Above the sink, three small orange and white containers are hanging on the wall. In the center, a black wood-burning stove with a tall chimney pipe is lit, with a fire visible inside. To the right of the stove is a light green door with a diagonal brace. A small basket of firewood sits on the floor near the door. The walls and ceiling are made of light-colored vertical wooden planks. The floor is also made of light-colored wood.

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Jersey Lending Market

Interest rates have bottomed out for the time being with over 180 different mortgage options available to Jersey borrowers.

There are a number of special offers currently available, with reductions in product fees and valuation costs as well as cash backs on legal fees, all of which can make a noticeable difference.

Discount, tracker and fixed rates continue to be available, at rates that start as low as 1.39%, if you have a 40% deposit and 2.79% if you have a 10% deposit to put down.

BASE RATE COUNTDOWN

Economists continue to offer predictions as to when Bank of England base rate will rise, although it really does not look as though anything is going to happen this year, possibly next year although maybe sometime into 2018.

Existing borrowers should continue to grab the opportunity of overpaying as much as they can (subject to mortgage conditions) on their monthly mortgage so as to pay off their mortgage as quickly as possible and achieve significant savings in the process.



60%	Tracker	1.39%
60%	2 year fixed	1.49%
60%	5 year fixed	1.99%
70%	Tracker	1.69%
85%	Tracker	1.99%
85%	2 year fixed	1.67%
85%	5 year fixed	2.74%
90%	Tracker	2.79%
90%	5 year fixed	2.97%
100%	3 year fixed	5.24%



THINK YOU DON'T HAVE TIME TO SORT OUT YOUR LIFE COVER? **THINK AGAIN.**

Many people keep meaning to get around to sorting out some life cover, whether putting it in place for the first time, or topping up cover they may have arranged years ago that is no longer adequate.

Some people can be put off by the forms required and time it can take - but you need not be. With online technology available at Henley Financial, it can now take a matter of minutes to apply, get accepted and start your cover. You can even arrange to answer your health and lifestyle questions over the phone, if necessary.

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To find out more please speak with Hayley Carstairs at Henley Financial.

JERSEY PROPERTY MARKET

The heat has gone out of the market in the period leading up to and leading on from Easter, although the activity generated since the beginning of the year has kept everybody busy with estate agents, lawyers, lenders and valuers all struggling to meet tight deadlines so do allow as much time as possible when negotiating the purchase of your property - it is essential not to commit yourself before you have consulted the professional team responsible for your purchase.

House prices appear to remain stable, with no signs of them going up yet, although first time buyers tell us that there is a distinct lack of stock in the market to satisfy their specific requirements.

HOW MUCH CAN YOU BORROW?

Before you start talking to estate agents, make sure you pop into The Mortgage Shop for a five minute review to find out how much you can borrow, the monthly cost of the mortgage and an estimate of the fees etc.

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4 3 ✓

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St Helier £639,000



4 2 ✓

Approximately 2,400 sq ft
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Sun room & roof top terrace
Utility/basement storage
2 generation option

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St Saviour £799,000



5 4 ✓

3 ensuite bathrooms
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Snug/playroom
Close to schools & colleges
Immaculate throughout

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St Mary £815,000



4 2 ✓

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Green Island £3,900,000



4 3 ✓

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INTERIOR NEWS

Marble Marvel

From all out kitchens to subtle touches in bathrooms marble is here to stay and we're loving it!



Stunning on trend kitchen in the Bauformat Showroom on Burrard Street



Follow @rachparcell on instagram to see more of this beautiful feminine kitchen



Beautiful bathroom featured on Bloglovin' on Pinterest



All round cool cat and Catbird Founder Rony Vardi's Bathroom at her Brooklyn home, as featured in Vogue

Statement Sofas

from BoConcept at Beaumont Home Centre

A sturdy sofa in a neutral tone is always a smart choice, but sometimes it feels just a little, well, safe. That's why we love the more eye-catching examples of seating that are trending right now. Think jewel tones, tufted details, luxe upholstery — or a combo of all three, if you really want to make a splash! Here are some gorgeous examples of sofas that are worth the splurge.

All sofas pictured are available from Beaumont Home Centre



Bathroom Bliss

Swiss company Laufen have been industry leaders for over 120 years! The stunning pieces from their Palomba Collection (pictured) were created using inspiration from small inlets and pebbles shaped by the movement of the sea. The character of the design is not too perfect and fixed which can make interiors look a little lifeless, instead it cleverly hovers between geometrical and organic forms resulting in a truly modern and timeless homely look.

The Laufen Palomba bathroom pictured is available from Bauformat.



agenda



ON THE AGENDA THIS EDITION:
LAW

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

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

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Welcome



Welcome to the latest Agenda, which this issue focuses on the business of law and the world of entrepreneurs here in Jersey.

Family firm, entrepreneurial start-up or the local arm of a larger corporate operation; local business is the engine room of any local economy.

Jersey is also home to some of the world's leading banks and financial institutions and our comprehensive infrastructure of laws and regulations combines to instill confidence in investors as well as those looking to start up or relocate their business to the island.

A large number of entrepreneurs, consultants and directors have already made the move, bringing their headquarters, or arms of their businesses, along with their families, to Jersey.

What businesses need to thrive in an ever-changing economy are trusted advisors who understand how to take advantage of opportunity, manage challenges and mitigate risk. And of the professionals that every business really needs early on, a great lawyer is a priority.

Jersey law firms, and the teams of professionals within them, are fundamental to enabling the wheels of industry to continue to turn, smoothly. Entrepreneurs learn quickly that there are many legal issues they must face in setting up and running a new venture, bringing a product or service to market, or financing a new business.

Lawyers have a reputation for being more conservative than other professions, but conservative advice often doesn't help a business move forward. Lawyers who can think beyond the technical to really work to become part of their clients' team, providing practical advice - that is useful and usable - is essential.

Fast thinking, fast moving, fast decision-making – business continues to gain pace. Clients tell us that they also rate responsiveness and proactivity high on their list of requirements from their legal advisors, particularly since transactions often have tight timescales.

This edition of Agenda introduces you to more of the specialists who are working tirelessly to meet their clients' objectives. I hope you enjoy meeting them.

Jonathan

Jonathan Hughes

*Partner and Head of Local Legal Services,
Ogier*

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Relative Values



Jamie-Lee Morgan and Nicholas Le Quesne are members of the family law team at Benest Corbett Renouf. They help clients with a wide range of family-related legal issues, including pre-nuptial agreements, separation, divorce and children law.

Nick was called as a Jersey Advocate in February 2016, and qualified previously as an English Solicitor. Jamie Lee is a Legal Assistant, currently studying for her law degree after successfully completing paralegal studies and a diploma in family law. Here, they give us an insight into some of their favourite things – apart from family law, that is...

Jamie-Lee Morgan

My iPhone. I am often teased that I couldn't live without it.

Favourite possession

Portugal. I have holidayed there with family nearly every year since I was born.

Favourite place

Purple, but people who know me would disagree and say black because I am always dressed in black.

Favourite colour

Elephant or dolphin

Favourite animal

Fairy Dust, a candle, made by Lily-Flame. Find it and smell it!

Favourite smell

Not studying! Spending quality time with family and friends.

Favourite way to spend a weekend

Chocolate
(don't tell my Personal Trainer!)

Favourite food

Strawberry.

Favourite ice cream flavour

Wildfire, I love the atmosphere.

Favourite restaurant

Singing, I am always singing.

Favourite pastime

Erin Brockovich.

Favourite film

I didn't realise there were books other than law books!

Favourite book

Perfect by Fairground Attraction. It's also my karaoke song.

Favourite song

My goddaughter, she's four years old and has the ability to make anyone laugh and smile instantly.

Favourite person

Jamie Lee Curtis, because I am named after her.

Favourite celebrity

Handbags... I couldn't even tell you how many I own!

Favourite things to splurge on

Swimming with dolphins.

Favourite memory

Nick Le Quesne

My surf board

Byron Bay on the East Coast of Australia. It brings back memories of carefree travel after graduating from university in 2004.

White and blue as I'm a Tottenham Hotspur fan.

The oriental mandarin fish, particularly when encountered while scuba diving. Although it does resemble 1970's wallpaper (so I'm told!)

Sea air. Particularly nice to return to after time spent in London.

Spending time and laughing with loved ones, preferably in the great outdoors.

Toad in the hole as my Grandmother used to make.

Cherry

Gradees. Particularly their prawns in black bean sauce.

Watching Tottenham Hotspur Football Club (particularly this season!)

The Shawshank Redemption

The Anonymous Lawyer by Jeremy Blachman which gives the reader an amusing glimpse behind the scenes of a law firm.

Anything by the ultimate Jerseyman, Hedley Le Maistre.

There are far too many people to mention and I couldn't possibly choose just one!

Gordon Ramsay, I'm a huge fan of his no-nonsense attitude.

Tropical marine fish and fish tanks. I have spent a small fortune on fish and fish tanks over the years.

A winter season spent working as a ski representative in Les Arcs in the French Alps.

On the Case:

Karl Moss

Jersey company Charge Point have designed and manufactured, secure public charging points for mobile devices, predominantly smart phones.

Borne out of personal experience, inspired by regular travelling to and from London and always running out of power Karl Moss developed the Charge Point "Plug, Pay, Lock" solution for phones that barely last a day before needing to be recharged.

The business was launched in December 2014 after two years of design and development. Now after a successful trial in Jersey the infrastructure is in place to manufacture Charge Points in large quantities and they are expanding into the UK and Europe, where they'll have over 200 installations by the end of the year.

Having recently secured a deal with leading teaching hospital University College London Hospitals (UCLH) the first three units already installed have been used over 1,000 times per month, with a

further 30 Charge Point being installed across the hospital campus this year the usage numbers are likely to be staggering. This will of course open up opportunities going forward across other healthcare trusts. Being able to offer the service when it's really needed, to stay in contact with friends and family, is very much at the heart of the original concept.

Karl explained "We're currently focussing on London and the south of England but the plan is to rollout globally. We want to have charging available anywhere there is dwell time and offer what we see as an essential service. We have a trial running with Topshop from next month, which will lead to a wider rollout by the summer. We're also working with other attractions, universities, hotels and more."

We can also expect to see more Charge Points in the Channel Islands too. At least 20 more in Jersey and 10 in Guernsey. Liberation Group have contracted the team to install charging in each of their locations, which will be in place by Mid May.

If you'd like to try out the service for free then check out their "Unique Tweet to Charge" facility, which is available at select locations. You simply go to www.chargepoint.co.uk/free and submit the ID number of the Charge Point you're at and it allows you to have a free charge.

They also have an app, available on Apple and Android, which will guide you to the nearest Charge Point and update you on new locations when they're added.

What's in his case?

Macbook Air: Like most people who work away from the office this is an essential bit of kit for me and the air is a great option for travelling.

Native Union Lightning cable keyfob with concealed USB iPhone cable: I'm ashamed to say I bought this from a well known and overpriced Gatwick Airport retailer, when I ran out of juice!

Passport: You know the drill, mobile technology may be advancing but you're likely to always need one of these. It's very well used though!

Remote banking fob: People still need paying, even if you're not in the office much.

Safety Pin: I use this on my iPhone for switching out SIMs and avoiding extortionate roaming fees! Say no names... Also useful for any clothing mishaps you may encounter.

Chewing gum: Essential for staying minty fresh when you're bouncing between meetings.

Fitbit: Travelling means eating out a lot, which I love but it also means I need to exercise to compensate. The Fitbit helps me to keep track of both my activity and my sleep.

Charge Point keys: In the Channel Islands we manage the network ourselves, so I like to keep spare keys on me and maintain any Charge Points I'm passing if I'm out and about.

Business cards: Working across multiple companies means multiple business cards, so I have to take a variety of them with me when I travel. I always try to get the most out of any meetings and see if there are benefits across the companies I'm involved in. There are often synergies to be found.

USB Flash Drive: I always carry a spare one to speed up file transfers and to avoid maxing out my Macbook storage.

iPhone: This is the only essential item I have. You can pay with it, use it for boarding passes, communicate, book a hotel, make a reservation, the list really is endless.

Charge Point DUO Portable Battery: If I can't find a Charge Point then I have a back-up on me to get me through the day.

Headphones: I couldn't do without these, especially on longer flights. Currently watching Bosch on Amazon Prime, listening to the Infinite Monkey Cage Podcasts and discovering random stuff on Spotify.

Wallet: This is likely to become surplus to requirements soon enough, like a lot of things on the table it's all moving onto mobile. Cut to two years time and I'd probably just have my phone on the table.





Happily cohabiting? Protect your interests

WORDS: Advocate Jamie Orchard, Viberts' Family Law Team

Cohabitation is on the rise. The Office of National Statistics estimates that opposite sex cohabiting couples now account for 20% of all families and household types in the UK in 2015. Judging by the number of properties being purchased by unmarried couples in the Royal Court each Friday, this is also the trend in Jersey.

Cohabiting couples are often referred to as "common-law marriages". But unlike married couples, cohabiting couples in Jersey have very little protection unless they have a legal ownership of property (i.e. named on the title deeds).

Scenario 1:

Sole ownership; Adam & Beth

Adam and Beth moved into Adam's house together 15 years ago, although they have never married. The house is in Adam's sole name, but Beth has contributed to 50% of the mortgage repayments since she moved in. Adam and Beth have a falling out and split up, then Beth tries to claim back the money that she invested in the property.

Under Jersey Law, Adam is likely to be entitled to all of the equity in the house and Beth will have great difficulty in recovering any of the money that she put in.

Scenario 2:

Joint owners; Chris & Daphne

Engaged couple Chris and Daphne purchased a property together as joint owners. Chris paid the initial deposit of £50,000 and they are jointly liable for the mortgage. Chris also makes all the mortgage repayments because Daphne has a low income. Chris and Daphne break up before they get married and the house has to be sold. Chris and Daphne did not enter into an equity agreement or cohabitation agreement so when the house is sold, the proceeds will be shared equally. This despite Chris having financially contributed so much more to the property during their relationship.

Scenario 3:

Owners in common;

Edward & Françoise

Edward and Françoise purchased a property as owners in common, with Edward owning a 40% share in the property and Françoise owning a 60% share. Tragically, Françoise dies whilst the couple are still together. Françoise did not make a will before she died, so her 60% share of the property will pass by way of intestacy to her estranged uncle who then insists on selling the property. Françoise's uncle will receive 60% of the equity in the property.

Best advice

The surest way to deal with these situations is to have, at least, a comprehensive equity agreement in place. This should detail who has contributed what to the purchase of the property and set out how the property should be dealt with in the event of a separation or death. It is also imperative to make a new will whenever you purchase a property. In addition, all cohabitantes should consider entering into a cohabitation agreement to address matters of property and money. Viberts can provide expert advice on all these matters. We can draw up wills, equity agreements and cohabitation agreements at a fixed price package; so you know that your interests are protected, whatever happens in the future.



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A relationship breakdown is difficult enough, but if you end up in Court this can add to the stress. There is an alternative path called the collaborative process.

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If you would like to explore the possibilities of the collaborative process or discuss your other options please contact **Kirsty Thomas**, Senior Associate at Baker & Partners.



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Dispute resolution specialist Ed Mackereth has taken over as Ogier's Global Managing Partner. Named recently as one of the top ten contentious trusts lawyers across the UK and Crown Dependencies by Citywealth, Ed has been at Ogier for 12 years and is part of their award-winning Trust Advisory Group.

Best day as a lawyer?

I've solved disputes for a living for the past 20 years so my best days have been when we've been able to unlock a case so that our client can get on with their life without the stress of litigation hanging over them, in a better place than when they came to us. Also, and as nerdy as it sounds, persuading a judge to make a new point of law that my team and I have constructed to help get a case over the line is a real thrill. Because Jersey is probably the leading trusts jurisdiction in the world, we get the chance to do that more often than most here.

Worst day in the office?

I've lost a couple of cases in the past 20 years where I'm still convinced my client was in the right but the judge had other ideas. You want to do your best for people, and when it doesn't work out, it's hard to take and those cases still hurt.

How have you found being managing partner so far?

I've been very lucky to have taken over the role at a time when the business is growing, it's getting a huge amount of industry recognition and there is a young and dynamic group of partners, most of whom have come up through the business and who are all up for it. Having the chance to help take an organisation like Ogier on the next step of its evolution, to make it the best and the most supportive place it can be before handing over to the next generation, is a real honour, and having some fun along the way is really important. There is a real buzz about the firm and that is very rewarding.

How would you describe your preferred leadership style?

Collaborative and empowering, but comfortable taking the big decisions after hearing all the arguments. The days of forcing your personality on a workforce and being the biggest beast in the jungle are long gone – or they should be. We have 350 very talented people working with us at Ogier and I just set the direction and help to make sure everyone shares the vision and has the tools to take us to where we need to be. Also the fact that I am still an active lawyer helps me to keep my feet on the ground.

What do you do when you aren't at work?

Cooking, cycling, surfing, live music when I get the time, trying and failing to keep the garden the right side of the shabby chic/jungle divide. Life at home with the family and friends, all of us being looked after by my fantastic wife Nicola. An ever growing menagerie of dogs, cats, chickens, ponies. Next on the list is an Italian greyhound or a Doberman, depending on who you listen to, although if I have my say it's geese all the way.

“As nerdy as it sounds, persuading a judge to make a new point of law that my team and I have constructed to help get a case over the line is a real thrill”





Working with Style

Style Office has been supplying exceptional furnishing solutions to island offices for 30 years. Recently they opened the doors to a centrally based showroom, where you can view all of the latest innovations on offer. By booking an appointment with one of the team you'll be able to see, and try, for yourself a variety of functional work settings laid out over two floors in their bright and spacious showroom, situated at 3-5 Conway Street.

We all know that environmental conditions have a huge impact on our productivity and there is a clear correlation between engagement and performance. It is with this in mind that Style Office are on hand to help you get the very best out of you and your staff. The workplace needs to be designed as a destination that offers the user choice and control over where and how they work, incorporating a palette of places that support a range of postures, presence and privacy and offer a balance of places for "I" work and "we" work, with some that are "owned" and some that are "shared".

Of course here in Jersey office space can be at a premium, so it is essential that work environments are designed so that those in densely occupied spaces can be relieved of some of the stress that close quarter working can cause. You may not be able to make the space less dense but you may be able to do things to give employees a sense of comfort and control over where and how they work and where and how they balance privacy and collaboration.

The time spent in the office should be no different to how we spend our own time. Therefore offering options for employees to change postures throughout the day can help them to stay focused and engaged. Options for lounging, sitting and standing are also critical for physical and cognitive wellbeing. Changes of posture are also relevant to the different tools we now use in the office: mobile technology, tablets, collaborative tools and videoconferencing, so we can work individually and with colleagues around the world.

Not only are there a variety of workplace options, but also a huge amount of finishing options too. Gone are the days where your choices were limited to black or blue swivel chairs, today choosing office furnishings is akin to choosing those for your own home; so vast is the variety of finishing options available

to you. Style Office can help guide you through a myriad of natural and sustainable fabrics in a range of patterns and colours, all of which can work to complement those in your own branding, making the workplace an extension of your company's philosophy.

"The time spent in the office should be no different to how we spend our own time. Therefore offering options for employees to change postures throughout the day can help them to stay focused and engaged."

The team at Style Office are on hand to help you identify the right solution for your business and will be happy to book an appointment to meet with you at their new showroom at 3-5 Conway Street, where they can talk through the variety of options available, all of which can be tailored to meet your specific needs.



Free Lunch

Rob Gygax was admitted as a Solicitor of the Supreme Court of England and Wales in October 1997. Rob now forms part of the team over at Benest & Syvret and specialises in family law, dealing with a broad range of matters including child residence, contact and removal from jurisdiction applications. In addition, he has extensive experience of dealing with and resolving financial disputes arising from relationship breakdown. Here he talks us through life as a solicitor working here in Jersey.

Could you explain the difference between a lawyer and a solicitor:

The difference between a lawyer and a solicitor is a potentially something of a grey area. I am an English Solicitor which means that whilst I undertake all the day to day work relating to a given case I am unable to undertake Court work save, in some circumstances, in the context of the very preliminary stages of a given case. A lawyer is someone who practices in law but may or may not be formally qualified to practise in a given jurisdiction.

What made you choose the solicitor route:

Initially, I undertook a law degree because I felt that the course itself would be academically challenging and would be a good grounding for many careers in the event that I decided that a career in law was not for me. As it turned out it was and I undertook the Legal Practice Course in Newcastle whilst being financially partially sponsored by a Law firm in Lincolnshire – some 27 years ago or so. I rather “fell” into family law, finding that none of the partners at my then firm relished the prospect of practising in the area of family law (or criminal law) and thus I was handed all of their files to take forward! As it turned out, I found that I very much enjoyed this area of the law.

How does an average day look for you:

An average day for me encompasses having client meetings, drafting affidavits, court applications and the like, often attending Court with the client and an Advocate of my firm and dealing with day to day correspondence. Then there's always the frustrating admin stuff to do when you get a spare moment!

Having recently returned from working in the UK, how is it being back in Jersey:

For personal reasons I spent two and a half years recently working in a large law firm in the UK. It was only then that I realised what a privilege it is to be able to work in such a beautiful place as Jersey and within a small community of like-minded family practitioners.

What did you want to be when you were eight years old:

When I was eight years old I wanted to either be a doctor or an airline pilot. However, my expertise in the realm of the sciences (especially physics) was not up to muster!

Are there any cases of particular note from within your career that stand out:

There is no one particular case that stands out. All have their own distinct quirks and challenges. I consider it crucial that the best possible professional relationship is forged between the lawyer and his/her client as this creates a real understanding of the party's ultimate objectives which in my view is very important in the practice of family law. It is important that parties' engaging in litigation in this area understand that there are no winners or losers as such. The focus must be to resolve matters so that all concerned can move forward with their lives armed with the best possible outcome.

What's it like to work at Benest & Syvret:

Working at Benest & Syvret is nothing other than a joy. Everyone is extremely supportive and we work very much as a team. Barely a day passes when we are not in each other's offices “chewing the cud” about a particular case or problem. You never feel as though you are being a nuisance. Everyone is there for each other.

#NWgamechanger

Entrepreneur?

Prep and plan.

It's what you do before you start that changes the game.

**Entrepreneurial pitching workshops
16th-17th May, Radisson Hotel, St Helier**

Do you think like an entrepreneur? Are you looking to take an idea or your business to the next level? Do you need to engage stakeholders to grow your business? Looking to develop a pitch for funding? If you've answered yes to any of these questions then a pitching workshop led by experienced business advisors for entrepreneurs could help you take your business to the next level.

**To find out more go to
natwestinternational.com/entrepreneur**



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Even the corridors are about growing ideas



Communal work spaces and meeting places



Successful 'Chiclets' win investment from RBS

IT STARTED WITH A SPARK IN SCOTLAND



Entering the Hatchery in Edinburgh



E-Spark mentors afront their hashtag; #godo



Well designed spaces to help build ideas.

Starting a business is a process fraught with questions. The education system doesn't build entrepreneurs, it builds along the path of study, learn, graduate, work. Therefore those that bite the bullet and go it alone are often doing so in a sea of uncertainty.

Even those that break from the working world to pursue their own path often struggle with a need for support and company from those in a similar boat. Entrepreneurs I've met, no matter what stage they are at, often communicate that the process of business building can be a lonely one.

Whether it's advice for the initial formation; writing the business plan and developing ideas, or for growing a business from an idea to reality, even with online resources aplenty it's still hard to achieve from your kitchen table or rented office for one. When we started Gallery in 2004 it was a learning curve of company formation, dealing with social security, tax, employment, accountancy, legals, cashflow, logistics and then how to keep business momentum. We were in a borrowed room on St Mark's Lane without heating, or much of a clue and it took a lot of asking to get our questions answered.

Situations for business support in Jersey have improved since. Back then there wasn't a structure like Jersey Business or serviced offices like 4 Wharf Street

but even with the support and structure those two providers give in terms of advice and facilities for small business, you're still largely on your own. Last month we visited a place that is offering entrepreneurs something a little more, a place where a support network is woven into the fabric of the space and 79 other entrepreneurs share your trajectory and are there to bounce ideas off. The location was Edinburgh and the space was the Edinburgh E-Spark (Entrepreneurial Spark) Hatchery. The hatchery in Edinburgh has been developed with the support of RBS, who sacrificed the executive wing of their head office, placing executives back on the floor with everyone else and allowing new businesses to grow in their place.

Entrepreneurial Spark's first Hatchery was established in Glasgow in 2012, quickly followed by Ayrshire with Edinburgh joining in 2013. Since then the concept has been rolled out nationwide with 13 hatcheries in major cities. It is the world's largest free business accelerator for early stage and growing ventures. The mission; 'To inspire and enable positive

social change through the action on Entrepreneurship'. We witnessed the Hatchery buzzing with entrepreneurs and small businesses - dubbed 'chiclets' in E-spark speak all working toward a 60 second pitch class before an afternoon series of presentations. The activity is all part of E-spark's 'entrepreneurial enablement' programme that takes entrepreneurs through a cognitive and action centred development process. Anyone with an idea and desire for business can apply for a place at e-spark's hatchery and users range in age from 18 to 71, with an average age of 38. Who said entrepreneurs have to be young!

Benefits include access to a collaborative office environment suitable for building teams – the businesses in the Hatchery receive free IT & WiFi; access to business enablement and support from a pool of over 50 business mentors. There are ample opportunities to network during compulsory events, workshops, pitch practice and more. It's a 'more you put in, more you get out' philosophy. The figures speak for themselves. In addition to supporting 660 companies to date and raising £45 million of investment for chiclets, E-spark has helped the creation of 1816 jobs and combined turnovers of £85 million.

Just walking around the Hatchery you can't help but feel inspired. From someone building an app that helps

users profit from their Instagram photos, to a girl who's made an ingenious tent that turns lifted tailgates into changing areas for surfers, when you get 80 entrepreneurs in the same space and mindset, good things seem to happen.

This sort of support system for new business is something that simply didn't exist a decade ago and E-Spark are setting the standard for the structure of things to come. It's not a case of the entrepreneurs being cast out at the end of their time either; chiclets spend six months in the Hatchery and have the option of continuing for up to 12 months more as part of E-Spark's 'nest' stage. As part of their journey they can

win awards for their progress, awarded by mentors and build a support network and potentially gain funding that will take their business to the next level. The programme is centred on the individual, developing entrepreneurial mindsets and behaviours to enable acceleration and growth. You can't help but admire what they've created.

As partner to the programme and host to the Edinburgh E-Spark, NatWest/RBS International have used their strong links to bring elements of E-Spark to Jersey as part of Jersey Enterprise Week this month. If you'd like to get inspired, check out the workshops below!

As part of their focus on entrepreneurship, NatWest will be hosting a variety of events as part of Jersey Enterprise week this month which takes place from the 13th-20th May.

Entrepreneurial Pitching Workshops

Monday 16th May 2pm-5pm. Tuesday 17th May 9am-12noon. Tuesday 17th May 2pm-4pm.

A practical workshop led by experienced business advisors who will answer questions and help attendees to develop a pitch for the funding and support you need to take a business to the next level. The event will be hosted by the E-Spark team and facilitated by the NatWest Enterprise development team. It will involve presentations and support from two businesses who have been powered by E-Spark and NatWest/RBS; The Lost Distillery and the Beauty Kitchen which should make for some interesting entrepreneurial stories and advice.



Paradise lost/found.

Brian Woods

The Lost Distillery



In the last century, almost half of Scotland's Whisky distilleries have been demolished; many historical closures were driven by prohibition in the USA; many were "surplus to requirements" of drinks conglomerates and consequently destroyed. The Lost Distillery Company was established to re-ignite those old marques. The company now owns 20 lost distillery trademarks, 1/5 of all operating distilleries today. Using an archivist and master blender, they identify the story and whisky profile of the lost distillery whiskies. They then vat together the finest aged single malt whiskies to faithfully recreate the taste, smell and full craft whisky experience of Scotland's lost whisky legends.



Affordable Luxury

Jo-Anne Chidley

The Beauty Kitchen



Jo founded the company in Glasgow after being disappointed by the lack of affordable health and beauty product stores that she saw. There were plenty of high end organic beauty products, but she wanted to make something that the average consumer could afford. Beauty Kitchen creates natural, affordable and effective beauty products and has signed an exclusivity agreement with Holland and Barrett to be stocked in its 750+ stores across the UK. Grown with the help of E-Spark, the first order placed was for £400,000! When Jo wanted to add honey to her products she trained as a bee keeper to understand the process and is now the youngest member of the Scottish Beekeepers Association!



ENTREPRENEURS... MEET JIM DUFFY

In addition to the pitching workshops, NatWest are also organising a 'Fireside Event' with E-Spark founder Jim Duffy.

The fireside event is for the established entrepreneur community in Jersey. NatWest are interested in hearing views on the barriers to success and the enablers for new businesses setting up in Jersey. Jim is Founder and Chief Executive Optimist of Entrepreneurial Spark.

The former policeman spent 11 years with Strathclyde Police, gaining a number of honours including a Chief Constable's High Commendation and making the rank of Sergeant before he decided to try his hand at business. He set up three franchises in his home town of Glasgow before a Saltire Fellowship took him to Babson College near Boston, where he studied all aspects of business and entrepreneurship and took part in placements with US corporates and exciting start-ups.

Returning to the UK with a zeal for enterprise, Jim set up Entrepreneurial Spark in 2011 to promote business start-ups and help them grow. The venture has enjoyed the backing of leading Scottish business figures such as Lord Willie Haughey, Sir Tom Hunter and Ann Gloag OBE, as well as the likes of RBS and KPMG.

Following on from the huge success across their initial three Hatcheries in Glasgow, Edinburgh, Ayrshire, growth in the UK and partnership with Viridian they're set to launch Entrepreneurial Spark in India, their vision to develop an entrepreneurial revival across the world is accelerating.

If you're a Jersey based business owner that would like to hear about Jim's work and the potential of E-Spark, get in touch with us at: business@gallery.je



From left to right: Herman Wessels, David Sass, Ross Youngs and the BNP Paribas logo.

BNP Paribas, two new senior appointments and a promotion

Herman Wessels, a qualified actuary with over 20 years' financial services experience, has been appointed as Chief Operating Officer for their operations in the Channel Islands.

After obtaining his B Com (Insurance) degree at the University of Pretoria in 1992, Herman relocated from South Africa to the UK in 1998 to continue his actuarial studies, going on to qualify in 2001. He moved to Jersey in 2003 where he worked at HSBC International and Standard Bank before joining BNP Paribas in 2015.

David Sass has been appointed to a newly created role of Director, Tax Controls & Reporting. Prior to joining BNP Paribas, David spent 14 years in various tax roles at KPMG offices around the world, including Johannesburg, Guernsey, Amsterdam, Bratislava and Jersey. Previously he practised law and in addition to his legal degrees, David has a MSc in Corporate Governance and is an Associate of ICASA.

BNP Paribas Securities Services have recently promoted Ross Youngs to head up their Client Development team, overseeing Relationship Management and Sales for the Channel Islands.

Ross joined BNP Paribas nine years ago from RBSI and has been instrumental in the development of the Private Asset and Alternative Funds practice, working with a variety of promoters in the UK, US and Europe to launch closed ended funds making both private and public offerings moving forward.



BNP Paribas Real Estate has promoted Nick Trower to role of associate director.

In his new role, Nick will be involved in the letting, selling, acquiring and seeking of Commercial property. Nick's recent achievements include the sale of Wheatlands Golf Course and Hotel complex in St Peter, and the letting of the Liquid building on Jersey's waterfront.

Well known for his skills on the rugby pitch Nick Trower, former Forward for Jersey Rugby Club, joined BNP Paribas over six years ago from Knight Frank in the UK, where he was a residential development consultant.

Nick became MRICS qualified in 2012 and is a registered Valuer, one of his goals for the future is to increase his client base and make commercial property seem painless for clients'.





Appointment of new partner enables new service offerings to clients

Wendy Lambert has been appointed as partner at the Jersey law firm Benest Corbett Renouf.

Ms Lambert becomes the sixth partner in the firm, which was established at the beginning of 2016. She is a Jersey qualified solicitor with over 25 years' legal experience. The arrival of Ms Lambert and her team from Lambert Legal enables Benest Corbett Renouf to expand its service provision in non-contentious areas of legal advice.

Wendy specialises in corporate and commercial work such as mergers and acquisitions, advising businesses regarding discrimination and employment law matters and commercial property issues, such as purchases and leases on business premises. She is also the Chair of Jersey Business.



Senior appointment at Excel Recruitment

Excel Recruitment has appointed Laura Millen to the position of Senior Consultant. Laura has worked at Excel for 18 months and in Recruitment for five years.

Commenting on her appointment Laura said: 'What I love about Recruitment is how the people we meet never fail to surprise; how candidates are always so much more than their CV. It is then our job to support them in communicating those skills to our clients and ensure they are on the top of the recruitment list'.

In addition to Laura's appointment Excel has further added to their recruitment team with the appointment of Mike Wright. Mike said: 'Having met the team at Excel I knew I was ready for a new challenge where I could use my varied experience of customer service to assist candidates with their career development'.



New managing director at Camerons

Camerons has appointed a new managing director as part of a planned reorganisation of the Garenne Group leadership team.

Simon Silbernagl's promotion to the post from within the business allows Camerons' current managing director Marc Burton to assume the role of chief executive. Mr Burton replaces Martin Holmes, who will remain on the board in a non-executive capacity.

These promotions allow both Mr Burton and Mr Holmes to assume additional responsibilities within the Garenne Group.

Mr Silbernagl is in his second period of employment at Camerons, after joining originally in 2004 as a site manager. After a period of working away in the UK and Far East, he re-joined Camerons in August 2012 to take up the position of operations director.

Mouth Watering Opportunities...

Our industry knowledge, combined with strong relationships with local financial organisations, provides us with the best tools to help you find a role that is suited to you.

For an informal discussion or to view current job opportunities visit www.glsrecruitment.com or give us a call on 01534 852111





Newly qualified English solicitor at Viberts

Corinne Holmes qualified as an English solicitor on 1 April 2016. She undertook her training contract with Viberts after completing her Legal Practice Certificate at the College of Law Guildford.

Corinne works in both the personal law and litigation teams at Viberts. She manages a varied caseload of personal injury claims as part of the litigation team. Her experience encompasses accidents at work, asbestos related disease, road traffic accidents and clinical negligence. Corinne also assists the personal law department with will drafting, probate and elderly client services; notably curatorships and the legal issues that can arise with them.

Zoë Blomfield, Managing Partner, said: "Corinne is very deserving of this qualification and her exceptional legal skills make her a great asset to our growing legal team. We now have 12 qualified lawyers at Viberts; a record which underpins our commitment to growth."

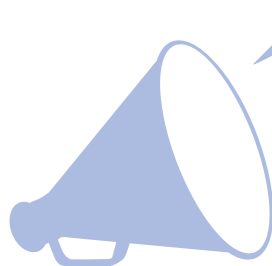
Two moves at C5 Alliance

C5 Alliance has promoted Gary Stewart from Head of Business Intelligence to Director of Professional Services and Claire Johnson, to the role of Head of Project Management Office (PMO), in Jersey.

In his new role, Gary will be responsible for the Professional Services division. He will maintain and strengthen client relationships to ensure smooth operations and will work closely with CTO Aonghus Fraser to provide technical direction to both clients and the group.

Gary is a qualified ACCA accountant and has spent over 15 years working in IT and the offshore finance industry. Starting out as a software developer, Gary has held roles as a Business Analyst, Project Manager and Auditor.

Claire is highly experienced in Project Management roles, having began her PMO career on Lloyds Bank Group's multi-million-pound Genesis Programme. She worked on projects for both Lloyds TSB Offshore and Lloyds Bank International and was awarded the Lloyds Bank Group Award for PMO Excellence before joining C5 Alliance in 2014.



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Canaccord veteran resumes full-time role

An experienced investment manager with a longstanding relationship with Canaccord Genuity Wealth Management has resumed a full-time role in the Jersey office of the business.

Russell Wynn has worked with the firm, and previously Collins Stewart which was acquired by Canaccord in 2012, for 20 years.

More recently he has been consulting for the firm, in particular looking after a major fund client and a number of high net worth private clients. He has also been conducting research and analysis on companies and sectors, specialising in UK equities, and contributing to the market intelligence of the business.



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VIBERTS INSIGHT

Cohabitation: what you need to know

Would you rather have an
awkward conversation or
no protection?

It's common practice these days to live together without being married or in a civil partnership. But don't assume that you have any legal rights: find out where you stand.

FREE EVENT

Presented by: Advocate Jamie Orchard
Thursday 2nd June 1-2pm - Viberts House, Don Street.

Interested? Email events@viberts.com or call 632225 to book your place.
More details at viberts.com





Keeping You On Track

There's an age old adage, why have a dog and bark yourself. The same perhaps could be said for the areas of your business where your skill set doesn't extend. Over recent years many roles within businesses have been integrated or headcounts have been lost entirely due to businesses cutting their cloth and streamlining.

This can mean that many companies now have less people doing more. Or perhaps you're at the helm of a rapidly expanding small business, growing fast and finding it hard to keep up with all of the additional demands on your time. You need additional staff, but don't have the budget for a full time headcount.

These situations can in turn result in relatively simple things being overlooked, be that training your staff, keeping personnel files up to date or simply having the time to understand the implications of the latest changes in the employment law, some of which can be costly.

In 2015, outsourcing accounted for around 3.3 million jobs in the UK workforce alone and generated over £262bn in revenue in the UK economy, £15.5bn of which was specific to Business Process Outsourcing, otherwise referred to as administration or the 'back office'.

Outsourcing offers not only a valuable extension to your business, it also improves overall efficiency, arms the

business with a team of experts and gives a competitive advantage, in addition to providing high levels of flexibility. All on your doorstep but not part of your headcount.

“A growing business means additional staff, which in turn equals HR and Payroll needs, add to that an increased turnover and expenditure, which equals more complicated accounts, and no matter how good you are at keeping all the balls in the air, it can be an impossible task which often leads to a ball being dropped.”

A growing business means additional staff, which in turn equals HR and Payroll needs, add to that an increased turnover and expenditure, which equals more complicated accounts, and no matter how good you are at keeping all the balls in the air, it can be an impossible task which often leads to a ball being dropped. Lack of good HR processes can mean tribunal claims, whilst poorly managed books can signal

missed payment dates and fines. The team at GLS here in Jersey brings together years of industry experience in all sectors. They combine their knowledge, qualifications and passion to bring you a team you can trust and rely on to manage your outsourced solutions. The breadth of services offered means they can support you and your business in all back office, employment and employee related functions. Together, they are experts in human resources, employment law, training, recruitment, payroll and bookkeeping.

It can, of course, be hard to give any part of what you do, enjoyable or otherwise, over to a third party. But fear not, Kevin, Marie-Clara and the team at GLS can work with you to identify the very best solution for your business, however big or small your need is.

For further advice on outsourcing, contact Kevin or Marie-Clara at GLS by dropping them an email at letstalk@gl sout sourcing.com

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Business News

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Moore wins Best Alternative Fund Administrator

Moore Management is delighted to announce it has been named 'Best Alternative Fund Administrator - Channel Islands' at the 2016 AI International Fund Awards.

The 2016 AI International Fund Awards are designed to recognise and honour outstanding performance and continued excellence within the global finance industry. This is the second year in a row AI International has recognised Moore Management (Moore) as a leading fund administrator, in 2015 the specialist fund administrator were named 'Best Private Equity Focused Administrator Channel Islands'.

The awards highlight not only the funds that, despite the often unpredictable climate in which they operate, have managed to achieve remarkable results, but also the managers, advisors and wealth management specialists whose expertise and experience make them the first port of call for savvy investors.

Moore has experienced a run of good news in relation to awards recently, last week it was announced their Head of European Fund Services, Jon Trigg shortlisted for 'Director of the Year for a Medium Organisation.'



Stephen Baker receives global award

Stephen Baker, Senior Partner at Jersey litigation firm Baker & Partners, has won the prestigious Contentious Offshore Lawyer of the Year award from the Association for Contentious Trust and Probate Specialists (ACTAPS).

Established in 1997, ACTAPS is an organisation for lawyers specialising in contentious trust and probate work to exchange experience and knowledge of the law in this specialist area, and to promote the enhancement of the specific skills and expertise needed in contentious trust matters.

To win the contentious offshore lawyer of the year award, nominees must provide evidence of outstanding excellence in his/her contentious trust practice. The award also takes into account excellence in management and strong teamwork of the nominee.

Stephen Baker commented "I'm honoured to have received this award from ACTAPS, a significant industry body in contentious trust and probate law. Following an extremely successful 2015 for all of us at Baker & Partners, I'm delighted to receive recognition for my particular area of practice."

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To the point.



Global launch for Jersey based predictive marketing site

A Jersey based entrepreneur has worked with a global team to launch a new marketing tool for small to medium size businesses (SMEs). 99% of SMEs won't reach their full potential and one of the main reasons is poor marketing. The new site promises to help change that after developing a predictive algorithm that suggests marketing campaigns and activities most likely to work.

Adzet.com has already attracted interest from venture capitalists in the US and Europe to further refine the model and is launching the site globally in April. It aims to measure the ROI (return on investment) of a company's marketing. It does this by using four powerful marketing management tools together to rank and monitor existing marketing activities and suggest new campaigns which show the highest potential. Local experts around the world are also used to provide additional targeted support. As new campaign information is added the system learns what works best for a particular business.

Entrepreneur, Simon Angelo founded Adzet.com following an 18 year career heading up an advertising agency running direct response ads on TV, radio and through online channels around the world.

'Once clients find the right mix of marketing activities that work,' Simon says, 'They can usually grow quite quickly if they have a good product or service. However, the challenge is finding activities both in traditional

media and online that can actually acquire new customers in a profitable way. This becomes even more challenging when companies are marketing offshore. However, the good news is that with media becoming more and more fragmented, there are more opportunities than ever before for small and medium businesses.'

The idea for Adzet initially came from using and watching the growth of SaaS (Software as a Service) providers like Xero: 'The accounting function of a business can now be managed online pretty well,' Simon says. 'The marketing function is just as important, as alongside innovation it is the only function that actually produces growth. If we can get more small and medium businesses growing, that can create jobs and economic growth, as small businesses are the engine room of economies.'

Adzet is available through a variety of payment plans, including a free trial period and all plans are free of contracts, setup fees and come with a 100% money back guarantee.

Calligo selected as part of START 100

Calligo, the local cloud provider, were selected as a member of the START 100 and will be exhibiting at the Collision Conference, which took place in New Orleans between 26-28 April, 2016.

The START 100 is a limited group comprising some of the most promising startups across Europe and the USA selected by the Collision team, with last year's start-ups raising over one billion dollars.

Julian Box, Co-Founder and Chief Executive Officer commented: "We were thrilled to be selected as a member of the START 100 exhibition in New Orleans. Our inclusion alongside alumni including Stripe, Uber, Intercom and Nest is fantastic validation of our services and for our business as we begin our expansion into North America".

Collision is "America's fastest growing tech conference" created by the team behind Web Summit. In two years, Collision has grown to over 7,500 attendees from more than 50 countries. Attendees included CEOs of both the world's fastest growing startups and the world's largest companies, alongside leading investors and media. Online car-sharing service Uber secured their first round of funding during Collision's 2011 sister event, the Web Summit.

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Appleby Fiduciary Business Rebrands as Estera

Appleby Fiduciary Business has launched its new brand and identity, Estera, following the successful management buyout from the Appleby Group in December 2015.

Drawing on the expertise of its 350 strong team across ten jurisdictions, Estera delivers customised fiduciary and administration services to its client base of global corporations, private companies, high-net-worth individuals and investment funds. Estera's independence will enable the company to chart new markets and territories as part of its ambitious growth strategy, which includes plans to grow its four core service lines in corporate, trust, funds and accounting.

Estera will continue to be led by Chief Executive Officer Farah Ballands, supported by the existing management team with over 150 years of combined industry experience.

Farah Ballands commented: 'Our rebrand presents a significant opportunity to build on the strong reputation we have already achieved in the Channel Islands. The growth plans for our business will focus on the alignment of our people, clients and jurisdictions to provide a standard of service that sets us apart. It is an exciting time for Estera and I am looking forward to the opportunities this will bring for our people and our clients.'

The name Estera was inspired by an internal staff competition.



AFM help businesses work towards a safer island

Following updates to the Fire Precautions Law (Jersey) 2012, Amalgamated Facilities Management (AFM) is urging businesses to make sure their fire alarm systems are safe and comply with regulations.

Working closely with major UK fire alarm suppliers, the local facilities management company is helping to protect its client base from the potential risk of fires, and has recently installed new fire alarm systems at a number of prestigious hotel properties and financial services companies in Jersey.

Having obtained the British Approvals for Fire Equipment (BAFE) SP203-1 Fire Detection and Alarm Systems accreditation from the Security Systems & Alarms Inspection Board, AFM is able to provide evidence of their ability, expertise and competency.



Divorce: all change

The States of Jersey has approved, in principle, the recommendations of the Jersey Law Commission consultation on divorce reform. Legislative machinery will now be cranked up to draft a divorce law fit for 21st century purpose.

Two areas will likely attract the particular attention of the reforms - the divorce-process itself and a fundamental shift towards respect for what are commonly called "pre-nuptial agreements".

We can expect a more conciliatory "non-fault" based divorce, which, for example, will no longer require a petitioner to cite examples of their spouse or civil partner's bad behaviour. Couples who call time on their marriage or civil partnership will be able, either separately or together, to issue a "statement of marital breakdown" and then have a breathing space of six months to sort out issues relating to finances or their children before finalising their divorce. The legislation will actively encourage parties to resolve their differences amicably, reducing the financial and emotional costs of relationship breakdown.

Couples can also look forward to statutory approval, subject to safeguards, of marital agreements entered into before or after the marriage or civil partnership. Time and money expended agreeing what will happen if the relationship fails will be well spent; a client's first question when consulting a family lawyer is usually "what can I expect?" The requirement on the court to determine this issue, if the parties are unable to agree, makes it very difficult to predict an outcome. Once the legislation is in place, couples will enjoy the certainty of being able to agree a fair outcome for themselves before the marriage or civil partnership takes place.

The expected reforms will exemplify a significant shift from court involvement in determining the outcome of relationship breakdown to the empowerment of partners to agree what works – or no longer works – for them.

Samantha McFadzean
Senior Associate Carey Olsen
 T 01534 822419
 E samantha.mcfadzean@careyolsen.com



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Legal Profile



Jamie Orchard is an Advocate in Viberts' family law team. He predominantly deals with complex public and private children law matters as well as high net worth divorce matters. He has experience in complex financial divorce matters involving overseas assets and offshore companies; cross jurisdictional children's matters (including Hague Convention proceedings); as well as complicated contact and residence private law children matters including parental alienation. He has also historically applied to join MI6, read on to find out more about this and other interesting things about Jamie.

Did you always know you wanted to be a lawyer?

According to my parents I started arguing at a young age. It was my father who suggested I make use of that trait and train to be a lawyer.

Tell us about a particular case that stands out in your career.

Viberts recently won a child maintenance case where our client (the mother) and child lived abroad. We were successful in securing child maintenance from the mother's former partner who lived in Jersey, even though he wasn't the biological father of the child. The Court was persuaded that a procedure that was undertaken by the mother and former partner in Latvia which gave the former partner the status of being the child's father should be recognised in Jersey. This was a unique and ground-breaking case which has been ongoing for a number of years. The decision is, however, the subject of an appeal.

What do you enjoy most about your job?

I love the variety that comes with being a family lawyer. No case is the same and no day is the same. Also the work that I do in Court keeps things interesting as you have to be able to think on your feet which is something that, admittedly, I never used to be any good at.

Is there a phrase you live your life by?

"Don't worry, be happy."

What do you do for fun?

I try to go to the gym as much as I can. I find it's a good way to unwind after a long day in the office. I also really enjoy skiing and try to get my "fix" at least once a year.

Tell us a few things about you no-one else knows...

I once applied to work for MI6 but was told I was too tall! I'm pretty sure it was also the fact that I was 14 at the time.

What's your favourite city?

Despite my phone and wallet being stolen there, I absolutely loved Barcelona and will be going back at some point, but perhaps this time with comprehensive travel insurance.

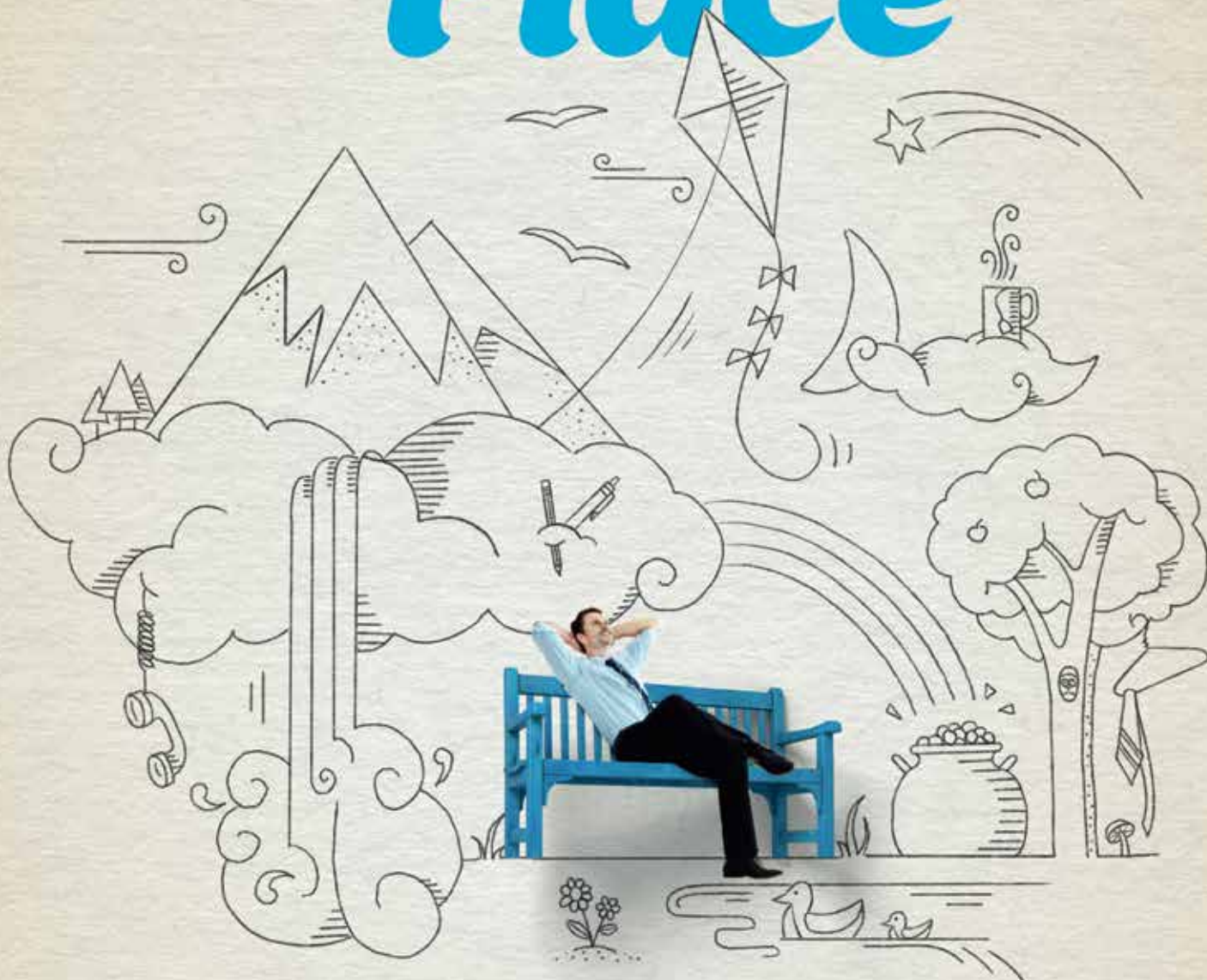
What is your favourite holiday destination?

Wherever I last visited on holiday! I have been very lucky in visiting some amazing places around the world and I hope to keep experiencing new destinations.

What would your advice be to young people who may be considering a career in law?

Any experience you can get in law firms before you qualify provides you with a great advantage, not just for your CV but also to test out a firm before you apply to work there. I have found that it is very important to find a firm that you feel comfortable with and will support you in progressing your career and skills.

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Time Out

ILLUSTRATION Rosie Evans

You've had a long week, and sometimes you need to distract yourself, disconnect from the stress of your job and lose yourself in a world of... Colouring in. That's right, colouring in is all the rage for adults and you'll hear it spoken about at mindfulness seminars globally. Probably. So grab your crayons and start scribbling, because no matter how hard your week has been just look at poor Dolly Parton, she's been working nine to five since nineteen eighty. She's so dazed she probably won't even notice if you go outside of the lines.



The background is a solid green color with a repeating pattern of tennis rackets. The rackets are oriented diagonally and are rendered in a lighter shade of green, creating a subtle texture. In the center, the word "SPORT" is written in a large, bold, white, sans-serif font. The letters are slightly transparent, allowing the racket pattern to be visible through them.

SPORT



KAYLA CROWTHER

SPORTSPERSON OF THE MONTH



Kayla Crowther is a Muay Thai fighter, she is also just 15 years old and the current British champion for her age and weight, she is currently in training for a fight to add a English title belt to this next month. Training out of Pisces Thai Boxing Gym in St Brelade she is a seriously inspiring young fighter, showing real dedication to her sport. As a junior she was known as one of “The mini beasts” making her a fitting *micro* sportsperson.

Can you explain a little bit more about Muay Thai:

Muay Thai, also known as Thai boxing, is the toughest ring sport. It's known as “the science of eight limbs” as you use punches kicks knees and elbows.

School attending: Hautlieu

Favourite ice-cream flavour: Cookie dough, every time!

Favourite animal: Lion.

Favourite food: Pizza

What would you wear to a fancy dress party: I'm not sure, maybe a cat.

Favourite Muay Thai expression: “Teep to the face”.

Favourite song: 505 by the Arctic Monkeys.

When did you start Muay Thai and what made you try it: I first started aged 10. My dad was friends with Natalie Sellers (one of our coaches, along with her husband Andy) and I was hooked and have been training ever since. I love the friendly atmosphere in the gym and it's brilliant way to stay fit.

How often do you train: Normally three times a week but if have a fight coming up that goes up to seven to eight times a week, which is what I'm doing now. Training

sessions last between an hour and hour and half in the gym, mixing it up with technique, fitness, and sparring.

Is it unusual for someone of your age, and gender, to be competing: No, Muay Thai is for all ages boys and girls. Kids from five and over can come and train at Pisces Gym. It's a fast growing sport with a big junior scene in the UK.

Where has been your favourite place in the world to compete so far: I've competed at various competitions in England, but you can't beat walking out in front of a Jersey crowd.

“Muay Thai, also known as Thai boxing, is the toughest ring sport. It's known as “the science of eight limbs” as you use punches kicks knees and elbows.”

Where and when was your favourite moment in your fighting career so far: Probably when I fought a top fighter called Chantel Tipett. Although I lost a close split decision, it was only my second ever fight and she'd had 30 plus fights and had won many titles. So I was really proud of how I did.

How can people get involved in Muay Thai in Jersey: There are many clubs now running locally but my clubs the best, I

think. You can contact Pisces Thai Boxing on Facebook or pop in anytime to the gym (it's up at the elephant park St Brelade.) sessions are on for juniors on Fridays or everyday for adults.

What competitions have you competed in: I have been on a number of fight nights and competed at The British Championships twice winning my age / weight last year.

What should we be looking out for on the Muay Thai calendar: Big local events this year will include “Femme Fatales 3”, an evening of all female Thai Boxing.

What does the future hold for you: Last month I competed in “The Rumble on The Rock” which was my first time stepping into a cage fight and in June I am fighting for an English title belt, which is amazing.

Do you have a top tip for other young aspiring sports people particularly those looking to follow in your footsteps: Just work hard and enjoy it... Oh and always keep your guard up!

Sport News



POW POW!

Fancy being the gym bunny you've always wanted to be? It's not something unobtainable, you just need to start; and our top tip is to not just make any old start on this quest, make that start an all out kickstart!

Pick up the phone, call Fitness First and book in for TWO personal trainer sessions per week for ONE month. Block off the same time twice a week in your diary and make that commitment and investment. This is the magic combo which will let you enter the world of gym-going and keep you there, following a routine tailored especially for you, so that those results start showing!

The PTs at Fitness First aren't just going to train you, they're going to make you laugh, they're going to make you enjoy that time and they're going to be just as stoked as you are about your more toned thighs and slimmer arms (or whatever your goals are!) - they're a seriously lovely bunch who'll wave when you come in and high five you when you've mastered a particularly gruelling sequence of moves.

If you can just make it to those first eight sessions then that's it - you're in to a routine

- those two hours a week will be your gym time and if you can fit in another one, or try one of their many classes then all the better. That's a good amount of working out you'll be doing and setting you firmly on the right path to a better more kickass version of yourself.

When your eight sessions are up you can still head to the gym at those two times and go over all the moves and machine sequences you've learnt. You'll be confident to just head on in, you'll know what you're there to do, get it done and head home with your feel-good endorphins buzzing.

You might want to carry on with one PT session a week or just book them when you want to move up a level or learn some specific moves to target a certain area so that you're keeping it interesting and getting the most out of your time in the gym.

Call Fitness First today on 752400 and book those first sessions so that you're well on your way for when summer arrives.



Jersey to host European Touch Championships

Hot on the heels of the NatWest Island Games Jersey has made a successful bid to host another high-profile international sporting event this summer. The 11th European Touch Championships will be held here in July. The tournament will be held at Les Quennevais Sports Fields, potentially bringing 58 teams from 15 nations to the island.

Touch is a fast growing sport in Europe. It is often referred to as Touch Rugby, but there is no tackling, lineouts, scrumming or kicking involved. This makes it appealing to a wide range of ages and abilities, from juniors to masters and from slight to heavy builds. It is played by men's, women's and mixed teams. England are the current overall European Champions based on points received over all age and gender categories within the event.

Jersey previously hosted the bi-annual event in 2004 and it took place in Swansea last year. That competition attracted 900 participants, 75 referees and numerous supporters. Competing countries include Belgium, England, Emirates (UAE), France, Germany, Guernsey, Ireland, Italy, Jersey, Luxembourg, Netherlands, Scotland, Spain, Switzerland and Wales

There are nine playing divisions in the sport - mixed open, men's open, women's open, women's over 27s, senior mixed, men's over 30s, men's over 35s, men's over 40s, men's over 45s. Schools are also going to be invited to spectate on the Thursday and Friday to get a full flavour of the enormity of this event and how fun the game is.

**Les Quennevais Sports Fields,
Thursday 7 - Sunday 10 July.**

Sport News



Matt Porteous

The Durrell Challenge 2016 with Henry Cavill

On 15 May, Durrell will be hosting 'The Durrell Challenge 2016', together with the support of its ambassador, Henry Cavill.

The event will include a 13k race from St Helier to Durrell Wildlife Park and a family fun day. There will be plenty of entertainment at the Park, including talks with the keepers, and the chance to learn more about conservation and the animals at Durrell.

Henry Cavill, in his role as ambassador, will be taking part in the challenge and spending the day at the Wildlife Park. He has kindly donated his first ever car to Durrell – and you'll have the chance to win it in a raffle! Unique pop-up stalls will also be on site to showcase the best Jersey has to offer.

The event aims to raise much-needed funds for Durrell, so a special VIP invitation is being extended to sponsors, prize-winners and high-achieving fundraisers. These guests will have access to the VIP tent where Henry will be based for most of the day. There will be food, a bar and live entertainment from some of Jersey's top talent. We hope to see you there!

**To purchase tickets and to find out more, please visit www.doitfordurrell.com
Raffle tickets can be purchased at Durrell Wildlife Park or by contacting Theresa Crehan-Ferey on 01534 860029**

Rugby rocks!

A touring party of 43 rugby players have returned from a successful visit to Gibraltar earlier this year. The two teams were made up of players selected from the four clubs that make up the Jersey Rugby Association, Beeches RFC, Les Quennevais RFC, Jersey United Banks RFC and Jersey RFC.



This tour was arranged to provide an extra competitive game for the JRA Select XV which will hopefully become an annual fixture alternating between Gibraltar and Jersey. It provided an opportunity for the players from all the amateur rugby clubs in Jersey to play at a higher level and despite Gibraltar beating them 51-7 the fixture was enjoyed by all. They also welcomed the Jersey Veterans XV along, showing that they are still capable of playing a great game of rugby having come home victorious after winning their game 17-5.

Thanks to the sponsorship of Sancus it is hoped this tour was the start of building a lasting relationship with similar minded individuals in another part of the world.

New to the sport of sailing?

The St. Helier Yacht Club Coastal Series for 2016 begins last month with a new title sponsor and a number of tweaks to the usual race format that will hopefully attract more yachts.

The format has been changed for this year to include a white sail class (no spinnakers being allowed), together with a National Handicap (NHC) class and an IRC class.

NHC has been 'tweaked' since the last time it was used by the Club and, following a presentation earlier in the year by the Royal Yachting Association and IRC, the Club has decided to run both NHC and IRC in tandem. NHC is a personal handicap similar to a golf handicap and is aimed at encouraging yachts to compete without the need to apply for a rating; they can just enter the series and race. They can then decide if they wish to apply for an IRC rating, which is calculated on the dimensions of the boat and doesn't change from race to race, unlike the NHC.

By having a white sail class it is hoped to encourage more yachts on the water providing easier crewing opportunities for those new to the sport of sailing.

The remaining race dates for the Ravenscroft Coastal Series 2016 will be:

Saturday 28 May, Saturday 11 June & Saturday 16 July





HARDWARE

RATES OF INFLATION

In a world where it's now commonplace to turn our noses up at excess and almost everything new is designed to have a minimal impact on the environment it's easy for environmentalists to say that cars in particular are very bad things.

As consumer demands have grown, so too has the size of the cars we drive. Cheap oil and high aspiration levels in the seventies led to the ballooning in size of US market cars that still look wildly out of place this side of the Atlantic even today. Asthmatic, gas guzzling land yachts ahead of their time with air bags but still devoid of seat belts.

Even in today's new car market luggage space and cabin comfort are prioritised second only to fuel economy. Thanks largely to advances in material technology vehicle panels can be made stronger yet thinner at the same time and clever design can provide an illusion of space that manifests itself as the perception that things are much bigger these days than they used to be. Unless you're talking about Cadbury's Creme Eggs, in which case every single person who's ever eaten one will tell you that they get smaller every year, guaranteed.

So what I wanted to know when thinking about this month's *micro* theme in relation to cars is; how much bigger are the new versions of the all-time classic compact cars? Take a glance to your right to see a scale comparison of the three most obvious candidates.

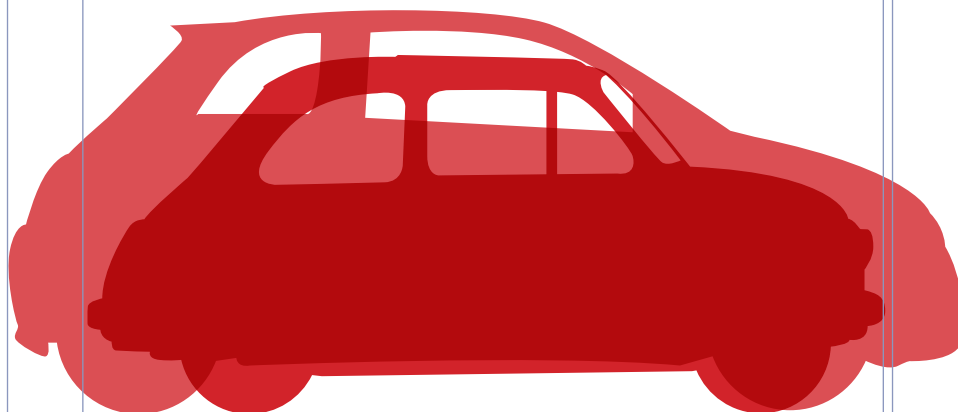
There's no denying that the new Fiat 500, Mini and Beetle are larger than their original counterparts but the results of this comparison might not be what you'd expect. Sure, the original Fiat 500 was and still is the epitome of miniscule motoring and this is evident when compared to this century's homage but the new 500 is still by all accounts a small car, isn't it? Or is it? Because it doesn't look too much smaller than the bloated F56 MINI that has had more than its fair share of stick for being undeserving of its MINI mantle any longer.

Granted, it's significantly bigger than the original but then to be honest it's far more pleasant to drive (that's coming from somebody who's had two of them and currently drives a car designed at the tail end of the seventies) and progression comes at a cost. It comes as no surprise that there's a clear difference in size between the new and old Minis then.

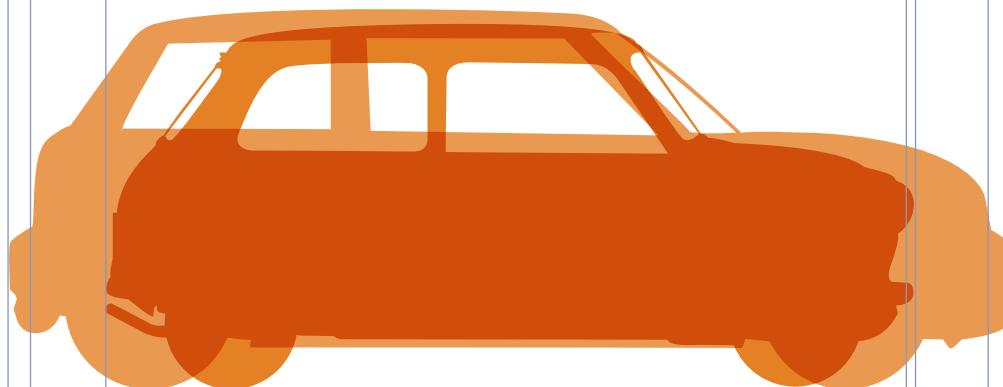
The biggest surprise though, bigger than the mere 16.8cm difference in length between the latest Mini and Fiat 500 models is the consistently similar size of both the original and latest Volkswagen Beetle. Wolfsburg's Bug is a bruiser, just look at it! Over four metres in length and even the sleeker, lower roofed latest incarnation shares an almost identical roof height with Dr Porsche's initial concept. It just goes to show that when it comes to what's big and what's small, our perception is easily skewed by the object's form.

Next time you're out and about on the road and think that new vehicles are all bloated, oversized and overcomplicated versions of their former selves, you might want to think again. Always remember, objects in your mirror may be closer than they appear.

“Clever design can provide an illusion of space that manifests itself as the perception that things are much bigger these days than they used to be”



FIAT 500 | 1957: 2970 long & 1335 tall
2016: 3546 long & 1488 tall



MINI | 1959: 3005 long & 1350 tall
2016: 3714 long & 1407 tall



VW BEETLE | 1938: 4070 long & 1500 tall
2016: 4129 long & 1490 tall

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PHONE HOME



Small is the new big?

Airtel-Vodafone's head of marketing, Peter Zunino, reviews the latest addition to the iPhone family, the iPhone SE.



Anybody who owned an iPhone 5 or 5S will immediately feel at home with the SE, and there will no doubt be plenty of customers who miss the feel and manageability of this smaller handset since Apple decided to go big with the 6 and 6 Plus. However is a 4 inch smartphone really cutting it in 2016?

As a rather fat fingered fellow who only relatively recently ditched the BlackBerry for an iPhone 6, the screen size does feel a bit

compromised and can make tapping away a bit of a challenge. Although, while this is the lightest iPhone currently available it is also the thickest which makes it easy to grip and fits easily into any pocket.

Ok so I've kicked the tyres, what's it like when you look under the bonnet? Apple have done well to incorporate three generations into one device as a combination of the 5S, 6 and 6S parts. It's got a solid battery life

compared to the 6S and performance seems better than the 5S, so while it may be small it packs plenty of punch. It may not have had the fanfare of many other iPhone launches, but with today's technology in yesterday's design it's certainly likely to have a broad appeal for 5 and 5S users as well as first time iPhone buyers who might be looking at a comparably priced Android.

Available in 16GB and 64GB models in range of colours and with prices starting from just £20.90 per month including an airtime plan, it's a great option for people looking for a smaller and less expensive iPhone. Pop in store and see us for a test drive. Price correct at time of going to print.

MEGAN'S
TOP TIP FROM
AIRTEL-VODAFONE



Is there a fail safe way to avoid data roaming charges when abroad?

You would expect that turning data roaming off on your handset would do exactly what is says on the tin. However we have heard of instances where the handset itself has not recognised this.

Best advice is to ensure you install the latest software downloads on your handset. As an absolute safeguard, remove the APN (Access Point Name) address in your settings which will disconnect the gateway that allows your phone to access cellular data.

On an iPhone for example, go to Settings-Mobile Data-Mobile Data Options-Mobile Data Network. See screen shot. Then delete the APN address. It's worth making a note of the APN address in your Notes perhaps so you can pop it back into your handset when your return to the island.

When Style Meets Substance

The Samsung Galaxy S7 Edge is so stylish, you'll want to pick it up. The 5.5 inch screen doesn't stop at the edge, it wraps around the sides, creating a smooth, sleek, stunningly attractive phone.

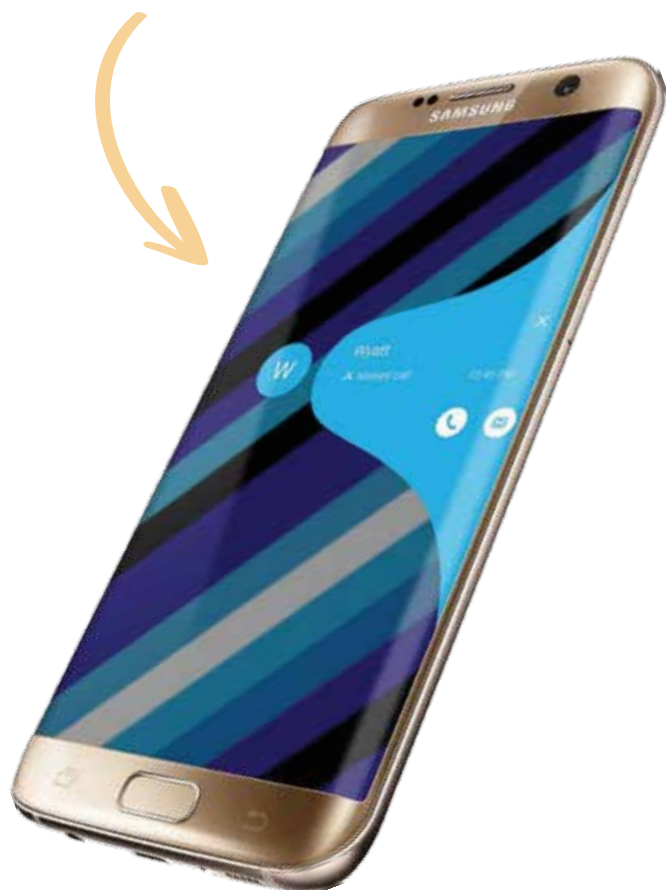
But don't be fooled by the S7 Edge's good looks, as behind that style lies substance. Not only is it powered by the latest Android release, Marshmallow, but it comes with possibly the best in-built camera on the market. Boasting 12 megapixels and equipped with dual-pixel technology that helps you take great photos, even in low-light conditions.

The S7 Edge also comes with 32 GB of built-in storage but if this isn't enough for you, it can be expanded to over 200GB simply by adding a micro-SD card.

Good looks, great specs, and carrying superb features such as fast wireless charging and Samsung Pay, the payment system that lets your phone become your wallet, the S7 Edge truly is a market leader.

What's more, it's tough. This stunning phone even stands up to being immersed in water for 30 minutes!

The S7 Edge sets a new standard in smartphone technology and you can try it out for yourself by visiting the Sure store in town, today.




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TECH ROUNDUP

CALL A DOCTOR

The Phone doctor is the polar opposite of Ronseal, they do so very much more than the name suggests on the tin. Whilst they remain the go to company to fix your Android or Apple screen-based mishaps, they also offer a wide variety of additional technology services from their base on Beresford Street.

These include; running health checks or making repairs to your PC, laptops, Macs and even your games consoles. They can also provide you with in-house or onsite training, so you can get the very best out of your systems, or perhaps you're struggling to get your system set-up at all, if so they can help you with this too. Perhaps it's just advice you're looking for, if so then the friendly and knowledgeable team can all be found in their shop on Beresford street, where they are happy for you to pop in and talk to them about anything you need some help with.

Recently Phone doctor has also started designing and constructing custom build PC's. Whether it's a top of the line creative design or a high powered gaming machine you're looking for these guys can work with you to plan it and then build it for you. They'll take you through the process step by step listening to exactly what it is you want whilst offering you the benefit of their expertise and experience to help you along the way.

Need a screen repaired in a hurry and you're based in St Helier, then the team will arrange to collect and drop off your phone free of charge from your business address. They also offer a four month guarantee on all work carried out and if they can't fix the problem, then they won't charge you a fee. They also have a large range of accessories available in store, these include covers for your phones, tablets and screen protectors too.



One to watch

Fine Swiss watchmaking... and Silicon Valley's wearable tech. On the face of it, this could have been a long distance relationship that was doomed from the start. But then TAG Heuer teamed up with Google and Intel to bring out their TAG Heuer Connected - an Android Wear smartwatch in a Carrera Calibre-styled design.

TAG Heuer's Connected is doing well in a demanding market, thanks to its smooth smartwatch functionality all packaged up in sleek Swiss design. The 46mm sapphire crystal touchscreen with its 360x360 resolution hides a custom Intel chip, and 1GB of RAM, 4MB of storage. The case is lightweight titanium for a real engineered look, with a slightly textured, almost rugged feel and there's a choice of seven colours of rubber strap.

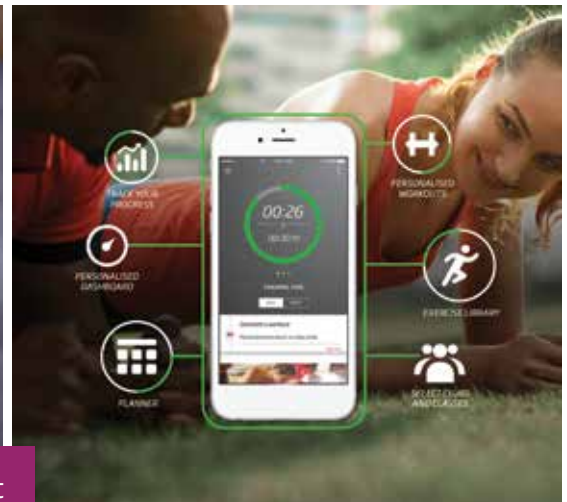
"TAG Heuer's Connected is doing well in a demanding market, thanks to its smooth smartwatch functionality all packaged up in sleek Swiss design."

Keen to get your hands on one? Hettich Jewellers will be the exclusive stockists of the TAG Heuer Connected when it arrives at the end of May. Stocks will be limited, but you can pre-order the Connected now, or follow Hettich on Facebook for news and details of the launch.

Styled as a watch as well as a smartwatch, the TAG Heuer Connected brings tradition and tech together. It's contemporary, stylish and simple to use. Is it the way forward for smartwatches? Time will tell...

TAG Heuer Connected, from £935 at Hettich. Available to pre-order now.

**Hettich, 1 King Street, St Helier.
Tel: 01534 734491 www.hettich.co.uk**



The Future of fitness is led by the folk at Fitness First

Their CustomFit app is designed to help you get the most out of your training. Whether you need support or inspiration, CustomFit can provide it. With over 700 training videos showing the latest techniques for inside and outside of the gym, and fully customised workouts based on your goals, you can mix up your routine to keep every session interesting.

As a Fitness First member, their fitness experts will also build bespoke programmes for you, and provide regular monthly programme reviews. Members can also check their timetables and add classes to the personalised planner, and invite friends to join them too.

Your dashboard allows you to check your progress – how many workouts, calories burned, weight lifted and steps taken are all tracked to help you reach your personal best.

They can also show you the benefits of CustomFit with a Bioscore session, which will tell you your biological age versus your real age, and how to add years to your life.

**Since January the CustomFit app has been available for free (iOS & Android)
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STACEY PULLEN

REASONS FESTIVAL BRINGS DETROIT TECHNO ROYALTY TO JERSEY'S SHORES

On Saturday 30 July this year Reasons Festival will bring a whole plethora of bright, eclectic and dynamic dance music artists to Coronation Park. None more so than the hero of second wave Detroit techno Stacey Pullen. Inspired from deep within the very core of Detroit's electronic music beginnings this Kosmic Messenger musically grew up with teaching from the very best. Here he tells about his mentorship from Derrick May, Juan Atkins & Kevin Saunderson and what makes his techno label Blackflag unique...

We know of your super early musical school years in Detroit, playing the drums and touring, but what was happening in Detroit during the mid 80s when the spirit of true electronic eclecticism was emerging?

You had Jeff Mills, Derrick, Kevin & Juan on the radio, The Electrifying Mojo had his radio show and The Music Institute which was the first techno club in Detroit. And then you had all of the labels releasing the music, the time was ripe for anything that would be innovative.

What exactly was it about the movement's sound that pulled you in to the scene artistically, and so completely?

The fact that these guys were young entrepreneurs traveling the world as ambassadors for Detroit music really got my attention.

It's common knowledge your electronic tutelage, and dare I say mentoring, came from Detroit's legendary three: Derrick May, Juan Atkins & Kevin Saunderson. What shape did that mentorship take, and how has that relationship materialised today?
Derrick taught me to be an artist with no boundaries, Kevin taught me that the sky's the limit, but I didn't really have a relationship with Juan because he was always mysterious, and we all are still friends to this day.

Although much is documented about the spirit of Detroit's music heritage to what extent did and do you feel a cultural ambassador for your city's electronic sound and its ongoing legacy?

When I moved to Amsterdam, I got a chance to educate the Europeans about the Detroit sound. I was a teacher of Detroit techno and a student of music that wasn't coming to Detroit.

Today's business of being an electronic artist relies on a tightly knitted formula of focused online branding and tightly conservative release timelines, as well as the all important in-situ crowd intuition. To what extent has today's dance floor benefitted, or indeed suffered, as a result of the current transparent, accessible digital age?

I have seen the generation shift but you can't have the present without the history. The benefits are me being able to understand what it takes to keep doing what I'm doing, but now everyone is a DJ so the business has lost the art development that helps us keep creating.

How important to you is the matter of ongoing self-education as an artist, and how do you achieve that today?

You just have to keep innovating by understanding that change is inevitable.

“You just have to keep innovating by understanding that change is inevitable.”

You have lived and worked in both Europe, namely Amsterdam, and of course your beloved hometown. From a production perspective which do you find most inspiring and why?

Detroit will always be with me no matter where I go, what I do, or where I am. But I am also inspired with the world of traveling.

Stacey Pullen will appear at Reasons Festival on the Electronic Stage in association with Clique, appearing alongside SLAM, Dense & Pika and B Traits, among others on Saturday 30 July at Coronation Park. Stacey Pullen 'ROK' EP Comes on Blackflag in June.

You've said of your label Blackflag (founded in 1998) that you're doing something different from other Detroit labels, by way of encompassing a greater number of international artists. Could you elaborate on this for us?

When I first started Blackflag I wanted it to be a label only for me and my releases, but after awhile I wanted to bring other international artists to the label because most of the labels here only released music from artists from Detroit. Blackflag's sound is universal because I get a chance to travel all over the world and meet many young producers who want anything that has a Detroit stamp of approval.

MAY MUSIC & NIGHTLIFE: WHAT'S ON...



SUNDAY 08 MAY PENDULUM RETURNS || VANGUARD & PEAS AND GLOVE @ THE SPLASH

Vanguard team up with Peas and Glove for a Liberation Bank Holiday Spectacular with arguably the biggest party ever be thrown at the Splash. They welcome six UK artists for this one off party and it is to be headlined by one of the biggest acts in the Electronic Music Scene, Pendulum. Having just reforming after a three year break it's a massive opportunity to see them first hand here in Jersey after headlining parties like the Ultra Music Festival in Miami above acts such as Tiesto and David Guetta.

Tickets: Eventbrite // THE SPLASH // from 10pm // 18+ • R.O.A.R. • Photographic ID



SUNDAY 08 MAY DUSKY || ANDY SMITH || HOUSEPARTY #1 @ ROJO

It's a well known fact that the best parties are house parties and this is Rojo's take on it. An exclusive event held across all three floors and you're all invited. Everyone will be there, including some of the world's coolest DJs along with a selection of the best local talent. Currently on the underground circuit, Dusky will be in the nightclub and downstairs everyone's favourite Andy Smith of Portishead fame providing all things funk, soul and hip hop. Proceedings kick off on the Terrace at 8pm with an Ibiza style pre-party.

Tickets: Eventbrite // ROJO // from 8pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 21 MAY MAKE A SCENE - DAY & NIGHT @ THE FARMHOUSE

Events from these guys have sadly been few and far between, but always well received. Thanks to their new location we can expect more of their day to night events this summer. This one sees the talents of locally born Jagerverb, now a Berlin resident taking to the decks. He is enjoying a veritable purple patch, having recently released on Danny Daze's Omnidisc label, as well as Safer at Night records and a number of others. In support will be MoSteph, Sorin Simon, Carl McConnell, John O'Connell, Carl Scott and residents Ben Newman and Pete de Momme to name but a few.

Tickets: Eventbrite // FARMHOUSE // from 4pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 21 MAY LIVELY UP SESSIONS || BRAD BALOO (THE NEXTMEN) & MR BENN @ THE SPLASH

Bringing a new night of Reggae, Rocksteady, Ska, Dub & Dancehall hosted by Mo'Matic & DJ Nelson and guests. Brad Baloo from The Nextmen is part of a world renowned DJ/production outfit having played at most festivals/clubs around the world, has also produced tracks with dancehall/reggae artists such as Cutty Ranks/Demolition Man/Ms Dynamite. Next up is Bristol based DJ 'Mr Benn' from Nice Up Records taking in dub, roots, dancehall, hip hop, house, soca and dubstep, and has produced tracks with a legion of old-school heavyweights.

Tickets: Eventbrite // THE SPLASH // from 10pm // 18+ • R.O.A.R. • Photographic ID



SATURDAY 28 MAY CAFE MAMBO TAKEOVER @ ROJO

For 20 years, Café Mambo has been hailed as the place to party on the sunset strip in Sant Antoni, Ibiza. As the crazy summer season kicks off in #Ibiza the folks over at Mamboland Agency, the brand new artist agency by Café Mambo are set to come to our lovely island... They're taking over ROJO with the brilliant Josh Butler along with the talented Mr Ridney. Along with support from many of our well loved local talent. If you can't make it over to Ibiza this season, fear not as it's going to be here on your doorstep.

Tickets: Eventbrite // ROJO // from 10pm // 18+ • R.O.A.R. • Photographic ID



SUNDAY 29 MAY ROCKSTEADY ROOFTOP SESSION #2 @ FORT REGENT

Local promoters Rocksteady are delivering a totally new series of events for his summer, taking place on the western ramparts of Fort Regent. Being the highest point in Jersey and West-facing, they promise unparalleled views across Jersey and some of the finest names in modern electronic music. This is the second event in the series and this time they're teaming up with BLKOUT to bring you three of the best acts in D&B have been booked, in the form of Spectrasoul, Logistics and Nu:Tone. Tickets are limited so get yours quickly to be in with a chance to enjoy a day of summery, liquid D&B with one of the best views in the island.

Tickets: Eventbrite // FORT RAMPARTS // from 3pm // 18+ • R.O.A.R. • Photographic ID



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noun (pl. discos)

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them in Gallery! They may give you
something extra...

Food for thought



Appetite began when we couldn't find a local restaurant guide that would tell us when all our favourite places were open, and what was on the menu. So we decided to write one ourselves.

The 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.

Fancy winning a meal for two at
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