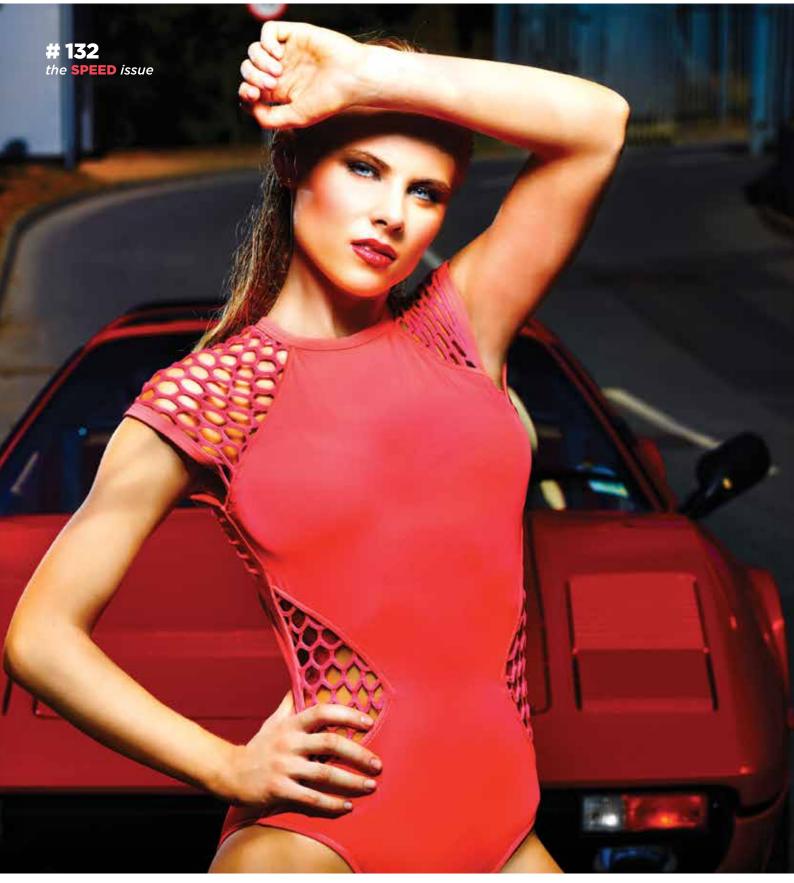


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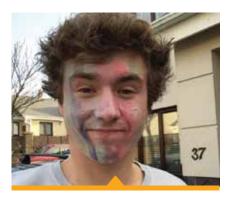


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[SPEED]



TAYLOR JONES

I was once told that if you have nothing nice to say, say nothing at all. I ignored this advice, and came to work for a company that pays me to denounce and embarrass anyone and everyone. Admittedly, I'm slightly more scared now that you know what I look like...



RIA WOLSTENHOLME

I have an abnormal tolerance for sour sweets, love sweet potato chips and worship the ground Caitlin Moran walks on. I'm starting my second year of studying Multimedia Journalism at Bournemouth University in September, but miss Jersey terribly when I'm away from it. Writing with sarcasm and weird humour is my favourite past time, and hopefully my future career, so fingers crossed you like what you read.

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

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



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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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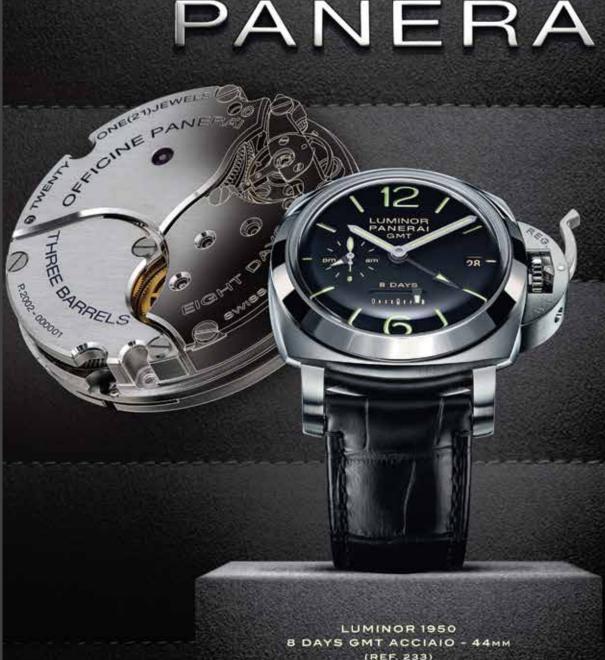
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edito

ne of my colleagues just announced that they find starting the hardest part. I'm inclined to agree as, prior to that comment, I'd sat here for 20 minutes staring at a blank screen thinking of things that are fast to build into an introduction that nods toward our theme of speed. You'd think that a monthly deadline would leave enough time to sit in the garden every few evenings, reading a little, thinking a little and taking time to plan this little section of the magazine that I write each month.

Not the case. Each month I write this on the deadline as I have done for the last ten years. Want to talk about speed? Gallery's life thus far seems like a blur, yet has taken over a decade. It seems a long time looking back but handing out the first editions at JerseyLive '04 seems like yesterday (check out our amazing Jersey Live competition on page 148 for a chance to watch your favourite band from the stage and get your tickets refunded and cash to spend!). The months speed by, the number goes up by one. It's only when I look back through previous issues that I realise how much of the life and times we cover each month. I sometimes wonder how we get it all done in time each month.

We do though, just. And this is ofter the last element. I could make a million excuses for writing it quickly at the eleventh hour. Adherence to theme seems the simplest excuse for submitting a written equivalent of 'drink while you think' but I do have a few valid reasons. Firstly, my time to consider this piece has been made even shorter this month due to a misplaced weekend that has lobbed 4 days off our production time. The Gallery team are off on their summer holidays and the heat of hands ready to grab for passports is palpable. Secondly, someone cut my eyes open. And I paid them to do it. It took a good few days out of my productive working time and, for a self employed pseudo workaholic, it hit me for six.

Even though I lost a few days, I would recommend the experience to anyone. Want to talk about speed? Get your eyes lasered. Four sets of twenty seconds and I can see the world in a way glasses have never allowed. Trees and nature are suddenly HD rather than just blurry green masses. In a process that took a little over ten minutes in total, I walked out a little dazed (valium) but with 20/20 or 6/6 vision. A process so quick that can have such a profound effect on the way you see the world is truly a miracle. I did have to write this intro at top speed, but I did so without having to slow to clean my glasses, rub my eyes or squint. And it's three days early. More time to go and marvel at the trees.

Until next time.

BD

#132 [SPEED]



COVER CREDITS

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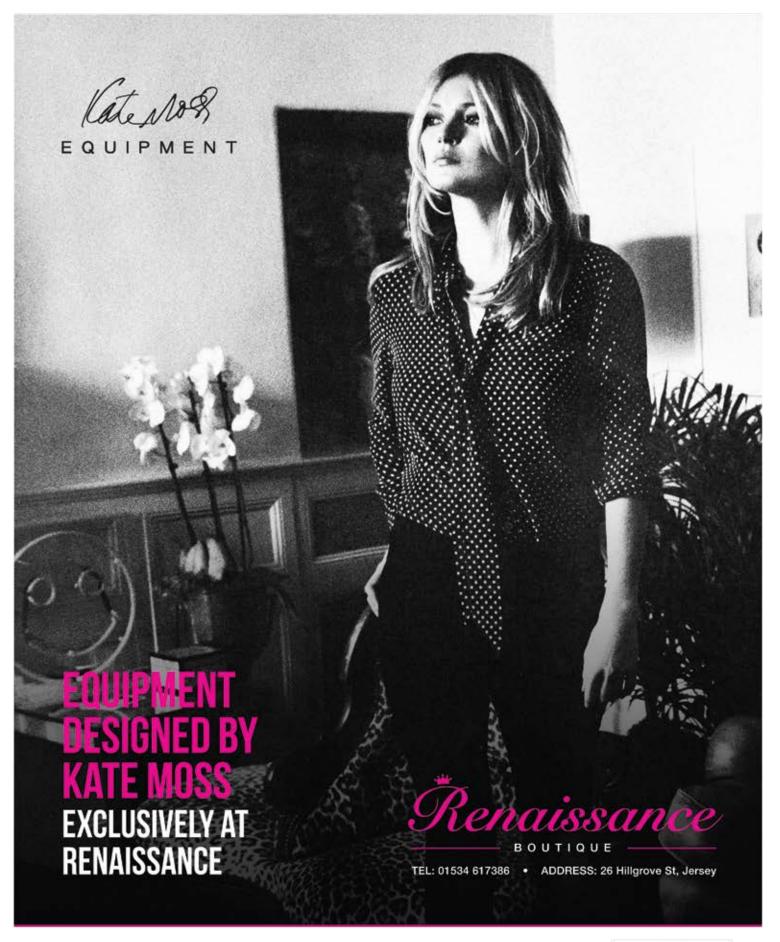


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Learn more > www.gallery.je

gallery JERSEY'S STYLE MAGAZINE









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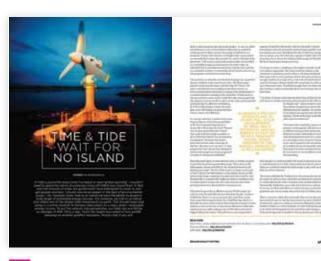
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BECAUSE QUALITY MATTERS gallery

ON THIS AUGUST...

IN JERSEY



05 - 07.08.16

Jersey Family Festival

For the first time in Jersey, a festival created by families for families. All included in your entry fee you can find crafts, activities, workshops and interactive sessions in various locations within The Amaizin' Adventure Park. Starts 09:00am 5th august, finishes 16:30pm 7th.

06.08.16

JERSEY SYMPHONY ORCHESTRA SUMMER CONCERT

Philip Ellis, Principal Conductor, will be conducting the summer concert with the Jersey Symphony Orchestra bringing you an evening of music from the Opera, featuring three wonderful soloists from the ENO, Royal Opera House and Glyndebourne. A decadent summer's Saturday night out to get your glad rags on for.

06 - 11.08.16

JERSEY FILM FESTIVAL

The giant screen on the bandstand in Howard Davis will be back for the summer. Showing only family films, it's the perfect place to bring a picnic and a rug and enjoy your favorite films under the stars. It's always a fun, cheap way to have a good night out. Film listings will be announced soon so keep your eyes peeled on jerseyfilmfestival.com.



06.08.16

GROOVE DE LECQ

Groove De Lecq is something that can be enjoyed by islanders of all ages and interests. This happy little micro-festival is a mecca of local musical talent, island culture and goodwill, inviting families and friends to soak up the happy vibes. Raising over £100,000 for local charities, it sees an annual pilgrimage of 2,500 people making their way for their hit of funky tunes and sunshine spirit.



06 & 07.08.16

BIOBLITZ FAMILY DAY AT DURRELL

Mix with their native wildlife experts and help Durrell do a count of the wild animals that call our park their home. How many hoopoes? Can you see a caterpillar? What tree is that? Be a budding naturalist! Free for Members, included in admission fee for Non-members



06 & 07.08.16

OFFSHORE POWERBOAT FESTIVAL

Jersey Powerboat Club is hosting a Powerboat Racing. This event brings together every aspect of a race with an amazing social atmosphere. With the help of local businesses and individuals the club have organized a weekend packed with excitement, thrills and lots of fun. Racers from across the UK join local competitors on the Start line in St Aubin's Bay.

11.08.16

BATTLE OF FLOWERS DAY PARADE

The battle of flowers is one of the largest floral carnivals in Europe and without doubt a major highlight in Jersey's varied summer calendar of festivals and events. Always a joyous occasion, come rain or shine, the Battle always exudes a sense of community, commitment and pride.



gallery JERSEY'S STYLE MAGAZINE



Elvis looks suitably dressed for the summer weather that's finally arrived here in Jersey...

27.08.16

ELVIS AT FORT REGENT

Ben Portsmouth is excited to announce that he will be playing the Fort Regent, Jersey on Saturday 27thAugust, 2016. Internationally renowned as one if not The Best Elvis Tribute in the world today, Ben Portsmouth will bring his unique style and charisma to Jersey and will show audiences why he is regarded as the best in the business.

18.08.16

GOREY FETE

The Jersey Mutual Gorey Fête is a charitable event which has been running for over 60 years. Fantastic fun for everyone, the fête is held in and around the delightful Gorey pier: live music, fun fair, beach games, tractor and trailer rides, spaghetti eating and yard of ale drinking competitions are amongst the most popular attractions. Be sure to stick around the firework display at the end!

14.08.16

HELIER SEASIDE FESTIVAL

Set along the historic waterfront of Havre Des Pas, the Seaside Festival is a family fun day packed with arts, crafts, food, drink and entertainment. Fun for all ages, and always a summer calendar highlight. There is a minimum £1.00 donation for the Jersey Brain Tumor Charity and Friends of Oncology.



13.08.16

EL TICO IRON MAN

Now in its 3rd year the Tico Ironman is booked in for Saturday 13th August. The challenge includes a 400mtr Swim, 1500mtr Paddle and a 3k Run. The event is open to juniors, adults and teams. A great fun challenge to achieve something as an individual or as a team. The challenge will finish with a prize giving drinks reception in the afternoon.



BOOMTOWN

11-14 AUGUST 2016

Dubbing itself the 'World's Craziest City', Boom Town Fair is the quirky independent festival making waves across the country. The festival which takes place in Hampshire in the UK celebrates all different genres of music. You can enjoy anything from Gypsy punk rock to old school jungle beats or even a spot of hillbilly folk music! The festival is also perfect for anyone into psychedelic music, with three stages solely devoted to the genre.

WWW.BOOMTOWNFAIR.CO.UK

READING AND LEEDS FESTIVAL

26-28 AUGUST 2016

The Reading and Leeds Festivalsare a pair of annual rock music festivals that take place in Reading and Leeds in England. The events take place simultaneously on the Friday, Saturday and Sunday of the August bank holiday weekend every year, sharing the same line up. This year the line up includes Red Hot Chilli Peppers, Biffy Clyro, Foals, Disclosure and Fall Out Boy plus many many more.

WWW.READINGANDLEEDSFESTIVAL.COM

EDINBURGH FESTIVAL

05-29 AUGUST 2016

The Edinburgh Festival Fringe is the largest arts festival in the world and takes place every August for three weeks in Edinburgh, Scotland's capital city. Every year thousands of performers take to hundreds of stages all over Edinburgh to present shows for every taste. From big names in the world of entertainment to unknown artists looking to build their careers, the festival caters for everyone and includes theatre, comedy, dance, physical theatre, circus, cabaret, children's shows, musicals, opera, music, spoken word, exhibitions and events.

WWW.EDFRINGE.COM

NOTTING HILL CARNIVAL

28-29 AUGUST 2016

Notting Hill Carnival, Europe's biggest street festival, is a vivid spectacle representing London's multicultural past and present. It's a celebration of the capital's Caribbean communities, their culture and traditions. The carnival has been taking place since 1964, featuring two days of fantastic live music ranging from reggae to dub to salsa. Spread throughout W10 in west London, the Carnival celebrations take over the areas of Notting Hill, Ladbroke Grove and Westbourne Park. The celebrations also include soca floats, steel bands and a whole lot of jerk chicken and fried plantain.

THENOTTINGHILLCARNIVAL.COM

Uitmarkt Amsterdam

26-28 AUGUST 2016

Annually attracting more than 450,000 visitors, the Uitmarkt is one of the country's most popular cultural eventsand the traditional opening of the cultural season in the Netherlands. The festival features more than 450 performances by some 2,000 artists. From classical to kid-friendly, hip-hop to dance and theatre to jazz – there's something for everyone.

WWW.UITMARKT.NL



CHICKABOO'S TRAFFIC CHICKEN CHALLENGE

The saying goes, if you can dodge traffic, you can dodge a ball. I'm not sure if that principal translates to birds, but if so then it is quite clear that young Chickaboo, the six-month old ostrich from Kuala Lumpur, is training for the Las Vegas International Dodgeball Open. After escaping from a moving vehicle, the boy racer decided to prove to the world that there is justification to the incredibly odd sport of ostrich racing by darting between moving cars and, for the most part, overtaking them.

After the video of the Steve McQueen of birds surfaced on the internet, Chickaboo became an instant sensation, however rather than purchasing a saddle, reins and every betting slip in Malaysia, the speed demon's owner Darren Chow used his fame to promote his message of humane treatment for animals. Chickaboo was part of Mr. Chow's large collection of rare animals, which he uses to conduct animal education programmes for school children. Perhaps it's time for a rethink on his approach if his youngest pet is willing to jump out of a moving vehicle...



The splits are not an easy thing to do, and usually they are the result of a very poorly made, alcoholinduced decision to test the limits of the human body. Whilst I have no sympathy for the crotch-torn masses who learn the hard way that legs are not meant to form a 180 degree angle, I can sympathise with those who make an upside down T with their body through no fault of their own. One of the easiest ways to make this mistake is by waterskiing. Making your body contort into angles that require two protractors to measure is almost fate when you consider the physics of attaching yourself to two thin moving objects in water, and yet people continue to do so on a daily basis, endangering perineums on a global scale. It's at times like these that we are forced to think back to our youth, when the human body feels almost indestructible to muscle strains, and fear is a thing reserved only for the dark and being alone. For these reasons, it should come as no surprise that a new world record has been set for the world's youngest waterskier at just six months old. That's right, 6 months, or for any parents out there 24 weeks. This girl has probably seen about four people that she could recognise in her life, and she's out waterskiing. This weekend I watched the football at a bar, and leaving the house was my biggest achievement. What is happening to the youth of today that thrillseeking has to start so young?! Admittedly, this probably wasn't the poor girl's choice, but seeing stories like these really makes you face the unmistakable stomp of time's tactless feet.

THEY'VE GOT THE NEED...THE NEED FOR CONSTANT CARE

In the coming years, there will be a point when we are no longer a part of the European Union. It's official; the campaigns have been run, and for some reason the public have been allowed to vote. Whether you believe in the single market or not, the country's fate is sealed, and the outlook for the next few years seems rocky to say the least. However, when the so-called "disenfranchised youth" take to their keyboards to complain about how "embarrassed" they are to be British, I urge that each word typed or shouted is considered with some perspective. There are people who can't afford to buy food, those who wake each day to the promise of

another loss, and even those who choose to enter their 11-month old children into competitions that require them to crawl five metres for nothing but the crowds amusement. In Lithuania, you will find the annual Baby-Racing Championships. In its 17th year, the winner this year was Kamilis Dambrauska (no idea whether that's male or female), who, from what I can tell, won some kind of chew toy. Despite the competition being marred by a scandal involving performance enhancing drugs, there was a great turnout and all athletes have been cleared of charges pertaining to the use of EPO and Horse Tranquilisers.

Speed Means Nothing When You Drive A Dump...

1. Toyota Deliboy:

If the tattoo industry has taught us anything, it's that translating from Japenese to English is a risky business. Unfortunately for Toyota, Google Translate let them down when they tried to name their compact van, and they ended up with a vehicle named after a man famous for driving a Reliant Robin.

2. Honda Life Dunk:

There is a serious irony to the name of this 2001 production by the usually reliable Honda. When the original Honda Life was produced, it sold relatively well in Japan. What the innocent people that bought it didn't realise was that their actual life would take a serious downturn once they started driving the unreliable, clunky car. Thus was born the Dunk, the literal interpretation of the driving experience of its predecessor.

3. Isuzu Mysterious Utility Wizard:

Another example of why you always use dictionary.com to translate your French coursework. Luckily for Isuzu, this car was sold with its Japanese name, although I can't help but feel it might have sold better had they stuck with this.

4. Isuzu GIGA 20 Light Dump: Yep.

5. Mazda Titan Dump: Yep. Again.



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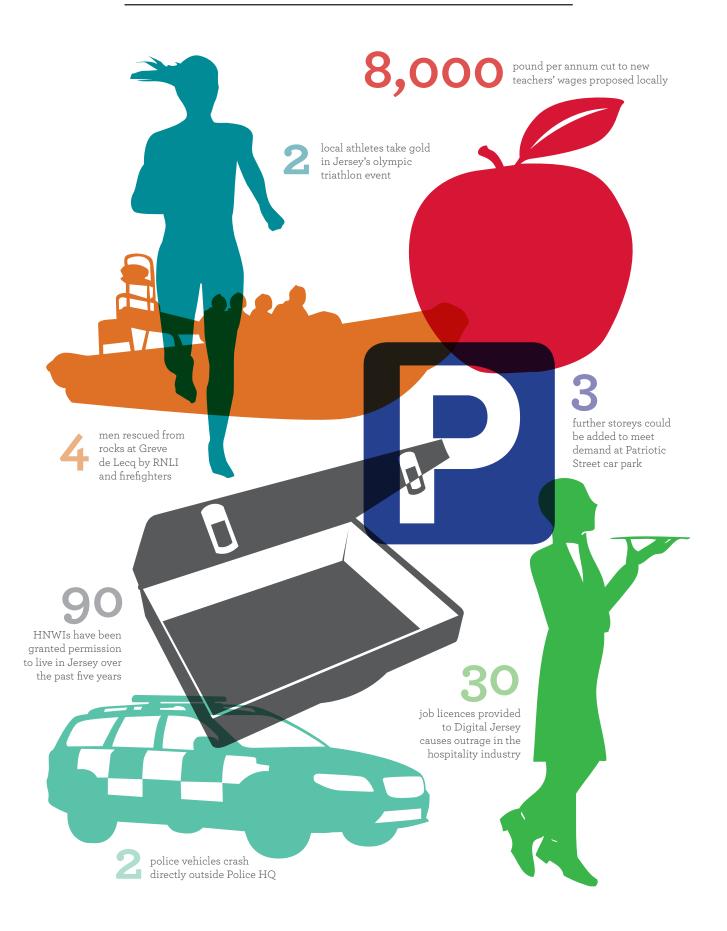








NEWS IN NUMBERS



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Sammy & Pasha

Sammy

Breed: Human

Age: 25

Likes: I have a super sweet tooth, I'm a real sucker for Gnocchi and I'm a little bit of an adrenaline junkie too.

Hates: Snakes and spiders or anything creepy crawly.

If I was an animal I would be: A dolphin because I'm an absolute water baby.

Wants: I would like to compete at the highest level of show jumping and also bring on young thoroughbreds to show how they could have a career after racing

Interesting facts: I run a blog called sammyheartsthis

Most impressive thing you've ever done: I got my National school colours and honours blazer for show-jumping - on a thoroughbred and was a competitive swimmer.

Passionate Affair AKA Pasha

Breed: Thoroughbred

Age: 5 years old

Likes: I absolutely love Walkers ready salted chips, my best friend Option and gallops on the beach. Oh and he I love cuddles. I'm a total mommy's boy.

Hates: Being in the stable or standing in one place for too long, and when Sammy puts my fly rug on because I get teased.

If I was human I would be: This is hard, but I think Maximus from Tangled, he is very brave and vocal but is a huge softy.

Wants: I mainly want lots of love and attention and tons of treats.

Interesting facts: My great granddad is Secreteriat, he was taken off the race-track as he was too careful over the brush jumps which made him slower.

Most impressive thing you've ever done: Now I've retired from racing, watch this space...

Fetching new brand for dog lovers

Local brand Nutri Dog Bakery, produces a range of super premium canned wet dog food. The first recipe in the range is: '65% Fresh Free Run Chicken & Vegetables includes Coconut'. Not only are the products a complete wet food for dogs of any age, they are also suitable for any breed/mix with normal/sensitive digestion – making them very versatile.

Nutri Dog Bakery's aims to reduce allergic reactions as much as possible by being

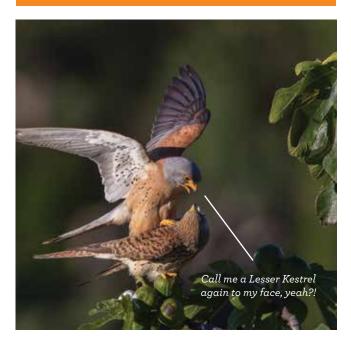
free, for example, from many of the meats and grains that can aggravate dogs with sensitive digestion. Further, the 65% chicken content is from quality fresh meat sources; it is also hormone and GMO free. They include pieces of coconut as well as salmon oil, which are well known for their natural health benefits. Combining these ingredients with various superfood vegetables and a high fresh meat content, results in a complete and balanced daily wet food.

www.nutridogbakery.com
For direct and stockist orders, please email nutridogbakery@gmail.com



Kestrels

WORDS Deirdre Shirreffs



Kestrels are commonly seen in Jersey, hovering high in the sky before swooping down on an unsuspecting animal on the ground below. If you look closely at a hovering kestrel you will see that it uses small movements of its wings and tail to keep its head motionless while its keen eyes scan the ground below. Once its prey is spotted it drops in stages before the final dive.

This hovering technique gives it its alternative name of windhover. Its usual prey is small rodents, particularly voles, but town-dwelling kestrels will catch sparrows. It has very keen eyesight even in poor light so that it can continue hunting until it is almost night. It can also detect near ultraviolet light allowing it to see urine trails near rodent burrows, making its hunting more efficient.

The kestrel is one of our smallest birds of prey and also one of the commonest. In Britain it was the commonest until fairly recently but has now been overtaken by the buzzard. The name kestrel first appeared in 1678 and comes from an old French word crecerelle meaning 'rattle', describing its call.

In Medieval times, only the knave (servant) used the kestrel for hunting, an indication of its lowly status. There was a complete hierarchy ruling which bird of prey each rank could use. The film Kes was based on Barry Hines' book A Kestrel for a Knave. In heraldry the kestrel depicts someone who will take opportunities as they arise.

Kestrels prefer to nest in holes in trees or cliffs although they will nest on buildings in towns and cities. They often like to use old crows' nests. An average 3 to 6 eggs are laid but most British kestrels only manage to raise 2 or 3 young, and complete brood failure is quite common. The male provides food for the female while she sits on the eggs. After hatching both parents share hunting duties. The family stays together for about a month once the young can fly. Many young die of starvation before they are a year old as they need to catch between 4 and 8 voles every day. If voles are plentiful, kestrels have been known to catch extra and store them.

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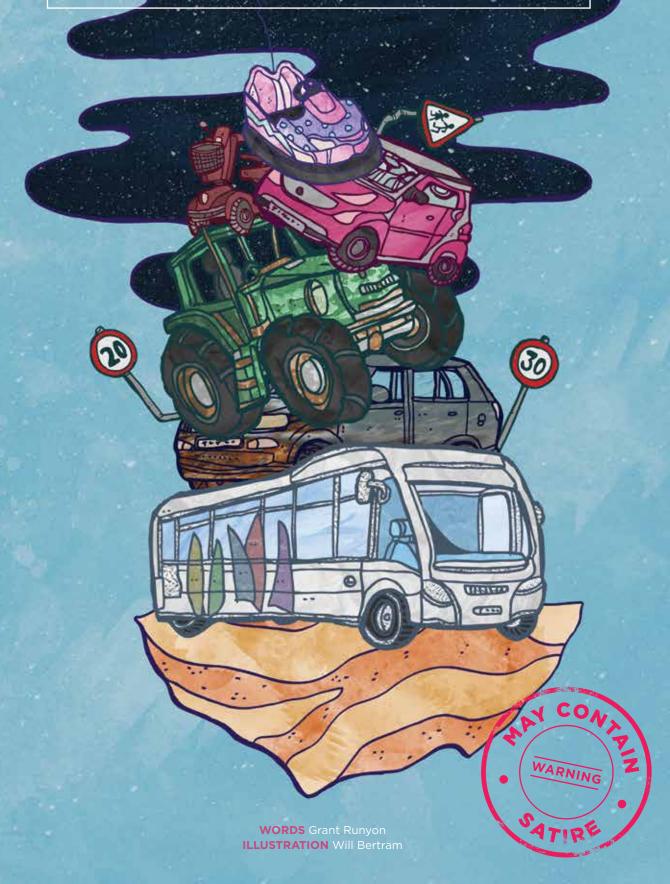


SAN SEBASTIÁN

8TH SEPTEMBER - 1ST OCTOBER 2016

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SPEED DEMONS why Jersey is a bad place to drive



Car adverts are careful never to depict the everyday reality of driving, because unless you live on a long road in the middle of nowhere, the ad would just be depressing footage of your new motor idling in commuter traffic, maybe the odd action shot where you scrape some paint off in a car park. Jersey would be an especially grim pitch, as there are few places where the aspirations of vehicle ownership are so completely divorced from the realities of what it's like to actually use the roads.

A map of our traffic network looks like a diseased lung; a tarmac pentagram of narrow, unlit lanes scattered with blind crossings and unpronounceable signs. The smooth lines of the ad-man's fantasy autobahn are replaced by muddy squiggles winding towards dead ends, bordered by steep banks made from granite and cow excrement. Jersey driving is like a sadistic video game, where the difficulty swings at random between deadly fog mode and the boredom of the school traffic, and you can't find the menu that determines whether your opponents will be angry businessmen, tractor-driving psychopaths or doddering grans who've left their glasses at the off-licence.

Not-so-Smart cars

If you'd credit us with enough sense to purchase appropriate vehicles, we should be pootling around in something designed for use in a Japanese city: a cute little twoseater, probably powered by renewable electricity and unicorn farts. It would have a top speed of 30 MPH and come preloaded with soothing ocean sounds and an air freshener that smells like kittens. Instead, our roads heave with gigantic 4x4s, chromed executive fantasy wangs and turbocharged rally cars driven by small men with thick necks. Even if you own a vehicle that isn't actively murderous to other road users, our MOT-free second hand market means there's a chance it's a diesel powered rustbucket that coughs up more tar than an 80s darts player. Unlike advert fantasy world, few people drive for pleasure here - and in fact anybody who does is should probably be forced to take the bus to improve public safety for the rest of us.

The re-vengabus is coming

The fact that our morning traffic is terrible is that rare thing that everybody can agree on, whether they are Clarkson cultists in stone-washed denim or quinoa-powered vegan bicyclists. The problem is that none of us can really agree who is to blame, or whether they should personally do anything to make the situation any better. I'm well aware that it isn't doing the planet any good when I commute to work on my own, but I live so far into St Ouen that walking back from the bus at night threatens to turn into a scene from Deliverance, even assuming I can find a night bus that travels further than the Parish border. By the time I've walked to the stop in the morning, dodging green lane death from distracted mums on the school run, I am definitely not in the

mood to compress my kneecaps for the benefit of fellow passengers who smell of stewed onions and won't let me open the window. After I've absorbed 45 minutes of their second hand music and inane phone conversations I've reached the point where you could power most of St Helier with my barely suppressed loathing for humanity. Consequently I think anybody who lives within safe distance of a bus stop should be forced, at gunpoint, to use them exclusively, whilst I am allowed to carry on driving with special dispensation for being a countryside-dwelling misanthrope. I also propose dealing with school traffic by fitting each bus with a treadmill and fining any parent who doesn't let the bus company use their offspring as a source of cheap power.

£5000 bike made out of space carbon allows them to treat people on lesser bikes like obstacles. I can see why people want to run those guys over, although as a driver I can honestly say that I've never killed a cyclist out of rage or carelessness - only because their magnificent thighs are delicious in a casserole. They have the advantage that most of the hair has already been removed, and unlike meat from the corner shop you can guarantee it's free range.

Thinning the herd

I've considered walking, swimming to work or just moving slightly closer to town, but have come to the conclusion that my problem is not really the mode of transport but Jersey roads, and specifically the other

"The obvious solution for somebody who loves the planet and hates the company of other humans is to switch to the bicycle, a form of transport which I (theoretically) support 100%. Cycling makes me slightly less fat, costs very little and allows me to look like a continental cool dude by wearing Lycra and waxing."

Two wheels good; four wheels bad?

The obvious solution for somebody who loves the planet and hates the company of other humans is to switch to the bicycle, a form of transport which I (theoretically) support 100%. Cycling makes me slightly less fat, costs very little and allows me to look like a continental cool dude by wearing Lycra and waxing. The only air pollution generated from a bicycle comes from my armpits. The downside is that there are stretches of road where the traffic is so dangerous that I've had safer journeys going down cliff paths on my mountain bike, in the dark. If you can survive the blind corners and sudden narrowings of the Jersey roads, you'll still have to deal with the active desire of other road users to murder you. I've had people open doors onto me, edge onto the white line so I can't overtake their stationary vehicle, or just leap out of the car and run after me. I don't get it. Although I loathe all other drivers (who unlike me are responsible for traffic), I don't understand directing that rage at somebody who is getting to town slightly quicker because they've taken the risk of being rained on. This intolerant attitude is even adopted by some cyclists, those who think that owning a

people who are allowed to use them. I think that even if we were all forced to commute to work in hot-pink mobility scooters or the Fort Regent bumper cars, Jersey people would still find a way to be hostile about it. If we must accept this dickery as a fact of life, then I would propose we take a lead from a great little documentary I watched recently, called The Purge. It has some smart ideas about managing society. So, I suggest we deal with aggressive drivers by having an hour in the mornings and one after work where there are no traffic laws and you can drive as fast or dangerously as you like. We can encourage the Jag-driving macho men and vicious mums to stick to those times by dropping the speed limit to 15MPH the rest of the time, and offering TV coverage and a prize to whoever can achieve the highest speed going down Trinity Hill. The idiots would love it, and there would be a lot of spare car parts going around afterwards. It would be a tough, gory couple of months at first, but once we've unclogged the viscera from the drains and cleaned the people-jam off the avenue, natural selection would have done its work and Jersey would be a much nicer place. Green lanes = red lanes. You know it makes sense.

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BECAUSE QUALITY MATTERS gallery

GO WITH THE FLOW

WORDS Sara Felton
PHOTOS Jason Masterman

Jersey may be a small island, but we boast some of the biggest tides in the world, it can mean that the island grows to double its size twice a day, as the tide ebbs and flows. These huge tidal shifts have caught out many unsuspecting tourists and locals who, while investigating the myriad of rock pools at low water, have suddenly found themselves cut off from dry land. We met two people whose jobs are governed by the speedy tides.

MARTIN VINEY

Low Tide Tower Guide

You've probably spotted Seymour Tower Standing on a rocky outcrop off the south-east tip of the island. This former fortification is completely surrounded by the sea twice a day and at two miles offshore can only be reached on exceptionally low tides and when the weather allows.

Martin Viney is the man who guides people to this fantastic Jersey Heritage Let, the perfect base for exploring Jersey's marine wilderness at low tide and he also stays with you overnight.

"It's a great spot away from all the hustle and bustle of the main land. It's perfect for anyone looking for adventure; you can use it as a base for low water fishing, walks at low tide or bird watching. We've had all sorts of groups staying, stag and hen parties, birthdays, you name it we've seen it all.

We can arrange the best access times and can tell you all about the unique flora and fauna whilst we trek across the mars-type landscape when the tide is low. Once we're at the tower then you can sit back and watch the incoming tide from the parapet as it rushes through the surrounding gullies. It really is very special."

Built in 1792, the Tower has been well appointed to accommodate visiting guests. Spread over two floors with cooking facilities and wood burning stove on the ground floor and the bunk room on the upper floor with a basic chemical toilet. There are six bunks in the upper room for which we recommend you bring sleeping bags and pillows, with a separate room for Martin on the ground level.

You can now also stay at Rocco Tower in St Ouen's Bay. Martin explained "It's the first time the tower has been available for visitors to stay in and although the walkout is only about 10 minutes longer, it is only accessible six times a year, making this tower even more special to stay in."

If you'd like to book in to stay at either tower you need to contact Jersey Heritage Lets.



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NICK LE MIÈRE

Department for Infrastructure Surf-rake Pro

WORDS Ria Wolstenholme **PHOTOS** Jason Masterman

Jersey is renowned for having some of the cleanest beaches in the world, envied by many and a role model for other destinations. Nick Le Mière is one of the people to thank for this, as he spends every day, tide allowing, clearing up the seaweed our tides churn onto the beach.

Nick starts his day at La Collette yard at 5.45am, doing routine oil checks for the machines he uses and heads off to start work at 6am. The tide has to have dropped to around 33ft for the machines to be able to get down to the beach safely, which sometimes proves to be a challenge and also limits the times they can go out.

"If we have to wait a while for the tide to go down, we end up missing the prime time slot to clear other beaches. St Brelade's Bay for example, when the weather is good, means that people flock there for the deckchairs to soak up the sun early. If we don't get started early enough, we end up getting down there to a crowd of people who we can't disturb with the machines."

You'll probably have noticed the stringy green weeds that have taken over St Aubin's beach lately, that locals and tourists alike have been complaining about. "Seaweed like that gets tangled up in the machines and makes them break down" Nick told me. "The rake can't always handle it when it's in thick piles."

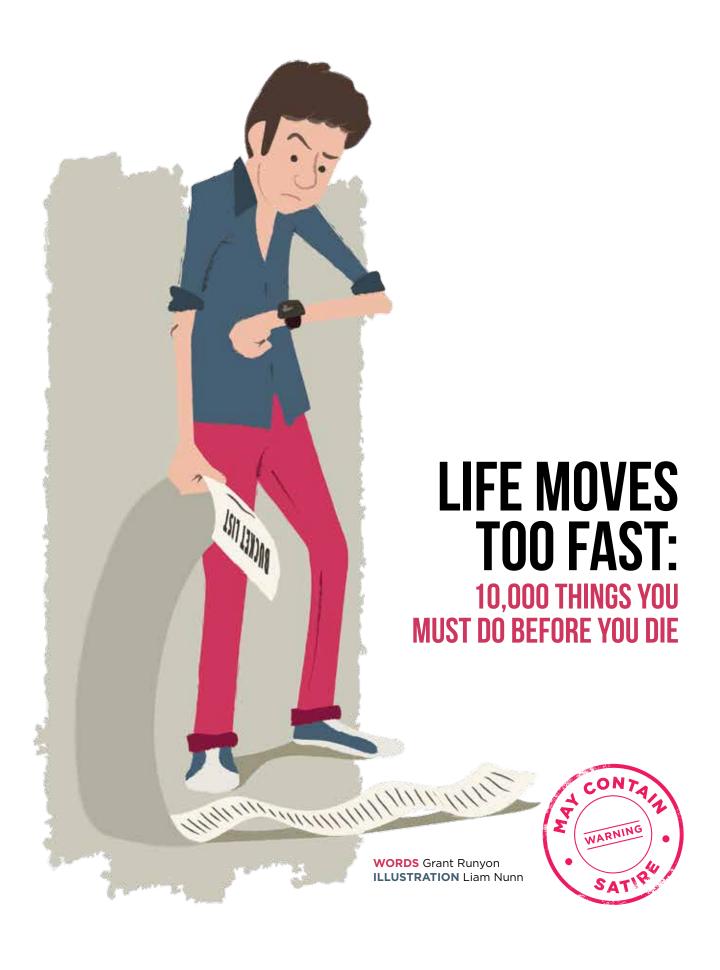
You could say that the job is understated as far as importance goes. I dread to think what our island would look like if we didn't have someone to sort out the beaches, clear what the tide washes in and make them picturesque and poster ready again. "I love how satisfying the job is. It feels good to make sure our beaches are clean for everyone, it's a rewarding days' work."



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BECAUSE QUALITY MATTERS



26 gallery Jersey's style magazine

Modern life in a developed country, when compared to almost any other era of the human species, is extremely weird. It's not so much the idea of reality television or the British electorate voting to leave the EU because they are worried about the shape of bananas, but the novel concept of a daily existence where extremes of danger and hunger are mostly absent.

Instead of war and sharp-toothed predators, many of us are just paddling about in a consumer economy that thrives by thinking up new, largely unnecessary, ways to spend our wages. For the first time in history, we have created so many non-essential things to buy or do that some humans are getting quite upset about not being able to do them all.

Imagine trying to explain that concept to somebody born in the 19th Century. Throughout history our ancestors stayed busy raising children and growing food before they got bitten by scorpions, shot up with arrows or caught the bubonic plague, not suffering from anxiety attacks because they didn't have enough time to catch up on box sets of The Walking Dead. Aside from a tiny number of kings, nobody in mediaeval Europe needed help deciding what to do on their one day off from digging turnips, but in today's world you can't move without being told what to do with every minute you aren't earning money or sleeping.

Fail to plan, plan to fail?

Do we really need to plan this much? It is natural to prepare for the future, but if you take a good look at your life you might realise that much of our present unhappiness comes from diverting that instinct into the compulsion to acquire things and have experiences. It makes sense to prioritise some experiences to a certain extent, but you need to be very careful what starts to constitute a priority. Educating yourself and spending time with elderly relatives is probably quite important; watching every episode of The Big Bang Theory might prove to be less valuable in the long run. If you ever get worried about ticking enough items off your "bucket list", remind yourself that you really will be okay if you reach retirement age without having visited every country who entered the Eurovision Song Contest, but perhaps less so if you forgot to save for a pension or look after your joints. Ideally you would manage to do both, but if not, you might need to just live with the satisfaction that you have fond memories of camp discos in Finland rather than any money to buy slippers or pay the gas bill.

How to juggle a family, a career, a creative hobby and learn five languages

Our angst over trying to do everything is made worse because we are also being pressured into life choices that are obviously incompatible with each other. There is a subliminal message throughout our society that you can't possibly be happy unless you have a proper career, own a home and have at least a couple of children, whilst also finding time to educate yourself to postgraduate level, immerse yourself in foreign cultures and do enough exercise to look like a beachwear model. Congratulations if you do manage to juggle these things without having a nervous breakdown, but most people are going to have to choose a path that rules a few of these options out. If you have children young you could miss out on at least five years of a career, perhaps some music festivals or a few years backpacking, but by the time they've grown up a bit you can learn a second language and concentrate on earning enough money to age disgracefully. It's equally fine to put breeding off to focus on your career (or music festivals, or backpacking), or just not to breed at all. You just need to recognise that you've made a choice for yourself, and that choosing one thing means not choosing several others. If life is like visiting a restaurant, then you should remember that if you attempt to try everything on the menu you're probably going to spend the next morning stuck on the toilet.

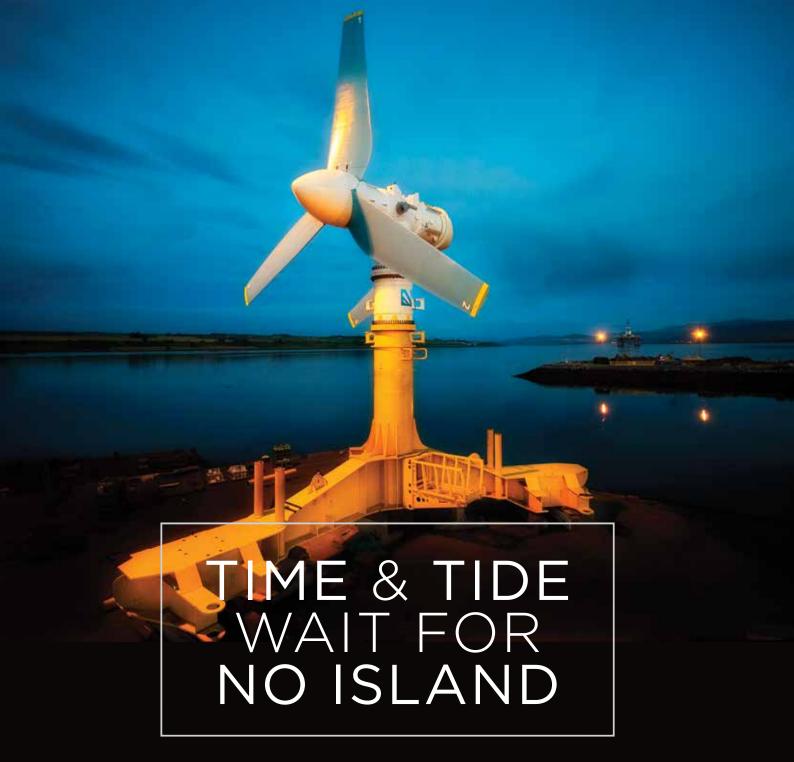
Don't let other people tell you what your priorities are

The most irritating manifestation of our anxiety about not being able to do everything, is that many people will try and justify their own choices to themselves by giving you advice on yours. This is most obvious on the part of those people who think the experience of raising a child makes them a universal expert on life, but exists to a lesser extent in anybody who gets a bit too smug about having narrowed down their own options. Sanctimonious parents are the absolute worst, but it's

common to receive the same passive aggressive lecture from people who think they've achieved enlightenment because they've "travelled the world" - which is just a coded way of saying they've been middle class tourists. It's the same from people who've mastered some obscure aspect of culture, or those who don't realise that talking about your gym routine is only slightly more interesting than telling people whether you wipe up or down. I honestly don't care if you think I'm missing out because I've never been skiing, have never seen The Phantom of the Opera, or haven't planned my daily diet around kale enemas. It really doesn't matter if I die before hearing the first Oasis album, or seeing the Grand Canyon. If these people were, deep down, satisfied with every choice they've made, it is unlikely they'd find the motivation to be so judgemental about somebody else's decisions.

Instead of worrying, trying to fit too much in, and bullying other people with advice, it would be much healthier for our society if we spent more time being thankful for being able to make those choices at all. Most of our ancestors were preoccupied with eating, breeding and avoiding an untimely death, and in fact this is still the daily existence for a significant proportion of people living around the world. They don't worry about what to do with their excess leisure time because they don't have any, and there's no time to stress about a fulfilling career when you're lucky just to have enough of an income to provide food and shelter. We would probably be better off if we thought about how fortunate we are, and tried to remain thankful for the choices we can make. I admit this does sound like the kind of advice you get at the end of a yoga class, but in this instance the hippies have got a point. You'll be much happier than people who try and do everything and end up enjoying nothing. Just live a good life, be happy you have a choice of things to put in a sandwich, and be grateful you haven't been eaten by a grizzly bear.

BECAUSE QUALITY MATTERS gallery



WORDS Ria Wolstenholme

If I had a pound for every time I've heard or read 'global warming', I wouldn't need to spend my terms at university living off ASDA own brand food. In fact, with the amount of times the government have attempted to cover it, and get people involved, I should now be an expert in the field of environmental issues. I do, however, know that as an island we have the ability to access a wide range of renewable energy sources. For instance, we live on an island that offers one of the largest tidal movements on earth. This should mean that Jersey is a prime location to harness tidal power as a clean, green, renewable energy source. To put the velocity into perspective, our tides rise and fall by an average of 40ft (12m) a day. That's the height equivalent of one giraffe standing on another giraffe's shoulders. Picture that if you will.

Back to tidal energy though. Ignore the giraffes. In case you didn't pay attention in your science lessons, tidal power is created by a tidal generator which converts the energy of tidal flows into electricity. Greater tidal variation and higher tidal current speeds can dramatically increase the potential of a site for tidal electricity generation. Tidal power is practically inexhaustible and classified as a renewable energy resource because the earth's tides are ultimately due to gravitational interaction with the moon and the sun and earth's rotation. So essentially, all we'd have to do is set up the equipment and let the sea do its thing.

The potential our island has for this kind of energy was uncovered during a detailed study carried out in 2010. The States spent £65,000 conducting the report, with the help of IT Power. The report included resource modelling, technology reviews, an environmental impact assessment scoping study, development of a commercialisation strategy for the realisation of tidal power in the area, and site survey work to verify flow data. Two people from the company took two weeks to carry out the study, and recognised

good potential for offshore wind farming as well as tidal energy in Jersey. Yet six years later, we're still buying our electricity from France. I know, I'm baffled too.

To cure my confusion, I spoke to Dr. Louise Magris, Director of Environmental Policy at the Environmental Department in Jersey. She told me that the study "Showed that we have reasonable tidal currents that could yield the energy equivalent to about half of the island's annual electricity requirements." However, this doesn't mean that we have taken advantage of this fact. She went on to say that "To date, progress has been slower than anticipated and the technology has not yet progressed to arrays of commercial availability"

Since the initial report in 2010, there has been no further progress towards the island harnessing tidal energy. This is down to the tidal energy industry still being in the "enhanced research and development stage". The fact of the matter is, Jersey would need a 'farm' of about 150 tidal turbines on the seabed, known as tidal stream technology, to generate enough power that could be used domestically or commercially. Right now, there is nowhere to buy 150 tidal turbines to plant into the ocean, because none of the prototypes have been deemed fit for commercial use.

This doesn't mean that an efficient amount of tidal energy can only be made through tidal stream technology though. La Rance Tidal Power Plant in France, just across the water from us, has been using tidal energy for years. It's a Tidal Barrage, which is a dam-like structure used to capture the energy from masses of water moving in and out of a bay or river due to tidal forces. It has been operational since 1966, making it the world's oldest and second biggest tidal power station. The plant has an annual generation

capacity of 540GWh. Electricity is fed into the 225kV national transmission network serving the needs of approximately 130,000 households every year. Something like this wouldn't be manageable here in Jersey, as we don't have the capacity to build a dam of this proportion, but it shows that utilizing tidal energy isn't limited to the kind of prototypes being tested now.

For Jersey to invest in anything on the market currently would cost millions, apparently. The states would be making a risky investment, purchasing a product that is still being developed that comes with no 100% guarantee that it will work and last long enough. Traditional energy such as coal and oil based fuel has a set cost, but if energy is being created with a prototype, it could cost up to three times more. Thankfully though, there are others who are investing in what is essentially the future of energy, who we can learn from

"The States of Jersey works with the other Channel Islands, the UK and France in closely monitoring advancements in the tidal sector."

Dr. Magris said. "Jersey is keen to monitor the progress of ongoing projects in the Alderney Race for example. We are keen to investigate the opportunities that early adoption of tidal technology could offer when the sector advances."

This means that essentially, Jersey is now playing a waiting game, with places such as Alderney acting as their guinea pig. Alderney's project, which plans to reach full scale development by 2020, has a potential annual energy output of up to 6 Terawatt hours, which equates to the annual demand of 1.8 million homes. So hopefully when their project becomes commercial enough for us to invest in, we can follow on and use the same thing.

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ANNUAL DEMAND OF

Even though it is easy to see why Jersey is reluctant to invest in something that is not fully commercialised, it doesn't mean that sitting on our hands waiting for tidal energy to play catch up will help our carbon emission.

The states published the 'Pathway 2050: An energy plan for Jersey' document on gov.je in 2014, which lays out their plans and policies to combat the island's carbon footprint, both commercially and domestically. Predictions were made about how, if we continue as we are, our habits will affect our carbon emission. It showed a projected c.39% rise in energy demand by 2050 if nothing changes.

This is a situation where slow and steady does not win the race, because the longer we wait the more money we waste. A little bit of speed and urgency to utilise our resources efficiently is what is needed to better our carbon footprint, not a list of things for people to do which will be forgotten by the end of the week. Perhaps a faster paced approach is needed to save our planet; just a thought.

READ MORE:

Detail about Jersey's greenhouse gas emissions and the impact of our Energy plan: http://bit.ly/2904mar

Pathway 2050 plan: http://bit.ly/1sUJWLf 2010 report: http://bit.ly/29DUhe9

BECAUSE QUALITY MATTERS gallery

HEALTHY YOUNG MINDS



WORDS Ria Wolstenholme

Meeting Natasha Devon, MBE, was the first time I've felt overwhelmed whilst conducting an interview. Although I think anyone would feel a little nervous meeting one of the 20 most influential people in British education.

Safe to say, I am a fan. In fact, I wouldn't hesitate to say that Natasha is one of my role models. She's a campaigner, writer, and TV pundit who embodies everything I aspire to be. She speaks her mind, and stands up for what is right. These traits eventually led to her being fired by the government in May this year, having been the UK's first ever mental health champion' for just nine months. "I've never felt as bad as I did during my time as mental health champion" she said. "They were sending me out to do a PR job for them without

actually paying any attention to me behind closed doors. I had so many people coming to me with really important problems, and I couldn't do anything about them. It was so frustrating for me. Evidently, being fired was the best thing, because I could be myself again."

I met Natasha at the Promoting Healthy Young Minds conference, run in association with Mind Jersey and Victoria College. The conference was open to professionals in health and education, parents and children. The aim was to raise awareness of mental health in children and young people, providing an informative and creative space to learn how to recognise, support and prevent mental health issues in young adults and children.

Combatting mental health stigma starts with talking about it. Natasha has suffered from anxiety since she was 11 years old, something she is open to discussing. "Looking back, it had all been bubbling up for a long time. A lot of things happened throughout my teens, but I didn't pay them attention." Things got worse when Natasha started university at Aberystwyth in Wales to study English. "It was such a big change and I felt totally out of my depth. All the structure I had become accustomed to suddenly disappeared, and that's when it really exploded."

 $\zeta()$ | gallery Jersey's style magazine

When her anxiety reached its peak, Natasha developed an eating disorder. "My eating disorder wasn't my primary diagnosis; it was a symptom of my anxiety" she said. "I spent far too long talking about the behaviour rather than talking about the emotion. For a long time, I couldn't eat, because the anxiety I felt turned into this lump in my throat. For me, bulimia was almost a way of trying to get the lump out." Anorexia and Bulimia acted as a coping mechanism for Natasha, and today she helps others who suffer with it. "My advice for anyone who thinks they are suffering with it but doesn't quite know how to address it, is to talk about how it makes you feel. Prioritising the emotions that come with the actions is the best way."

Her personal experience is what helped her form The Self Esteem Team with her co-founders Nadia and Grace. The trio have spent a decade travelling the UK, working with over 250 schools with over 50,000 teens. Their programme is designed to provide information for young people, parents and teachers to help them gain a greater understanding of mental health and body issues. "We want to expand and train others to do what we do in schools." Natasha said. "We're trying to find people like us, who understand the seriousness of the issues but are able to bring humour into it." The Self Esteem Team are also working on some online resources called 'Get Set', which is 10 minutes a day on wellbeing which children will do in form time in schools. "The theme will change every week, and every teacher in the school will be aware of what the kids are covering" Natasha told me. "The aim is to incorporate the themes into general conversation in classrooms, so it becomes normalised."

The stigma surrounding mental health is still very apparent. Natasha and her team help parents and teachers learn how to talk about mental health with children. "We believe it's very important to teach kids

"We believe it's very important to teach kids emotional vocabulary. Teaching children not to shy away from bad emotions, but to acknowledge them and deal with them in the right way is a priority"

emotional vocabulary. Teaching children not to shy away from bad emotions, but to acknowledge them and deal with them in the right way is a priority" Natasha said. "Children need to be asked how they're feeling every day, to make them comfortable in talking about their emotions. This way when something is wrong, they feel ok to talk about it."

I asked Natasha how she wants to be remembered when all is said and done. "I want people to remember me for who I am. I want to be remembered as someone who told it like it was; but not in a Katie Hopkins way. Someone who didn't take bullshit but would always be kind and give you a cuddle. Because that's who I am, and I won't compromise myself again"

Nobody should have to compensate who they are because others feel uncomfortable with it. This is a message that needs to reach children, to show them that having a mental illness does not make you abnormal and talking openly about it is ok. By offering the education and support needed to better children's mental health, and how we understand it, we are undoubtedly brightening the future for the next generation. Hopefully the effort that has been made by Jersey, to bring experts in mental health like Natasha to the island, will help us address the prevalent problems we face with teenage mental health on the island.



PICTURED: The Self-Esteem Team. Left to right; Natasha Devon, Nadia Mendoza & Grace Barrett.

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BECAUSE QUALITY MATTERS gallery

COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Spectacular Sunset Concerts light up Grantez

The Sunset Concerts may well be a distant memory by now, but once again crowds of people were treated to electric performances and stunning sunsets on the headland above St Ouen.

The weather got into the party spirit during the weekend as over 4000 islanders enjoyed two evenings of music, dancing and dramatic scenery at the National Trust for Jersey Sunset Concerts in association with Ashburton Investments.

Families and friends brought picnics and positive vibes to both nights, enjoying a break in the average summer to enjoy Jersey's beautiful west coast.

Over £8500 was raised in support of the National Trust's Coastline Campaign which was celebrating its 10th anniversary.

Ashburton Investments volunteers were there to hand out complimentary hot drink vouchers, programmes and National Trust goodies.

Donna Le Marrec, marketing and events manager for the National Trust, said "The concerts were fabulous, we had greater attendance and raised more money this year than any year to date. Thanks to the generosity of the public and our sponsor, Ashburton Investments, we have raised a large sum of money which will assist us in our pledge to acquire a further 1000 vergees of coastline from development".

If you've never been then be sure to keep an eye out for the dates next year as this is one summer event that you don't want to miss.

Over half the Million Pound Lottery tickets have been sold

If ticket sales continue at this pace, that all of this years tickets will be sold by mid-August, which means that you've still got time to buy one. The charity is encouraging individuals and syndicates intending to buy a ticket not to leave it too long, as they run the risk of missing out.

Steven Hunt, Chairman of Jersey Hospice Care Fundraising Ltd said, 'Our lottery provides the public with the chance to win one million pounds and with £1.3m in the prize pot it means that the chances of winning a prize of at least £10,000 are one in six hundred. Just think of the difference a lucky ticket could bring you!'

This year is the tenth year Jersey Hospice Care has run the lottery and it has seen £11.7 million given away to islanders in prize money. To celebrate, the charity is inviting previous winners to come along to watch the live draw and be part of the excitement of the 10th event.

JFSC raising funds for Jersey Mencap

The JFSC nominated Jersey Mencap and adults with learning disabilities.

marshland areas of the site. It's planned that JFSC employees will return to the Pond Project in July to build the shed.

The tickets cost £300 each. Payment can be made by cash or cheque and purchasers must be aged over 18 years old.

gallery JERSEY'S STYLE MAGAZINE



Calling all kings, queens and queers - CI Pride needs you!

As Liberate has gone pan-island, the theme for Pride 2016 is #UnitedThroughPride. This year Pride week kicks-off in Guernsey on Saturday 10 September 2016 with a parade and celebration of all things diverse. There will be events taking place in both islands, including movie nights, educate and celebrate workshops, Munch and learn lunchtime sessions, Jersey's first ever Equality and Diversity Awards ceremony, and a spectacular Pride-flag handover event which will see the rainbow flag flown to Jersey and dropped over St. Aubin's Bay with a member of the Liberate team quite literally flying the Pride colours!

Pride Week will close in Jersey on Saturday 17 September 2016 with the Jersey Pride parade, which will begin at West Centre and continue along a similar route to last year, ending in Weighbridge Square. Here you will find the Pride epicentre with markets selling food and merchandise, and a variety of entertainment on stage until late. A very special guest will close the show - word on the rainbow-coloured-street is, this person's a huge gay icon and is not to be missed!

Liberate welcomes everyone irrespective of gender identity, sexual orientation or species – so if you want to bring your furry friend that's no problem, just tie a rainbow flag around their neck and fill your pockets with poop bags! All they ask is that you wear lots of bright colours and bring your happy face. Oh, and a small donation might be nice too – see the rattling buckets to make a deposit.

Official Pride t-shirts and merchandise is available from Magic Touch in Weighbridge Place anytime up to the 17 September, and will also be available in Weighbridge Square on the day. Further information can be found on the CI Pride website: www.channelislandspride.org



Would you like to raise money and awareness for Macmillan Jersey whilst drinking coffee and eating cake in the company of your friends?

Macmillan Jersey's Greatest Coffee Morning will be held on Friday 30th September 2016. If you would like to hold your own event you can register by going to Macmillan Jersey's new website www.macmillanjersey.com/coffeemorning. The event has once again been kindly sponsored by C5 Alliance. Last year over 130 coffee morning events took place in Jersey raising £48,000. This year we are aiming to get 160 events signed up in the hope of raising nearer £60,000. This would cover our service costs for nearly a quarter of the year which equates to approximately 1000 support sessions being provided to local people touched by cancer.

We recently renamed our drop-in centre 'The Oasis' to help emulate what the support and wellbeing service offers. A recent service user described it as "A welcoming, saving oasis in the cold, barren desert that cancer can make of a life, where hope and support for the journey ahead can be found".

The Oasis is on the second floor of the Lido Medical Centre. It is open Monday to Friday, 10am to 4pm.



Email your community news to **community@gallery.je**

BECAUSE QUALITY MATTERS gallery



Over £2,000 raised at third annual FNHC Scarecrow Trail

Hundreds of Islanders spent the weekend hunting for scarecrows last month, raising over £2,000 for Family Nursing & Home Care (FNHC).

Participants in the third annual FNHC Scarecrow Trail, which took place along the Railway Walk from St Aubin to Corbière, were asked to vote for their favourite scarecrow and this year's winner was a family team led by Emma Le Main with their 'Jersey Royals' creation. The entry, which brought the Jersey Royal potato to life in scarecrow form, received the most number of votes from the public and the family received a cash prize of £100 as a reward for their efforts.

'Every year we are amazed by the level of commitment and skill that goes into making the scarecrows and this year was no different,' said Ivo Le Maistre Smith, Fundraising Manager at FNHC. 'We had a range of different scarecrows on display and each one was unique and had its own quirky take on the theme. I would like to congratulate everyone who took part and made the event such a success, and particularly Emma, her children, brother and parents for winning the prize for best scarecrow with their creativity and hard work.'

The overall theme for this year's Scarecrow Trail was 'Royalty'. 30 scarecrows were registered for the event, with cash prizes also going to second and third place.

Lexi Bilson and Emily Satchell came second with their rendition of King Louis from The Jungle Book, and the Williams and Barrot family came third with their Freddie Mercury scarecrow. Other highly commended scarecrows included Queen Elizabeth I by Chantal Venton, Marie Antoinette by the Willows Day Centre and Princess Elsa from Frozen by Victoria and Aleksandra Pinel.



Launch of Bath Street Health Centre

The Co-operative Medical Care's growing medical and pharmacy team has moved to a new modern and ergonomically designed 'Co-operative Medical Centre'. Joy Davies, who has been a patient of the David Place surgery for 29 years, officially opened the health centre, which is located on Bath Street at the former Blockbuster

The 160 meters squared facility combines a large pharmacy and a brand new GP surgery with four modern, clean private rooms and a contemporary, family friendly reception area. The health centre offers patients a welcoming environment, with the added convenience of Medical and Pharmacy Locale being situated together to meet all patient's needs in one place.

The Bath Street Health Centre is open to all islanders, including those who are not Society members. However to receive free GP care for children under five years, discounts for five to 18 year olds and 4% dividend, the patient, a parent or guardian must be a member of the Society and be registered with Co-operative Medical Care. It costs £1 to become a member and new patients can join the Society at any Co-operative Medical Care surgery. A standard consultation fee is £30.



Eat Jersey!

Eat Jersey Food Festival 2016 to unite renowned chefs in a gourmet island celebration The Eat Jersey Food Festival at The Atlantic Hotel will return for a second year, this autumn.

From Thursday 3 to Sunday 6 November 2016, Executive Head Chef Mark Jordan will be joined by a prestigious line-up of renowned chefs from the Channel Islands and Britain in a celebration of the gourmet produce and fine-dining in Jersey.

The event, which took place over three days in 2015, has been extended to include a fourth day, thanks to the popularity of the festival, while The Atlantic Hotel's ongoing charity partner, Durrell, will again be the charity which diners will be raising money for throughout the festival. Last year Eat Jersey raised more than £7,500 for Durrell and it is hoped that this target will be surpassed this year.

Over the course of the four day festival, diners can choose to attend four fine-dining gastronomic events at The Atlantic Hotel's Michelin starred Ocean Restaurant (one Michelin Star, four AA Rosettes), as well as a relaxed beachside feast at sister restaurant Mark Jordan at the Beach (Michelin Bib Gourmand, two AA Rosettes).

Tickets for Eat Jersey 2016 dining events will start from £40. For more information or to make a reservation, please call +44 1534 744101 or email reservations@theatlantichotel.com

34 gallery JERSEY'S STYLE MAGAZINE





into The Manor Clinic, which is like a beautiful boutique hotel set in a stunning Georgian building, was what a healing and caring environment I was in. I was greeted by manager Jane Willett, who has worked at the clinic since it opened over 9 years ago. You could tell Jane is very proud of the clinic and the team, many of whom have been there since the beginning and have invested a lot of themselves into making it not only a treatment centre of excellence, but creating the 'Manor family', as they fondly call themselves.

I was welcomed by the friendly team, all of whom had the ability to instantly put you at ease and make you feel safe. This is an important factor for most people walking through the doors of the clinic, as they will no doubt be feeling very nervous; this is the first step to confronting their addiction and starting the recovery process.

A small 15 bedded facility, The Manor Clinic only specialises in the treatment of addictions and differs from most facilities that are normally found within large hospital environments. Whilst maintaining a warm ambience, talking to the team made me realise the real importance of why people come here and the seriousness of helping someone whose life has reached a critical point. Many of the team understand this very well as they have been through





The Manor Clinic

The Manor Clinic is a private addiction rehabilitation centre surrounded by a large walled garden, set in the middle of the Hampshire countryside, promoting peace, healing and care in a homely, safe environment

treatment themselves, then gone on to train as therapists. Jane told me their knowledge and experience is invaluable, as they are able to relate to the real problems people face not only whilst going through the initial detox period, but when they leave to pick up the aftermath that their addiction has left behind.

What makes The Manor Clinic unique is their 'lifetime' aftercare service offered to anyone who completes the 28 day detox programme. This weekly service is attended by people from all over the country, and overseas, plus there is family group therapy every other Saturday. An 'intervention' service is also available for those who are worried about a loved one in denial, to help them confront their problems and see the importance of getting treatment. There is also a 24

hour helpline, which is a real lifeline for people when they leave the clinic.

To most visitors The Manor Clinic has become a second home and family offering support with whatever challenge they are facing; some return every week, some every month, and some go for longer periods. Most use it extensively for the first year, then as they get stronger their frequency lessens, but all those in recovery know they can use it as much or as little as they need.

Addictions can have such a negative impact on all aspects of a person's life, so if you are ready to take back control and change your life forever then give The Manor Clinic a call. Some of their patients have said it literally saved their lives, which is a very powerful statement and one that really stayed with me.

D

THE MANOR CLINIC

Mansbridge Road, Southampton SO18 3HW www.themanorclinic.com 01625 800046

BECAUSE QUALITY MATTERS gallery | 35







Groove is in the heart, so put it in your diary

On Saturday 6 August 2016, the magical beats of Groove De Lecq - Jerseys not for profit charity festival - will be weaving their way through the Greve de Lecq Valleys, as this happy little mecca of local musical talent, island culture and goodwill once again invites families and friends to dance, sing and celebrate in the name of good ol' community spirit.

As regular groovers will know, this sunny little micro-festival is all about offering a buzzing platform to fresh local talent, an opportunity for Jersey's musicians, artists and performers to let loose and showcase their feel good vibes.

WHY SHOULD GROOVE BE TOP OF YOUR AGENDA?

FOR DANCING, MUSIC & MAGICAL BEATS?

As a microcosm of the Jersey music scene, you can expect a fantastic mix of music and entertainment which will tickle anyones fancy. With some local favourites including Raw Prawn, Smooth Hounds and Lauren Ivy & the Engine, this year this groovy little festival has also extended their vibes to include friends from across the water; Guernsey-based Buffalo Huddleston (who you may have seen rocking it at Folklore & Sark Folk Festival) will be taking the headline spot on the Groove Main Stage. See www.groove.org.je for the full line-up.

TO EXPERIENCE THE WILD, WEIRD & WONDERFUL?

No problem. Bump into Sita's Circus with fun for all the family, stumble upon a hidden Mad Hatters Tea Party and get interactive with Mencap and the Jersey Youth Arts, Sing-Along with Ruben, take on a treasure hunt and learn how to dance with lessons from Jazzy and Sassy - the two JSPCA mascots. As well as old favourites including the Reggae & Records and the Saloon Bar, this year festival goers will be invited to do as the Brazilians do and take part in a carnival procession through the grounds, culminating with the popular festival paint fight.

FOR THE BEER & SCRUMMY FOOD?

Ale is important. We know this. The Moulin De Lecq is under new management and with this comes the addition of a special dedicated ale tent and several new bars to help quench the thirst of festival goers and should reduce queuing time too. What's more, some of the island's best caterers are grooving and ready to feed hungry mouths, including flavours from El Fuego, The Pink Panda Van, Unawatuna, Barrio and Alive Foods.

A FEEL-GOOD FEELING?

Great - once again there are a wealth of local charities involved in this annual fundraising festival. Charities taking to the interactive line-up include Mencap, Pride, Peas & Glove, Durrell and Charter for Trees, as well as the main beneficiary charity for 2016 - the British Heart Foundation, Jersey Branch. Groovers are lovers not haters, and have joined the local fight against heart disease so it can be beaten, for good. So for 2016, Groove is in the Heart.

WHAT ELSE?

- FREE transport to/from St Helier, St Brelade & the Watersplash.
- After-Party? No problem. Tickets are available on the Groove.org.je website.

WHERE CAN YOU GET TICKETS?

www.Groove.org.je

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Human Health
Chiropractic Opening
ST PETERS MEDICAL CENTRE
SATURDAY 2ND JUNE

Human Health chiropractic celebrated their grand opening with a weekend of live music, health talks, fantastic food and great company. The Connétable of St Peter John Refault and the Jersey Business team shared the honours of cutting the ribbon to congratulate the enthusiasm, passion and dedication that Dr

Tom Faulkner and his team have invested to make the Human Health dream a reality. They also wanted to say a big thank you from the team to all those who have supported and celebrated alongside them in their incredible first month in practice.











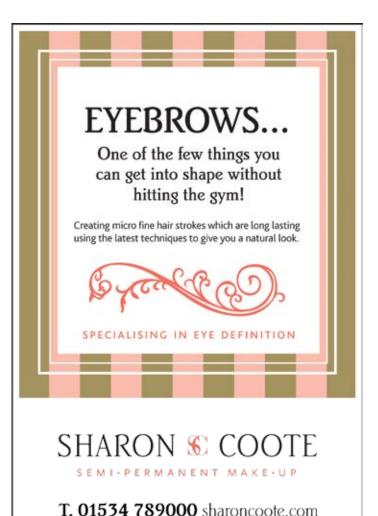


Jersey Association of Directors and Officers Annual Summer BBQ THE RADISSON HOTEL THURSDAY 30TH JUNE

The Radisson Hotel was the venue for the 2016 Jersey Association of Directors and Officers Summer Drinks event. The annual event provided a fantastic networking opportunity, with industry leaders from a variety of sectors attending. The event brought together members and friends of the association who enjoyed delicious barbecue delights whilst enjoying the summer sounds

of Matt and Adam. Before the event the AGM of the association was held and a new committee was elected. The coming year looks an exciting time for the association, which is celebrating its fifth anniversary this year. Thank you to Dave Evans from West,je for the pictures. For more information about the Jersey Association of Directors and Officers, please visit www.jado.je





















Elian Summer Party MIMOSA / QUAYSIDE SATURDAY 9TH JULY

More than 400 Elian employees and friends enjoyed a Caribbean carnival themed celebration for this year's summer party.

The evening was filled with tropical vibes and included fire performers, limbo competitions, a steel band and exotic

cocktails and buffet. Special guests ASWAD also took to the stage to perform.

With the sun shining, and surrounded by bright colours and sounds, a great time was had by all.













Promoting Healthy Young
Minds Conference
RADISSON HOTEL
MONDAY 4TH JULY

Victoria College and Mind Jersey brought together local experts and well-known UK speakers with students, parents and professionals to share ideas and best practice around good mental health in young people.

The conference was opened by Education Minister, Deputy Rod Bryans, and attended by the Lieutenant Governor and Lady McColl. Speakers included Natasha Devon MBE, Julian Radcliffe and Dick Moore who looked at building resilience, how to engage parents in conversations and what you should look for in a mentally healthy school. The overall success means the organisers are now planning a biennial event.





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Natalie Mayer's Exhibition LA TOUR CÂRRÉE FRIDAY 25TH JUNE

As part of the islandwide Skipton Open Studios event Photographer Natalie Mayer opened her 'Square Tower' Studio to show a collection of prints from an ongoing portraiture project. Nearly 300 people made their way out to her wonderful historical space in St Ouen's Bay, which she has poured a lot of love into to create a truly beautiful studio.

The portraits on display were created through her personal exploration (and celebration), of community and friendship. Natalie commented "For the duration of the work, I've been making new friends whilst thinking about contentment, connection, who we are, and how we became it." To see more of Natalie's work visit: www.nataliemayer.com













Freedom Centre Opening
BATH STREET
WEDNESDAY 6TH JULY

Invited guests and members of the public joined Freedom Church staff last month to view the first phase of completed refurbishments at the Freedom Centre (the former Odeon building). This stage of the development sees a fully functional auditorium, kitchen, servery and multifunctional foyer. This area includes

reclaimed items from the original cinema in its design. $\,$

The completed areas will begin to be in use in the coming weeks for specific events and work is continuing in developing the rest of the building.



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Uba Studio 8th Birthday Party ROJO ROOF TERRACE WEDNESDAY 6TH JULY

The team at Uba, creative, design and advertising studio, gathered clients and friends together on the sun soaked roof terrace at Rojo last month, all to celebrate their eighth birthday.

Guests were treated to cocktails and canapés in the Caribbean themed decor, all enjoyed whilst they basked in the glorious summer sunshine.













Gallery Student Art Awards
CCA GALLERIES
FRIDAY 15TH JULY

This years awards were once again hotly contested by a wide variety of talented local student artists. The winners were announced at an event attended by friends, family and the local artist community. Francesca Monticelli was crowned the overall winner, you can read her interview

on page 60. She was joined by Oliver Jack Woodall, Lizi Hill and Tom Rolls, all of whom were highly commended by the team of judges. Their work was exhibited at the gallery until the end of July. We can't wait to see what else these talented individuals produce.



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Beavertown Brewery Evening
JB'S WHARF STREET
THURSDAY 14TH JULY

A crowd of beer and food lovers joined together to enjoy a second beer and food pairing evening at JB's on Wharf Street.

The team at Love Wine brought over the incredibly knowledgable Fred from the UK based Beavertown Brewery, who talked through the beer side of things. Whilst JB's

had executive chef Trevor Howard and head chef Matt Gordon on hand to talk through the food side of things. Guests worked their way through six courses all paired with a different beer and left full and merry.













ZEDRA Jersey Launch Event
THE CHART ROOM, CASTLE QUAY
THURSDAY 14TH JULY

ZEDRA Jersey has launched! Managing Director Ashley Cox and his team welcomed guests to an elegant reception held at Castle Quay, complete with canapés from Shaun Rankin and delicious 'ZEDRAtini' cocktails to mark the occasion.

The group is an independent global specialist in the trust market led by the Sarikhani and Nielsen families, who have over 30 years of experience building and operating financial services businesses. Following the acquisition of the Barclays' offshore trust business and the Jersey-based Azure Trust Group, ZEDRA has attracted talented professionals throughout the industry. The company has a legacy of solid foundations, global knowledge and expertise, with a fresh ambition to 'Do More. Achieve More'.

TRAVEL



Destination 1: PARIS

TRAVEL:

To cater to my fellow beans, I started the first leg of the journey in Jersey. You can hop on a flight from Jersey to London Gatwick, and catch a connecting flight to Paris for around £120 one way per person with British Airways. Sounds steep, but that's your London and Paris flight combined.

ACCOMMODATION:

Hotel Michelet Odéon, In a typical Parisian-style building, this simple hotel is a 2-minute stroll from the Palais du Luxembourg and prices start at £85 a night.

CULTURE:

The Promenade Planteé opened in 1993, six years before New York's similar High Line project, is a tree-lined walkway on an old elevated railway line. The 4.5km trail is a wonderful way to explore the city above the streets, and a chance to peek into the apartments of the lucky Parisians who overlook it.

Another metro ride to Hotel de Ville and a walk across the Pont d'Arcole will take you to the famous Notre-Dame Cathedral. Definitely worth a visit just to admire the velocity and Gothic beauty of the building. What would a trip to Paris be without a visit to the infamous, and apparently tacky according to some Parisians, Eiffel tower. Whether you're going to stand underneath it only to realize just how tiny and insignificant you are, dare to climb to the top, or just admire it from afar, it's well worth the visit especially at night for the light show it puts on.

FOOD:

Enjoy a typical leisurely, long lunch in true French style at Soul Kitchen. They serve fresh, home cooked style traditional French food.

Le Grenier à pain is the perfect place to salivate over the French pastries, cakes and bread. If you're going to indulge, do it properly.

Finally, if your stomach will allow you, the restaurant Les Ombres on the top floor of the Museé du Quai is a great last stop before heading back to the hotel, if only to sip a glass or bottle of wine overlooking the Eiffel tower and river Seine.



Destination 2: BRUSSELS

TRAVEL:

We now move on to trains. Precisely a train that takes just under an hour and half from Garde Du Nord station in Paris, to Brussels south railway station. Hopefully the slight lay in and the hour or so kip on the train to nurse your no doubt foggy head from the copious amount of wine you drank last night did you some good.

ACCOMMODATION:

The hotel of choice for the lovely Brussels is Catalonia Grand Place Hotel. You can get to it by taking the number 3 or number 4 metro line from Gare Du Midi a brief walk away from the railway station, jump off at Anneessens and stroll to the hotel in 10 minutes.

FOOD:

Pre warning - do not intend to stick to your diet here. There's no point depriving yourself of the indulgent food. From the square, head to Fritland, a fast food joint with outside seating serving up famous Belgian fries and waffles. Definitely not to be missed.

One of the best places to go is Wittamer pâtisserie, who specialise in cakes, waffles and pastries. There's also a quaint little café upstairs if you want to lounge around and have Belgian style afternoon tea.

The Musical Instrument Museum's Restaurant is not one to miss. It is both enchanting and breathtaking, boasting outstanding views across the city on top of the Art Nouveau building.

CULTURE:

First stop is Grand Place, Brussels enclosed cobblestone centre square, which can only be accessed through narrow side alleys all leading into it. It's a place to admire the 15th-century architecture, and vibrant, city life. It's also best to see it at night, magically illuminated.

After you've successfully stuffed your face with Belgian fast food, take a 5 minute stroll to Galeries Royales, Saint-Hubert, a grand, glazed shopping arcade where you can roam around and treat yourself or window shop.

The best place to finish up your day is at the balcony of Place Poelart, giving you the prime spot for sunset watching before heading to L'Archiduc Deco Bar for jazz and drinks.



Destination 3: BERLIN

TRAVEL:

Flights from Brussels to Berlin are as cheap as £23 one way. Only takes an hour and a half with Ryanair, so take advantage.

ACCOMMODATION:

Hotel AMANO is my recommendation, mainly due to the great location and price as it's in the Mitte neighbourhood. At approximately £80 a night, it's a great deal.

CULTURE:

The Ann Frank Zentrum, a stroll away from the hotel. It's a place which is committed to promoting a varied and lively society and to working against anti-Semitism, prejudice and any kind of discrimination against people.

The classic monument that is the Brandenburg Gate is not to be missed. A must see for anyone visiting Berlin for the first time, as it gives you a view of the Reichstag building and other historical buildings.

Something I have personally experienced and would recommend to anyone visiting Berlin is the Holocaust Memorial to the murdered Jews of Europe in the second world war. Designed by architect Peter Eisenman and engineer Buro Happold, it's a very moving and thought provoking place.

FOOD:

For a knock out lunch or dinner, spend it at La Soupe Populaire. What used to be a beer factory which has barely been renovated makes for a movie like eating experience. Bare walls, rusty machines and amazing food sum up the restaurant.

If you want a more relaxed vibe, go down to Rotisserie Weingrun. Enjoy German food with a twist whilst you sit by the canal and watch the world go by.

KIM Bar for after dinner drinks and dancing is a feast for the senses and a great place to experience a taste of Berlin nightlife.

BECAUSE QUALITY MATTERS gallery



Destination 4: MILAN

TRAVEL

Again, Ryanair flights cost approx. £30 for air fares between Germany and Italy, and the hour and a half flight to Milan is definitely worth the money.

ACCOMMODATION:

The Ritz Hotel Milan is recommended because it's based in the center of Milan's city hub, just round the back of the Cose Buenos Aires which is lined with shops, cafes, restaurants and bars.

CULTURE:

Quadrilatero della Moda – translated as The Rectangle of Gold - is Milan's upscale fashion district. A fantastic place for people watching, shopping or just browsing to fully immerse yourself in the glam facade of the Milanese fashion elite.

The Duomo's view is hard to beat. Climbing the 150 steps to the roof, you can admire the 3,600 statues and 135 spires of the 500-year-old Gothic cathedral in all its glory.

Discover Michelangelo's unfinished masterpiece at the Castello Sforzesco. The uncompleted sculpture, the Pietà Rondanini was moved to a purpose-built display area at the castle in 2015 and shouldn't be missed.

FOOD:

Porta Volta in itself houses many attractions. Eataly Milano, essentially a shopping mall for all things foodie, is within it, as well as 10 Corso Cosmo which is an ultra stylish bookshop, fashion store and café rolled into one.

Have dinner on the go, literally, on the ATMosfera. A vintage tram which serves dinner, allowing you to sight see whilst you eat in a real authentic piece of Milan's history.

Luini is a local hit. This hole-in-the-wall joint serves a Milanese classic, the panzerotti. A beautifully crisp triangular pastry filled with tomato and mozzarella which locals lap up.



Destination 5: BARCELONA

TRAVEL

This time travel fare isn't as amazingly cheap. A similar price to the first plane ride from Jersey to Paris, prices based on the assumption you'll be travelling in the summer come up as approximately £116pp.

ACCOMMODATION:

One night in the Hotel Ilumion Almirante, in the gothic quarter and central to the city is only about £80 p/n.

CULTURE

Museu Picasso, the Picasso Museum in Barcelona housing a permanent collection totaling 4,251 pieces from his formative years as an artist. It reveals key elements in his relationship with Barcelona throughout his life and career.

The Catedral de Barcelona is a stunning building. The Gothic church began to be built in the 13th centuries, and was rebuilt in the 19th century. Covering bare shoulders and knees is a tradition for entering the building as a sign of respect.

It might not be considered cultural, but on the last leg of your trip you'll want to go out with a bang. Razzmatazz nightclub has been THE place to go in Barcelona for years, with five different rooms you're bound to find something to dance to.

FOOD:

Els 4Gats is a famous café in the Gothic region. Artists like Picasso and Salvador Dali would use it as their meeting spot to have dinner, drink wine and discuss art and their work.

Tapas 24 is a great place to experience traditional Catalan tapas which have been made gourmet. The basement tapas joint is renowned for its food. You can't book but it's said to be well worth the wait.

Passadís Del Pep is a seafood restaurant without a sign. A local favourite, which is always a good sign. There is no menu. They serve what's caught fresh that day from the sea that day, so it's well worth a visit if you want an authentic Mediterranean dining experience with the freshest food you'll find.

It's safe to say by now you will probably be very tired, pretty skint and possibly sunburnt. But this just goes to show that time doesn't limit how much you can explore and experience. Don't drag your heels when it comes to travel, just take the bull by the horns and run with it. It's never too late to have your next adventure.

「「 gallery JERSEY'S STYLE MAGAZINE

Every success story is a tale of constant adaption, revision and change. A company that stands still will soon be forgotten.

- RICHARD BRANSON -



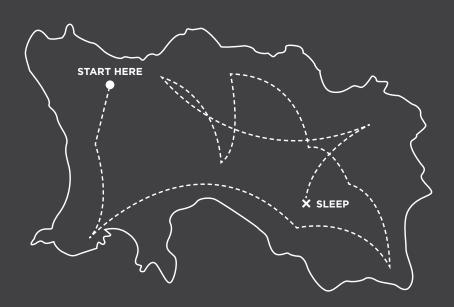
Blue Islands is now a Flybe franchise partner, all our services can be booked at www.flybe.com

We look forward to welcoming you onboard soon.





WORDS Taylor Jones



This idea seemed like a good one when it was first mentioned at the editorial meeting for this month's magazine. What about the island is fast, we wondered. We are famous for cows, a creature known, like Oprah Winfrey, for its majesty and grace, but, like Oprah Winfrey, not for its speed.

Our speed limit is 40mph, our government passes decisions at a rate that makes Obama's attempts to instate Merrick Garland to the Supreme Court seem rushed, and the effort of road workers to literally lay taxpayers' money on the cobbled road in St Mary can be drawn perfectly as the last third of Newton's cooling curve (will I ever let that go? Probably not). However you look at it, writing a lifestyle magazine about Speed on the island is a challenge.

But we here at Gallery thrive on challenges, just ask our Design Director any time in the 3 days leading up to print deadline. So, when the idea for an article entitled "The 12 Parish Challenge" was thrown in amongst the amalgam of speedily-jotted editorials and

coffee orders, nobody assumed that finding a way to do 12 activities in 12 hours in 12 parishes would be a problem. After all, it only takes 20 minutes to drive from one side of the island to the other, so how hard could it be? The answer to that question is simple. It's not possible. It's that simple; we tried, we failed. So, we decided, to make our lives easier more than anything, to extend the challenge, and thus what you see in front of you is a plan that, with the watchful gaze of Jersey Tourism cast over the project, has been crafted to provide you with 14 hours of the most intense, adventurous, and probably petrol-consuming Jersey experience. Just follow this simple itinerary and you'll have a (very rushed) day of discovery around the shores and streets of the island.

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St. Ouen 8:00 - 9:00am

Like the faithful who followed John the Baptist into the waters of the River Jordan, begin your Jersey adventure with a dip in the sea and a surf on the beach of St Ouen, which is home to the oldest surf club in Europe. Let the cold morning waters wash away the sleep of the night before and prepare you for a day of action-packed adventure, or just do what we all do in the mornings and dip your toes in the shore than run away screaming that it's too bloody cold.

St. Peter 9:00 - 10:00am

Food doesn't need to be cooked in lard and made of barely-edible plastic to be fast. The magic of Jersey is that so much of our food gets to our plates faster because it is grown locally. For breakfast, why not stop at the Classic Farm Shop in St Peter to fuel yourself for the coming adventure, trying any number of the myriad products that we are so proud of on the island.

St. Brelade 10:00am - 12:00pm

Prepare yourself for another trip to the ocean, and the most gruelling journey to the sealine you'll ever experience as you fight your way through the formidable battalion of tourists on St Brelades Beach that seem to aim solely to block your path. Once you reach the sea, and have mourned the inevitable loss of half your original travelling pack in the crowd, there are a number of water sport activities you can get involved with. For a morning activity (yes, 11:00am is still early for some), I'd suggest the Stand Up Paddle Boarding. You can get a picturesque and relaxing panoramic view of one of the island's most special coastal regions, as you test your balance and shoulder strength, and inescapably play revert to games not seen since "Gladiator"

St. Helier 12:00 - 1:00pm

The modern cityscape is not one that is generally associated with peace and quiet. The constant buzz of cars, the sonorous onslaught of market sellers and the claustrophobic closeness of congested pavements make for a stressful experience. Thus, Jersey's St Helier provides the perfect escape from this hectic lifestyle. Wonder up and down King Street finding a range of shops and products, and settle into one of the parish's quality restaurants like Wildfire, Bella Italia, or Cafe Jac for some of the island's best and most diverse food.

St. Clement 1:00 - 2:00pm

When Jersey residents go abroad, there's not masses we can boast about. Other than the milk, which is without doubt the best in the world, we don't really have all that much, unless you're willing to make yourself a social pariah and mention our phenomenal income tax rate. One thing we do have, in abundance, is the most striking, quaint, and popular beaches in Europe. The golden sands of our entire coast (sorry Bouley Bay) are perhaps best represented at Green Island in St Clement. Here, you can find some of the most diverse sealife in the rockpools of the beach, and, if you're brave enough, get one of the nicest views on the island from the top of the island itself.

Grouville 2:00 - 3:00pm

It's an undeniable fact that Jersey is steeped in history. From the War Tunnels to any of the number of celebrated and monumental castles, we are surrounded by buildings and places that boast individual and interesting stories of the past. Perhaps the most enthralling and engaging of them all is La Hougue Bie, the neolithic passage grave which is topped by one of the ten oldest buildings in the world. Learn about history from a time that seems almost inconceivable on one of the guided tours of the whole area, and see people in traditional dress that evokes images of The Village. Take that how you will.

Trinity **3:00 - 5:00pm**

Durrell Wildlife Park is an internationally renowned institution that boasts one of the most diverse and rich collections of endangered and common animals in the world. This huge compound, filled with a variety of flora and fauna, provides the perfect aesthetic stroll for anyone that has an interest in animals, or just wants to make faces at the monkeys through the glass. Learn about the numerous species within the park from guides and workers that are experienced and happy to help.

St. John 5:00 - 6:00pm

Jersey's coastline isn't all about the beaches. The cliffs that mark the perimeter of the north of the island are laced and entwined with vein-like paths that cut through some of Jersey's most untouched and untainted natural land. Walk through the long grass of the island and take in some the spectacular views out to sea. If you're lucky, you might even see some of the rare wildlife like lizards that reside in the more densely grassed quarters. If you're unlucky, you'll get run into said quarters by the army of dogs out for walks on the paths

"When Jersey residents go abroad, there's not masses we can boast about. Other than the milk. which is without doubt the best in the world, we don't really have all that much, unless you're willing to make yourself a social pariah and mention our phenomenal income tax rate. "

St. Lawrence 6:00 - 7:00pm

It's been a long day of walking and activities, and by now the sun is beginning to skulk back to its horizon home, content with a day's work of punishing you for forgetting the suncream. The island begins to quieten down for its post 5pm lull. But you aren't done just yet. The exhilaration of adventure still courses through your veins, and the tranquility of a enervated island cannot subdue the excitement. It's time to employ alcohol to do that job. In St Lawrence, you'll find a haven to start you on your way to inebriated bliss in the Saint Laurent Public House and Noshery. Begin your evening of controlled debauchery and fine dining here, but remember you have to drive to your next destination...



CONTINUED OVERLEAF...

BECAUSE QUALITY MATTERS gallery

...CONTINUED

"Find some of the finest local food from the sea and field here and enjoy the sunset on the beach after your meal. Wave goodbye to your phone signal, and enjoy familial conversation in a picturesque and traditional restaurant, than prepare yourself for one of the funnest roads to drive in the island as you move on to continue your evening."

St. Mary **7:00 - 8:00pm**

Which is Le Moulin de Lecq. This quaint tavern is found in the valley of Greve de Lecq, abutting the ominous yet awe-inspiring woods that cover the large area of St Mary. Find some of the finest local food from the sea and field here and enjoy the sunset on the beach after your meal. Wave goodbye to your phone signal, and enjoy familial conversation in a picturesque and traditional restaurant, than prepare yourself for one of the funnest roads to drive in the island as you move on to continue your evening.

St. Martin 8:00 - 9:00pm

You're full from dinner, your legs are tired from the cliff walks, there's sand lodged in places that only your doctor should ever see, and assuming you have little ones with you, they are beginning to do what they do best: complain. What better way to forget about the consequences of a day that has been filled with fun and adventure than to drink away the memories? And what better place to do that than The Royal Pub in St Martin? A warm and friendly atmosphere means that you won't even feel the guilt of locking your children into the large play area as you enjoy your well earned drink at the end of a long day.

St. Saviour 9:00 - 10:00pm

There's nothing quite like getting home at the end of a long day, and that's why this last activity is just that: arriving back at the Merton Hotel. It's time to put the inevitable family arguments about directions, the sound of children crying as they enter the dark caves at La Hougue Bie, and the monotonous drone that has become of the waves breaking on the shore behind you, and take your place in the regal bed. Just make sure you get there first, because fighting for space is difficult when the other person is already passed out.





Dream places to wake up

If you're looking for a family adventure, a romantic weekend, or have a special celebration, Jersey Heritage Holiday Lets offer exciting and memorable staycation breaks.

With 13 historic properties located in picturesque locations throughout Jersey, there is something to suit everyone. All of our self-catering accommodation is fully furnished with all home comforts accommodating from four to 12 guests, wherea our coastal towers are rustic hideaways with stunning views of Jersey's coastline sleeping up to 30 people.

Fort Leicester sits above the picturesque harbour of Bouley Bay, sleeping up to eight guests and with fully equipped kitchen, lounge and dining area, it has a private garden and terrace overlooking Jersey's stunning north coast. It's a perfect location for the ultimate staycation, with access to the beach and winding coastal paths.

Why not spend the evening watching the sunset from the jewe of St Ouen's Bay, Barge Aground. Accommodating six people, the décor has a 1930's theme with some original 30's furniture. Double doors open onto a large terrace which overlooks the bay and is perfect for watching the sun go down. This iconic property is great for either a family break, with the beach on your door step, or also for a romantic break for two.

To find out more and book visit www.jerseyheritage.org/holiday



JERSEY'S STYLE MAGAZINE

CULTURE

Oddsocks: Macbeth

Venue: Coronation Park, Millbrook (open from 6.30pm for picnicking)
Monday 1 - Saturday 6 August + Monday 8 - Wednesday 10 August at 8pm

New for 2016 is a rock 'n' roll production of Macbeth which promises to be nothing short of Oddsocks' usual mayhem and anarchy. Shakespeare's story of ambition turned bad is brought hilariously to life alongside a soundtrack of classic songs. Oddsocks are passionate about performing Shakespeare with energy and silliness and Macbeth will be no exception. Forget what you know about Shakespeare's tragedy and expect the unexpected! Please bring warm and waterproof clothing, as performances will go ahead whatever the weather. Please note that no refunds will be offered unless a performance in cancelled.

£19 (£13 students) / Members: £16.15 (£11.05 students)





We met local artist and photographer Jodie Spriggs whilst we were out exploring last months Skipton Open Studios. Her glass installation 'Ribbons de la Mer' took up residence at The Elms for the duration of the west weekend, where its beauty and skill could be truly appreciated. We wanted to find out more about the work that she does and what inspired her to create this fantastic piece of work.

Tell us about where and when getting creative all started for you.

I have always been creative from a school age. Art was my favourite chosen subject for GCSE which led me to study Art & Design at Highlands College where I took an interest in glass and then further pursued this as a Glass making Degree at Wolverhampton University.

How would you describe your work and what you do.

The eight piece glass installation, which you can see in the photos, 'Ribbons de la Mer', is inspired by Jersey's coastline. During a beach combing session for flotsam and jetsam, I took macro photographs of seaweed and pods. Back in the studio I experimented with metals and oxides within glass. I challenged myself to work on a large scale piece, incorporating different techniques and processes, much like building up a collage.

I enjoy layering and seeing depth within art works so this is present in my jewellery collection too, 'Flotsam Footsteps' which when viewed closely can look like mini worlds sitting upon your finger. Depth is also a theme within some of my photography, whereby I am often drawn to quirky doorways and archways. Most of my photography series are taken whilst travelling, I like to capture a

moment of daily life on the streets or a portrait shot of someone, where their face can tell a story.

What does an average day look like for you?

I am a full time nanny for a 19 month old boy. We are always exploring the island together. I am now incorporating my love of photography into my daily life. I have set myself a 30 day photo challenge. It is making me more mindful and aware of my familiar surroundings and seeing the beauty within them. I will often be snapping away on my walks and outings with the toddler.

Can you talk us through the process you went through to produce your glass installation.

The making process of 'Ribbons de la Mer' is a hot sand-casting technique. For each individual piece, eventually measuring just under a metre in length, I begin by pressing a plaster mould into a sand tray, I then remove it to create a shape to fill halfway with molten clear glass, gathered from a 1500 degrees C furnace. I have pre-formed a colourful glass sphere and lengths of glass cane, which are sitting in a kiln at the same temperature. These are set into the first layer of cast glass, and covered with another clear layer of the liquid glass to encase the forms.

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Once the glass has cooled enough to be able to manipulate, myself and a partner attach an iron rod onto each end of the form and lift the glass out of the tray, brushing away most of the sand. We then pull the glass, twisting slightly into a more lengthened and organic form. The piece is then knocked off into a kiln to cool slowly for 24 hours.

Once cooled, I 'cold-work' the glass into smoother, elegant pieces by sanding them on different machines. Finally sandblasting selected areas to create a contrast against the clear gloss finish. The final forms are suspended at one end, so that they are free to move, reflecting the motion of kelp-like seaweed in the seas current.

Do you have a favourite piece of work that you've kept, one that you loved so much you just couldn't sell.

Yes, one of my 'Rock Pool' rings, which my boyfriends mum owns. I try not to be overly precious with my work or I would never let anything go! I love it because it represents a fond time experimenting with materials and also a lot of hard work and time spent hand polishing.

Do you have any particular artists that have inspired you throughout your career?

I admire the large scale glass waved sculptures of the glass artist Danny Lane and the photographer Henri Cartier Bresson, for his courage and rules in aesthetics with a realistic approach. He likened photography to an "instant drawing", much like I prefer to leave my photographs unedited so what you see in my shots are the real colours.

What was your pathway to getting to this point in your career?

At Highlands College I was lucky to be taught by well known Jersey artists and especially encouraged by my tutor Glyn Burton, to work with glass and metal, he further suggested studying at Wolverhampton University for their range of facilities which would allow me to try out glass blowing and experiment deeper into the field of glass.

On returning from University, I took a silver class with Lisa Le Brocq and it is something I may continue with in the future, as it is much more feasible and accessible for me to pursue in Jersey. Photography wise, my travels to Asia are what provided me with the great colourful photo opportunities and have shaped my style.

If you could own a single piece of work produced by one of the grandmasters, what would it be?

An original by Alphonse Mucha - 'The Arts, Dance' 1898, I love his intricate Art Nouveau style.

What work adorns your walls at home?

My sister once commented our bedroom is like an artists studio and I suppose it is half of the time! So I think what's on the walls is important to be inspiring and reflect your interests or remind you of the place or person you may have bought it from, rather than just going for some generic print!

"Whether you enjoy using social media or not, it's the most current form of communication for advertising and promoting yourself, so post regularly, even if it's something personal and unrelated to your work, as it still means that your name is present in the mind of your audience. Find an upcoming event or exhibition space and work towards this as a personal deadline for creating a body of work to showcase."

On our walls at home we have originals from local artists Lorna Blackmore and Glen Fox, for the mark making, colours and details. Also a brightly coloured illustrated poster we picked up at Glastonbury festival, some prints my boyfriend bought in Barcelona and one of his own pieces, an illustration drawn onto a skateboard deck.

If you had the keys to any museum, so you could come and go as you please, where would it be, we'll throw in a private jet too?

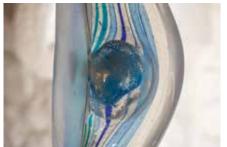
The Science Museum in London, for the interactive qualities. I'm not overly keen on visiting art Museums, I recently went to the Guggenheim in New York and I was more fascinated with taking pictures of the shape of the building itself rather than what was exhibited!

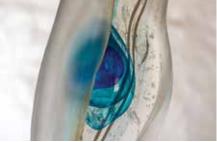
Do you have any great career advice for people with an interest in pursuing a career as an artist?

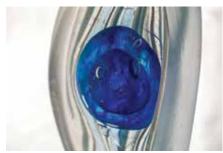
Become part of the thriving art scene on our island. Immerse yourself in the regular events, attend exhibition private views, then have the confidence to mingle with fellow like-minded people for great networking opportunities. Whether you enjoy using social media or not, it's the most current form of communication for advertising and promoting yourself, so post regularly, even if it's something personal and unrelated to your work, as it still means that your name is present in the mind of your audience. Find an upcoming event or exhibition space and work towards this as a personal deadline for creating a body of work to showcase.

We know you exhibited last month as part of the Skipton Open Studios, but what's coming up in the future, anything we should be keeping an eye out for?

My next aim is to have my glass installation installed permanently. I ideally imagine it to be suspended by a window, down a staircase, or in a grand entrance way for lots of people to see. In other areas of my creative interests, I would like to start experimenting with combining my photography with collaging, so watch this space!

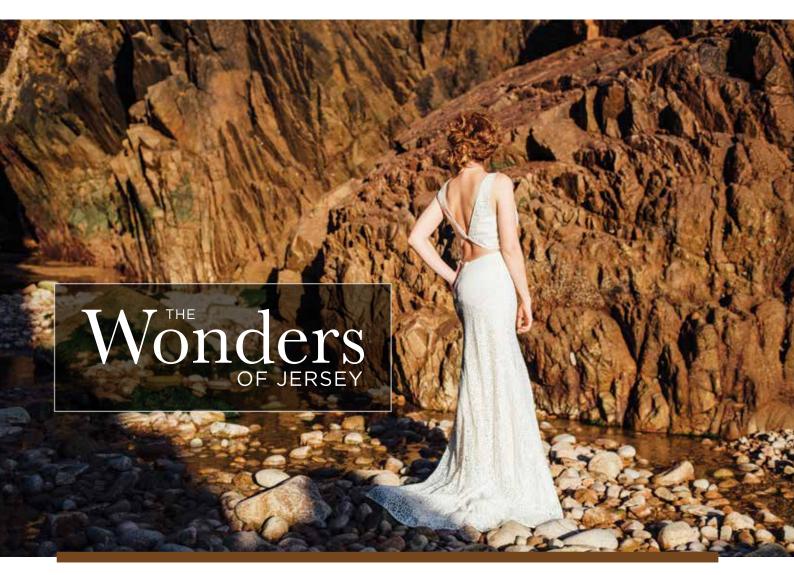






Her website is jodiespriggs.com she is on Instagram and has an artists profile on Facebook, search her full name, Jodie Spriggs.

BECAUSE QUALITY MATTERS gallery



Inspired by the beauty and unique landscapes of Jersey, Portland, Oregon-based wedding photographer Britta Marie teamed up with local wedding planner Natasha Boner of Lovely Days Studio to photograph a bride in nine iconic Jersey landscapes, featuring equally stunning bridal gowns from designer Elizabeth Dye's newly released Futura Collection. Elizabeth Dye's Futura Collection are available at Heart Aflutter in London.

Britta explained: "I chose to do this project in Jersey because I visit often, and each time I do, I find myself amazed by the natural beauty of the landscape here.

While walking through the sand dunes, I was inspired by the scenery and decided on a project - photographing a bride in Jersey's most stunning landscapes, wearing Elizabeth Dye's fashion-forward

gowns from her newly-released Futura Collection. I reached out to the community via Facebook and had locals complete an online survey to determine what they valued as Jersey's most iconic locations. 68 locals voted and helped us decide which locations to shoot at, and I couldn't be more pleased with the result!"

Photographer: Britta Marie, www.brittamarie-photography.com

Planning: Lovely Days Studio, www.lovelydaysstudio.co.uk

Gowns: Elizabeth Dye, www.elizabethdye.com via Heart Aflutter Bridal Boutique www.heartaflutterbridal.co.uk

Model: Anna Patricia Martínez López Make Up Artist: Eva Miere,

MUA www.facebook.com/evamieremua

Florist: Eden by Claire, www.edenbyclaire.com

Locations and gowns:

Mont Orgueil Castle - Skylark gown, WWII Bunkers at Noirmont - Juno bridal jumpsuit, Jersey Cows at St Ouen - Auden & Titania gown, The White House - Orion gown, Grosnez Castle - Nova gown, Sand Dunes - Valletta gown, Plemont Caves and Bay - Lady Stardust gown and Helios gown, Corbiere Lighthouse - Tasman & Celeste gown, Elizabeth Castle - Futura gown and Valletta & Ariel gown

JERSEY'S STYLE MAGAZINE























Francesca Monticelli was announced as the winner of the Gallery Student Art Awards 2016, with a clean sweep of votes from the judging panel. Having just completed her Foundation year at Central St Martins we caught up with her to find out more about her work so far and what the future holds as she's about to embark on her degree course at the prestigious university.

Congratulations on being this year's Gallery Student Art Awards winner. Has it sunk in yet?

It hasn't really sunk in, I still can't believe it. I wasn't expecting to win at all, but was just pleased to get as far as showing my work at CCA! It was a wonderful surprise to win, as the entries this year were so strong, and I have such admiration for my fellow artists and their incredible work on show.

Could you explain the process involved behind your winning work?

My work goes through many processes. I enjoy using myself in my art as an expression of self as art rather than just a creator. Performance is a key starting element, allowing me to become my work. It is soon no longer a performance but a way of doing, moving and living in that moment,

in the space. This work involved painting my body and creating a costume of plastic bags, before taking a trip around the island to photo shoot in different locations such as the beach, sea, and the muddy woods. My work in the CCA derived from the photographs taken in the woods, where I also created an installation of myself and plastic bags spread across the trees. I then used these photos to create a digital collage, representing an idea based on fantasy, contaminating spaces and multiplying clones of new species or creatures. Parts of this collage are shown in my screen prints at the CCA, which are actually my first attempts at screen printing. I am also passionate about painting and used my abstract painting and a light projector to project my collage onto the painting, before photographically documenting the process.

And what inspired it?

I am fascinated by colour, light and space, and developed this with my interest in psychedelic patterns, fantasy, cell mutation and biological modification and cloning. My favourite artist Janaina Tschäpe, along with Rachel Maclean and Stephen Bush have inspired me to explore techniques such as performance and digital collage in my work.

You feature within the work which you entered in to the awards, is there anyone else you'd like to have a starring role in a future project?

I think I will continue to use myself, as this is an important part of my work, transforming myself into something else, I can become another. In a dream world, I would very much like to work with the

JERSEY'S STYLE MAGAZINE

artist Janaina Tschäpe, as I feel that we share similar ways of thinking, it would be an honour to have her star in my work. However, I think artist Rachel Maclean would be fun due to her costumes, characters and unique performance style. I feel I would also learn a great deal about filming from her if she had the starring role in my work.

You've just completed your foundation year at Central Saint Martins, for those who don't know, what does that mean?

My Foundation Diploma in Art and Design was a one year course which allowed me to explore and experiment with a range of different areas in art from fashion, textiles, design to performance, to mention a few. I learned new skills, techniques and discovered new ways of working such as collaging, screen printing and used different technologies such as light and slide projectors, which are featured processes in my work.

As art has such a broad range of pathways, foundation is preparation for a more specialised degree course. It really allowed me to discover want I was best at and what aspect of art I enjoyed the most. Often students go into a foundation thinking that they will do a degree in one area of the arts and actually specialize in something different. I went into foundation thinking that I wouldn't be interested in screen printing but it is a new found love. Foundation has certainly broadened my ideas and makes one view and think about the world in a very different way. It had certainly changed my perspective anyway. I look at things not as they physically stand but as their possibilities - the colours and patterns, how things are positioned and composed. Foundation is very intense, but so far it has been one of the most fun and expressive years of my education.

Now you're moving on to your degree course, do you think your style of work is likely to change?

I am enjoying creating in this style of work

- with many processes and with a variety of media. Of course my work will change as I explore new avenues, technologies and media. Also my interests may change as I develop as a person as well as an upcoming artist. Living most of the year in London, there is always something new to inspire me and drive different ideas, but this is what excites me! I can't wait to see what the future holds and how I will develop. My work, currently at the CCA is certainly a very important foundation in which my ideas can grow.

London is so culturally diverse. I have met many friends from all over the world, including China, Egypt, France, Abu Dhabi and of course London itself! What I like the most though is visiting the hundreds of art galleries, exhibitions and museums that London has to offer, and finding those art spaces that only a few people know exist - this is the real London, far away from the tourist hustle and bustle. Another incredible part of London is studying at Central Saint Martins, which has the most energetic vibe, with the awesome fashion

"What I like the most though is visiting the hundreds of art galleries, exhibitions and museums that London has to offer, and finding those art spaces that only a few people know exist - this is the real London, far away from the tourist hustle and bustle."

How does an average day look for you?

In London, I start my day with yoga and going for a run, before visiting galleries and going to one of my favourite places - the studio at university! I spend so much time there, studying books, creating work and being with my friends. We are usually the last people to leave, the security guards always have to ask us to "Please go home!". I come back to my halls and often continue working to the early hours of the next morning! I breathe, eat and sleep art!

Studying in London is a big change from being here in Jersey, what do you like most about living and studying in the city?

I have the best of both worlds, the crazy, chaotic London life and my little Jersey, which I am proud to call home! I feel really lucky to study in London, as there is always something to do and amazing opportunities to be had, such as helping out in London's Fashion Week. I walk down the streets and feel buzzing with energy and inspiration, from the street art, the architecture, sights and the people.

styles, everyone fuelled with unique ideas and busily making art. I have to pinch myself every time I walk through the gates!

What do you miss most about Jersey when you're not here?

I love the sea and the beach. If you can't find me painting or making art then I will be in the water! I really miss scuba diving (not so fun in the Thames), the walks on the beach where I can think and watching the sun going down at St Ouens with my friends.

What made you enter the awards?

I entered the awards because I thought it would be a wonderful opportunity to be a part of the creative community in Jersey, to meet new artists and to possibly experience showing my work in the CCA – now a dream come true. May I also say thank you to Gallery and the CCA for this amazing opportunity to show my work, is has been a wonderful experience and an honour to be the winner of the Gallery Student Art Awards 2016.



BECAUSE QUALITY MATTERS gallery

Culture News

THE MOUSETRAP - 60TH ANNIVERSARY TOUR

Agatha Christie's The Mousetrap has been the world's longest running stage production at its London home since breaking the record in 1958 and recently celebrated its 26,000th performance.

The 60th Anniversary – and first ever - UK tour of this beloved murder mystery is heading to the Jersey Opera House this month. We caught up with the shows star, Louise Jameson, who has fond memories of Jersey having spent a number of years here filming TV favourite Bergerac.

Louise, are you excited to be back in Jersey? Tell us a bit about your time here whilst filming Bergerac.

I'm absolutely thrilled to be back in Jersey. In many ways it feels like coming home. I have such happy memories of my time here, with my two toddlers who are providing me with grandchildren.

This will be the 60th Anniversary production of The Mousetrap. How does it feel to be a part of that?

After 45 years in the business I'm amazed that the opportunity hasn't arisen before. The Mousetrap is such an iconic piece of British theatrical history, I'm exceedingly proud to be part of it.

The Mousetrap is the longest running show of any kind in the history of theatre. Why do you think that is?

Many reasons. It's good for a star, quintessential Christie at her best. But more than that - after six years it broke all box office records and found itself on the tourist trail but it is also based on a profoundly sad story of a child who was beaten to death whilst in care. The story troubled Agatha so much she wrote it out of her system, first with a radio play called Three Blind Mice and then the production that you see today of The Mousetrap. That said, there is an enormous amount of humour in the piece too. That was one of her great skills.

What can the audience expect in the show?

Family entertainment at its best. You can bring your teenage child and your ageing parents. YOu will laugh, you will be a little scared and you will be moved. Who can ask for more. It's a good old fashioned, rather marvellous, whodunnit.

How long will the show be running for here in Jersey?

The Mousetrap runs at the Jersey Opera House from 1-6 August, 01534 511115,





SOMETHING STEAM-PUNK THIS WAY COMES...!

August has come around again, and with that, comes the time-honoured tradition of some alfresco Shakespeare courtesy of Oddsocks at Coronation Park.

This time, from 1 - 10 August (not Sunday 7 August) Oddsocks present a brand new steampunk production of Macbeth, featuring copious amounts of energy, silliness and some classic pop songs too! Forget what you know about the Bard's bloodiest tragedy and expect the unexpected...

Performing again at Coronation Park, this is sure to be a summer experience unlike any other! The park will be open from 6.30pm for picnicking, so bring your lemonade, sandwiches and sausage rolls for a night of food, frolics and family fun. You'll need to bring warm and waterproof clothing as, as always, the performances will go ahead whatever the weather.

If the visual arts are more to your taste, then head along to the Maurice Boots exhibition in Jersey Arts Centre's Berni Gallery from 22 August. Featuring a mix of work from the noted Jersey artist, the exhibition features drawing, painting and printmaking. Boots exhibited widely both nationally and internationally, and also had a painting selected for the 1973 Royal Academy Summer Exhibition. The pieces will be shown until 17 September, so make sure to pop in and view some beautiful artwork. You can also go along to the preview on 22 August from 5.30pm.

For more information about any of the above events, or to see what's coming up at Jersey Arts Centre, please visit: www. artscentre.je or give their Box Office a call on: 700444.

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The CafeJac silent summer cinema series is legendary. For those evenings when you're not basking in the late night sunshine, or you simply just fancy doing something a little different, you can head down to CafeJac grab a pair of wireless headphones and watch any one of a huge variety of great movies, for free!

All of the movies start at 8.15pm, which means you have plenty of time to eat beforehand (last orders for food are 7.45pm). They've even got a great meal deal on for the duration of the series where you can grab either a Big JAC or grilled salmon and a drink for £11.95, we'll see you there!

SHOWING THIS AUGUST

MONDAY 1ST TUESDAY 2ND WEDNESDAY 3RD THURSDAY 4TH

FRIDAY 5TH

MONDAY 8TH TUESDAY 9TH WEDNESDAY 10TH THURSDAY 11TH FRIDAY 12TH

MONDAY 15TH

TUESDAY 16TH WEDNESDAY 17TH

THURSDAY 18TH

MONDAY 22ND

TUESDAY 23RD

WEDNESDAY 24TH

THURSDAY 25TH

FRIDAY 26TH

MONDAY 29TH TUESDAY 30TH WEDNESDAY 31ST THE DANISH GIRL

ZOOLANDER 2 HAIL, CAESAR

DADS ARMY

THE ADVENTURES OF PRISCILLA,

QUEEN OF THE DESERT

CAROL **GRIMSBY AUSTRALIA**

THE LOBSTER

MURIEL'S WEDDING

NED KELLY

EDDIE THE EAGLE

33

LONDON HAS FALLEN

DARK HORSE

THE LADY IN THE VAN

GALLIPOLI

NUTTY PROFESSOR 2

TRAINSPOTTING

MY BIG FAT GREEK WEDDING 2

A CHORUS LINE **ROCK OF AGES**

SHOWING THIS SEPTEMBER

THURSDAY 1ST FRIDAY 2ND **MONDAY 5TH** TUESDAY 6TH WEDNESDAY 7TH THURSDAY 8TH FRIDAY 9TH

WHERE TO INVADE NEXT

AMY

THE JUNGLE BOOK HOW TO BE SINGLE

THE CHOICE

THELMA & LOUISE

KING OF THE WORLD, MUHAMMAD ALI



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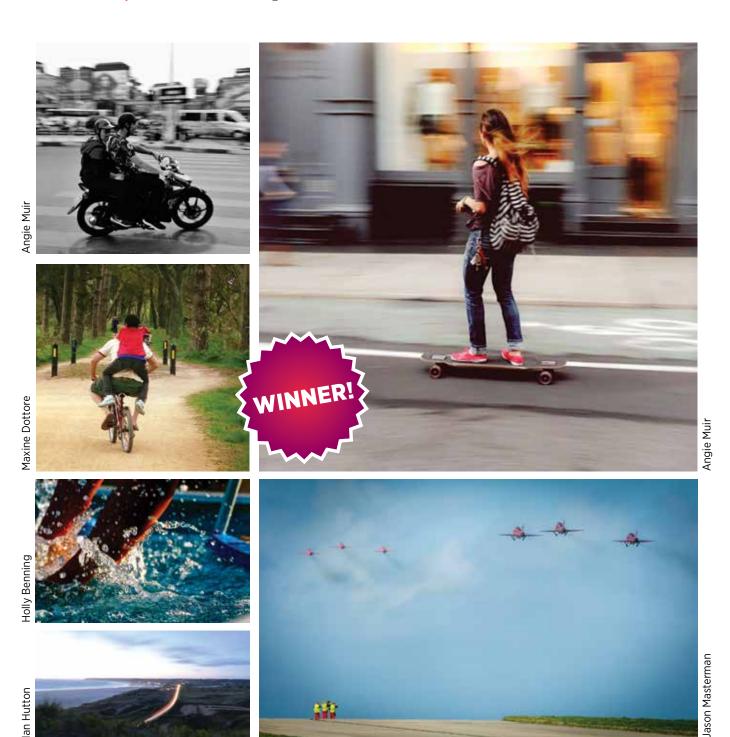
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NEXT ISSUES THEME IS **URBAN.** EMAIL YOUR PHOTOS (**4MB IS A GOOD SIZE**) WITH THE SUBJECT 'UPLOAD' TO: **UPLOAD**@**GALLERY.JE** BEFORE THE DEADLINE OF **15TH AUGUST** AND YOU'LL BE IN WITH A CHANCE OF WINNING FREE DRINKS FOR A WHOLE MONTH!

IF YOU'VE WON, PLEASE CONTACT DAVE@BEANAROUNDTHEWORLD.CO.UK



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Jason Masterman





Joanna Malyszko-Krupowicz

Norma Molloy

BECAUSE QUALITY MATTERS gallery | 65

Exhibitions



Building on the success that the Archisle Project at the Société Jersiaise Photo Archive has fostered in the past five years of promoting contemporary photography through an ongoing programme of exhibitions, education and commissions a new Archisle Academy has been launched for individuals and students who are passionate about photography and want to learn how to tell contemporary stories through original artistic and documentary approaches to contribute to the archive.

The Academy is the brainchild of photographer Martin Toft and Gareth Syvret who leads the Archisle Project. The first course, which starts in September, will place strong emphasis on how contemporary image-makers are using photobooks as a method of self-expression and dissemination of personal creative projects. Through the course participants will be equipped with the skills and confidence to find their own voice and unique concepts and themes.

The first stage of the programme will teach photographers how to shape their ideas through archival research, analysis, communication, planning, experimentation, design, printing, distribution and marketing. Strong focus will be placed on equipping photographers with the ability to express and communicate the meaning and significance of their project to an audience.

Between them, Martin Toft and Gareth Syvret have over 40 years' experience of photography practice, teaching, research, writing, archives and curatorship. Atlantus, their project about the connected histories of Jersey and New Jersey has received international critical acclaim and been widely exhibited in Europe and the USA. In July 2016 Atlantus was shortlisted for the prestigious Prix du Livre Award at the renowned festival Les Rencontres De La Photographie in Arles. The duo are currently embarking on a new major project called Masterplan (masterplan.je) exploring the Jersey Finance Industry.

This course is suitable for anyone with an existing project to take to the next level or who wants to explore a new concept and engage with a growing international network of photography creatives.

More information about enrolment, the academy and Archisle Programme can be found at www.archisle.org.je or email: academy@archisle.org.je

Capability Brown Exhibition at 16 New Street in association with The Embroiderers' Guild Jersey The National Trust for Jersey have teamed up with The Embroiderers' Guild to create a unique exhibition celebrating 300 years since the birth of landscape architect Lancelot 'Capability' Brown.

The highlight of the event is a unique exhibition of hand-embroidered cushions inspired by landscapes and gardens managed by the National Trust for Jersey – including iconic landscapes such as the Orchid Field at Le Noir Pre, the orchard at The Elms and the Georgian House and garden at 16 New Street. The 59 cushions have been created by members of the Embroiderers' Guild Jersey and they are displayed as a trail throughout the house.

Ladies from the Embroiderers' Guild Jersey will be demonstrating their craft on the first floor of the house during opening hours.

Admission: Free Entry to Trust Members and Embroiderers' Guild Members. Non-members: £5.00



XIAOGUANG QIAO . KAREN BIT VEJLE

Paper Dialogues

OPENING AT THE ASSEMBLY ROOM • TOWN HALL • 12-28 OCTOBER

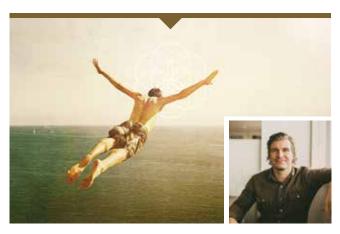
AMAZING STORIES HIDDEN IN PAPER



Beauty News

Slow down, Tune in, Check up, **Zone out**

Dr Thomas Faulkner shares his top tips on slowing it down to create, release and maintain health in our rapid world.



Tune in

In a world where 70% of adults in the UK are regularly taking painkillers it's simple to see that right now, we humans are the sickest species on the planet in body and mind. Yet when asked what's most important to us in our lives, the most common answer is 'to be happy and healthy', so why the disparity in belief and reality? We're too busy to check up, too tired to tune in and too distracted to zone out.

Check Up

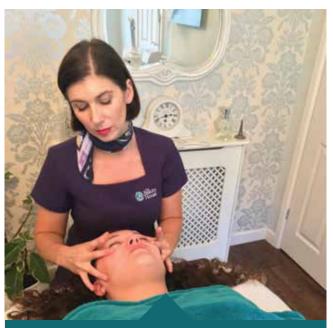
Most people wrongly believe that good health is a lack of symptoms such as pain, this misunderstanding is limiting our ability to control and utilise the incredible body and mind we live in. 10 million work days were lost last year due to back pain in the UK alone and on the premise that thousands of signals travel to and from the brain every second via the spinal column, it is vital that we optimize this feedback through regular check ups and adjustments.

Zone out

By zone out I don't mean into the couch potato society. On average a human will spend five years of their lives surfing the internet and 11 years watching the TV! Holding those positions and postures for long periods of time has serious long term effects on your spinal column and posture. So create a bliss amongst the rapid action that's occurring within and around you right now.

Without this incredible body and mind that strives to serve you every single day to carry you to your goals, the values of your life will be incredibly limited. So take time to do it - Tune in, check up and zone out or before long, you wont have a moment left to do it.

Dr Thomas Faulkner MChiro DC Human Health Chiropractic T: 01534 747833 www.humanhealthcentre.com



Under-the-Radar Facialist with Over-the-Top Skills

With a high profile and well-heeled client list, Victoria Mitchell Senior Therapist at cult beauty haven The Beauty House is fast earning the reputation as Jersey's 'must see' facialist.

Women with radiant skin will often whisper her name when complimented. With a brimming bag of beauty tricks, Victoria is an expert in achieving the kind of glow we can only dream of. Skincare is her craft, and one which she carries out in a most flawless fashion. Be it a bespoke facial or meticulous manicure, Victoria is fastidious yet intuitive in her approach.

"I consider myself an artisan when it comes to facials, massage and beauty treatments. I have always loved creating personalised beauty formulas that deliver exceptional results."

Tucked away in the heart of the countryside, lies St Mary's best keep secret The Beauty House; a sanctuary of positive skin health, body tonics and the best beauty basics.

"I believe that looking at someone's skin is incredibly powerful and telling," says Victoria, who thrives on the problem-solving aspect of her job.

Victoria has expertise in unclogging pores with a combination of manual exfoliation, enzyme peels and extractions as well as her signature contour massage for tightening, lifting and firming. "I love to get results that my clients are happy with," says Victoria, "Nothing is more gratifying."

Her calling card is that no one ever leaves her treatment room red or blotchy. According to Victoria, "it's all about technique."

Victoria's artistry is further enhanced by working with the exclusive Peviona Botanical Skin System. Facial elixirs rich in natural antioxidants, omegas and essential skin boosting vitamins aid for a brighter, smoother, more youthful complexion. Victoria's personalised after-care protocol and reliably good conversation make her sessions worth every penny.

T: 01534 789000 www.thebeautyhouse.je

SO | gallery JERSEY'S STYLE MAGAZINE

What is a **beach body** anyway?



WORDS Christopher Journeaux, Therapy Jersey

Passing a newsagent last month I was met by a striking feature headline on the front page of a newspaper. It asked: Have you got your beach body ready? Unfortunately, and somewhat randomly, there was a full length mirror on the side of a nearby shelf. I was swiftly able to make a comparison between the man in the couple pictured and me and make an equally swift conclusion that my body was indeed not beach ready. Actually I'm not sure it ever has been, given the evidence by which to make the comparison.

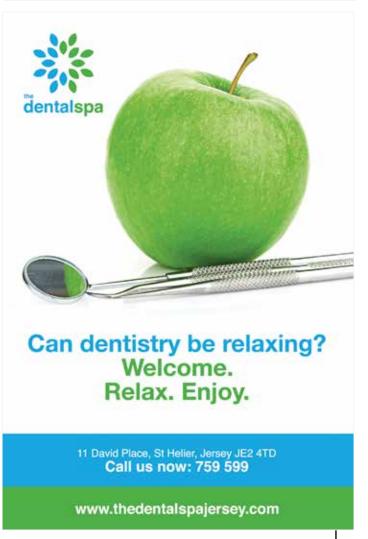
Walking back to my therapy room, though the power of that headline struck me. As you might expect the couple were young, slim, toned and well-tanned. The message then; this is the norm, perhaps even the required, look for the summer. And what a message that is. Perfection by some unknown judge is the objective and failure to reach this means you are not fit to be seen on the beach. That felt quite crushing.

"Perfection by some unknown judge is the objective and failure to reach this means you are not fit to be seen on the beach. That felt quite crushing."

Too detailed a conclusion, you might think. Perhaps. Consider what the message might be for a young man, late teens, surrounded by images of 'buff' role models devoting their time to achieving that 'buffness' in the pursuit of success. Where that success is defined not by what they can think or create but simply by the quality of the toned body they must display.

Where that image of the perfect physique is extreme it becomes illusory, unobtainable. A passion for fitness steps easily into being an obsession where the goal sought is always out of reach but always required by this measure of success. From this comes anxiety, depression through the perpetual pursuit of the unattainable. We are so much more than one, spurious measure; we are the qualities that best tell the world who we really are.





Luscious Lips

It's all fine and dandy experimenting with lip colour once in a while, but where is the red you can rely on and the pink that'll make your pout pop? We've rounded up a selection of great usable lip products in easy to wear colours that we think could become your make up bag staples.



Tom Ford
Lip Colour Sheer
Sweet Spot

Available from deGruchy
A perfect peach kiss of colour ideal
for casual dates all wrapped up in
wonderful packaging.



Sisley
Phyto Lip Twist
Love

Available from Voisins
Va va voom. A rush of stunning colour to
spice up any look.



M.A.C Plushglass In Abundance

Available from Voisins
The prettiest of glosses, buy this for your girlfriends, it's a gorgeous all rounder!



Tube Tint Bare Shimmer

Available from Voisins

Non sticky and lasts for ages, lip
hydration with a touch of sheen!



Urban Decay Vice Lipstick

Available from Feelunique

A pink that is sure to make the boys wink.

It's attention grabbing and long lasting!



Nars Lipstick Heat Wave

Available online
Looking for a strong red that is sure to
become your fave? Look no further!



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

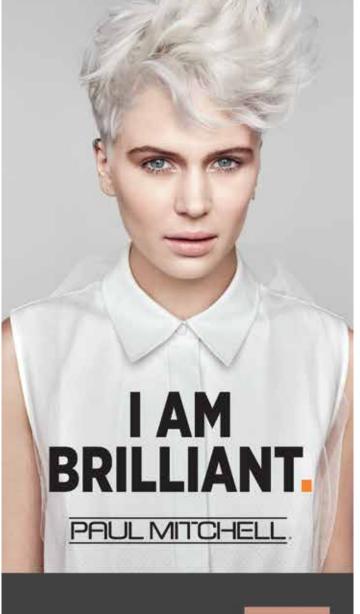
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TEL 734458

BEAUTY SHOPPING HAIRDRESSING



Fresh faced and fabulous

The Dental Spa, based at 11 David Place is home to not only a fantastic and modern dentists, but they are also the place to go to for a variety of aesthetic medical treatments and also laser hair removal at their Laser Spa. Two treatments in particular that they offer within their private treatment rooms are aimed at those looking for fresh and rejuvenated faces.

Glycolic peel

This peel is a clarifying facial which targets oily and acne prone skin, it is scientifically formulated and results driven. Peels are intended to remove the outermost layers of the skin. To accomplish this, the chosen peel solution induces a controlled injury to the skin and the regenerated skin is usually smoother and less wrinkled than the old skin.

Initially you will start with a 40% glycolic skin peel which provides adequate exfoliation without causing damage to the skin's barrier. The peel will improve the condition and texture of not only acne prone skin but of all skin types, leaving you feeling fresh faced in no time.

Features and benefits

- The peel contains botanicals which mitigates any stinging and irritation
- $\boldsymbol{\cdot}$ There is no pre-preparation
- No downtime
- Designed to remove build-up of dead and abnormal skin cells, that cause a dull complexion and blocked pores
- Reduces acne, pigmentation, fine lines and wrinkles

The products used are only to be applied by trained professional such as doctors, medical professionals and beauty therapists with a level 3 qualification, which means you're going to be in really good hands.

Derma rollers

The concept of derma rolling is quite simple.

One of the practitioners, Michelle or Joanna will roll the tool over your face, creating tiny holes in your skin, which will stimulate skin repair and cell regeneration. As we age, our skin becomes loose and saggy due to collagen depletion. Well derma rolling works to boost new collagen cells, accelerates skin regeneration, increases product absorption, improves texture, fine lines and minimises pores.

Derma rolling leaves the skin looking smoother clearer and brighter, it also tightens firms and hydrates and can improve pigmentation. This treatment is ideal for those who may bear the scars of acne or perhaps you've got post-operative scars on your face and body, if so then derma rolling may be just the treatment for you.

The derma roller procedure is simple. You'll have a layer of numbing cream applied 20 minutes prior to your treatment. The sensation is perhaps a little odd, but tolerable; it may feel like mild sunburn for up to 12 hours post treatment. You'll be happy to know that make up can be worn straight after the treatment, meaning people will be none the wiser you've even been for a treatment.



The Dental & Laser Spa, 11 David Place Tel: 01534 759 599 www.thedentalspa.uk.com

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Brand News

Oh the prettiness

The latest offerings from design duo Baum und Pferdgarten (nope, not sure how to pronounce that either) are divine!

With a glorious seventies air without being overly retro, we love their brocade dresses, pussy-bow necklines and of course the epic tailoring!

Baum und Pferdgarten is available from Manna.







The Hettich Watch

We're used to seeing watches in the windows of jewellers, but what about a jewellers that has its own watch, created by the world's leading watchmakers Patek Philippe? The fabulous Patek Philippe World Time Ref. 5130J Hettich Jersey Special series limited edition was launched at a gala event in Jersey last month to mark the 50 year relationship between Hettich and Patek Philippe. The World Time watch carries the Hettich name and colours and replaces London with St Helier as the key central location. Only 15 of these watches will be made, representing a unique way to capture a moment in time.

To see the Patek Philippe World Time Ref. 5130J Hettich Jersey Special series for yourself, contact Hettich Jewellers, 01534 734491 or visit www.hettich.co.uk

GRACE LOVES LACE

This awesome Aussie brand has been making stunning wedding attire for years, and their latest collection is just so gorgeous that girls aren't waiting for their wedding day to be wearing these amazing gowns! From festivals to garden parties, these incredible lace dresses are being seen on off duty models and leaders of the fashion set up and down the country.

Pictured is the ethereal elegant Soho dress from their new Blanc

Collection. Available online.





Is it time to discover the TAG Heuer Connected?

Smooth smartwatch functionality all packaged up in sleek Swiss design - get the first look at the TAG Heuer Connected, brand new at Hettich Jewellers. Styled as a watch as well as a smartwatch, the TAG Heuer Connected brings tradition and tech together with a custom Intel chip inside and lightweight titanium on the outside.

Keen to get your hands on one? Hettich Jewellers are the exclusive stockists of the TAG Heuer Connected watch, from £935 at Hettich, 1 King Street, St Helier, www.hettich.co.uk



An ode to curves!

Prima Donna Swimwear produce fabulous fitting bikinis and swimsuits available up to a G Cup. Their latest collection is full of bold prints and cool cuts which work just as well at a pool party as they do under a sheer kaftan at a beach bar!

Their wonderful campaign girl, American model Myla Dalbesio (pictured), adores the collection because it is 'specially designed for women with curves like me!'. Beautiful and stunningly cut, this is the go to brand of the curvy girl in the know!

Prima Donna Swimwear is available from Plums Lingerie on Colomberie.



Trend News

Go Bananas for these bikinis

Cool beachwear brand Banana Moon is made with a Californian sense of style and creativity. Their fantastic bikinis are defined by colourful prints, trendy style and a casual look with a pretty twist. The brand is all about chasing the sun at the beach and catching the waves in style!

Banana Moon Bikinis are available from Hapi in Liberty Wharf







Model of the moment: Jocelyn Savage

This American born model spends all her time out in Oz frolicking about on the beach doing modelling jobs for bikini brands - which sounds like a pretty sweet gig! Chosen as the face of Australian fashion week and currently one of the main models for Billabong and Rhythm surf brands, she is also studying to be a nurse! Go Jocelyn!





We WANT!

The Eugenia Kim 'daydreamer' straw boater. It instantly conjures up images of sun soaked holidays and looks just as good hung up in your home as it does on your head!

£280 from eugeniakim.com

The Rhythm is going to get you

It's so easy to fall in love with the laid back Aussie brand Rhythm. As well as awesome clothes their branding is just so pretty! Their moto is that their clothing is "Made for your endless summer days, filled with adventure whilst chasing the sun..." which sounds pretty lovely. Check them out on instagram or try it on in Madhatter!

Rhythm clothing is available from Madhatter

Yeesh this brand is cool!

Deus ex Machina roared into our consciousness a few years ago with some neatly customised motorcycles and epic surf wear. They rarely open just a basic shop, but normally incorporate a bar / cafe / live gig area so that like minded dudes and creatives can all congregate together and have a good time chatting to their hearts content about their latest waves or biking adventures. Deus is available from Madhatter



GOT SOMETHING TO BARK ABOUT?

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gallery

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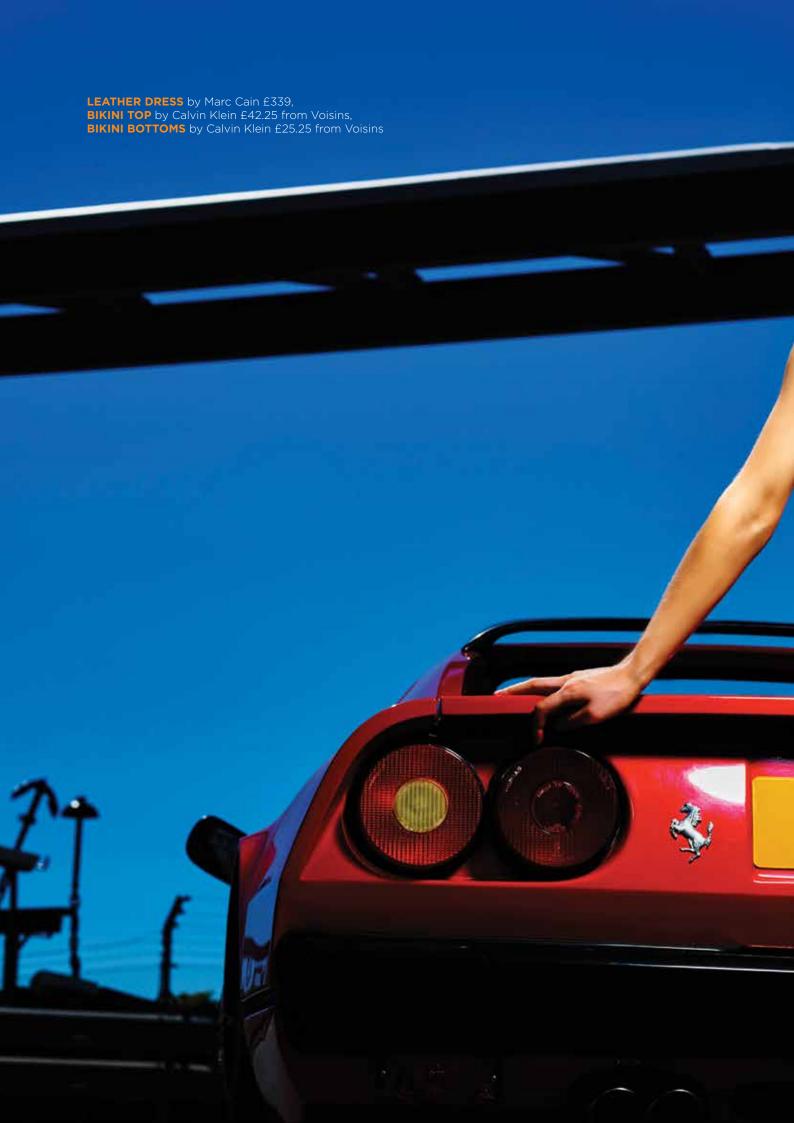
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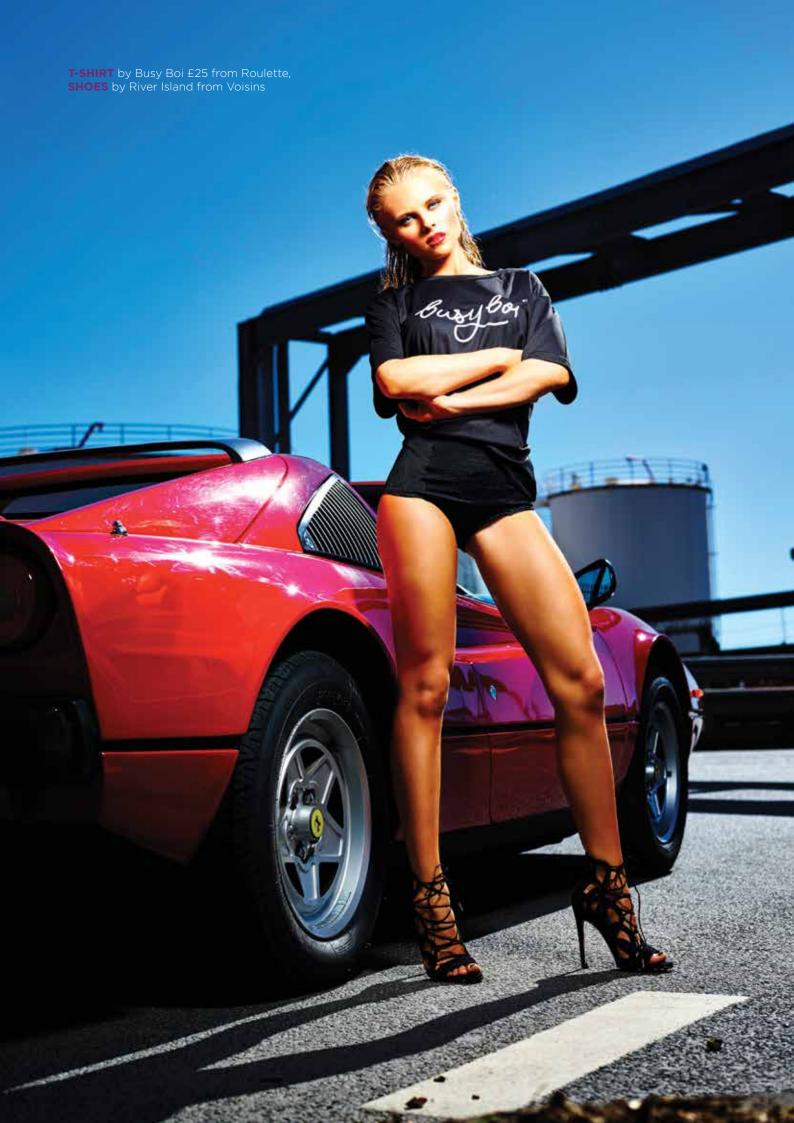


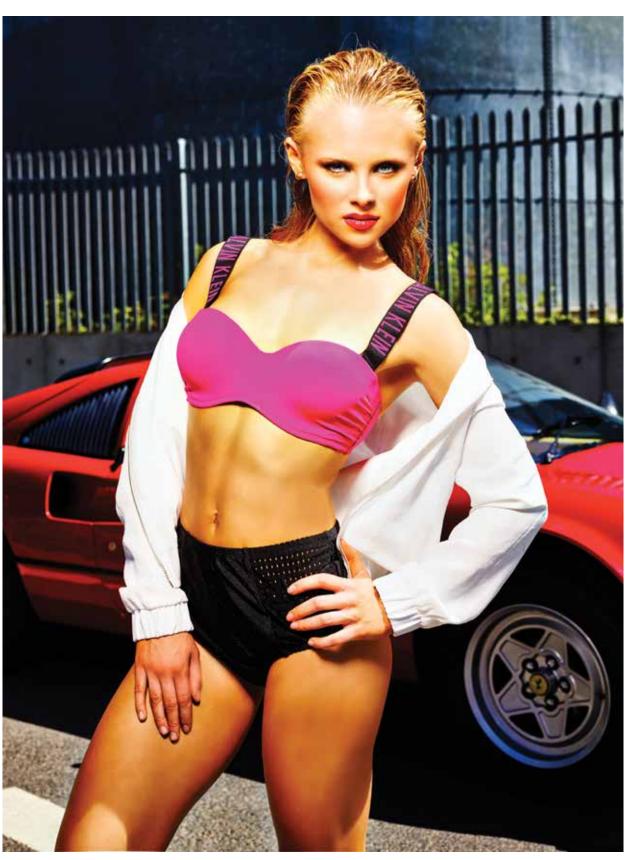




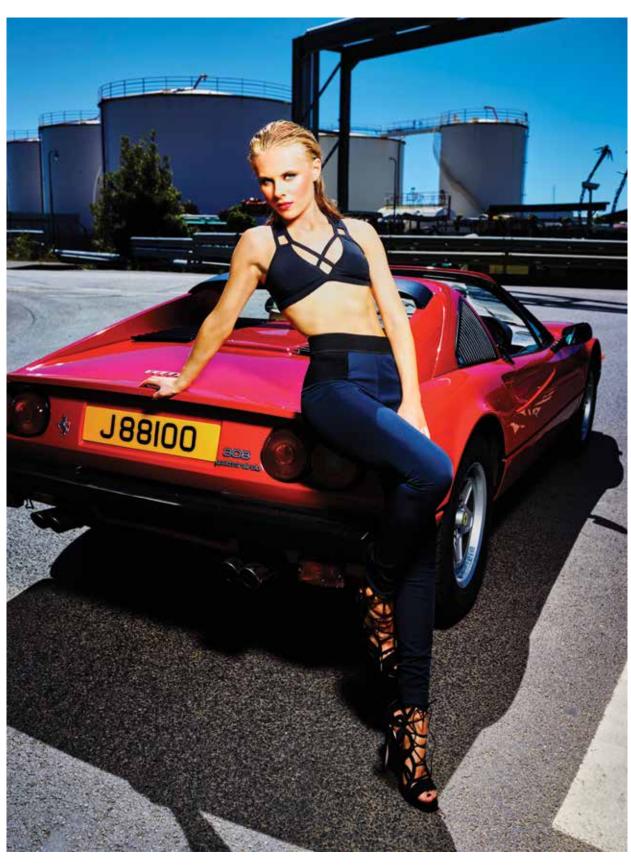


JACKET by Cavalli Class £295 from Renaissance **SHORTS** by Post09 £22.95 from Graeme Le Maistre Sports





WHITE BOMBER JACKET by River Island £45 from Voisins, **BIKINI TOP** by Calvin Klein £42.25 from Voisins, **BOTTOMS** from American apparel



SPORTS TOP BRA by Post09 £27.95 from Graeme Le Maistre Sports, **TROUSERS** by Malene Birger £145 from Manna, **SHOES** by River Island from Voisins

Style**Stalker**

WORDS Lauren at Luella Rockerfella



Clair Molton, 42

I noticed Clair walking past the front of my shop and chased after her as she looked summery, coordinating and stylish. The cuts, folds and pleats of this outfit is what I thought was great. Also the beige with the orange toned reds was bold and beautiful. The belt detail also pulls in the waist showing Clair's great figure. I asked her how best would she describe her style she said "Classic, Elegant and I go with what suits me!" I love a good top and shoes combo and orange toned red is a colour for the season.



Stephanie Pereira, 21

Stephanie looked very glamorous in her blue print jumpsuit, nude sandal wedges, nude handbag and deep brown lipstick shade. Stephanie said that she likes to dress the way that she felt that day and said that she was massively influenced by her mother and generally wore what her mum had brought for her. Stephanie said that she admires Alicia Dixon's style. Stephanie's Jumpsuit is from Parisian Collection which is a range for Dorothy Perkins. Stephanie looked perfectly groomed!



Liberty Hare, 15

I loved that Liberty had paired paisley print with a tribal print blazer. I thought it was daring and I absolutely love her jacket, perfect to throw over any black outfit as it is a statement jacket so it speaks for itself and lightens up any dark outfit. Liberty told me she likes the Jenner sisters and Khloe Kardashian. Liberty said that because she works at Topshop that helps to keep her current and up to date with trends. She also likes to read Gallery Magazine and see the photoshoots and style pages!



Julie Murphy, 30

Julie caught my eye as she was very bright on a very dull and grey day, yellow is the colour that stands out most and the quickest to catch the eye. Julie said that she had only just got back from holiday and wanted to continue the holiday vibe! She dresses mostly for comfort but since living in London she was very much inspired by the street fashion there and it had made her more adventurous with her fashion choices. Julie's dress is from boohoo.com and her matching tribal sandals are from Miss KG



Monica Giumini, 22

When I spotted Monica I thought her whole look looked very on trend. From the khaki green bomber and open heeled and toed sandals and lipstick colour which is best seller at the moment "Whirl" by Mac. She told me that she was on her lunch break and worked in the finance industry so had to keep it plain but added the bomber when out of the office. She likes the sports wear look and draws inspiration from the streets of Jersey and likes the way that Rihanna dresses and loves the nude colours that are big at the moment.



Nikki Grieson, 42

Nikki caught my eye as her romper suit looked very vintage in a navy print. I asked how best she would describe her style she told me it was eclectic as she is a busy mum of three who also teaches yoga. So one day she may be in yoga attire and the next in vintage head to toe. She expressed her love for vintage but she also likes to mix it with modern items too. Her romper suit was from the hospice shop and she'd teamed it with aviator blue framed Ray Ban sunglasses. Nikki said she likes Pixie Geldof's style.

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APPETITE



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WORDS Ria Wolstenholme

Your average Sunday morning, if you're like me, might involve waking up with a head that feels like it's been hit with a sledgehammer, a bad taste of last night's £4 bottle of wine in your mouth, and the realisation it's now noon and all you want to do is stay in your pit of misery and embrace your self inflicted hangover.

This usually only calls for one thing. Fast food. I'm talking artery clogging, greasy, grossly unhealthy food that is full of fat, carbs and sugar. But is this still how we describe fast food? Or is fast food taking a new turn, by keeping the speed but cutting the health risks?

Unless you've been living under a rock for the last few years, you'll have noticed that the health food movement has sky rocketed. Strong not skinny, whole food not junk food, coconut sugar not refined sugar; it's all kicked off. Celebrity chefs are endorsing it, releasing books filled with recipes you definitely could have Googled yourself and printing them into glossy hardback books telling you how to use health food shop items that are twice the price of your

average cupboard essentials like flour, sugar and butter.

I'll admit when it all first came about, I looked at it the way some people still look at vegans; confused. What do you eat then? Don't you miss bacon? How will you ever enjoy chocolate again? I am now, thanks to the wonder that is social media, better educated in what it is to eat whole, clean and healthy food. It's not all 'rabbit food' as many deem it to be. It's about knowing what you're putting in your body, not grabbing a microwave meal where you can't pronounce half the ingredients. Don't be fooled by the low fat, healthy option labels. It's all lies.

Jersey, from what I've seen, seems to have fully embraced the concept of healthy fast food. As much as we all love a Big J's chip baguette with garlic mayo and sweet chili sauce (drools onto keyboard), we can't hide from the fact there is a whole lot more to offer than what comes out the fryer.

New 'meals on wheels' style food trucks have taken the island by storm. The Domingo's Food Truck, The Chugging Pig and the Pink Panda Van to name a few, have changed the way we look at convenient, tasty food on the go at an affordable price. Lunch time rush cafes like Nude Food, MOO and Flavour.je all offer a variety of options which are whole food based, homemade and delicious. You can pay the same price for a delicious and nutritious meal in a polystyrene box as you would for a limp pre made sandwich and half filled bag of crisps. It's simple to see which one is the better option.

But is this really going to change my mind? Is my 19-year-old brain, that has been taught to crave sugar, carbs and salt going to suddenly see a salad or a wrap as the better, more satisfying option? We humans seem to want what we are told we cannot have. If we were told from day one

Series Jersey's style magazine

"The next step to hitting fast food where it hurts is de-normalizing unhealthy food as being the most convenient."

that anything grown out the ground, untouched by chemicals and saturated fats was unhealthy, we would probably

Fast food is definitely evolving into a new hybrid form, where what we are told is healthy is turned into something bad but good all at the same time. I mean, have your eaten a baked sweet potato chip before? They taste like they're twice as bad for you but they're twice as good. My brain can't cope with the information, it's a confusing love affair.

The next step to hitting fast food where it hurts is de-normalizing unhealthy food as being the most convenient. Takeaways are, supposedly, a staple part of the average young person's diet. We are the lazy generation. We have become accustomed to convenience and speed, even when we do go out and buy food to cook ourselves, we get it delivered.

Young people shell out more money than any other age group on food. We spend an average of £63.65 a week compared with a typical spend for all adults of £57.30, polling for the BBC's Good Food magazine shows. We also spend an average of £28.26 a week eating in cafés and restaurants, while the typical adult spends about £17.22. Bottom line, we like food with no hassle and we like socialising. Combining the two is our idea of heaven.

Seemingly, the evolution of fast food is on the right path. The healthy option is becoming the mainstream go-to, and something doesn't have to be deep fried for it to be convenient. The next step is to make that healthy option more convenient. Make a salad bar app, do health food home and office deliveries for the same price as a burger and fries from McDonalds; appeal to my generation's lazy nature. Because we are past the point of change now. You won't win the fast food battle with any speed, unless you compromise and bring it to us. We're ready and waiting.



Normally we are preaching about taking your time in the kitchen. Not this time.

There is no time. This is about how to get maximum flavour with minimal effort.

Skewers are quick to prepare, cook and eat.

From 1 skewer to 1000 they are just as easy to feed a crowd or just the one mouth.

Chop all the main ingredients into bite size pieces trying your best to keep them uniform to prevent uneven cooking. Rub with flavourings and pierce through the centre with a skewer. If time is on your side, leave to marinade for a few hours or overnight. All skewers can be cooked on the BBQ, grill or pan-fried.

Normal cooking times apply.

Serve smaller as a canapé, or larger as a main with rice or noodles and salad or veg.

Leftovers are even tastier cold the next day.

Lemon Chicken

500g, Chicken thigh chunks 2 Tbsp Crushed garlic 1 Tbsp Honey 1 Lemon, freshly juiced

Scallop and Chorizo

Thickly cut Chorizo chunks
Raw Scallop (or king prawns if preferred)
1 Tsp Tabasco sauce
1 Tbsp Fresh parsley, chopped

1 1 11

Pork and Apple

500g Pork, boneless 1 Green eating apple 50ml Balsamic vinegar 30ml Honey

Pesto Halloumi

3 Courgette 3 Mixed peppers 200g Halloumi Green or red Pesto

Rosemary Royals

500g Potatoes, partly boiled 2 Red Onion, wedges Fresh Rosemary

BECAUSE QUALITY MATTERS gallery



Since Homo Floresiensis became Homo Sapien, mankind has pushed the boundaries that Darwin and his biologist peers set for the achievements of our species. Man shouldn't be able to run 27 mph, but Usain Bolt has shown that reaching near the speed of a White-Tailed Deer is just something we can do on the weekend (after years of training and using a body that defies all biology).

Man also shouldn't be able to deadlift half the weight of a 2013 Hyundai Accent, and yet Eddie Hall has proven only last month that half a tonne, or nearly the weight of a Blue Whale's heart, is, in the immortal words of Ronnie Coleman, "lightweight baby" (Hall actually passed out after lifting it, but it went up, and to anyone that has ever lifted a weight that is veritably too heavy for them, that's all that matters). Needless to say, human beings are good at defying

our own limitations. It may only be a small number that can achieve these prodigious, Herculean feats, however by the (extremely loose implication of) the transitive property, if one can do it, there's no reason we can't all equal them. And that, my friends, brings me to the superhuman act that we in Jersey can all witness annually and, perhaps most importantly, for free. I am of course talking about the wonder, the marvel, nay, the very spectacle, that is Speed Eating.

We may not have the fastest on earth, or the strongest, or even the most pure of gene, but we as an island can boast one extraordinary thing; the patrons of the annual Gorey Fete can eat a plate of spaghetti really, really fast. You may not have read about this activity in Men's Health or even the Obscure Sports Monthly, but that is because speed eating suffers from a disease called "Yohan Blake Syndrome", in which a person or sport that deserves that plaudits and praise of the entire world is overshadowed by another simply because they are a larger personality, or can run 0.4 seconds quicker. There is a majesty and grace in the humility that speed eating, and its community, show in the face of the giant shadow cast over it by sports like athletics, football, and pretty much every other sport on earth. Before I started writing this article, I was under the impression that this was an activity that anyone could take part in, and indeed there is no snobbery

O∕ | gallery JERSEY'S STYLE MAGAZINE



If you think that this is a 'very, very large plate of spaghetti' then you ain't seen nothing yet - get yourself down to Gorey Fete on Thursday 18th August to see what a very, very large plate of spaghetti really looks like!

"We may not have the fastest on earth, or the strongest, or even the most pure of gene, but we as an island can boast one extraordinary thing; the patrons of the annual Gorey Fete can eat a plate of spaghetti really, really fast"

or conceit involved within the Major League Eating & International Federation of Competitive Eating, anybody is welcome to throw their name into the everexpanding hat and attempt to break one of the many records that range from eating 24" Pizzas to Cow Brains. However, do not expect to feature on the website if you are not willing to put your entire being into completing these challenges in ridiculous times that defy science. For example, to eat 182 strips of bacon, Matt Stonie needed only 5 minutes, and two bypass surgeries. This is without doubt one of the most cutthroat and competitive worlds that you can get into, and one that is, to put it lightly, unforgiving on the body.

So, learning these things in my research made it only more impressive that each year, 12 participants take part in one of the most entertaining, and yet below the surface dangerous and riveting, acts of the Gorey Fete. In the now-immortal words of one of the event's organisers, once the "very, very large plate of spaghetti" is placed on the table in front of each contestant, the gloves, both literally and

figuratively, come off. Like the hunt on Africa's Serengeti, the only rules that apply are those forced upon us by nature. Morals, respect, and compassion for fellow man are shed like excess weight, as the sight of each spectator around narrows to focus upon the stone faces of those brave enough to sit at the competition table. Make no mistake, this is primal. This is the animal within fighting with a Freudian strength to break the confines of the mind's inner chasms. This is raw, ferocious, and something not for the weak of stomach.

Two minutes of passionate, messianic zeal later, and the mania is over. At least for the winner, it is time to digest what has just happened (again, in the literal and figurative sense), and to go to their family for the recognition and eulogy that they so deserve. With the record, set in 2011, still at 1:43, this year's competition promises to be one that will go down in the already extensive history books under the subheading "Acts of God".







WORLD CLASS ATHLETES, LEFT TO RIGHT: Eddie Hall, capable of lifting half a tonne before passing out and probably eats loads to facilitate the muscle growth required for such a feat, Yohan Blake, presumably preparing to dig into a very, very large plate of spaghetti post-race and Matt Stonie, a tiny guy with a huge appetite. Bathing in a bath of spaghetti. Presumably that forms part of his speedeating training regime.

BECAUSE QUALITY MATTERS gallery | 91

Appetite News





NO NEED TO GO TO ITALY!

Enjoy this summer here in Jersey with the best Gelato made to traditional Italian recipes, using only fresh and natural ingredients, Joe Delucci's Gelato not only tastes incredible but is better for you too!

Just ask one of the team for one of their #Fatfree, #DairyFree and #GlutenFree flavours. Their knowledgeable team will help you to choose which Gelato is more suitable to you and provide you with a free taster before you buy it! From their rich ice creams to the creamy sorbets, why just pick one? Why not try a thick shake or a healthy fruit smoothie made with their own Gelato, just pick two scoops of one or two of your favourite flavours and they'll do the rest for you.

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Make sure you like their Facebook page @JoeDeluccisJersey for news and special offers or call 07797 892674... be sure to pick up a loyalty card in-store.



A REAL TASTE OF THE SEA

The latest member to be granted their Genuine Jersey mark is Jersey Sea Salt. This amazing new product is solar evaporated, filtered Jersey sea water which is made and packaged by hand. Read more about the product and its two producers in our Genuine Articles feature on page 94. You can currently buy Jersey Sea Salt at The Fresh Fish Company, Gorey Wine Cellar, La Belle Gourmande Delicatessen and Midland Stores. We've tried it and can safely say it's got a prominent place in our store cupboards, it's a really special taste of Jersey.



LOVE FISH AND CHIPS?

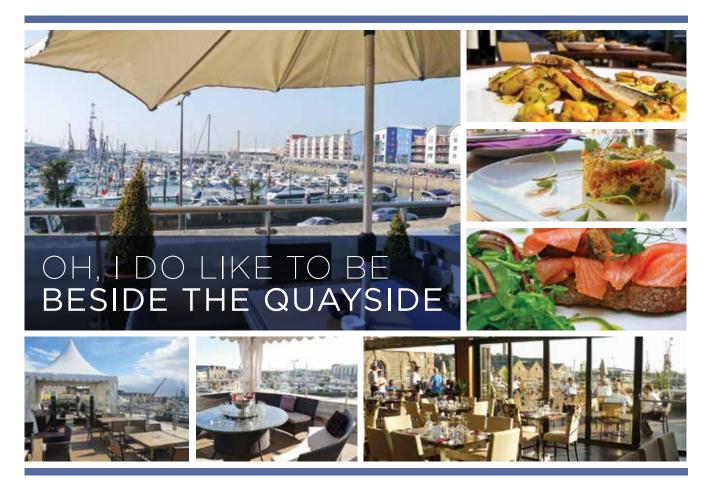
So do the team at Seafish Café. High in protein and low in fat, fish and seafood are important sources for vital nutrients like vitamin B12, vitamin D, selenium and iodine. Eating fish regularly helps prevent against heart disease, as well as a whole host of other health benefits. All that in one portion of fish and chips... no wonder it's the nation's favourite.

At Seafish Café you'll find all your fish and chip favourites, along with a few contemporary takes on classic recipes. They use only the finest ingredients, cooked with care.

What dish would Seafish chefs Javier and Pawel recommend you try this summer? "It has to be the Seafish 'Fish Dog' it's set to take Jersey by storm!"

The good news is that you can now eat locally caught, sustainable fish and chips in two Seafish Café locations. Their restaurant in St Helier is now a familiar sight down at Liberty Wharf and this year they've added in their second restaurant on the Bullwarks at St Aubin. So whether it's their crab linguine, Asian king prawn noodle salad or simply cod and chips you can be sure of one thing. It'll be delicious.

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Liberty Wharf is home to a great many fantastic shops and eateries, making a visit down to the converted abattoir essential when you're looking for something new to buy or for a bite to eat.

Well if you've shopped until you're ready to drop you should consider heading up to Quayside restaurant, above Mimosa. Most of us will be familiar with the nightclub and bar downstairs, but may not be quite as well versed with the menu of the excellent restaurant above it.

We sat down with head chef Graham Benn to talk about their recent new direction, which has seen them shift to a predominantly seafood led menu. This has seen table bookings skyrocket and more and more happy customers heading to this light and bright restaurant with stunning views of the St Helier Marina for lunch and dinner, seven days a week.

Graham moved to the island four and a half years ago to take up the post of head chef at Quayside. He's brought his style of cooking, honed in his own bistro near Whitby to the restaurant menu, working with owner Martin Sayers to fine tune their offering. Now you can choose from their wide menu which includes options that will keep seafood and meat lovers happy, whatever the occasion. Choose from the

likes of a Fruit de Mer to share, scallops and belly pork or crab and avocado salad. They have also just employed the skills of a new Sushi chef, which will mean their menu here will grow too. Where possible Graham sources all of his ingredients locally and they have great relationships with Battricks who supply all their wet fish and several fishermen who keep them well stocked with fresh shellfish and scallops.

for a BBQ or party, where they can cater for almost anything you'd like to provide your guests. Most recently they've been the chosen venue for a number of large corporate summer parties, thanks to the versatility the areas offer.

Whether your appetite is for business or pleasure, lunch or dinner, you will find dishes to suit every palate at Quayside

"Quayside also has a fantastic al fresco offering, where you can choose from Mimosa's lantern courtyard or enjoy panoramic views of St. Helier from the Old Harbour Wall Terrace."

Quayside also have a fantastic al fresco offering, where you can choose from Mimosa's lantern courtyard or enjoy panoramic views of St. Helier from the Old Harbour Wall Terrace. Or alternatively there is the restaurant's extensive private terrace, which also has underfloor heating, not that you'll need it in the summer!

Ouavside and Mimosa also offer an excellent location for events and private parties. They can host up 400 people

in Liberty Wharf. Whilst booking isn't essential, it is recommended.

Opening times:

Mon-thurs 12-2.30, 6-9pm. Fri 12-2.30,6-9.30. Sat 12-3, 6-9.30. .6-9, Sun 12-3 Telephone - 01534 877004

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BECAUSE QUALITY MATTERS gallery



David Miles & Matthew Taylor

Jersey Sea Salt

These two are the most southerly solar salt producers in the British Isles. A small-scale artisan business, staying local means they can produce their sea salt in an environmentally friendly fashion, using low energy and low waste processes to turn local waters into salt crystals. The only direct energy used in producing Jersey Sea Salt comes from the sun and the wind which following a period of solar evaporation creates one of civilisations oldest treasures.

Harvesting sea salt is an ancient art dating back 8,000 years. Salse is old French for salt water, so salse marais, which evolved into samares means 'salt marsh' and it is thought that salt was collected from Samares Manner right up until 1734, however Dave and Matt are the first to produce Jersey Sea Salt commercially in Jersey. "After more than a century dominated by industrial salt, stripped of minerals and with added bleaching agents, free flowing and anticaking chemicals there is a rising trend in salt health awareness" Matt explains.

Dave adds "Sea salt has been an essential item in cooking for years, people are getting more selective. There's so much interest in provenance of our food and the people who make it."

Such positive early feedback and a reaffirmation of the power of the local food network in Jersey is encouraging for Dave and Matt. "We have also been making flavour infusions such as pepper, chilli and seaweed and we intend to expand our range in the near future. The challenge of making Jersey Sea Salt in a sustainable way was an issue that the company had to address and following years of trails and tests we now feel that we have addressed this issue, however we will always strive to do better."

Colin Roche

Jersey Watercress

Growing up in Liverpool, Colin never imagined that he would end up make a living growing watercress less than 20 miles from the French coast. Today, he is the island's only commercial watercress grower, supplying the major supermarkets, all local food wholesales, individual shops, stall-holders in Jersey's stunning Victorian Central Market, restaurants and hotels for ten months of the year.

Watercress couldn't have been further from his mind when he arrived in Jersey for a long weekend 36 years ago. Colin never went home for good and started to make a living as a gardener before watercress began to loom large in his life.

Not only is he a one-man operation, he also picks his crop by hand – and that makes for back-breaking work when you consider that at the peak of the season he supplies the Island with 50 cases a week and that each case holds 20 bunches.

Watercress is a real 'super food' as it is packed with iron, calcium and folic acid, in addition to vitamins A and C. It certainly does Colin a power of good judging from his chirpy Scouse persona, though the job can have its off moments such as on a bitterly cold winter's day when the water is freezing cold and the east wind blows.

Colin's very unusual 'farm' is tucked away in a labyrinth of winding narrow lanes in St Martin that even locals get lost in. It covers three vergées of an old quarry and meadowland and the two beds are fed by crystal clear underground springs with a constant temperature of 10°C – which makes for ideal growing conditions.

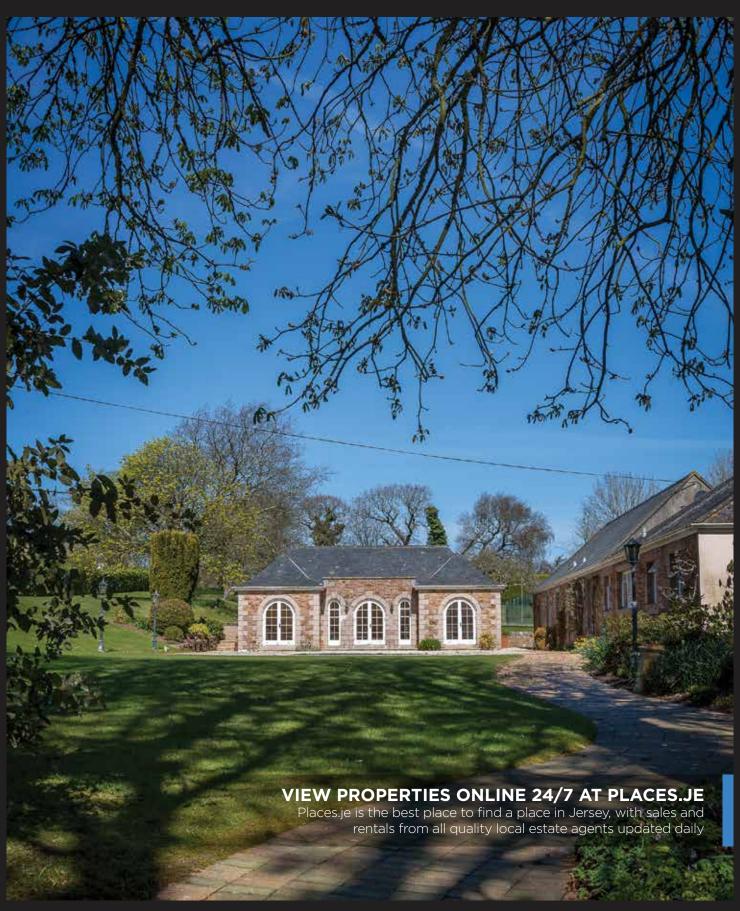


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View properties from a

www.places.je





Les Saint Germains is an utterly charming Georgian family home sitting in the middle of its own land in a peaceful lane in the parish of St Lawrence.

The main house was built in 1694 by Philippe le Hardy and has benefitted over time from the influences of the Victorian era through the raising of the ceilings and roof, to make all of the rooms large and light, unlike many properties of a similar nature. It has been owned by the current family for the last forty years and during this time a great deal of solid construction and development work has been done, all of it sympathetic and completed to such a high standard it is hard to distinguish the new from old.

Approached by a block paviour drive Les Saint Germains sits in the middle of 20 acres (45 vergees) of land, of which 8-10 acres are suitable for equine use. It is a significant understatement to refer to this property as simply a house as it has so much more to offer the new purchasers. Outside what would have traditionally been the front of the property, which has been rendered and painted, what would have been the carriageway is now a formal lawned garden, a beautiful spot to bask

in the sunshine or the dappled light making its way through the large and mature trees. Further to this garden there is a fantastic 'shrubbery' which has a less formal appearance and reminded me of Enid Blyton novels, a place you can imagine all sorts of great games being played by residents young and old. Don't be fooled by the name, this is also a huge space filled with mature planting and trees.

The gardens continue to the side and back of the property, but here they are home to a fantastic swimming pool, which comes complete with a standalone pool house. This 525 sq.ft granite building comes complete with a kitchen, lounge area and also a separate changing room and shower. Of course this provides an excellent function for the pool area, but could easily be converted in further guest accommodation, should you wish. The pool is an excellent size and very well maintained. It is overlooked by what is actually part of the western wing

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and the newly built part of the property. The door here leads into what is currently used as guest accommodation. Here again you'll find a fantastic suite of rooms, a small kitchen and large lounge and dining room. This can either be entered through the main house or from the pool area.

Onwards from the pool you will find the all weather surfaced tennis court, perfect for even the most novice of players, or of course if you have the next Wimbledon champion in your midst this would be the perfect place to get in some practice. Continuing round the property there are the former stables, which could be converted back to return to their former function. A huge external storage area and what every traditional Jersey house should have, pig styes. They don't currently house pigs, but I'm sure that could easily be remedied, should you wish.

There are multiple secondary accommodation options within the estate, These include a large well equipped two bedroom apartment, with a separate kitchen and lounge/dining room, situated above the large triple garages. The garaging and flat are just under 2,000sq ft in total, comparable to many new build properties. There is also a further separate large two bedroom apartment/suite. Here you will once again be spoilt for space and storage, whether you wish to house multiple generations of even consider letting the properties as a high end holiday let facility.

"It is a significant understatement to refer to this property as simply a house as it has so much more to offer the new purchasers."



CONTINUED OVERLEAF...

BECAUSE QUALITY MATTERS gallery







...CONTINUED

The main house has 10,397 sq.ft of accommodation set over three floors. This includes four bedrooms, three bathrooms (two en suite) and a magnificent master bedroom suite, complete with a large dressing room and two en-suites. Each of these bedrooms is very large and well proportioned, with views from the front bedrooms on to the beautiful gardens. On the top floor there is a large floored loft area which is crying out to be used as a man den or perhaps a cinema.

Downstairs the reception rooms are almost endless. Here you have three large functioning fireplaces. A large entrance hall, leading you upstairs and on to the drawing room, formal dining room and on to the lounge, which takes you through to a further family room, a large study and a up to that internal guest suite. There is also a billiards room which plays host to a handbuilt full sized table, which has plenty of room all around it and a huge fireplace at one end. This really is a games room that will be the envy of your friends. There is also a kitchen/breakfast room which leads onto a snug and further through to the conservatory, which leads you back to the lawned garden at the front of the house.

It would be remiss not to mention the further grounds which surround the house, these include a large mature orchard with a stream running through it and of course those fields which would make the perfect home to a whole host of horses. Le Saint Germains is a well built, well maintained and extremely well equipped property, it is just waiting for someone to come and make their own mark on the internal decoration, which will make this the absolutely perfect family home for the next generation of owners.

Maillard's Estates 737293 Price on Application

- An historic Georgian Estate
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Local mortgage market activity

With the Brexit result now behind us and despite bank base rate remaining at 0.50% for the time being, it is still possible that mortgage rates may reduce in the short term.

This presents the perfect opportunity for borrowers to lock in to a five year fixed rate, which could well be below the tracker options that are available. How long this opportunity will last is currently anybody's guess.

When base rate will start to rise is also up for discussion, with many experts now predicting that nothing will happen until 2020.

With rates where they are and set to remain low for the foreseeable future, this is an ideal time to take out a mortgage, or to consider a review of existing borrowings – don't get left behind!

The Jersey property market

Local house prices appear to be static, although it may still be possible to negotiate a modest reduction over asking prices. Estate agents tell us that the year to date has remained steady, with the usual seasonal fluctuations that always happen to coincide with school and bank holidays.

A high demand for rental accommodation suggests that many people, especially First Time Buyers are holding back on becoming property owners, due perhaps to lack of the necessary deposit, or with some it may be lack of confidence in the future

Because of this, the opportunities for Buy to Let investors remains high.



60% Tracker	1.49%
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Information and rates correct as at 14th July 2016

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At Henley Financial we provide an ongoing monitoring service, providing our investment clients with quarterly reports, annual meetings and the option to arrange additional consultations at any time upon request.

If you would like to speak with Hayley Carstairs at Henley Financial to review protection arrangements, investments, savings or retirement options, please contact Hayley on 789830 or Hayley@henleyfinancial.je



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the mortgage shop

FREE EVENT: Women's workshop

Are you or a friend having family issues that you need legal advice on?

There are many reasons which can prevent women from doing something about an unhappy family life. What are your rights when it comes to divorce, separation, the children and the finances?

You don't have to go it alone

Viberts is hosting a workshop for women who want to **take control** of a difficult family situation and **need a starting point**. Without going into personal circumstances, we will share advice on common problems and address the **main concerns** that may be holding you back. You will leave **knowing your rights** and **feeling empowered** to make an informed decision. Attendees are welcome to bring a friend for moral support.

Viberts family law – we're on your side

Hosted by: Advocate Rose Colley & English Solicitor Barbara Littler
Thursday 15th September 12-2pm - Viberts House, Don Street, St. Helier.

Book your place now at: events@viberts.com or call 632267 More details at www.viberts.com y 8 in 5



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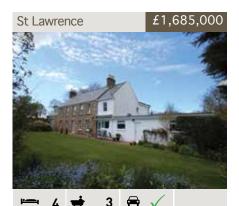
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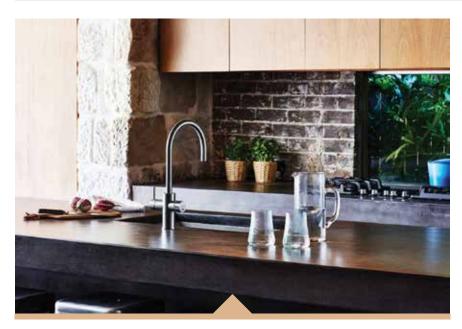
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Interior News



Zip it

All hail the wonderful super high tech Zip tap. This company produce the best looking versions of these sorts of 'clever' taps that we've seen. So you don't need to put up with an awkward clunky thing in your kitchen. You can have one of these beauties, in a choice of designer finishes and styles, to provide you with your filtered boiling, chilled or sparkling water on tap, literally!

Zip taps are available from Bauformat

Keeping visitors warm and washed!

According to the latest figures and judging by the smiles on most hoteliers' faces, tourism is finally on the up again in Jersey.

These green shoots will be a welcome sight. Running a hotel is an expensive business, not just in operating costs but owners have to constantly invest in their product.

You wouldn't have to look much further for evidence of this than the Merton Hotel complex. Some parts of the site date back to the early 1920s and others such as the Merton Suites and Aquadome are ultra-modern.

The Merton is part of the Seymour Hotel Group, and with 286 guest rooms and the Merton Suites, is Jersey's largest hotel. All of these rooms, not to mention the staff accommodation, need heating and a reliable supply of hot water.

The Merton uses multiple forms of energy including electricity and gas, but by far the biggest fuel source is oil, which is used to harness a much older source of power to heat the water that supplies its radiators, bathrooms, laundry and dishwashers: steam.



The boiler house contains three oil-fired steam boilers, each capable of producing 3,600 kg per hour of steam and can consume up to 160 litres of oil every hour. That means the two mega storage tanks have to be kept topped up all year round.

Dave Donoghue, Senior Engineer at Seymours, says, "We are very conscious of the amount of energy we use. Oil is the most cost effective fuel we can currently use to make sure we are delivering what our guests and staff need."

The fuel tanks are monitored electronically by Seymour Hotel Group's oil supplier



Voilà!

accessories brand Vola are the company to turn to if you're looking to

In 1968 the Danish owner of Vola, Verner Overgaard, imagined a tap design where all the mechanical parts of the mixer are hidden leaving only the handles a completely new concept. With that basic principle in mind, the simple and was conceived.

This established Vola as, not only an innovative industry leader, but it also threw them onto the world stage, and to this day they are recognised for their

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Vola is available from Bauformat

RUBiS, who make sure that deliveries are planned to meet the demand and help the hotel keep its guests, and staff, comfortable.

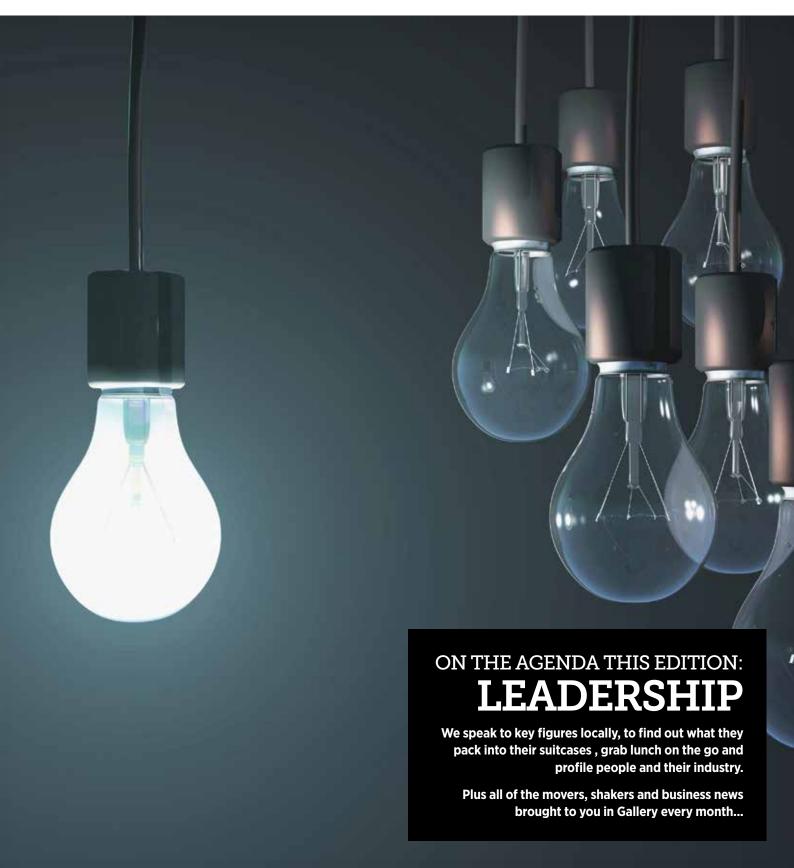
"It's really important to have a fuel supplier that understands our needs and challenges, and ensuring that we can operate efficiently even at peak times. RUBiS has been doing that by our side for over 40 years."

So rain or shine - Seymours and RUBiS are making sure our visitors are kept comfortable throughout their stay in our beautiful Island.

gallery

JERSEY'S STYLE MAGAZINE

agenda



BEING BROAD-MINDED WIDENS HORIZONS.



Belfast Birmingham Bristol Dublin Edinburgh Glasgow Jersey Leicester Liverpool London Manchester North Wales Salisbury

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Welcome

I have been asked to introduce 'Agenda' by commenting upon 'Future-proofing Jersey, Leadership and Digital preparedness', enjoy...

Future-proofing Jersey post 'Brexit' will be interesting. My primary comment is 'complacency is not an option', Island leaders will need to focus upon Leadership, brand & reputation, innovation, external threats & competition, trust & integrity whilst ensuring security of resources. I could expand, but to learn more I propose you attend the IoD debate in September.

Leadership as a subject is fascinating, you have classic 'command and control' or those who allow their teams to flourish through 'empowerment and enablement' as well as 'Social Leaders' who live their virtues leading by example 100% of the time. I would simply advocate that 'you should be the leader that you have always wanted to work for', be honest, work with integrity, inspire your colleagues and earn your reputation that way you will prosper.

'Digital transformation - who can digitize their business the fastest, wins'

A bold statement but in the Global marketplace you have to change the way you work. Digital transformation impacts the wider gamut of a leader's responsibilities, from profitability to efficiency, from social engagement through to insightful analytics, from customer centric focus through to re-imagined business operating models.

Our greatest challenge as an Island is 'digital preparedness', empowering colleagues and children to gain access to technology. Enabling students to have relevant skills for their future, to make sure that when they arrive at work, they are not faced with a legacy way of working. This all requires investment, primarily in skills and a positive change in mind-set.

...If this is all of interest then read on, I am sure 'Agenda' will excite those up for the challenge of leading their organisations through a period of unparalleled change – enjoy!



LEADERSHIP agenda

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On The Case

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On the Case: Richard Tribe

Global Business Development Director

Richard is Global Business Development Director for Equiom Group with overall responsibility for Equiom's organic growth strategy. He leads a team of experienced business development and communications professionals based in Europe and Asia.

Equiom is a leading trust and corporate services provider offering a number of specialist services including property, family office, eBusiness, yachting, aviation, crewing, tax and VAT. Richard co-ordinates global business development activities across all of Equiom's business lines. He regularly visits Equiom's five offices around the world to catch up with his colleagues and frequently travels to London to meet with key intermediaries and attend relevant industry events and award ceremonies.

Richard joined Equiom in 2014. He has a great deal of experience in the offshore private banking and trust sectors and has worked in a large number of international markets including Africa, Europe, North America and the Middle East. A wealth management professional, Richard has many years' experience helping families to protect their wealth and pass it down through generations.

During his career, Richard has travelled widely and has a few 'essential' items that he never leaves behind

What's in his case?

BlackBerry - Even though the good old BB is now very much 'old school', it still gives me immediate email access pretty much anywhere in the world, while other smart phones are not getting any coverage...

Surface Pro tablet - together with all of the usual chargers and, of course, my Equiom plug adaptor – a must for international travel. Even with my limited IT skills, with the tablet I can have full remote and secure access to my desktop, which makes working away from the office simple and easy – great for when I'm stuck in airports...

Business cards - obviously...

The usual collection of loyalty cards for airlines, airport lounges, hotels etc that frequent travellers accumulate (frighteningly easily) over the years.

My Equiom travel umbrella - because it always seems to be raining when I'm in the Isle of Man!

Oyster card and London map/tube map - My map is looking rather tatty now but I got this in 1996 when England hosted the European Football Championships – that was the last time England had a decent team, so I keep it for sentimental reasons and dream that we might once again in the future

A moonstone - this was given to me by my wife, Severine, when we first got together 10 years ago. It's meant to bring protection to travellers and it's been in my case ever since

A Kindle is a must for all frequent travellers. Whilst I still prefer the look and feel of a real book, the Kindle allows me to have as many books as I want; normally I am reading 2-3 books at a time, depending upon my mood. At the moment I am reading "Heat" by Ranulph Fiennes and "Tickling the English" by Dara O'Briain — two very different ends of the spectrum.





Leading Ladies

An agenda focussing on the islands' leadership community wouldn't be complete without the inclusion of some of our leading ladies. These three incredible women are leading the way in their specific areas of business, we asked them to share with us their leadership style.

Margaret Thompson

CEO, Thompson Estates

I lead by example. I would never ask anyone to do anything that I wouldn't do myself. I insist that all members of my team have a positive 'can do' attitude. Most peoples glass is either half full or half empty, mine is always overflowing and I try to instil this ethos in to working with my colleagues. I am too positive to be doubtful, too optimistic to be fearful, and too determined to be defeated.





Partner, Benest Corbett Renouf

My leadership style is collaborative. I think it is important to keep my door open to my team and my mind open to their ideas. To get the best from those you work with you need to know them and they need to know you. I like to lead by example, "do what I do, not just what I say". Loving what you do and enthusing others makes it all so much easier.



Dr Helen Miles

Policy Director (Lead for the 1001 Critical Days and Early Years Taskforce) Community and Constitutional Affairs, States of Jersey

I joined the civil service 30 years ago to make a positive difference to people's lives. My leadership style is valuesbased, inclusive and supportive. Leading by example is important to inspire confidence in my teams and the communities that we serve.

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LEADERSHIP



Adam Dawson has lived in Jersey for over seven years now, he first moved here in 2009 to head up the Close business. This month sees him take on a new role, at the helm of Shawbrook International. We sat down with him at the L'Horizon to learn about what makes Jersey such a special place to do business.

Firstly Adam, tell us about Shawbrook Bank and the Jersey side of the business **Shawbrook International:** Shawbrook Bank is one of a new modern style of banks in the UK. Since the crash in 2008 these 'challenger banks' have been set up to boost the competition against the big four. They come to the market place without the legacy issues the larger banks have, and can benefit from seeing the mistakes that have been made in the past. There are a variety of different types of challenger banks, some which focus specifically on sectors of industry and others which are focusing on the high street, offering consumer led and service focused options. Then there's the specialist lending market, which is where Shawbrook fit in. They set up five years ago and last year went through an IPO and so are now floated and is a FTSE 250 business.

How did you become involved: A number of the people that set Shawbrook up are people that I used to work with and we have always kept in touch. The idea got started when chatting one day over a lunch in London, we talked about the idea of bringing Shawbrook to Jersey. I love Jersey and with three children it is the ideal place to combine work and family, so I was really keen to stay in Jersey and build another business here. We worked with the Inward investment team at Locate Jersey to set up Shawbrook International, bringing their specialist lending facility to the island.

What will Shawbrook International be offering here in Jersey:

We'll be lending money like a bank, to both consumers and businesses. We can help with secured or unsecured personal loans. Whether that's for your most immediate needs or perhaps motor, marine or even aviation loans. Perhaps you need some working capital to fund assets, or even a commercial mortgage, these are all things that we'll be able to work with to secure funding for.

What makes Jersey an attractive place to work and set up a new business: For me and what I do, Jersey has great balance. I can work in financial services at a high enough level that gets me out of bed every day, but without the painful two hour commute at the beginning and end of the day. You can take your dog for a walk on the beach, run, cycle, it's all about the work life balance, but I'm sure that's what everyone says. It's a great place to bring up a family too, which is what drove me to want to stay here.

And what about setting up a new business

here: The Shawbrook business has been incredibly successful in the UK, because it's based around service, relationships and the deep understanding of the areas they're working in. So that same philosophy works really well here too. It's a relationship driven business. So having a network like you're able to have here in Jersey is essential. You meet so many people here, that it makes doing business here so much easier and more fun too.

The size of the island also allows you to have a more personal relationship with customers. You can get to know exactly what they need and why and how it will improve their business. It's perhaps a more old traditional, almost old fashioned approach to lending, by virtue of the fact that you can build relationships with people and visit their businesses and see the impact the money might have.

What about your leadership style:

Leadership is something that I have a keen interest in, having completed my Masters in Leadership at Exeter University, whilst working. Setting up Shawbrook International provides me an excellent opportunity to build a team and a business from scratch, which is a phenomenal thing to be able to do. My philosophy is that you need a team of people that are all different, but they need to complement each other. You need to be challenged by those you're working with too. Understanding your own limitations is important as it means you can get the right people around you, rather than believing you can do absolutely everything yourself. Being able to handpick our team is a really exciting prospect, it means I can build the best team there is. Creating a team that shares the same values, rather than enforcing them upon people. Leadership is very much an art not a science.



services and strong people skills are essential.

School Leaver - Trainee - P2339

Bright school leaver with excellent results from relevant education (A Level/IB/Diploma) and good communication skills sought to join this fast growing fund team.

Senior Client Services Officer - P2653

4 years experience in trust and company administration and the confidence to manage your own busy and interesting portfolio is required for this independent trust business.

Accountant - P2321

An experienced candidate is sought for this key role within the Jersey office of an Investment business. This is a varied and hands on role which requires a highly organised individual. Reduced hours considered for the right candidate.

Real Estate Administrator - P2646

Busy and fast growing real estate department require an administrator with 18 months+ prior experience. Great long term career prospects for the right candidate.

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of two people at this small investment business. Relevant professional qualifications are essential.

Business Intelligence Analyst / Accountant - T2479

Ideally part/qualified accountant with working knowledge of accounting practices and the proven experience or mining / analysing large volumes of accounting information for reporting purposes.

Graduate Training Programme - P2635

This fantastic programme has been created to fast track bright; ambitious, qualified students through a career within financial services.

Junior Project Manager - P2636

We have a great opportunity for a Junior Project Manager to join the busy MI and Projects team of this growing commercial organisation. This is a great role for someone newly qualified or holding limited experience in project management and looking for their first role in this area.





Profiled: James Baker

James Baker is co owner of Grafters, the island's only professional recruitment agency for the construction industry, which is celebrating its tenth year of business this year. We met with him to find out a little more about reaching this significant milestone and his experiences working in both the private and public sector.

For those that don't know, could you tell us about Grafters?

We handle a range of trades and skills in temporary, contract and permanent roles. We actively support off-island contracts coming to the island to ensure that local workers are employed during some of the more specialist project works. We position ourselves as a supplier of labour, in the exactly the same way a builders merchant might supply all the necessary hardware. We are easy to use and do everything we can to ensure the smooth running of projects"

You're celebrating the companies 10th anniversary this year, how does it feel to have reached this milestone?

Reaching the milestone of a decade produces mixed emotions; in part there is the relative "well done" that we got this far, but also the realisation that ten years goes very quickly and we need to keep pushing hard if we are to enjoyed continued success. It only feels like yesterday (honestly!) that we were discussing how to launch Grafters at the Breakfast Club with Hugh Jones and Phil Balderson at the Pomme d'Or in January 2006.

How do you think the recent Brexit decision will impact business here in Jersey?

Brexit and Jersey - hmmmm, let me write a thesis on the topic. With any major decision there are always an array of unintended or unforeseen consequences. Something of the magnitude of Brexit will have short-term negative consequences on the island. More uncertainty, more

questions about independence and the durability of our main industries. Others have a view that long term, things will improve; I think they are wrong because if matters are better long term, that is because we will have all had to work harder to grow our businesses and support the population. In summary, life just got a little bit harder after Brexit.

You completed a four year term as a Deputy for the States of Jersey, did your experience within the private sector help or hinder you during your political career?

Private Sector in the Public Sector...now there is an interesting topic for debate! There are many aspects of the private sector which need to permeate into the public sector, (such as risk, reward, agility, meaningful goals and real consequences for performance) however not all of the

hear someone has been in the civil service (in some areas) for (say) 25 years, i can't help but roll my eyes and groan. Think how much has changed in that time in the private sector!

Would you ever consider running again?

Yes.

How would you describe your leadership style?

Direct, rewarding and task focused. Here is a good comparison with the public sector - following correct procedure and not delivering / under delivering / over spending, is failure in my view. Ignoring procedure but over delivering or under spending is success; perhaps that is a key difference between public and private sector?

"Something of the magnitude of Brexit will have short-term negative consequences on the island. More uncertainty, more questions about independence and the durability of our main industries."

private sector ideas translate simply into any public sector role. I think any experienced and commercially minded individual has some things to offer the public sector; and I would like to see more private sector people taking the risk and doing a term in government or joining the public sector - for a while! The public sector is crying out for motivated individuals to work there for a period of time; not forever, but short term energy applied to some areas would help. When I

If there is one piece of advice you could give the teenage you, what would it be?

It won't always go to plan.

Tell us one thing about you that people won't know.

I spent christmas eve with Gerry Adams in 1996.

Brexit: Keep Calm And Carry On

Geoff Cook, CEO, Jersey Finance explains how the UK's decision to leave the EU may affect the island's largest industry



There's a scene in the American version of The Office in which all the staff completely lose it during a fire drill: everyone runs around screaming, chairs are thrown through windows, a cat gets hurled through the roof, the vending machine is smashed and raided. For a few hours on the Friday following the Brexit vote, the whole of Europe reminded me of The Office. For all the preparations that had been made in case the UK voted to leave the EU it seemed that half of Europe and most of the UK went into the communications equivalent of throwing a chair through the window.

While it was unexpected and resulted in panicky headlines across the media, the Brexit vote didn't in any way herald the end of the finance industry in Jersey (contrary to some reports). Since the vote we have been busy reminding people that, as far as the finance sector is concerned, while we may be affected by a short-term UK economic decline, our trading relationships remain unchanged.

When the UK leaves the EU, their Treaty of Accession to the EEC will fall away. Protocol 3 – which is part of that treaty and will disappear with it – puts Jersey inside the Single Market for the trade in goods but is silent on the trade in services. That means that, whatever replaces Protocol 3 (and Jersey's government is working on something that gives us as close to the same relationship as possible), won't directly affect finance services.

Jersey's financial services sector trades with the EU through a series of agreements which remain in place and unaffected by Brexit. We have 'third country' status, meaning that our access to European markets depends on the EU deeming that our regulatory standards are on a par with theirs.

The regulatory standards that Jersey imposes on our finance industry are among the highest in the world, and

numerous independent organisations, including EU bodies, have given us the official recognition we need for the EU to grant us access to their markets. There is no reason why Jersey won't continue to meet international standards for combatting financial crime, regulating our industry, and exchanging tax information, and as long as we do we will continue to access the EU markets.

and succession planning and the steady diversification of the services offered by Jersey's finance industry, as well as our strengthened relationships with markets around the world, will stand us in good stead, even if the UK economy stumbles in the short term.

As we head into what is without doubt unchartered territory both for the UK and

"Jersey's financial services sector trades with the EU through a series of agreements which remain in place and unaffected by Brexit. We have 'third country' status, meaning that our access to European markets depends on the EU deeming that our regulatory standards are on a par with theirs."

More than three quarters of Jersey's business comes from outside the UK so, while a short-term decline in business can be expected, the impact of Brexit on Jersey's finance industry is likely to be minimised as a result of our increasingly global outlook, which spans Africa, Asia and the Middle East.

Jersey has long been a preferred jurisdiction for eastern investors looking to safeguard their assets through wealth the EU, I am sure that the best interests of Jersey's finance industry will continue to be safeguarded.

As far as the finance industry is concerned, while we should stay alert to the Brexit issue, there is no need to throw chairs through windows; the vending machine can remain intact.

This is the scene from The Office that I'm referencing: http://bit.ly/2awH1bq

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LEADERSHIP agenda

Political Dream Team

In light of the recent political wrangling's in the UK we wondered what about our own political leadership here in Jersey. We asked local leaders who they'd put in to the top four ministerial roles of our own government. By apply the same ideals as you would a fantasy football league, using people dead or alive we asked them to name who they'd recruit to fill the four posts of Chief Minister, External Relations, Home Affairs and Treasury Ministers and their reasons for why they chose who they did.



Eliot Lincoln

Founder & Chief Executive Officer Greenlight

Chief Minister: John Kotter

The ultimate change guru – With lots to do to bring the States of Jersey through this period of change, why not have the god of change at the helm. "Our Iceberg is Melting" and "Leading Change" should be on the reading list of anyone serious about making change happen – and making it stick!

External Relations: Usain Bolt

A renowned and loved character around the world – the fastest ever human being and extremely media savvy – who wouldn't want Bolt representing them – with four times as many articles written about him than any other athlete – and you know his meetings would go quickly.

Home Affairs: Jim Bergerac

Harkening back to a day when our island was awash with tourists, we want someone who knows exactly how the island functions. Even though his former role was in Le Bureau des Étrangers, I think it's time for a promotion!

Treasury: The Count from Sesame Street

We need passion and commitment in this role and who better than the character who is completely obsessed with the numbers.



Ben Stott

Director Affinity Private Wealth

Chief Minister: Nadiya Hussain

Nadiya's success in last year's Great British Bake Off demonstrated an iron will, the ability to perform under pressure and genuine attention to detail. Above all, she's a great communi-caker.

External Relations: Boutros Boutros-Ghali

This former UN Secretary General certainly has the experience to improve Jersey's standing on the global stage. However, it's his fantastic name that really made him a shoo-in for this important position.

Home Affairs: Cagney & Lacey

With responsibility for policing, this 1980s crime fighting duo would be the best cure for Jersey's crime wave since Jim Bergerac. Appointing them on a job share basis would also allow the States to lead the way as a flexible employer.

Treasury: Bernard Madoff

The infamous US financier grew his eponymous Ponzi scheme fund over many years so is well placed to look after our own version – the fabled 'rainy day' fund. After being convicted for fraud in 2009, we just hope the States background checks are not too stringent – particularly given he was sentenced to 150 years in jail.



Kristina Le Feuvre President Jersey Chamber of Commerce

Chief Minister: Margaret Thatcher

She was a powerhouse and a strong decision maker. Her policies and actions are still debated today by detractors and supporters alike, illustrating the indelible impression that she has left on Britain and nations worldwide. Whatever the opinion on her policies she was a lady who got the job done, and as the first female prime-minister a role model for women who felt they couldn't achieve. Having Margaret Thatcher as our Chief Minister would ensure that personalities and challenges would be swept aside to ensure deliverable results, in double quick time!

External Relations: Superman

He could get from A to B in a flash, ensuring he could arrive at meetings worldwide in a timely fashion. He would reduce the budget as he wouldn't require any overnight stays. As a superhero he would be recognised worldwide and not need any introduction!

Home Affairs: Lieutenant Governor (His Excellency General Sir John McColl)

Having had the pleasure of having His Excellency at a recent Chamber lunch I selected General Sir John McColl as my local element. Someone who has embraced the island and enjoyed his time here, and someone with a good knowledge of current affairs and issues. I chose Home Affairs for his new job as he has a strong leadership and management background, but also the connections with the UK that we would find invaluable. I suspect he may prefer retirement!

Treasury: Warren Buffet

An absolutely amazing man, with a grounded attitude and widely viewed as one of the most successful investors in the world. Starting off by selling chewing gum, golf balls collected from the local golf course to delivering newspapers, he has achieved from the ground up and has knowledge of all business elements. If we could grow the income from our investments it would cut the financial pain that businesses and individuals are experiencing.



Lesley Harrison

Chairman Prison! Me! No Way!!! Jersey

Chief Minister: Winston Churchill

The most crucial and most important time for a leader to show their true worth is in the face of adversity and Winston Churchill managed to shine at the task. His determination, perseverance and patriotic devotion towards the nation motivated the British and allies to go forward and win the war - " Keep Calm and Carry On" he said, and won the war, hearts and minds of the people.

Minister for External Relations: C-3PO

He's smart (six million languages), well travelled, loyal (it is his intervention that saves Artoo at the Jawa yard-sale), sensitive, occasionally says the wrong thing at the wrong time (asteroid-field odds) but always has his heart in the right place (he offered to donate his circuits to his battered-up friend), and uses his very unique relationship management skills to full effect to bring a positive and peaceful outcome for all.

Home Affairs: Bruce Wayne/Batman

A man with a mission, not of vengeance, but a long term plan to rid the world of the evil that holds it. As a philanthropist he supports charities and bodies that seek to rehabilitate criminals, whilst as his alter ego Batman, effectively removes those that persist to offend. Batman is the brains behind the operation, only occasionally taking part in fully active missions, preferring to act as advisor - and also has really fun friends to party with plus a great company car!!

Treasury: Martin Lewis (MoneySavingExpert.com)
Martin pocketed a cool £25.2m in 2015 after offloading nine
million shares in MoneySuperMarket.com - a site designed
to give great money saving tips - including how to: Budget
effectively - only spend what you can afford to spend; Pay less
for goods/services - by negotiating better deals.

When it comes to looking after Jersey's finances, assets and investments, and ensuring the protection and good use of public funds - sounds like the man for the job to me!

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Movers&Shakers 🗶 🦄



Onwards and upwards in Jersey

Channel Island advertising and marketing agency Oi has made two new hires in Jersey.

Joanne Holmes has joined the creative team as Senior Designer and Charlotte Newton has started in the account management team as Account Executive.

These additions to the Oi team follow further client wins and existing client growth, combined with a move to our brand spanking new Jersey office, at Liberty Wharf in the heart of St. Helier.

Their resident Liverpudlian, Joanne, is a veritable addition to the creative team bringing over 20 years of industry experience to the mix. She is a talented graphic designer, Illustrator and allround creative with a degree in art and design and a winning personality to boot. Joanne has worked on a lengthy list of diverse projects for both local and international clients including: HSBC, Lloyds Bank, JVC, States of Jersey and Seymour. She was also an integral member of the design team working on the Sydney Olympic Games.

'Oi has a great reputation as a leading, international advertising agency,' said Joanne. 'I hope to bring many years of experience, enthusiasm and creative thinking to the agency.'

Full of energy yet calm under pressure, Charlotte thrives upon the fast paced nature of life at Oi. As an English

graduate, she produces excellent marketing copy for their clients and enjoys gaining in depth knowledge and understanding of their brands. With agency experience in London and a strong PR and marketing background, Charlotte has assisted on campaigns for global clients including Bombay Sapphire and Grey Goose (alongside other non-alcoholic based projects!) Quick with a smile, she enjoys building relationships with our clients and meeting their needs in equal measure.

'I am really enjoying the positive and creative culture at Oi,' said Charlotte. 'Every day is so varied and I am learning a lot from the strong account management team.'

Peter Grange, Oi Chief Executive, said Joanne and Charlotte are two exceptionally talented individuals each who will fit in perfectly at the expanding agency.

'It is a really exciting time at Oi, with Joanne and Charlotte on board we can offer even more expertise to our growing list of clients. The move to our new Jersey office has been a great success and we are looking to keep growing across the island and further afield strengthening our teams as we go, so watch this space!'

Appointment at Standard **Bank Offshore Group**

Standard Bank Offshore Group has appointed Martyn Samphier as Head of Corporate & Business Banking and Banking Product.

Jersey-based Martyn has worked for the bank for more than three decades and has over 40 years of banking experience.

In his new role, Martyn will not only lead Corporate & Business Banking, which serves the Bank's trust and corporate clients, but will also oversee all banking product activities across the Offshore Group, which has banking operations in Jersey and the Isle of Man.

Will Thorp, Chief Executive Officer of Standard Bank Offshore Group, said: "Martyn has an in-depth knowledge of both the Bank and our core markets and this appointment is richly deserved."

Martyn moved to Jersey with Barclays Bank in 1984 and joined Lazard Brothers the following year. He was appointed Banking Director in 1993 and has continued in various senior management roles since the company's acquisition by Standard Bank in 1999, most recently as an Executive within the Corporate & Business Banking team, specialising in the provision of lending and deposit pooling services.





Seven promotions for offshore law firm Carey Olsen

In addition to promoting six advocates to the partnership this summer, offshore law firm Carey Olsen has promoted seven lawyers. The firm has 200 lawyers working across seven offices, specialising in British Virgin Islands, Cayman Islands, Guernsey and Jersey law.

The promotions include four new counsels: Christopher Griffin and Stephen Fitzgerald from the Jersey corporate team, David Jones from the Guernsey dispute resolution practice and corporate practitioner Elizabeth Killeen from the firm's recently opened Singapore office.

Katherine Tresca and Sharon Mallet have been promoted to senior associate level in the firm's Jersey corporate and property teams respectively, and Nichola Aldridge has been promoted to associate in the Jersey trusts and private wealth practice.

Christopher Griffin has broad experience of both general international corporate and funds work with particular expertise in private equity and hedge funds, having spent ten years in the City at Ashurst, RAB Capital plc and at SJ Berwin (now KWM).

Stephen Fitzgerald joined Carey Olsen in 2000 and qualified as an Advocate of the Royal Court of Jersey in 2006. He has a broad non-contentious trust practice advising many of the leading Jersey trust companies on all aspects of trusts, foundations and private companies.

David Jones joined Carey Olsen in 2010 and provides specialist advice in relation to business restructuring and insolvency in contentious, non-contentious and multi-jurisdictional matters.

Elizabeth Killeen joined Carey Olsen's British Virgin Islands office as a senior associate in 2014 and moved to the Singapore office in October 2015.

Katherine Tresca joined Carey Olsen in 2010 and works on a wide range of corporate and commercial matters, with a particular focus on mergers and acquisitions, initial public offerings and private equity investments.

Sharon Mallet is an English Solicitor and joined Carey Olsen in 1997. She has a broad practice covering both residential and commercial property matters, including leases and property lendings.

Nichola Aldridge joined Carey Olsen's trusts and private wealth practice in 2013. She acts for Channel Islands trust businesses, private trust companies and family offices, with a focus on noncontentious matters.

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Senior appointment at Estera

Estera has bolstered its risk and compliance credentials with the appointment of Risk and Compliance Director, Tui Iti.

Tui will be responsible for ensuring the company consistently adopts the highest global compliance standards across each of its international offices. The newly created role consolidates Estera's strategic approach to the management of internal and external risk.

Tui brings more than 16 years of multi-jurisdictional compliance experience to the group, gained from working in both the onshore and offshore finance industries across a range of sectors.

Prior to joining Estera, Tui was Group Risk and Compliance Director for multijurisdictional fiduciary services company, Elian. He has also held regulated compliance and AML roles within the banking, investment management and insurance sectors, and for regulated funds including debt, mezzanine, private equity and real estate funds in the UK, British Virgin Islands and Singapore.

Estera, formerly Appleby Fiduciary Business, completed its management buyout from the Appleby Group in December 2015.

LEADERSHIP agenda

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Viberts promotes talent within their family law team

Advocate Jamie Orchard has been promoted to an Associate in recognition of his impressive contribution to Viberts' family law team since joining in 2014.

A particular highlight; Jamie successfully represented a client in the landmark and highly complicated case of A v B [2015] JRC262. This confirmed that the definition of "parent" can extend beyond biological, adoptive and step-parent under the Children (Jersey) Law 2002. The case was appealed and he was again successful.

Jamie is a pragmatic and practical family lawyer who strives for workable solutions to complex problems. He represents clients with public and private children law matters as well as high net worth divorce matters. He has experience in tricky financial matters involving overseas assets and offshore companies. In addition he handles cross jurisdictional children's matters (including Hague Convention proceedings) plus difficult contact and residence private law children matters, including parental alienation.

Family law partner, Rose Colley said:"Jamie thoroughly deserves this promotion after leading some particularly challenging cases and achieving positive outcomes for our clients. He has a huge amount of potential and, in line with Viberts' commitment to nurturing talent from within our business, we want to see him develop his career with us."



Elian boosts compliance capabilities with director appointment

Kristian Walton has been appointed as group risk and compliance director. He will take responsibility for leading the risk, compliance, internal audit, business controls and file review teams across Elian's 15 international jurisdictions and multiple service lines. Leading a 26 strong team, he will oversee the delivery of a proactive and robust risk and compliance approach, ensuring the company continues to achieve the highest regulatory standards.

Mr Walton, who has over 20 years' industry experience, joined Elian as an associate director in the risk and compliance team in 2014. Prior to this, he worked in various roles for NatWest, The Royal Bank of Scotland Group and Coutts and Co in London and Jersey. Before joining Elian, he was a director of risk and business management for Coutts and Co in Jersey.



Accounting specialist joins Hawksford as an Associate Director

Hawksford has appointed an accounting specialist with 12 years' industry experience as an Associate Director.

Bobby Stirling will have oversight of Hawksford's client accounting team and, working closely with senior staff, will be responsible for ensuring the highest standards of financial statements and book-keeping services and consistent client delivery. He brings extensive technical knowledge and the application of accounting standards, including United Kingdom Accounting Standards, International Financial Reporting Standards and the US Generally Accepted Accounting Principles, to the role.

Mr Stirling joins Hawksford from BDO Limited in Jersey where he was a senior manager. Before this he joined PwC Jersey's graduate programme in 2004 and progressed through to manager level. Mr Stirling also gained experience in London and Sydney through short terms secondments whilst working with PwC.



Bedell's corporate and commercial team recruitment

Bedell Cristin has further strengthened its corporate team in response to sustained client demand through the appointment of Guy Westmacott as Senior Associate in the Jersey office.

Guy joins from Mubadala Development Company, an Abu Dhabi Governmentowned investment and development company, where he worked between 2008 and 2016. During his time as Senior Legal Counsel with Mubadala, Guy was primarily involved in mergers and acquisitions and also gained extensive experience on corporate and project finance in addition to restructuring matters. Guy also worked on a number of deals in the renewable sector with Masdar, a subsidiary of Mubadala.

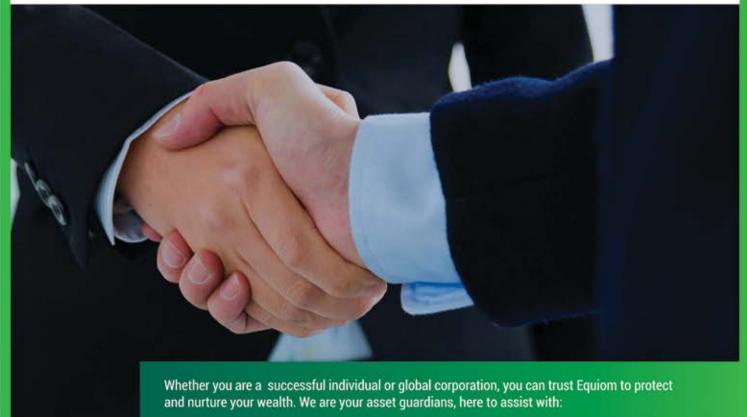


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Jersey is, no matter how you try to spin it, a white collar society. In a post-Brexit apocalyptic wasteland, there seems to be a necessity for the 18-26 year old generation to proclaim that their livelihoods have been taken from them by those who will only see the short-term positives of life outside the EU, however, ignoring the facts that the vote should never have been given to the public and that 40 years in the working world qualifies you to vote more than a politics class at the London Metropolitan University and a poster of a copy of The Telegraph being burnt above your bed, people on the little island of Jersey don't seem to realise that we actually have it pretty good here.

By all means complain, what kind of student would I be if I didn't throw my hat into the protest ring every now and then, but for the love of God please don't clog my Facebook Newsfeed with your 1,300 word rants about how you will have to deal with the consequences of others' decisions. We in Jersey live in a white collar society, and trust me, the last threat you need to be worrying about is the lack of unrestricted movement and a bad exchange rate. The far more pressing matter is something that our own hubris has brought upon us, crawling silently from the shadows cast by our own statuesque selfaggrandisation. People, we have played God, and now our day of reckoning is upon us. The robots are coming...

It's been the same story since 1921, when the Mechanical Marvel, the brainchild of Reuben Stanley Smith et al., was first used. On the day that the first of these great machines, which was really a combination of machines used to create an automated production line, was switched on, the world was changed forever. By creating something that could produce 10,000 car frames a day for the Ford company, Smith had simultaneously given the owners of any mass production firm the ability to print their own money whilst handing a universal unemployment agreement, written and delivered by machines, to blue collar workers around world. From that point on, the power of the robot only grew stronger, as did the plight of the blue collar worker. Jobs that had before provided the necessary income for so many impoverished families were being infiltrated by the machine, and no that's

not the 'machine' that anybody who has spent a year at a liberal arts college will tell you is ruining the country. This was a visible and and trackable intrusion upon the lives of men and women who could only sit and observe as the promise of mechanised profit margins forced, at best, human displacement.

Now, don't get me wrong, I love technology. Yes, it may have had its negative effects, but the magic of something without consciousness is that it can't be blamed for its faults. Where would we be without the gadget that we probably take most for granted, the computer? The whole world is essentially run on them nowadays, and perhaps most importantly they let me write ridiculous rants like these. The loss of jobs due to machines can only be on the heads of those who run the companies that replace their workers. However, as ever people are willing to latch onto any kind of scapegoat when things go wrong, and the easiest of all is something that cannot argue back. Whilst it may be true that experts at the University of Oxford have predicted that by 2033, over 47% of American jobs will be completely automated, and that by the same year nearly 10 million jobs could be taken by robots, there are also those who argue that the proliferation of technology itself creates jobs that the workers can be moved into. This cyclical nature of the mechanisation of the labour force is how companies have justified their actions since the inception of the Mechanical Marvel. For example, FedEx's total fleet currently consists of 362 planes and roughly 3,500 pilots, however due to a reduced necessity for human

labour and, subsequently, distress over lowered wages, the company plans to lower the number of pilots to more like "3 or 4", utilising commercial airlines and other shipping companies to move mail abroad, and only using their own fleet for domestic travel.

The mail giants are not the only company that are starting to rely more heavily on the machine than the man. In Russia, Dmitry Grishin, CEO of mail.ru, has invested heavily in a company that develops robots to teach mathematics in schools, although in reality if the robots want to take the most underpaid and underappreciated jobs then so be it. What this all means is, at this point, relatively ambiguous. Is the robot revolution a good thing, creating jobs in fields as of yet relatively unexplored in engineering and production? Or will we see a collapse of the white collar sensibility and livelihood that we saw in the 1920s as jobs start disappearing faster than EU graduate schemes in 2018? We can't really know the answer to this until we delve further into the issue at hand, and in a twist of fate that seems almost too ironic to be real, it is the machines that we are so terrified of overtaking us intellectually that will inevitably collect the data of unemployment to job creation that will either condemn or commend the technological uprising. Here, we will take a look at 3 jobs that have already been subject to a process that I like to call "Robocopping", in which man's pride keeps him blissfully ignorant to his own failures, which are slowly yet surely eradicated by the faultless machine.

Financial Analysts and Investment Advisors

Bert Spencer, Mount Vesuvius in 79 AD, honey badgers. These are all things that are volatile and dangerous, and, most importantly, unpredictable in their rage. At any moment, they are set to erupt (literally), and leave chaos and devastation in their wake. There is only one thing on this earth that is more dangerous, more destructive, and more fickle: the economic landscape. Since Belgium started to boast the earliest stock exchange in 1531, the world of "money" in whichever for it has been traded, has been one that has shaped and controlled the way we have lived our lives. And the most worrying thing of all? The whole thing is based on man's ability to predict (and many more things of course but for the sake of making man look bad I'll stick with that statement). Of course, the most modern example of the market's volatility is the mortgage crisis, but it would be remiss of me to not mention the panic of 1825 that nearly crashed the Bank of England, or even the Great Depression in the US. The histories of international stock markets are veritable comedies of errors on a Shakespearean scale, and yet it is only now that we are beginning to learn that putting everybody's trust and savings in the hands of financial analysts is a terrible bloody idea.

Machines are, thankfully, beginning to infiltrate this truly dangerous workplace. Given the focus on and importance of algorithms and data trends in gambling with people's money, one would assume that, rather than a human mind which is quite literally programmed to make mistakes, a computer would be the perfect thing for the job. According to Stefan Kip Astheimer, Vice President for Strategy at Howe and Rusling, there are already "automated services that are replacing personal financial advisors, financial planners and stockbrokers for younger individuals and individuals who have complex investment needs". So, whilst systems like SigFig, a piece of software that uses risk analysis to manage and diversify clients' smaller portfolios automatically, may be aimed at those who would not put large amounts of money or trust into machines, it is clear that if trends continue, and humans continue to prove inadequate in the world of money, that machines may well take the role of advisor to the more canny investors

Law Firm Associates

Whenever you hear of somebody doing "work experience" at a law firm (far more common than it sounds in Jersey), you assume that they will spend two weeks of their life filing unimportant documents and maybe, if they're lucky, getting to sit in on a case and make notes that will teach them nothing, and

make no difference to the outcome. This isn't actually far from the truth, and unfortunately for many, this remains the case even after "work experience" becomes "work". Filing, making tea and generally feeling like your years of menial tasks that you are promised will one day make you partner are indeed just that; menial. However, one of the more important tasks that lower-ranking employees are given is combing the mountains of documents from cases that may contain a single word that can be used to find something useful for their side of the argument. It's not easy, it's not fun, and most of the time it's not productive, but it is important and more necessary than Dr Dre's technique.

every conversation a phrase that goes something like "I just feel like I really get people. I'd be able to sell anything!". There is rarely any basis for these claims, and there is a certain ironic humour in the idea that you can "get people", when that only suggests that you don't quite understand the concept of individuality, but we must let them believe, for what kind of person would one be if they denied somebody their dream? Obviously, they'd be me, but it seems that some other cynical old soul has joined me in my crusade against any who dare to allow their metaphorical feet to leave the figurative ground. One of the most satisfying things in the world is proving to somebody that the saying "a monkey

"Bert Spencer, Mount Vesuvius in 79 AD, honey badgers. These are all things that are volatile and dangerous, and, most importantly, unpredictable in their rage. At any moment, they are set to erupt (literally), and leave chaos and devastation in their wake. There is only one thing on this earth that is more dangerous, more destructive, and more fickle: the economic landscape."

However, once again, when considering the fact that this job is done by the lowest-paid, almost unknown workers in firms that employ hundreds, one is faced with the bane of man's existence; human error. It is something built into us, something that makes and breaks the very lives we lead, and something we can't escape. So, how do we eliminate man's infallible ability to make errors? There are two options that scream out at us, and unsurprisingly both come from China. Either we institute more cruel punishments, namely being ceremoniously fired, for those who make mistakes, relying upon the fact that there are a surplus of eager unemployed workers out there who will happily and quickly replace anyone that dares to overlook their own errors (and with a third of the UK's graduates moving into "non-professional" jobs only 6 months after completing their degree, the work pool certainly has its share of sharks snapping at the heels). The other, arguably more humane option, is to start using software and technology to negate the issue of human error, and effectively eliminate the need for man to go through these menial, gruelling and jejune jobs. Using something as simple as keyword recognition (the CTRL+F function basically), there are softwares being developed now that can scan any and all legal documents and do the job of 100 minimum wage workers in a large law firm in just a few hours.

Online Marketing

We all know somebody that thinks they could be in advertising. Like the morning song of the crow, they are able to fit into

could do your job" is true. Unfortunately, as much as it would be an interesting experiment, I'm not sure there's a company on earth that would actually allow an ape to sell their products online (obviously ignoring Cadbury's and SSE's advertising schemes). So, without monkeys, how do we make sure that those people who truly believe they can speak to the entire race and relate with them on a personal level are truly crushed and taught, in the most cruel way possible, that in reality, humanity is a whole constituted of 7 billion individual and complex beings? Well, considering that interpersonal relation is a product of emotional compatibility, the most obvious answer becomes: remove the emotions.

That's exactly what is happening now without us even noticing. In an automated tour de brute force, natural language software firm Persado analyzes data with semantic algorithms to determine what email subject lines, for example, will get the best response. Working for clients like Citi and Neiman Marcus, the company's systems can reach into its database of scored language, analyze all the variations of a particular message, and systematically create wording that will have the necessary emotional pull, with the ability to test thousands of permutations to find the best performing versions. Machine-generated email subject lines can sometimes double the number of messages opened compared to human-written ones. So, next time somebody casually drops in that they truly understand the deep and emotional connection necessary to really sell products on a global scale, we can finally respond with the crushingly simplistic phrase, "a computer can do it better".

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Business News

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Jersey's preparedness for the future to be discussed at 2016 IoD Debate

Whether Jersey's public and private sectors are adequately prepared to meet the challenges of an increasingly complex future is set to be assessed at this year's Jersey Institute of Directors Annual Debate.

Entitled 'Future Proofing Jersey' the event, sponsored by law firm Carey Olsen, will take place on Thursday 15 September at the RJA&HS. Starting at 5.45pm with a drinks reception, sponsored by Ashburton Investments, the event will explore whether Jersey has the right leadership, brand, systems and expertise required to steer a safe course and ensure a successful future for local businesses and residents.

Commenting on the topic for this year's Debate, IoD Jersey Chairman Chris Clark, said: "This is an ambitious theme for our debate this year, in which we will aim to get under the skin of the public and private sectors to understand where our strengths are and where we need to improve if we are to ensure our long-term success. I expect it to be another lively debate that will clarify the immediate and projected concerns of the local public and private sectors and their role in Jersey's future."

The debate is open to IoD members and non-members, politicians and all islanders who have an interest and a view on the topic. Places and tables of 12 can be booked at £80 per person, including a supper, through www.iod.je, whilst further information is also available at the IoD Jersey LinkedIn Group and by following @iodjersey on Twitter.



'Open data' and transparency to feature on CIPR PR Forum agenda

How organisations in the Channel Islands can embrace the concept of 'open data' to promote transparency and build trust will be amongst the key themes explored at the second Channel Islands PR Forum to be held in Jersey in September.

Organised by the Channel Islands Group of the Chartered Institute of Public Relations, the half day event, entitled 'Out in the Open' and sponsored by Liquid, will take place at the Jersey Museum on Thursday 22 September 2016.

A panel session featuring Paul Wilkinson as well as Sarah Hall, editor of crowdsourced book #FuturePRoof which asserts the value of public relations to businesses, and Ketchum Chief Engagement Officer and former CIPR President Stephen Waddington, will also consider some of the key issues shaping the future of public relations. Delegates will also have the opportunity to hear from current CIPR President Rob Brown.

The CIPR Channel Islands PR Forum, for which BL Magazine is the media partner, is suitable for PR, marketing and communications professionals of all levels. Tickets cost £100 for CIPR members and £130 for non-CIPR members, with a 10% 'early bird' booking discount available until 31st July. The ticket price includes a sandwich lunch and afternoon refreshments, and attendance counts towards CPD.

To book your ticket please visit www.eventbrite.co.uk



Rossborough employee receives London Business Interruption Prize 2016

A Rossborough employee has been awarded the London Business Interruption Prize 2016, presented by the national branch of the Chartered Insurance Institute

Amy O'Doherty, a commercial broker in Rossborough's trust team in Jersey, was awarded the prize after completing one of her Diploma in Insurance (Dip CII) modules with the highest merit grade last year. Mrs O'Doherty, who is studying towards her Advanced Dip CII qualification, completed unit P93 along with 200 other UK and international institute members, and achieved the highest mark in the entire cohort.

Clive De La Cour, managing director at Rossborough, said, 'Amy's achievement is a huge credit to the business and she thoroughly deserves recognition for her hard work with this prestigious award.'

The Advanced Diploma in Insurance is a technical and supervisory qualification for insurance professionals. It provides a firm grounding in insurance fundamentals and enables industry practitioners to build towards advanced technical knowledge of the industry.

SANNE shortlisted for prestigious STEP Private Client Award

SANNE has been shortlisted as 'Trust Company of the Year' at STEP's Private Client Awards 2016/17.

internationally renowned solicitors, lawyers, accountants, financial advisors, barristers and trust companies.

Now in their 11th year, STEP's Private Client Awards set the standard for excellence in private client practice. The judging panel comprises experts from across the industry, including

The awards will be announced on 8 September 2016 at the Park Plaza Westminster Bridge Hotel in London.

"Great things in business are never done by one person they are done by a team of people."

WORDS MARIE-CLARA THAUREUX, DIRECTOR, GLS RECRUITMENT.

This is one of my favourite quotes from Steve Jobs. Perhaps one of the most inspirational thinkers and leaders of our time. I don't believe the quote is intended to diminish the role of a leader, but instead to throw focus on the responsibility of that leader to cultivate their team.

Leadership has seen some thought provoking changes over the years, moving from an aged style of (micro)management to the growth of a new breed of individuals who inspire and lead by example.

Having the right person at the helm is crucial to an organisations success. People respond brilliantly to the aspiration that can be borne from having the right leader in place, setting an environment of common focus. Strong leaders can have a vast impact, increasing productivity and employee motivation amongst many other benefits.

Recruiting a new leader can be a tough job, it is essential that any new recruits fit the culture of the business. The right match is essential to maintain a happy ship and when the new hire is taking a senior role the pressure to get it right can be a heavy weight, get it wrong and your ship might start to sink. 360 degree referencing, when managed efficiently, can be highly effective in judging a person's suitability, ensuring motivation levels stay high.

Thankfully the world (even just these pages!) are full of inspirational, thought-provoking and aspirational leaders.



Current Roles Available through GLS Recruitment:

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- Fund Administrators
- Trainee Corporate Administrators
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Elian scoops 'Brand of the Year' at Citywealth awards

Elian has won the gold award for 'Brand of the Year' and was also awarded bronze for 'Best Website' at Citywealth's Brand Management and Reputation Awards 2016.

The 'Brand of the Year' category celebrates an exceptional brand within the professional services industry. The Elian brand reflects the company's dynamic personality and stands out in the market, helping to increase the company's revenue.

Lisa Mclauchlan, business development and marketing director at Elian, said: 'The private client industry is an extremely competitive marketplace, so we are immensely proud to have built up such a solid, respected and recognised brand since launch in September 2014. Elian's marketing and business development efforts are focused on differentiating our brand in all our jurisdictions, and the website is just one valuable tool that helps Elian to effectively communicate its many service specialisms to an international audience.'



First Names Group's festive fundraiser wins gold at Citywealth brand awards

First Names Group took home the gold for 'CSR Activity of the Year' in the inaugural Citywealth Brand Management & Reputation Awards.

In recent years, the international trust, fund and corporate services provider has gained quite a reputation for its annual Christmas charity video, and its prize-winning Citywealth entry centred round their 2015 effort.

Their tongue-in-cheek mock talent show features festive 'performances' from a mix of First Names Group directors and its impact exceeded the company's expectations. The video achieved thousands of hits online and raised nearly £4000 for their chosen charity, Worldwide Cancer Research, which funds research into any type of cancer, anywhere in the world

Leading Channel Islands' HR specialist expands into UK Law At Work has launched a business in the UK to provide an efficient and cost-effective service to businesses working in the UK and Crown dependencies.



Dunell's Premier Wines Wins Major UK Regional Award

Dunell's Premier Wines has been crowned International Wine Challenge Regional Merchant of the Year 2016 for South and South East England. Entrants for this category must submit a full in-depth overview of their business in order to meet the rigorous selection criteria.

Neil Pinel, Managing Director said, "We are absolutely thrilled to have won such a prestigious award that covers such a large area. Dunell's has been through many

changes over the last 16 years. Adapting and evolving in an ever-changing market place we have expanded from what was a cash and carry styled merchant to a leading wine and spirit specialist with three temperature controlled outlets around the island as well as a temperature controlled warehouse and storage facility. Complementing this we have developed our online presence having launched our eCommerce site in 2008, one of the first businesses in Jersey to do so. One

of the aims over the years has been to develop a strong and dynamic team in order to provide the very best customer experience and I am very proud that this has been achieved. A lot of love and hard work went into winning the regional award and to have also been shortlisted as one of the top three Small Independent Merchants in the UK and C.I. is a credit to everyone's dedication and passion."





Age: 27

What sport do you do: I run!

What do you do for a day job:

You won gold at last years NatWest

Teacher at VCP

Island Games, rumour has it that you took everyone by surprise, having only started competing to be able to enter the Games, what prompted the interest in the sport: Everyone had always commented on my 'engine' in various sports but it wasn't until a friend of mine, Ben Silva who was a multiple medal winning Island Games runner, said he wanted to time me on the track to see what I could do. So I ran 800m in just over two minutes and he told me I had better take up running!

You also beat Superman in the Durrell Dash this year, how was that: Tough! The course seemed to have never ending hills and Tom Perchard ran a fantastic race to make things even tougher. But it was great fun and well organised. They let me meet superman as I had won and he was a really nice guy. I tried to make him feel better about not winning by telling him he was a unit but he still looked disappointed!

Have you always had an interest in running:

No, not unless it was after a football!

What's your preferred distance: I honestly don't know. I thought it was 5k but now I've done a couple of half marathons I'm not sure!

Do you participate in any other sports:

Yes. I play football for Jersey Wanderers and last season made the Jersey team although was dropped three days before the Muratti so maybe I should stick to running! I love wakeboarding in the summer and just recently started playing hockey for the first time, a sport that I've always slated, but have been loving playing for the 'Teachers' team in a corporate league.

School attended: Le Rocquier then Hautlieu

Favourite ice-cream flavour: Mango

Favourite animal:

Dog - A beagle named Rosie

Favourite food: Seafood!

What would you wear to a fancy dress party: Anything depending on the themelove a bit of fancy dress. I would have gone as superman but...

Favourite song: So hard. Anything by Ben Howard, maybe 'Black Flies'

How often do you train: Running specific four times a week but then football

Where has been your favourite place in the world to compete so far: Sydney

Where and when was your favourite moment in your racing career so far: Has to be winning gold in a home Island Games.

How can people get involved in running in

Jersey: That's the best thing about running, put on some trainers and go! I run with a group called the Endurance Project on a Wednesday night which sounds scary but it's just a collection of people that go out and run together. Check out Parkrun too, they are doing an amazing job of getting people running the 5k's they hold every Saturday at Les Quennevais cycle track.

What should we be looking out for on the racing calendar: The Olympics! Over here the Jason Lee 10k is always good and I'm hoping to claim the Parkrun time!

What does the future hold for you: Well I was on the Jersey Commonwealth pathway until I decided to go travelling this year. So the plan for me is to keep training whilst I travel the world.

Do you have a top tip for other aspiring sports people particularly those looking to follow in your footsteps: Keep enjoying your training in whatever sport you do, otherwise it will be hard to maintain when you need to be training flat out. In running; book yourself a race and work towards it. It's an amazing motivator knowing you're aiming for something. Train hard; race easy.

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Having demonstrated our love for Ben Stiller's amazing 'Dodgeball' film by holding our first Gallery dodgeball tournament in 2008 we rekindled the love last year, after being approached by Summer Parkin, Fundraising Manager for British Heart Foundation's Jersey branch. We were so blown away by the enthusiasm shown by those who participated last year that we set about organising another tournament. This year saw Rossborough Healthcare join the party, supporting the event with funds, competitors, volunteers and huge amounts of enthusiasm.

So the scene was set and on Saturday 9
July we staged the third Gallery Dodgeball
Championships at Les Ormes' indoor football
dome. Once again Jersey's up-for-it crowd
came out in support, wielding balls, wearing
stellar fancy dress and of course raising
money for charity. The eleven teams in
total came to dodge, duck, dive and dodge
their way through a round robin contest that
saw Marvel characters face off with a team
of Old Codgers and the welcome return of
a whole host of Hulk Hogans take to the
courts. Of course an event of this scale
wouldn't be possible without the amazing

support of BHF's network of volunteers, who this year also took on the role of refereeing, skills which they honed thanks to the British Dodgeball Association course held earlier in the year.

Once again we were stoked to see so many people turn out in support of the event and the amazing cause, for which they were all raising funds. The eventual victors were the MARVELlous Joes who swapped fighting crime for shielding themselves from flying balls to triumph over their adversaries, taking the crown of Dodgeball Champions 2016.

The party continued after the event in amazing sunshine down at Ouaisne where buckets of beer were suitable refreshment for the athletes who wound down by taking a dip in the sea and then enjoying culinary treats prepared by the team at the Kismet Cabana. Teams bonded, rubbed shoulders and traded memories of a great event. Keep an eye out for another one coming soon and get your chance to dodge next time.

BECAUSE QUALITY MATTERS gallery | 1

Sport News



Offshore powerboat racing returns to Jersey this month - over two decades since the last series of races were held here, the island is playing host to a Festival at the height of the season.

The racing is being held on Saturday 6 and Sunday 7 August and the festival promises to provide as much excitement onshore as it will on the water with a host of events planned throughout the weekend.

Powerboat racing in the Channel Islands was at its height 30 years ago when

Guernsey was a venue for a leg of the World Championships. In the mid-90s Jersey was playing host to the predecessor of the current offshore series.

Jersey Powerboat Club chairman, Roy Smith, raced in both of those series and went on from strength-to-strength. He became a national champion and only hung up his helmet after clinching the 2-litre world championship title in Guernsey in 2008.

Roy said: 'I am really excited to have powerboating back in Jersey waters once again. After being the club's chairman for a number of years it's fantastic to see young people coming through and giving the club and racing the fresh start that it needs.'

For more details head to: www.jerseypowerboatclub.co.uk



Carey Olsen Inter Island Yacht Race speed record smashed!

Saturday 2nd July saw the Channel Islands' largest annual yacht race, the Carey Olsen sponsored inter-island race take place. The race is run on alternate years between Guernsey and Jersey, and this year it ran from Guernsey on the 26 nm "Downhill" course (as the yachties refer to it). In addition to the Main Yacht race, this year fast catamarans and Kite Boarders were included on the start line. There were 72

entrants (including some UK and French yachts) in the Main Yacht fleet.

The Raven Russia - Poker Face team (Jamie Hamilton and Benn Garnham of Guernsey) cross the finish line in a record time of 1 hour 46 minutes and 30 seconds. Smashing the previous race record by some considerable margin.

Although the first across the finish line is an important feature of yacht racing, it isn't necessarily the most important one! A handicap system is applied to find the overall winner.

The Dog's won 1st place, with 2nd place going to Dark Horse and 3rd to White Rabbit. Raven Russia - Poker Face won the Shearwater Trophy.

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Rugby on the beach

With perfect weather – just before the heatwave kicked in – fine pitch conditions on the golden grains of St Brelade's Bay and a high level of sporting skills on display, the 2016 Jersey Beach Rugby tournament had it all.

The event, sponsored for the seventh year running by PwC, featured four different categories of event; in the morning the youngsters took part in an enthusiastic warm-up before the adults took to the beach at 12noon, with a total of 16 teams starting play in the men's contact, men's touch and mixed touch events.

After the morning's cloud had given way to clear blue skies, the players were quick to raise a sweat under the hot sun, and plentiful quantities of sunscreen and water were a must. The full contact event did exactly what it said on the label, and several combatants had to be helped off after suffering knocks, looked after by hard-working physios, volunteers from St John's Ambulance and – when required – paramedics from the States of Jersey Ambulance Service, thanks go to all of them!

Local sides Trafalgar Pirates and Alfie Buoy Sailors, both featuring a number of former Jersey 1st XV players, made it through to the final of the contact event, with the Alfie Buoy Sailors avenging an earlier group-stage defeat by winning 3-2 to claim the trophy.

In the men's touch, the State Street Champions defeated RBC 3-0 in the final, while BNP Paribas took the mixed touch honours, defeating the Ball Grabbers 3-2.

"It's like Monaco out there, with all the boats moored up and bronzed poseurs everywhere," said one observer, only for her colleague to disagree. "Rubbish," he said. "Monaco doesn't have beaches like this, and they chase fast cars, not rugby balls."



Top tips to get a summer beach body, fast

Want to get that summer body in just a month? Well it will be tough but follow these little tips and you will be looking and feeling your best. It is all about decreasing body fat % and perhaps increasing your body muscle %, this means that even if the scales jump up what you're after is a leaner body shape.

Don't stress

Stress and anxiety produces a chemical called cortisol, which is released in to your body. Not only does this make you feel fatigue, but it can also increase the amount of fat cells stored in your body.

Eat Clean

Eating clean means eating things that you would find either growing or grazing. Fresh meat and vegetables is the key here. Foods high in protein will keep you fuller for longer and also help repair your muscles. Fats are good too, as long as they're natural ones. Carbohydrates are also a great source of energy but choose alternatives like sweet potato and brown rice.

Lift heavy

You want that toned bum and tum this summer the best way is to lift some weights. 5-8 reps for 3 sets for exercises such as the deadlift, squat and pull up. 10-12 reps for 3 sets for secondary exercises such as hip extensions (bridges), push-ups, leg press etc. Don't worry you will not get "stacked" but you will feel more toned.

Sleep lots

People that sleep less actually have more cortisol (that cheeky chemical again) in their bodies which means they store more fat, to decrease this make sure that you get enough sleep at night.

Sprint

Sprinters have the best bodies around, toned tummies, good legs and bums. To get just a little bit of what they have, try mixing up your jogging with sprints once a week. Try sprinting for 30 seconds and jogging for 60 seconds this is a work rest ratio of 1:2.

Add in walks or light jogs

On your days off go for a little walk on the beach or a recovery jog if your muscles are feeling sore from the gym the day before.

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



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BECAUSE QUALITY MATTERS gallery |



BNP PARIBAS' "WE ARE TENNIS" Primary Schools programme reached a climax on Friday 8th July, with the primary schools team tennis tournament being held at the Caesarean Tennis Club.

The schools tennis programme begins in March and runs for 16 weeks, giving approximately 1000, year three children, the opportunity to learn tennis through eight 1 hour free coaching sessions, funded by BNP Paribas.

Four players from each year three class are then selected by their teacher and coach to represent their school.

This year we had 21 school teams competing against each other in group stages. All 21 teams went through to their own knock out stage depending on the position they finished during the group stage.

The winners of the four groups were Grouville, St Saviour, St Martin and Bel Royal.

Grouville were last year's champions and narrowly beat debutants St Saviour in the first semi-final.

In the second semi-final Bel Royal beat St Martin 3 matches to 1.

Grouville beat Bel Royal in the final 3-1, landing them there 4th schools title.

Head Coach, Mark Gilmour, said "it is a great initiative and without the support from the BNP Paribas "We Are Tennis" programme this would not be possible. It is great to see how much fun all the children are having playing and competing at tennis. The player's attitudes have been fantastic and they have been a credit to their schools. It is a fantastic opportunity

for the tennis coaches to go into the schools and hopefully inspire the next generation of budding tennis players.

Nathalie Le Barz, Head of HR Channel Islands for BNP Paribas, said "In its fifth year, we have seen over 4,000 children benefitting from tennis coaching, who might not ever have picked up a racquet. Teachers also benefit from being taught by the coaches how to teach tennis in school PE lessons. The children learn important disciplines around sporting conduct and playing by rules, and they learn these as well as tennis shots and serving through having fun games at school.

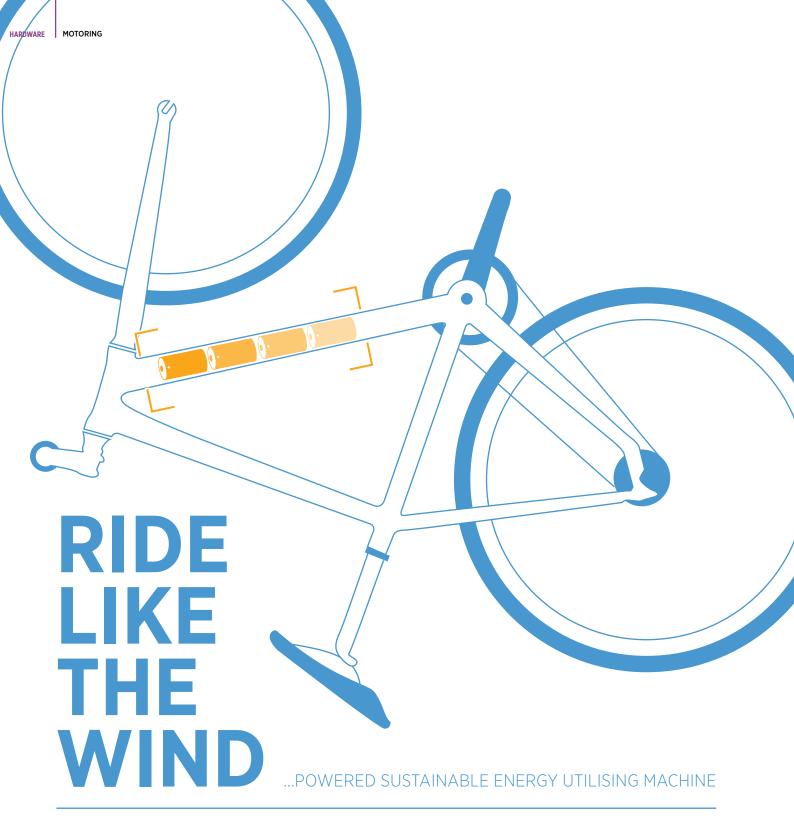
Tournament day is always good fun and it's a pleasure to be involved, the children are excited and enthusiastic about their matches and appear to enjoy the structure of the competition as well as the prize giving, by which time they are matched out! A bit like our BNP Paribas volunteers who do a fantastic job of umpiring multiple games on a continual basis! However, none of this could happen without the Caesarean Tennis Club and coaches, they work extremely hard to make this sponsorship initiative an excellent and very worthwhile format, resulting in a fabulous day for all. We're already looking forward to the BNP Paribas 'We Are Tennis Primary Schools Programme' 2017!"



ABOVE: 1st place Grouville School BELOW: 2nd place Bel Royal School







The nature of all things, the one shared characteristic that binds all objects both conscious and inanimate in this world together under a mist of indomitable and inescapable anguish, is that they must end. As the Pali canon in Buddhism tells us, "whatever is of the nature to rise, all that is of the nature to cease" (that's from a questionable website, don't quote me on that), and this quote alone puts into context the fleeting nature of all that we see around us.

WORDS Taylor Jones

As the plastic bottle left in the field will, in 450 years, decompose to become almost nothingness, so will the tyrannous reign of Milli Vanilli over the musical charts of the early 90s fizzle out to the point that it is mocked in a film scene about a man performing sexual acts on a ghost. No matter the size, the magnitude, the sheer universality of the object or concept, there will always come the Abel to the original's Cain, the show-off younger sibling who was, the villain of the story of the first murder.

On second thought, maybe it's best I leave religion out of this discussion. Not just because I've been told that my pseudo-atheistic

more logical, then, to simply invest the same money that you spent on the ridiculous road bike into an electric bike that increases simultaneously your road safety (acceleration at junctions means getting out of traffic more quickly), your sustainability (they run at an estimated 290-700 litres/kilometres of fuel consumption which is difficult to describe in terms of electricity), your overall fitness (studies have shown that the average manually pedaled bike is only used twice a week, whereas E-Bikes are usually used at least once a day, or more than once a week), and perhaps most importantly your ability to wear a shirt two days in a row without having to perform ritual purification to remove sweat stains.

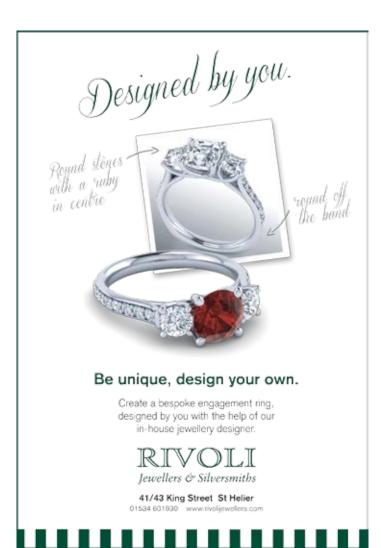
"This month's motor is one that brings together the morality and humanism of the faithful and expertly blends it with the near neo-nihilist scepticism of modern science. I am of course talking about the invention that will save the world (if it learns to reduce the 91% of deforestation that occurs through cattle farming), the E-Bike."

tangents make a large portion of this magazine unprintable, and certainly not because I'm scared of annoying any organised religious groups (...), but because this, the motor review section, should be an appraisal of the wonders of science, and not just the "in your face, God" science of CERN. This month's motor is one that brings together the morality and humanism of the faithful and expertly blends it with the near neo-nihilist scepticism of modern science. I am of course talking about the invention that will save the world (if it learns to reduce the 91% of deforestation that occurs through cattle farming), the E-Bike. Don't be put off by the immediate connotations of the "E-" that link this fantastic machine with the socially and fashionably deleterious E-Cigarette. You don't have to be willing to make yourself look like the poor-and-capitalist-man's wet dream of Che Guevara in order to buy one of these things, although it probably helps.

The E-Bike isn't a new invention. You will undoubtedly have seen them around before, but probably without even knowing it (hint: the giveaway is that 390lb people don't tend to be able to pedal themselves at 20mph). They were first created in 1895, however the E-Bike that, according to pretty much every online reviewer, is single handedly saving the entire human race from the creeping hand of those who voted against Al Gore in 2000, was introduced far later in the 20th century, with production between 1993 and 2004 growing by an estimated 35%. By 2007, it was estimated that electric bikes made up 10-20% of the two wheeled vehicles on the streets of China (a fact is it, Katie Melua?!), and it is understandable why when one looks into the benefits of the E-Bike over the car, and, more importantly for people like myself, over conventional pedal-powered bicycles.

A lot of the talk surrounding the E-Bike concerns the sustainability of the mode of transport. Obviously, a non-electric bike is completely sustainable, because it doesn't require any kind of input for power like fuel or electricity. However, consider this. You are cycling up Beaumont Hill after work in July. A normal person would, in anything over 19 degrees Celsius, sweat enough liquid to power a small tidal turbine. Said normal person would also probably arrive home and think "I've earned a snack", and proceed to eat their weight in Waitrose finger foods. Now, you have to wonder what actually went into that cycle. There was the energy expended, which was replenished with food that probably cost a small fortune. Then, there's the energy used to heat the boiler that warmed the water for your essential shower. All together, you've put yourself through mental, physical and financial anguish just so you can go into work tomorrow and boast that you actually managed the feat. Is it not

The States of Jersey is currently offering the Car2Cycle Scheme, which allows anybody willing to buy one of these life, planet, and time saving bikes (and, implicitly, use it every now and than) a 20% discount on any E-Bike purchase, with the maximum amount off being £300. This means that any bike over £1,500 will cost you the full £300 less. Below this amount (which most of these E-Bikes are), you'll get 20% off whatever the price. Simply go to http://www.gov.je/Environment/GreenerLifestyles/GreenerTravel/CyclingWalking/Pages/EBikeGrant.aspx and fill out the application form to get this excellent deal. Or if that's too inefficient and bureaucratic for you try this link instead: http://bit.ly/2aa4qTX



ON **STARTER'S** ORDERS...

WORDS Ria Wolstenholme

With Summer finally rearing its sunny head in Jersey, we're looking forward to the end of it. Not because the two days of sunshine was too much, but simply that our Galleryrally this year will be taking our competitors down to the Spanish San Sebastian sun at the end of September. If we can't get sun here, we'll hopefully find some there! Last month our cluemaster spent four days doing the 'dry run' - plotting the route, testing the hotels and setting the clues and challenges for our crack teams to enjoy next month.

Rumour has it this is going to be a pretty epic year for the rally....

As the event is almost upon us we thought we'd put a call out and meet some of this year's signed up teams and learn a bit more about them. Each will be taking four days out and raising our minimum charitable donation in order to take part in the event, raising money

for Jersey Hospice Care and Silkworth Lodge so we thank them for their support. We already have 26 people set to join us for this year's event but have space for two more cars. If you'd like to join us on a fundraising adventure, visit www.galleryrally.com

Here's a roundup of some of the participating teams...



Adam Dawson & Chris Smith

Team It's a Shaw Thing!

Describe your driving in 3 words: "Slower than Chris!" Porsche 911 - it is his dream car

Adam and Chris met at school in Surrey, England and have known each other for 38 years. They found out about Gallery Rally through friends and family, and this isn't their first time taking part. This year Adam and Chris were drawn in by the chance to drive, the great company of the other teams, the beautiful scenery of the route and a chance to escape the office. They're most looking forward to chilling out with fellow rally buddies in San Sebastian. Their favourite driving snack is sweets, the thing they're most looking forward to are the challenges and clues they'll be set. They're most likely to argue when Chris, a budding architect, is building models of things they see and Adam gets bored by it! The team's odd fact is that one of them accidentally bumped into ex US President Jimmy Carter in a hotel lift in Johannesburg once.



Oliver Butlin & Dom Robson

Team Gasholes

Describe your driving in 3 words: "Red Hot Brakes" Range Rover Sport SVR Dream car, La Ferrari

Oliver and Dom have known each other for 15 years, and found out about the rally through reading the magazine and from friends and family. This year isn't their first time competing, but this year's rally appealed to them because of the longer trip, which hopefully means even more driving. The pair are looking forward to sun and driving the roads of San Sebastian. They both love the driving and the nights out that come with going on the rally, and their favourite driving snacks are crisps, sweets and fast food. This team are most likely to argue about how fast they should be going.



Karl Moss & Ryan Krum

Team Los Compeones

Describe your driving in 3 words: "Slow; really slow; stationary." 1966 VW Camper Dream car, an older 1966 VW Camper

Karl and Ryan met 22 years ago at Ryan's 18th birthday party and have been friends ever since. They discovered the rally through Jersey Hospice Care, and this is one of many rallies that they have taken part in. This year's rally appealed to them because of the great destination that is San Sebastian, and the need to return and defend their winning title from last year! The two of them are most looking forward to spending some quality metrosexual time together, having a break, nights out, challenges, driving and winning again. Their favourite driving snacks are Wasabi peas, Percy Pigs and Pringles all at the same time. The interesting fact for this team is that the last gig they went to together was Take That. They're most likely to argue about who gets to sit in the front of the breakdown truck.

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Tim Barnes & Stuart Barnes
Team He Ain't Heavy

Describe your driving in 3 words: "Could Be Worse" **BMW M3 - Dream Car, 918 Spyder**

Tim and Stuart are, as you may have guessed, brothers. The pair found out about the rally from competing in previous rallies over the years, and have always loved it. This year's rally appealed to the Barnes boys because it's more of a good thing and a good time. They're looking forward to chilling out in San Sebastian, having a break away, nights out, challenges and meeting new people. Their favourite driving snacks are chocolate, fruits and veggies, and don't have anything they would argue about. Random fact for this team is one of them won first price in a wood work competition aged 12.



Garry Taylor & Mike Nolan Team It's an Audi Adventure!

Describe your driving in 3 words: "Fast and Furious"

Audi RS3 - Dream car, McLaren P1

Garry and Mike have known each other since 1989. They competed for the same job, and both ended up getting it. These two found out about the Gallery Rally through Jan Dart, one of the original first time 'Tour de Liberation' competitors, the first one of which they did in 1998. Missing a year simply wouldn't be an option for them. The two of them are most excited about the driving, having a break away, the challenges and clues, meeting new people, reaching the San Sebastian and French cuisine. The team's favourite driving snacks are peanut M&M's or Smarties, and they're most likely to argue about who ate the last one! Their random fact is that one of them won a silver medal at the 2015 NatWest Island Games.



Frankie Huggler & Anna De Sousa Team Glam Turismo

Describe your driving in 3 words: "Good and Safe" Car is TBC, but dream car is anything with air con

Frankie and Anna have known each other for 8 years, having met when their eldest children were at nursery together. They discovered the rally through reading the magazine and word of mouth, and this is their first year taking part. They wanted to take part because the final destination was further away than last years! The two of them are looking forward to arriving in San Sebastian in one piece, taking a break, the nights out, challenges, meeting new people and hopefully not getting lost along the way. Their driving snack preference is crisps, and they never ever argue. The team's odd fact is that one of them has always wanted to be a spy.



Georgina Cottini & Jason Dodd Team The Gruesome Twosome in the Creepy Coupe

Describe your driving in 3 words: "Never been caught" **Audi S4 Cabriolet, their dream car**

Georgina and Jason met 16 years ago when they watched the first every show of Big Brother with friends. They discovered the Gallery Rally through the magazine and friends and family. This is their first year taking part, and decided to join in because of San Sebastian being the food capital of the world to them. They're looking forward to Tapas, driving, the time away, nights out, clues, and more Tapas. The pair's favourite driving snack is M&M's, and their team random fact is that one of their middle name's is Penelope Pitstop. Another couple who never ever argue apparently, but let's see what happens when there's only one M&M left.

BECAUSE QUALITY MATTERS gallery



Man is a flawed being. We are limited by so many biological factors that evolution has so cruelly spread amongst the animals that populate our world. The birds mock us from the sky with their flight, the fish scorn the thought of a life locked to the land, and the chameleon ridicules us in plain sight for our defenceless vulnerability to any that would dare attack. When you consider the fact that one of the biggest threats to our health is Anopheles mosquitos, it's no surprise that we build weapons like guns and cannons to compensate for our own insecurity surrounding our impotence (or the fact that generations of inbreeding and overeating has left you immobile in the southern states of America).

One thing that separates us from our animal brethren, and thus from reaching the top of the evolutionary chain and reaching a Darwinist nirvana, is the fact that we, for our size and shape, are incredibly slow. Even Usain Bolt, the man who makes all of our jaws drop to the floor for 9.6 seconds once every 4 years, is a slow runner in comparison with other bipedal creatures. When you consider that a hippo can run 19 mph on land, Bolt's 28 mph average across 100m doesn't seem like that much of a feat. If we are to survive in this world, we must learn to go faster, otherwise when the Trump-induced nuclear apocalypse begins, we'll be at the mercy of mother nature's speedsters. Luckily for us, whilst we don't have speed, we have cognisance. On the whole, we are a species that has earned our position at the top of the food chain through our ability to intellectually conquer every environment or predator that we face (at the time of writing this, there is still no

confirmation that the rock monster on Mars is a threat).

Perhaps our most inherent talent as a species is being able to prove to the animals that we are better than them. Whether it is by destroying their habitats, caging and parading them for our own entertainment, or utilising them for labour, we are fantastic at putting down the less intelligent, and what better way to prove our dominance by using technology to negate the advantages that

biology has given them? Whilst we are a little way off being able to fly, and changing camouflage is something will never move past military testing, being fast is something that we can do. A recent study suggested that our potential top speed is about 40 mph, but why wait for evolution to take us to those dizzy heights when things like bionic boots, rollerblades and exoskeletons can get us to the Jersey speed limit now? Welcome to the weird and wonderful world of gadgets that will make you faster.

"A recent study suggested that our potential top speed is about 40 mph, but why wait for evolution to take us to those dizzy heights when things like bionic boots, rollerblades and exoskeletons can get us to the Jersey speed limit now?"

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SHWINGS

This is worrying to me. I've said it before in this magazine about gadgets and joked that people should buy things because they're pointless and harmful to society, but most of the time I'm really not trying to put you of purchasing anything. What kind of capitalist would I be if I wasn't encouraging you to invest in the technological future?

However, in the immortal words of Donna Summer, this time I know it's for real, in this case "it" being the end of all sense and reason. Much like the "go faster stripe" or the super-lightweight, aerodynamic running shirt, there is now a product on the market that seems to be designed with the express intention of sticking a middle finger up to any with the capacity to think logically, throwing caution to the wind and inviting the doltish masses to spend frivolously on items that contribute to mental or physical progression about as much as a £500,000 speed bump contributes to the roads in St Mary. I am of course talking about the Shwing, the latest fashion accessory that, according to the creator's website, is the newest trend in the

Stefani family. This is just a wing that you attach to the laces of your shoe. I'd love to give you more information, but that is literally it. A wing, on your shoe. I'm all for simplicity but come on now, there has to be at least one iota of imagination surely?

Part of me hopes that people buying this are doing so to make some kind of visual reference to the god Hermes, but somehow I doubt that people who know about Hermes beyond the movie Hercules would be vacuous enough to actually purchase these. If all of my so-called friends are complaining about being embarrassed to be British post-Brexit, then these little disasters are making me embarrassed to wear shoes.

You can look at these monstrosities online at www.shwingsonline.com, where they have the audacity to charge up to \$10.00 (£7.50) for them.



BIONIC BOOTS

Who hasn't dreamed of being a kangaroo at some point in their life? The only large animal to use hopping majestic creatures can reach up to maintain a pace of roughly 25 mph for 2 kilometres. Not only are they Paula Radcliffe, but they provide biological inspiration for one of the most ridiculous yet functional gadgets we've had on these pages. The reason these animals can hop so fast is the extended and muscular legs on which they bounce. Anyone who has ever lost control of their speed and fallen will tell you that spring = speed, and that's the principal with these Bionic Boots, a creation made by Keahi Seymour. They are meant to use the same basic physics as the extended leg of the kangaroo to propel you to run at roughly 25 mph, and whilst this won't win you any gold medals, it will make you feel pretty superhuman considering the average man can run most of the gadgets that have littered these pages in the past, you may feel an ass doing it. In other words, you may be able to talk the talk to your friends, but will you be able to walk the walk when you're being ridiculed for looking like a cheap Pistorius? (he's guilty, we can make that joke)

I can't find anywhere to buy these online unfortunately, but you can check out extensive videos and pictures at www.bionicboot.com



BECAUSE QUALITY MATTERS gallery



AIRLEGS HUMAN EXOSKELETON

Oh! To be an optimist. What a blessed life it would be. Perhaps I could walk outside and be content with the looming clouds that seem to only promise rain, and enjoy the smells of nature that to me only cement a plant's place in the repetitive and rapacious system that sees them plundered by insects daily. Alas, it is a pessimist's life for me, and one that has led me to a place where I am able to see a gadget for what it really is (after I look at the website for it). There has been no difference with the AirLegs Human Exoskeleton. Whilst this is billed online as a piece of technology that will make

you run faster using a series of hydraulic pumps that move your legs at a higher pace, I cannot help but see a way for the lazy to capitalise upon the naivety of the tech geniuses who built this machine. It literally moves your body for you. What more could you ask for? It is the epitome of comfort for the man, woman or child that would rather spend the day judging those appearing on Jeremy Kyle whilst having their next of kin dote upon them. It may make you move quicker, but ironically I imagine this machine will only be going to the slowest among us.

Fortunately, this invention is still being military tested, so isn't (legally) available to the paying public, but keep your eyes out for the first person you see running along the avenue at 30 mph with trousers that seem about 8 sizes too big.

THE ROLLKERS

Let's all cast our mind back to Heelys (and if you're too young to remember what Heelys are then you're too young for the Gadgets section). Such a simple design: put the wheel in the shoe, and glide around the streets like Torvill or Dean, although never both because anyone that wore these things was bound like Prometheus to a life of involuntary abstinence. It was a carefree time when you were able to simply lift the front of your feet and fly, unrestricted and uninhibited, away from your concerned guardians, down a crowded pavement whilst attempting and failing to dodge the disconcerted pedestrians whose elbows you inevitably headbutted. The Heely proved just how important a piece of gadgetry the wheel really was, so thank you chalcolithic man for your contribution. Or should we be thanking them? In a study conducted by the American Academy of Pediatrics during a 10-week summer holiday, 51 of 100,000 injuries that required orthopedic care were due to Heelys. 34% of the injuries that were submitted due to Heelys were children that were using them for the first

time, and the injuries accounted for 8% of the pediatric orthopedic work in the area. Those little wheels were, and still are, a menace, and so when I read that there was a new gadget coming out of Southern France called the Rollkers, a small set of wheels that you strap to your shoe, I had two thoughts: why do people never learn, and how many infringements of the patent for roller blades can there be before Scott Olsen, the part owner of Nordica, starts haunting people from beyond the grave (I'm not actually sure he's dead so, sorry Mr. Olsen).

Admittedly, these Rollkers are a little more advanced than their predecessors. These little strap-on wheels use electronic stabilisers, can connect to your iPhone, and apparently will drive along next to you when you're not using them to save you the effort of storing them. If that last one is true (and actually works), then we are one step (or roll HA) closer to the future, although is rolling around at 7 mph the future? Not exactly.



Visit www.rollkers.com to check out the latest yet unavailable innovation in roller blade technology, a market that I'm sure has been sorely lacking since roller blading's glory days in the 70s.

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PHONE HOME



Forget Smartphones, Think Smart Cameras

Phones and cameras have become one but still most mobile devices put the camera on the back seat. That is until now.

The Huawei P9, is without doubt a very, very smart camera. Not only does it have dual lens technology developed in conjunction with renowned lens maker, Leica, but the P9 comes with two sensors, one RGB and the other monochrome to give you the sharpest and richest images you can imagine.

The 12MP main camera is accompanied by a fantastic 8MP front lens which takes superbly sharp selfies and adds another dimension to your snaps.

Beyond the camera, the P9 is a fantastic device. Operating with Android 6.0 (Marshmallow), giving you access to apps in the Google Play Store and running on the superb Huawei Kirin 955 (64-bit) Octa-core chipset, the P9 has the raw power you need to juggle your multimedia lifestyle.

Hugely reliable, stylishly beautiful and excitingly powerful, you'll find the Huawei P9 in the Sure store today.



How do I save on roaming costs?

If you're worried about roaming charges and finding Wi-Fi while you're away we've just launched a brand new plan that could be just what you're looking for!

The Power Plan Plus lets you use your local minutes, texts and data bundle while in the UK and France. So now you can find your way with Google Maps, share pictures and videos instantly, and keep in touch with friends and family back home, without worrying about roaming charges!

For more information, visit our dedicated website: airtel-vodafone.com/roam or pop in-store.

The perfect back-to-school accessory that won't break the bank!

Airtel-Vodafone's Marketing Officer, Faith Joyce, reviews the Alcatel Pixi 3.

The Alcatel Pixi 3 is a great little Android phone and would be perfect for kids who need a basic smartphone this term time - and it won't burn a hole in your pocket!

This phone is ridiculously easy to navigate and great for everyday browsing, social media and keeping in touch. For only £39 your kids can stay connected to their pals and you. Pair it with one of our FREE Pay-as-you-go Super SIMs and avail of our massive call, text and data Freebees on top-up. With our easy online account portal you can also keep track of your child's credit and data balance, so you're always in control.

Best of all, the hard plastic case means this phone is extra durable and will withstand the rough-and-tumble of your child's day. What more do you need?

Available from our store and at shops around the Island for only £39. Price correct at time of going to print.



BECAUSE QUALITY MATTERS gallery

A FLAVOUR OF JERSEY LIVE 2016...

Jersey Live Festival, the Channel Islands favorite Music & arts event, returns this summer with headline sponsors JT, for its 13th edition, unlucky for some but not for these guys. Following the runaway success of last year's event the team expect this year to be even bigger and better than ever, and we at Gallery HQ can't wait to get involved.

House music giants Disclosure, who recently headlined Glastonbury's Other Stage and are set to headline Leeds & Reading Festivals, take the Saturday night headline slot at Jersey Live, with the legendary "Nutty Boys" Madness, who return to the festival after headlining the JL Main Stage in 2011 closing the Main Stage on the Sunday night.

So there is a big reshuffle of the site layout for 2016, with the introduction of new attractions such as the Secrets Beneath 'Scare Maze' and the Rojo for Fojo 'Wonky Factory' Secret Garden, as well as the

relocation of the fairground, food village and toilet areas, all done to make your festival experience even more enjoyable.

The 10,000 capacity festival still boasts five stages in total: The Main Stage and Dance Stage hosting stellar indie and dance acts, with the JT Stage serving up family entertainment from local and up andcoming international live music, comedy and spoken word artists by day, and acts for the grownups by night. A revamped Hospitality Stage is set to return, offering lucky ticket holders the chance to enjoy intimate performances by Main Stage

acts as well as exclusive performances not available elsewhere at Jersey Live. Finally the Full Flow Locale tent goes al fresco for 2016 and continues to celebrate the island's rich and diverse dance music scene, with Jersey's top DJs lining up to play at the festival once again.

We've got something a little bit special lined up for those of you who make it on site before 2pm too, check out our competition to find out how you can join a band of your choice on stage at the festival!

FIVE MINUTES WITH... PUBLIC SERVICE BROADCASTING

Ahead of the festival we grabbed five minutes with one of the bands who'll be performing over the weekend. Public Service Broadcasting is the corduroy clad brainchild of J. Willgoose, who, along with drumming companion Wrigglesworth, is on a quest to inform, educate and entertain audiences around the world. Playing Jersey Live for the second time since their first appearance in 2013, they're eager to get back and deliver some new music.

The band's spell-binding performances see them weave samples from old public information films, archive footage and propaganda material around love drums, guitar, banjo and electronics as they teach the lessons of the past through the music of the future.

Since the early days of breaking into the music scene, they've ticked off a fair few things on their bucket list. "When our first contract was signed, my goals were to play Glastonbury, Berlin, New York and Brixton Academy" J said. "Now we've achieved those goals, its surreal."

They're currently working on their third album, but J isn't letting anything slip about it. "We like to keep our cards close to our chest. I'm not spilling any beans because it's still early days, but watch this space."

The band are playing at festivals throughout the summer, with Jersey Live being one of the last on their schedule. "Up until mid September we're everywhere with festivals" J said. "In amongst all that, I'm writing demos for the new album. We'll hopefully be ready to record early next year, then the touring madness starts all over again!"

Hopefully the boys can enjoy the Jersey sun and experience a little but of island life before they jet off to their next gig "We wont have too much time to do stuff. We came in 2013 it was airport, hotel, festival, and back again. Hopefully we'll get to enjoy an ice cream on the beach and take a break."







Have a money can't buy experience this Year at Jersey Live with Gallery.

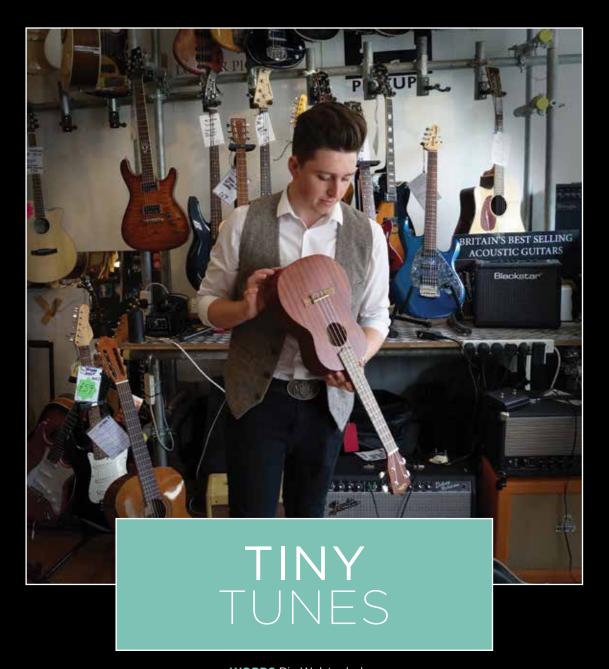
The JerseyLive organisers have given us two passes each day to take you and a favourite act.

JerseyLive will also refund your tickets and we'll give you £250 to spend!



gallery





WORDS Ria Wolstenholme PHOTOS Lloyd Watson

The Ukulele was always the instrument in the music room at school that interested me. I wondered what the need was for a miniature version of an acoustic guitar, and who actually played it seriously. Then again, I also wondered why the triangle was considered an instrument when you could get the same sound by banging two spoons together. Nonetheless, it always intrigued me.

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"The name 'ukulele' is the traditional Hawaiian name given to a small instrument called the machete, which was originally from Portugal."

The sound of the ukulele, honestly, makes me think of the music played in SpongeBob SquarePants. Don't judge me. My years of Nickelodeon abuse after school are to blame for that. Its distinctive sound resonates the almost fantasy like qualities of an innocent, light hearted and happy sound. The speed at which the strings are strummed is mesmerising. Its sweet sound, no matter the speed, makes you feel relaxed and at ease. Like being on holiday, or on the beach watching the sunset. I know, how cliché.

The name 'ukulele' is the traditional Hawaiian name given to a small instrument called the machete, which was originally from Portugal. The instrument was brought into Hawaii by Portuguese immigrants, who moved to the islands to work in the sugarcane fields in the late 1800's.

The word 'ukulele' itself translates roughly to 'jumping flea' in English. One story of how the ukulele got its name states that when a Portuguese immigrant, Joao Fernandes, reached the Honolulu port, he was so overjoyed to arrive he immediately jumped off and began playing the instrument. The Hawaiians who saw him play thought that his fast-moving fingers looked like fleas jumping over the fingerboard - and so the instrument's name was born.

The integration of ukulele into pop music in recent years has created a newfound respect for the instrument. In fact, there are many qualities that the ukulele embodies that make it a musician's fun-time, travel friendly favourite.

Jared Crespel, a local student currently studying building surveying at Kingston University, who has had a passion for music from a young age, has been playing the ukulele for about four years. "My first ukulele was a birthday gift from a family friend, which I never took a serious interest in. I then received a second one from my good friend Chazz for my 18th birthday, which is when I started to learn how to play it properly."

"Songs like '5 Years Time' by Noah and the Whale and 'Hey Soul Sister' by Train were really popular at the time I started to learn" Jared said. "Music and surf shops were stocking them, and their popularity boomed." It was artists like Jason Mraz, who made history in 2008 with his single "I'm Yours" becoming the best-selling ukulele song of all time, who brought back the popularity of the instrument.

"The best thing about the instrument is its mobility." Jared told me. "Acoustic guitars can be hefty, and not as easy to carry around. I can throw a uke in a rucksack no hassle, so it makes it perfect for travel." Ukuleles are also surprisingly affordable. Kids can pick up starter packs for around £30. You can get higher quality, more expensive ones which will sound and feel better, but essentially do the same thing.

"I'd recommend picking up one of these to anyone" Jared said. "Even if you play it once and never touch it again, it still looks so cool to have on your shelf or in the corner of your bedroom. I think it's a great way of getting into learning an instrument, and there are loads of online resources to help you get started."

The ukulele seems like the perfect present for anyone who's considering taking up an instrument. No matter what speed you take it, having the ability to play an instrument, no matter how small, is always good. As long as you don't only ever play Wonderwall. Please don't be that person.

Fact File:

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MO'MATIC, MO' PATIENCE

Local DJ Mo'Matic, aka Colin Moore, has been on the scene for quite some time now. Wracking up nearly 23 years of experience being a DJ and producer, he's taken his hobby to a whole new level. He's recently released a new single called 'SureShot' with DJ Oxygen, aka John, who's been working as a hip hop DJ and producer in America since the 1980's. 'SureShot' has been released with dinked45, the first original single to be released by the up and coming record label. We caught up with the transatlantic duo to find out how this all came about.

Mo'Matic and oxygen met like many people do nowadays; through the internet.

"I was looking for a vibe like Oxygen's for some new stuff I was working on." Colin said. "I took a chance and got in touch with him and the rest is history."

The styles of Mo'Matic and Oxygen's work compliment each other perfectly, intertwining classic hip hop and dance floor sounds.

"This is our first time working together" John said, "and it's been great."

"It's probably one of the simplest collaborations I've worked on" Colin said. "There were no egos, we just got on with it."

The single was released last month, after over a year of working on it.

"Mo'Matic sent me the original version beat to record to around a year ago" said John. "At the time I was in the middle of writing a lot of group material, but it didn't take long to get the verses complete."

"I didn't touch it for about six months due to work" said Colin. "I then decided to re-write all the instrumental, which is the version we've now released."

The single has also been remixed with Nike Bike, The Allergies and Aroe, and The Soundmakers.

Dinked45, the record label the single is being produced on is the new kid on the block, having only been on the scene for about a year. "The song was presented to the label as a demo. They were very interested in releasing it so we moved forward." John told me.

"Dinked45 are a label that kind of sum up everything I play" Colin said. "It's really nice to be on a label that fits in with what you're into."

"Develop your own style and create a lane for yourself, and be very patient. Stick to what's in your soul and don't shy away from that. Ever! Everything else will fall into place."

These two are definitely set for big things, and have a lot of experience in their field already. Colin and John have this advice for anyone who wants to get into the music industry:

JOHN: "Develop your own style and create a lane for yourself, and be very patient. Stick to what's in your soul and don't shy away from that. Ever! Everything else will fall into place."

COLIN: "Just do what you're into. There aren't any rule books, just get on with it and make sure you enjoy it. Fast and easy routes to things don't get you anywhere in the long run."

SureShot can be purchased from www.juno.co.uk

AUGUST MUSIC & NIGHTLIFE:

WHAT'S ON...



FRIDAY 5 AUGUST
BLKOUT: DJ HAZARD //
(PLAYAZ) @ HAVANA
Support by: MARX (Ten Ton
Recordings/Horizon) b2b SAMY
NICKS (Smokin' Riddims/Amusement
Audio) JE3 // MC WILDEE

BLKOUT are bringing drum and bass supernova DJ Hazard to Havana this month for a heavy night that will leave your ears ringing well into your Sunday morning hangover. DJ Hazard was originally noticed by drum and bass legend DJ Hype while producing tracks for DJ SS' Formation Records. Having dropped his new single Roll on My Level last month, it's sure to get rowdy. What better way to welcome the month of August with a sweaty Havana session? Grab tickets while you can, it's not to be missed.

Tickets: Eventbrite// Havana // 10.30pm// 18+//R.O.A.R//Photographic ID



SATURDAY 6 AUGUST ROJO HOUSE PARTY #3: JULIO BASHMORE & SCRATCH PERVERTS

Support: Warren le Sueur & Simon Gasston. Room 2: Mo'matic ..

ROJO are rolling out a third house party event for all you house fiends. Appearing for the first time ever in Jersey, Julio Bashmore will be taking on the first floor to deliver summer vibes and heavy house hits. They're also welcoming back Scratch Perverts, the legendary turntable masters who need no introduction. Local DJ Talent Mo'Matic, Simon Gasston and Warren Le Sueur will also be supporting, so it's bound to be a seriously sweet Saturday night.

Tickets: Eventbrite//ROJO // from 9pm// 18+//R.O.A.R//Photographic ID



SATURDAY 13 AUGUST MASS PROJECT #1: JAGUAR SKILLS & CYANTIFIC @ THE SPLASH

Support: Warren le Sueur & Simon Gasston. Room 2: Bradley Welsh / Brad Ferguson / Carl McConnel

The Splash are welcoming back the legendary original ninja-DJ Jaguar Skills, having made countless appearances at previous Splash nights he is no stranger to the Jersey crowd. He's been honing his craft and love of music for the last 15 years, whilst keeping a mysterious edge to his character. It's always set to be a seriously sick and heavy night down at St Ouens. Your whole body will be aching from the thud of the speakers and the intense crowds that Jaguar Skills always riles up, but the bruises and the sore head will be worth it so get involved.

Tickets: Eventbrite // THE SPLASH// 18+//R.O.A.R//Photographic ID



SATURDAY 13 AUGUST PHILOSOPHY OF HOUSE 9TH BIRTHDAY @ ROJO

Harri and Domenic (Sub Club). Support: Ross Hunter, Del Mckeown, Ben Newman, John Oconnell + more TBC

Legendary resident DJ's at the infamous Glasgow Sub Club are headlining Philosophy of House's 9th Birthday Party at ROJO's. Harri and Domenic are one of the world's most respected DJ duo's, having headlined some of the UK's most renowned underground club nights such as Back2Basics in Leeds, Plastic People and Fabric in London, and Chibuku in Liverpool. The duo is sure to make Philosophy of House's birthday celebrations an unforgettable night.

Tickets: Eventrbrite // ROJO// 18+// R.O.A.R// Photographic ID



SATURDAY 20 AUGUST SUMMER VIBES @ THE LIDO -HARVE DES PAS

David Keenan, Benny The Moth, Ras Reece Dubsoulvibe, Ben Newman and Jack O'Connell

Local charity Les Amis are teaming up with Decadence Events to host an exclusive summer reggae party. Some of the best names on the Jersey Reggae scene will be keeping the chilled vibes going, with authentic Caribbean food and rum punch to keep the mood flowing and get you on your feet dancing. There are only 350 tickets available due to a strict limited capacity, so be sure not to miss out on this great summer event.

Tickets: Brown Paper Tickets // Lido Jersey // 18+ // R.O.A.R // Photographic ID



SUNDAY 28 AUGUST CRITICAL MUSIC: VANGUARD @ THE SPLASH

Exclusive Bank Holiday Event. Support: TBC

Critical Music Records, one of the most successful independent record labels in the UK today, are bringing you a line up to remember. The label has a residency at London's famous Fabric night club, as well as tour nights across the UK. Bringing the world-renowned faces of drum and bass along with them, the final line-up is yet to be announced. But with Vanguard being the first name to be dropped, and five more UK guests to come, there's no doubt this bank holiday weekend event will be a complete knock out that will leave you in a drum and bass daze for the rest of the week.

Tickets: Eventbrite// THE SPLASH// 18+// R.O.A.R// Photographic ID

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paparazzi gallery

















ONLINE EVENT PHOTO GALLERY

























paparazzi gallery

















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JERSEY'S STYLE MAGAZINE

paparazzi gallery

















SILENT |sīlənt| adjective

not making or accompanied by any sound

DISCO |diskō| noun (pl. discos)

• a club or party at which people dance to pop music



























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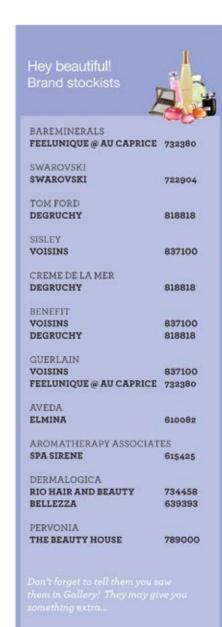
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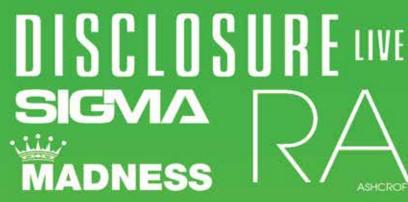
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