

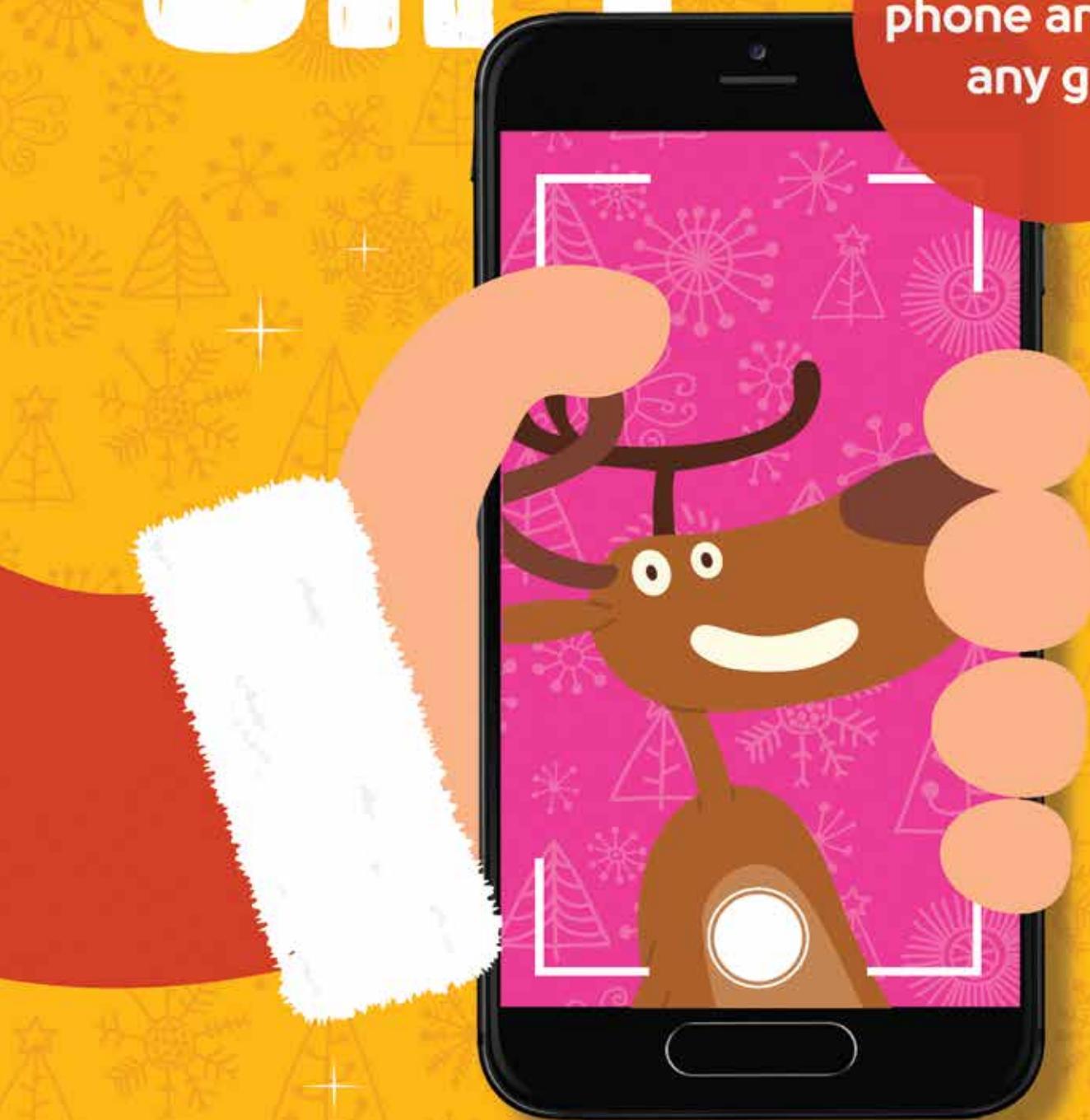
# gallery



**# 135**  
*the BRIGHT issue*

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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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## WHO DOES THIS?

### SALES / ACCOUNT DIRECTOR

Ceri Baker  
DD: 870082  
M: 07797 744345  
[ceri@gallery.je](mailto:ceri@gallery.je)

### DESIGN DIRECTOR

Russ Atkinson  
DD: 870268  
[russ@gallery.je](mailto:russ@gallery.je)

### EDITORIAL CO-ORDINATOR

Sara Felton  
[sara@gallery.je](mailto:sara@gallery.je)

### DISTRIBUTION

DD: 832072  
[distro@gallery.je](mailto:distro@gallery.je)

### ACCOUNTS

DD: 870237  
[accounts@gallery.je](mailto:accounts@gallery.je)

### PUBLISHER

Ben Davies  
DD: 870185  
[ben@gallery.je](mailto:ben@gallery.je)

*Other contacts are on the contributors page*

---

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[everyone@gallery.je](mailto:everyone@gallery.je)

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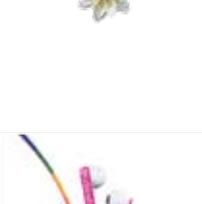


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[BRIGHT]

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**EDITORIAL CONTRIBUTORS**

- Sara Felton
- Grant Runyon
- Grace Ryan
- Dierdre Shirreffs
- Tamarin Marriott-Wilkinson
- Ria Wolstenholme
- Hannah Carolan
- Layla Arthur
- Josh Lyons

**PHOTOGRAPHERS**

- Danny Evans
- Layla Arthur

**ILLUSTRATORS**

- Will Bertram
- Roanna Farmer

**DISTRIBUTION**

**distro**  
832072

[delivery@gallery.je](mailto:delivery@gallery.je)

**EVENTS**

**paparazzi**  
811100

[shot@paparazzi.je](mailto:shot@paparazzi.je)

**CHIT CHAT**

**811100**

[hi@gallery.je](mailto:hi@gallery.je)

**DISCO HIRE**

**gallery**  
silent disco  
870257

[disco@gallery.je](mailto:disco@gallery.je)

**ACCOUNTS**

or all accounts  
enquires please call

**832072**

[accounts@factory.je](mailto:accounts@factory.je)

**CONTRIBUTE**

[CONTRIBUTE@GALLERY.JE](mailto:CONTRIBUTE@GALLERY.JE)

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# edito

I got talking to a guy in the coffee line last month who had just moved to the island. He'd just begun working as a martial arts personal trainer and brought his young family from the UK to Jersey for a new life. Like most progressive islanders, I'm always enthusiastic when I hear someone has taken the plunge and chosen this nine by five as their home. It's a hell of a time to arrive though. Personally I love the Jersey winters; wrapped up warm for cold beach walks and the power of the rough sea smashing about but I do find that I make excuses to incomers at this time of year. My advice being that if they enjoy the winter months, they're going to love it when it hits spring.

Theming this edition bright was intended to confront the darkness that pervades as the Winter hits the island and highlight some bright things to consider as you wrap up to read this edition. November is also traditionally our most manly month; with features directed at our male readers, and their respective others that might be buying the odd Christmas gift. We meet a man who gets up bright and early, a local entrepreneur who's full of bright fashion ideas and a guy that is responsible for lighting up the sky. For those wanting a break from the dark we look at the best destinations for soaking up some winter vitamin D and hear about one of our former project trident student's road trip to Italy to see the bright Cinque Terre on the North West coast of Italy.

We asked Fitness First to lend us their personal trainers for this month's menswear shoot, getting hearts racing with their fashion rather than their workouts and providing a few bright ideas for your clothing choices this season. Recent history has dictated that pink has been a colour associated more with those of the fairer sex but pre war it was actually a colour more predominantly associated with the male of the species, justification that helped us feel manly whilst learning about the rise of local entrepreneur Laurence Huggler's Lanique - a bright pink spirit that gained massive traction last month as it secured a significant distribution contract in the UK. It's killer with lime and there's even a variation with Baileys for the brave!

As we batten down the hatches, ready to start work on our winter edition, we're looking forward to the bright skies of bonfire night, marrying darkness and light and signalling the start of our winter season. There are others in the world in dire straights so spare a thought, stay bright and wrap up warm islanders.

B

#134

[COLLECTIVE]



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# NEWS IN NUMBERS

6<sup>th</sup> Jersey Rally win for Simon Mauger



25

percent drop in inter-island air travel since 2008



400,000

pounds provided by Innovation Fund to company that has since been liquidated



0 Jersey Marathon wins for fastest competitor who was in fact ineligible to compete

240

pound fine for Cancer patient who self-prescribed drugs ordered online

9 metre wide radome constructed on Jersey's north coast

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# ON THIS NOVEMBER... IN JERSEY



## THE FOG - COASTAL CINEMA

*Frances Le Sueur Centre*

**THURSDAY 3RD**

Another movie classic in an unusual venue thanks to the National Trust Coastal Cinema series. The Fog is a 1980 American horror film about a strange, glowing fog that sweeps in over a small coastal town in California, bringing with it vengeful ghosts of mariners who were killed in a shipwreck there exactly 100 years prior. The film starts at 7pm, tickets cost £10 including glass of wine and booking is essential call 483193.



## EAT JERSEY FOOD FESTIVAL

**THURSDAY 3RD-  
SUNDAY 6TH**

The Atlantic Hotel's executive Head Chef Mark Jordan will be joined for a second year 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. Over the course of four days, diners can choose to attend four fine-dining gastronomic events at The Atlantic Hotel's Michelin starred Ocean Restaurant and Mark Jordan at the Beach.



## JERSEY REDS V CORNISH PIRATES

*St Peter's Rugby Club*

**SATURDAY 5TH**

The home-island Jersey Reds will be looking to produce some fireworks on the pitch on Guy Fawkes night when they entertain their old rivals from Cornwall. Always plenty of spice in these encounters against the former club of Jersey's Head Coach Harvey Biljon in this Greene King IPA Championship rugby game, Kick off is at 3pm and the club opens at 12.30pm for pre-match drinks and food.

## FUNGI FORAY

*St Peter's Valley*

**SATURDAY 12TH**

Join Andrea Simoncelli for a guided walk through woodland in St Peter's Valley to identify edible mushrooms. Learn about their 'pot' potential, colours, forms, shapes and quirks that various species display. You will be advised of the meeting point when you call 483193 to book, which is essential. The walk starts at 10am and will last for two hours. It's free for National Trust Members or £5 for non members.

## CHILDREN'S WORKSHOP: A LETTER TO FATHER CHRISTMAS

*16 New Street*

**SATURDAY 19TH**

Good little boys and girls are invited to join us for this special Christmas workshop at 16 New Street, where they can try their hand at calligraphy and finish their personal messages to Father Christmas with sealing wax. The workshop is suitable for 6-12 year olds and runs from 10 am-11.15 am, it costs £5 for National Trust members and £10 for non members call 483193 to book your place.

## CHRISTMAS DECORATIONS WORKSHOP

*Grève de Lecq Barracks*

**TUESDAY 22ND**

Join Beverley Speck to create your own textile decorations in this fun Christmas crafts session at the barracks. You will make a Christmas decoration to take home and leave with a head full of ideas for more creations! The workshop is from 7-9 pm and costs £20 and all equipment and refreshments are provided call 483193 to book.

## "SEDUCED BY SICILY" FOOD & WINE EVENT

*Salty Dog, St Aubin*

**THURSDAY 24TH**

This exclusive event has gained a reputation for excelling in the unique presentation of flavours challenging the skills and imagination of the Salty Dog chefs and stretching the interpretive wine matching talents of wine merchants Dunell's. Damon Duffy (Chef Proprietor) has created a quintessential Italian menu with a Sicilian style, each course having been paired with an excellent wine. This special night promises to be an informative and entertaining gathering!

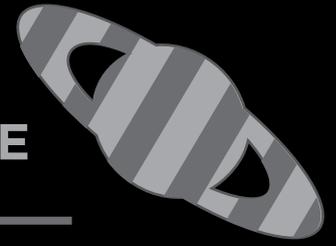


## DISCOVERY DAY - OCEAN LIFE

*Maritime Museum*

**SUNDAY 13TH**

Head along to join in the fun learning, family day out at this Jersey Heritage Discovery Day. The ocean covers 70% of the Earth's surface and is still the home of the majority of Earth's living creatures. Some animals that live in the ocean defy description, it's hard to tell if they're a plant, an animal or something else altogether. Head along from 10am to find out about these unusual creatures, create something amazing with artist Kerry-Jane Warner and contribute to their fantastic underwater scene.



## ELSEWHERE

### CHRISTMAS LIGHTS SWITCH ON

*Various sites in St Helier*

#### THURSDAY 24TH

Join in and celebrate the official start of La Fête de Noué at the Christmas Lights Switch On 2016. You can take your pick of where you'd like to join the fun; parades will leave Howard Davis Park and Millennium Town Park at 5.30pm, switching on the lights as they go, as they head to the Royal Square for the grand Switch On and a fireworks display. This also marks the start of La Fête de Noué the annual event which includes Christmas markets featuring Genuine Jersey and Norman French producers selling their wares.

### AIRTEL-VODAFONE ARCTIC VILLAGE

*The Weighbridge*

#### THURSDAY 24TH

Head down to discover the spectacular Arctic Village this Christmas at the Weighbridge. Festive entertainment will include shopping, a children's play area, arcade games, a giant snow globe, photo and karaoke booths, Santa's grotto, a German eatery, noodle bar, an Arctic bar and a 30 metre x 20 metre ice rink. The Arctic Village will be completely undercover, so no matter what the weather is outside, you can stroll your way around the village in comfort.



### SIMPLY CHRISTMAS

*Greve de Lecq Barracks*

#### FRIDAY 25TH- SUNDAY 27TH

This is a vibrant and colourful Christmas market showcasing Jersey's finest artisans, Simply Christmas is set in the unique location of Greve de Lecq Barracks and features an amazing array of local artists, craftworkers, producers and food artisans. The three day event brings you beautiful gifts, live music, great food, creative workshops and more. Entry and parking are both free. For more information and sneak peeks leading up to the event be sure to visit their facebook page.

### CHRISTMAS CARD MAKING

*Grève de Lecq Barracks*

#### TUESDAY 29TH

Another one of the National Trusts Christmas crafts at the barracks series. This time design, carve and print your own Christmas cards with artist Kerry-Jane Warner. Learn how to carve a block and build a design to create your own cards, tags and gift wrap. Take home your block and an ink pad to continue creating. The workshop is from 7-9 pm and costs £20, which include refreshments, call 483193 to book.

**BECAUSE QUALITY MATTERS**

### Día de Muertos (Day Of The Dead)

1-2 NOV, 2016 OAXACA, MEXICO

Though Día de los Muertos (Day of the Dead) is often confused with Halloween due to the proximity in time, this holiday is not about ghouls and goblins, but instead honors the dead and welcomes their souls home as a blessing. Altars and offerings are a way to remember family members who have passed into the afterlife. In this culture, the lines between life and death are blurred and the acceptance of mortality becomes a liberation from fear. Indeed, life and death live on parallel planes in Mexico. This beautiful festival has a profound life lesson that transcends life itself. A popular location is Oaxaca, where there are graveyard tours and a 'best altar' competition.

[WWW.MEXICANSUGARSKULL.COM](http://WWW.MEXICANSUGARSKULL.COM)

### PUSHKAR CAMEL FAIR

8 - 14 NOV, 2016 PUSHKAR, INDIA

Each November, more than 300,000 people and 50,000 animals convene in a dusty town in Rajasthan for one of India's most spectacular festivals. The Pushkar Camel Fair isn't just a gathering of the dromedaries. This is a county fair of epic proportions, complete with rides like the "Cage of Death," friendly competitions like the longest mustache contest, and an endless, Technicolor parade of dancers, snake charmers, magicians and musicians. Beware sensory overload! The nose gets an olfactory workout in India, and nowhere more strenuous than in Rajasthan's dusty desert town of Pushkar during its famous Camel Fair.

[WWW.PUSHKARCAMELFAIR.COM](http://WWW.PUSHKARCAMELFAIR.COM)

### YI PENG AND LOY KRATHONG (LANTERN FESTIVAL)

13-15 NOV, 2016 CHIANG MAI, THAILAND

If Yi Peng isn't already on your bucket list, scribble it on. Along with Loy Krathong, it contains vivid, life-enhancing moments you'll never forget. The indisputable highlight of a visit is the spellbinding show that happens when thousands of people converge to release khom loi (lit lanterns) into the night sky. Prior to the big spectacle, the setting is joyful and serene as monks perform chants during an on-stage ceremony. During the other key ritual of this beautiful Thai festival of lights, participants let go of krathong—small floating vessels made from banana stalks and decorated with incense, offerings, flowers and candles—into rivers and other bodies of water, creating an ethereal sight that's rarely duplicated elsewhere in the world.

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# BRIGHT BLOKES

In case you haven't noticed our theme this month is bright. it's also November which means it's our issue focussing on all things manly. So with this in mind we put together a feature on bright men, see what we did there... We met David Cullen the independent retailer with many a bright idea, James Bevis the bright spark behind Starburst Fireworks and Dave, he's a postie, and that means he gets up bright and early.

WORDS Sara Felton

**The life of a postie means getting up bright an early, a normal working day starts at around 06:30. They then spend their day delivering mail to over 41,000 residential and 3,500 business addresses on the island.**

**Lots has changed for Jersey Post over the last 12 months, can you talk us through some of the changes?**

Postal authorities worldwide are facing huge industry change and Jersey is no exception to this. We are looking at opportunities to develop new revenue streams in order to support the decline in existing markets.

In November 2015, we invested in a parcel sortation machine, which is the massive machine you can see in the photo with Dave. This is vital element of our continued

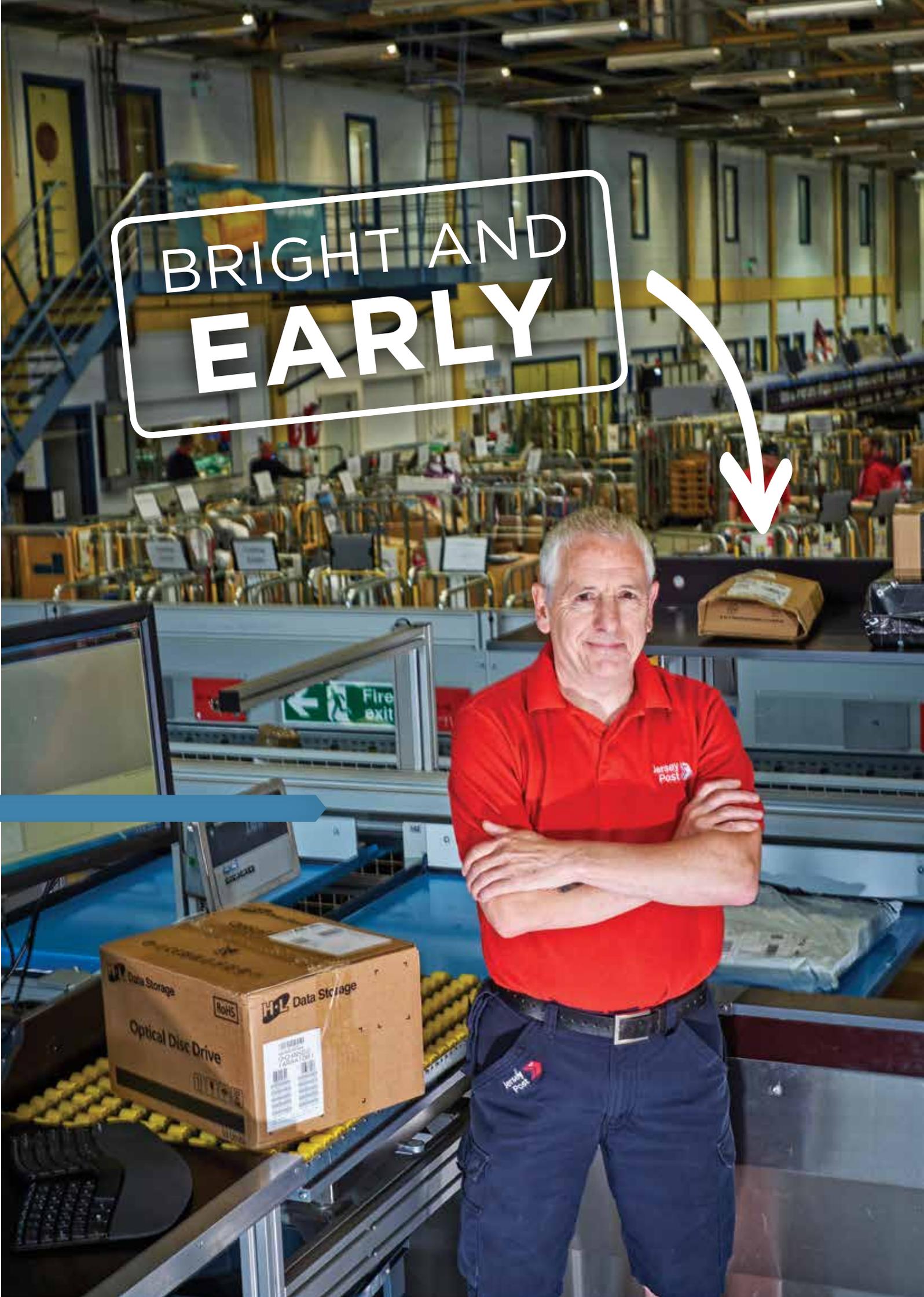
development and takes into account the steady growth in parcel traffic. Since 2007, we have seen a 190% increase in packets and parcels arriving in the island but, at the same time, our traditional letter mail has declined by 60% over the same time-frame.

In August 2016, we purchased the premium European logistics company – Fraser Freight. This purchase allows us to extend our market reach, not only engaging with new clientele about existing services but also offering new services to our existing customers.

**What's coming up for Jersey Post?**

We have lots of exciting plans for 2017, however, first we need to tackle Christmas and the challenges that this busy time of year brings. Whilst we normally process around 100,000 items a day, in December our volumes increase to approx. 150,000 per day, and our packet and parcel traffic increases by 30% from 12,000 a day to 16,000. To help us manage the dramatic increase in workload, we still take on and train around 50 additional employees for the month of December.

BRIGHT AND  
**EARLY**



# BRIGHT IDEAS

**David Cullen has owned Roulette since 2005 and two years ago moved his independent menswear store on to the high street. He's at the forefront of mens fashion, be that through the brands he sells or those he designs himself.**

**Tell us about Roulette and your move on to the high street:**

Moving on to the high street at a time when many other retailers were moving out demonstrated our commitment to our customers and our brands. Our current store enabled us to bring together three different concepts under one roof and as the shop had been selling menswear for 35 years the owners wanted to keep the tradition going, which made it a perfect fit. We like to think that we now have an offering that caters for all ages and occasions in a man's life. Some people don't even know we've got three floors, but in the basement you'll find streetwear and sneakers, on the ground floor we have our lifestyle and denim and then the first floor contains our contemporary menswear and tailoring. There really is something for everyone.

**What ideas are you focusing on at the moment:**

It's always been about our customers at Roulette, but now even more so. I'm lucky to have an incredibly team of talented people working with me, but we all want the same thing and that's to help everyone that comes through the door find exactly what they're looking for. So we've launched our Personal Service campaign, to really show everyone what it is that we're offering. Whether that's an out of office hours personal shopping service, alterations to get you ready for a night out, it's no problem.

**Where do you get your inspiration from?**

Retail has always been a big part of my life, my main inspiration is my Mum and I've watched and learnt from her since a young age. For me there is nothing more satisfying than seeing a customer grow in confidence when you've spent time with them, choosing an outfit, introducing them to new brands, finding something that makes them feel good about themselves and seeing them walk out of the store more than satisfied.

*"For me there is nothing more satisfying than seeing a customer grow in confidence when you've spent time with them, choosing an outfit, introducing them to new brands, finding something that makes them feel good about themselves and seeing them walk out of the store more than satisfied."*

**What's next?**

I'm always looking at new ideas and for me that includes designing and working on my own ranges of clothing and footwear. I'm just at the sample stage of a new footwear range which I'm really excited about launching, so keep an eye out for that coming soon.



# BRIGHT SPARK

**James Bevis has owned Starburst Fireworks for 19 years. He and his team of fantastic staff put on some of the most spectacular displays we see on the island.**

**What sparked your interest in fireworks?**

It all started when my Grandfather took me to buy fireworks for Guy Fawkes. From then on I was hooked! I was fascinated about how the chemical compositions made up all the wonderful array of colours and effects. And even now, when I know the answers to all of those boyhood questions, I still look in awe when they burst high above my head and wonder... how do they do that!

**What's the brightest firework available?**

Probably a magnesium star shell or a Titanium strobe. Sometime ago we did a show that had to include a simulation of Tinker -Bell shooting across the night sky. It was a deliberately angled strobe comet and lit up the whole area. The little girl who we did it for still thinks to this day it was real and she is now 18! In fact it is folklore at the Farmers Inn and on dark nights the St.Ouennais tremble and still talk about the time Vinchelez was lit up by a bright light from another world!

**What's the largest display that Starburst Fireworks have been responsible for?**

Liberation Day. We were also sub-contracted on the Hong Kong celebrations. A special show was the closing of the NatWest Island Games at Howard Davis Park. It was a close proximity show and literally blew the audience away! But we don't just do firework displays. We are specialists in confetti spectacles, battle re-enactments, SFX, stage and screen and all manner of things that involve energetic materials.

**Ahead of bonfire night do you have any top tips for those of us wanting to have our own firework displays at home?**

Home firework displays will always have a place alongside organised public displays. Think of Guy Fawkes night as a 'family' night and use this night as a great excuse to fire up the BBQ, roast some chestnuts, it makes wonderful memories for the children and that's what it's all about!

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*"For me there is nothing more satisfying than seeing a customer grow in confidence when you've spent time with them, choosing an outfit, introducing them to new brands, finding something that makes them feel good about themselves and seeing them walk out of the store more than satisfied."*

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Check your safety distances and buy fireworks suitable for the area you have. All fireworks contain the requisite information. Seek assistance from us if you are unsure, we will always advise. Garden fireworks are designed for gardens between 5 and 8 metres. Display fireworks are for gardens with a 25 metre safety distance.





## A Glowing Reception

Inventor of the glow stick, Dr Edwin Chandross, originally conceived them for military use in his lab in 1962 but had absolutely no idea how popular they were with ravers and festival-goers to the point where when questioned about their popularity replied 'Is that so? Maybe my granddaughter will think I'm cool now.' What an absolute legend. Unfortunately, he had no idea what a potential goldmine he'd stumbled across whilst experimenting with luminol and a few other chemicals he had to hand and Bell Labs, his employer, decided to patent his creation for themselves. So pour out a little of your glowing alcopop for the good doctor next time you're in Ibiza.

## Here comes the science bit...

Have you ever wondered what the brightest visible star that can be viewed from Earth is? At night, of course, before anyone shouts aloud 'THE SUN, YOU IDIOT!' in public whilst leafing through this edition of Gallery.

Well, it's Sirius A. That's it down there in the picture, next to Sirius B. I bet you thought that Sirius was just the satellite radio service that's popular in North America, didn't you? Now you know, you should take an IQ test and see how you compare to the famous names below on this page...



## The Smartest Guys (and Girl) In The Room

### 10. Stephen Hawking IQ 160

If you don't know who Stephen Hawking is then we suggest you quietly get back into your box. No sudden movements, somebody might spot you! Not to be confused with Stephen King (missing the 'Haw' part), the horror novelist.

### 9. Albert Einstein IQ 160-190

You know, the guy with the crazy hair. Apparently he never took an IQ test, but scientists (presumably with high IQ levels themselves) estimate him to be in the 160 to 190 range. And who are we to argue?

### 8. Judit Polgár IQ 170

Becoming a chess grand master at a mere 15 years and 4 months of age (she probably knows the exact amount of weeks, days, hours, minutes, seconds and milliseconds too but was unavailable for interview at the time of writing) it's no surprise she's smart. She beat Kasparov (he's number 5), for god's sake!

### 7. Leonardo da Vinci IQ 180-190

Not particularly adept when it comes to safety using knives, but as a jack of many trades and master of all of them, to contradict the usual structure of that expression, the same boffins that mused at Einstein's IQ took a stab at Da Vinci's to and reckon he's even smarter.

### 6. Marilyn Vos Savant IQ 190

Becoming famous almost purely for having a very high IQ, in fact the highest measured in the 1980s according to the Guinness Book of Records, what else would you expect from someone whose name is savant? Quite frankly, she was born to be clever.

### 5. Garry Kasparov IQ 194

Legendary chess grand master and possibly the greatest chess player of all time, he even beat IBM's Deep Blue computer in a game. I don't know about you, but my computer usually destroys me in about four moves.

### 4. Kim Ung-Yong IQ 210

Capable of speech at six months of age and able to read in four different languages by age three, this chap went on to work for NASA for ten years before deciding to return to South Korea to be a teacher.

### 3. Christopher Hirata IQ 225

Becoming the youngest person to win a gold medal at the International Physics Olympiad aged only 13, he's now teaching astrophysics in California. Of course he is. What else would you do if you were super bright? Just ask Kim Ung-Yong.

### 2. Terence Tao IQ 225-230

Another professor in California, Australian genius Terence is basically just a maths genius. And possesses the second highest IQ recorded. Ever.

### 1. William James Sidis IQ 250 - 300

Enrolling at Harvard ages only 11, I can't even begin to imagine how hacked off his coursemates must've been. Unsurprisingly, poor William struggled as a teacher as he was about the same age as his students, and nobody likes a smart-arse.



# Divorce

no hidden costs,  
no nasty surprises

Thinking about getting divorced  
but not sure where to start?  
Worried about the costs, the  
process and your assets?

Viberts are specialists in family law. We provide our clients with a transparent guide to the divorce process and fees, so they know where they stand and what to expect from the outset.  
No hidden costs, no nasty surprises.

To get a clear picture of what your divorce might cost, contact us.  
**Viberts family law - we're on your side**

pet  
OF THE  
month



## Charlie & Hendrix

### Charlie

**Breed:** Musician

**Age:** 30

**Likes:** Music, Jiu Jitsu, good coffee, good food.

**Hates:** Mushrooms

**If I was an animal I would be :** A big fat pig so I could eat all the time

**Wants:** More music venues and music opportunities for kids!

**Interesting facts:** I'm a Jiu Jitsu fanatic and train at Gracie Barra CI.

**Most impressive thing you've ever done:** I'm very proud to be the owner of Chordz music school and Chordz coffeehouse. It's been almost 10 years since I returned home from music school in LA and I have been teaching ever since. We now have over 400 students per week in our school.... and a pretty awesome coffeehouse too!

### Hendrix

**Breed:** Shar Pei

**Age:** 6

**Likes:** Attention, if I'm in Chordz be sure to say hello!

**Hates:** Henry the Hoover.

**If human I would be:** Sylvester Stallone

**Wants:** To sleep all day!

**Interesting facts:** Shar pei is also known as the Chinese fighting dog as we were originally bred to fight and guard the Chinese temples (but I'm a total softy).

**Most impressive thing you've ever done:** I am the Chordz mascot and have my own twitter page @HendrixChordz



*You'd better not be eyeing up my nuts...*

## Jays

WORDS Deirdre Shirreffs

Jays are beautiful birds, far more brightly coloured than most other members of the crow family. They have pinkish bodies with a speckled crown and white rump, but the most striking part is the bright blue and black barring on their wings. These colourful feathers are used to make fishing flies. They are also bright in the other sense of the word, being very intelligent.

They live in woods and forests and are more often heard than seen. They are noisy birds with a screeching alarm call. Their scientific name means 'chattering' and their name in Gaelic translates as 'screecher of the woods'. However they are great mimics and can make many sounds including those of tawny owls and sparrow hawks and even the meows of cats. They usually make these sounds to scare off predators but sometimes imitate the call of predators when eating to keep other birds away.

One of the signs of their intelligence is that they can plan for the future by storing acorns for the winter. This is rare in birds. One bird can hide over 5,000 acorns in a month in autumn, planting each one individually or in pairs. As not all will be eaten, jays are very important in the spreading of oak woods. They visit gardens too, usually coming early in the morning to gather peanuts from feeders. Some have learnt to turn them upside-down to tip all the nuts out. They also eat insects and fruit.

Jays tend to live as individuals or pairs rather than in groups. Even mating pairs spend most of their time apart. They mate in Spring and four to five eggs are laid in a nest high in a tree.

Jays sometimes land on an ant nest and spread their wings out, allowing the ants to crawl all over their bodies. This is called 'anting' and the reason for it is unknown although one theory is that the acid produced by the ants kills mites and parasites in the jay's feathers.





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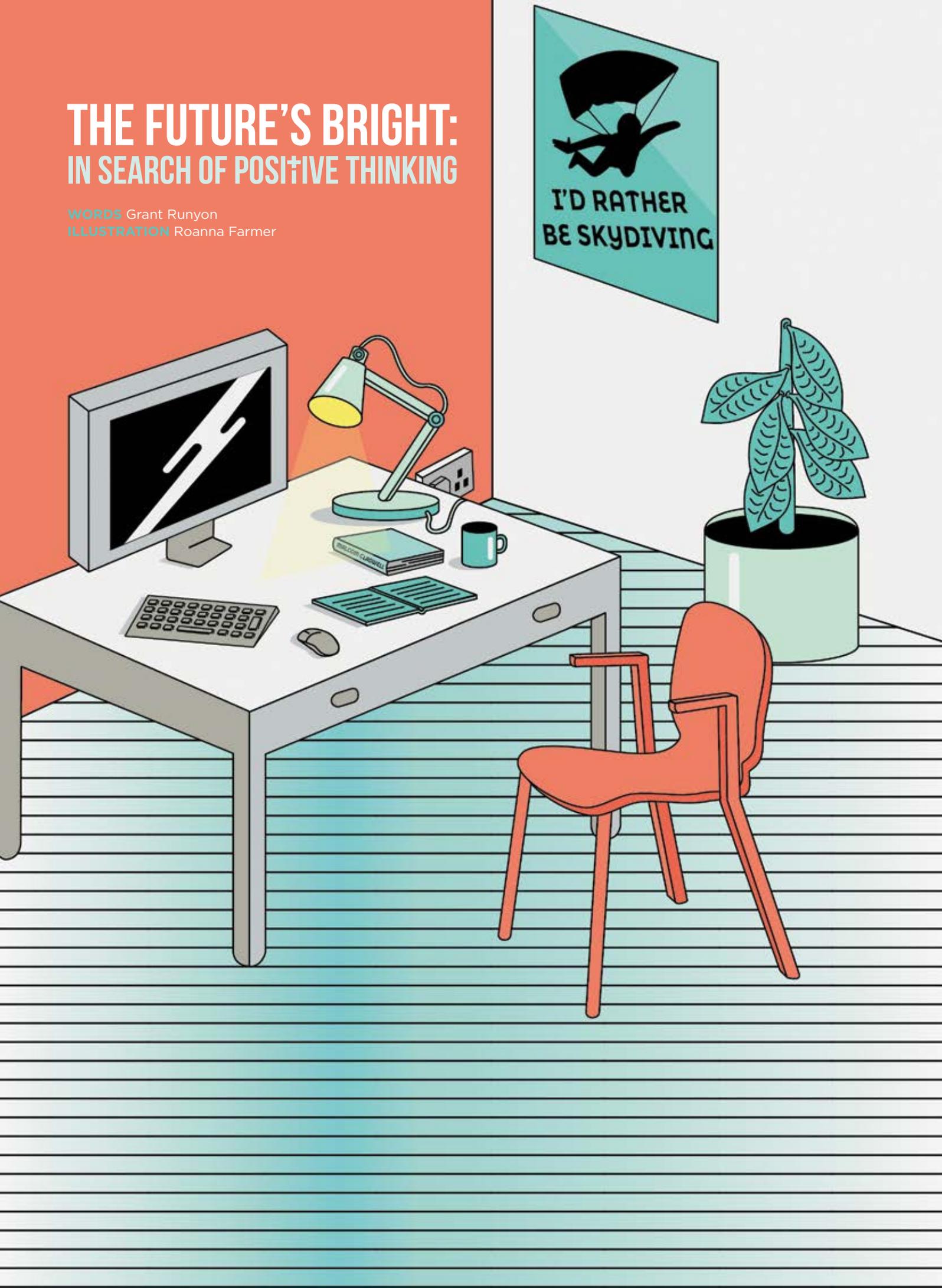
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# THE FUTURE'S BRIGHT: IN SEARCH OF POSITIVE THINKING

WORDS Grant Runyon  
ILLUSTRATION Roanna Farmer



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Is your face sad? Are you missing something to give you purpose? Are you the sort of person who looks at a workplace poster of a skydiver and contemplates taking some accounts home to do at the weekend? If this is you then you might be the target audience for the positive thinking industry. It's big on ideas, but unlike traditional religions or UFO cults it's short on actual commitments.

You don't need to go on a pilgrimage or give up ham, but you do need to promise yourself you'll consider doing yoga next week, tidy your living room or eat broccoli. Eventually. It's the philosophical equivalent of setting up a direct debit to hedgehog rescue and then forgetting about it until you accidentally run one of them over. But will it work for me, a man with the temperament of Eeyore and a lifetime of ingrained bad habits? Can I change from the inside, and if I do will I change like a beautiful butterfly or like an unopened container of stale yoghurt?

### Share this if U R a strong independent woman who don't need no man

Being that I've blocked anybody who shares inspirational quotes on social media I am seldom exposed to positive thinking. My prevailing mood is like a bad smell in an unventilated toilet, and telling me to think positive is the equivalent of spraying some Glade in the bowl and hoping you won't asphyxiate before you're done. I did however venture to the bookshop recently to pick up some classic literature (the autobiography of "Macho Man" Randy Savage) and it was hard not to notice the incredible growth of life manuals, emotional antivirus and high-concept advice about how to become a genius. There's stacks of smiling skeletal hippy girls asking for £15 to help banish your anxieties, maybe by leaving your office job to make vegan milkshakes in a yurt. Since I last went in there (autobiography of "Stone Cold" Steve Austin) these books have overrun the usual Jersey bestsellers such as Bravo Two Zero and devoured Jilly Cooper's shelf space like an invasive hornet. Their popularity is dubious though - if these books were any good at improving people's lives you'd presumably only need the one.

I figured there was space in my reading list (between the biographies of each member of Legion of Doom) so I grabbed a couple of titles by Malcolm Gladwell and a book by somebody called Marie Kondo. I read the last one on the bus, and was bitterly disappointed that she when she talks about "tidying away problems" she isn't referring to secret ninja techniques for hiding bodies.

### This one crazy idea will change your life

Malcolm Gladwell, for those of you who aren't familiar with him, is a good example of the sort of person who makes money from positive thinking. He's a professorish journalist who got rich giving the kind of advice that sounds really inspiring to a bunch of tipsy bosses at an expensive seminar, but just comes across as simplistic and patronising when delivered back to you second hand. He takes a vaguely provocative idea, like saying it still takes a lot of work to be successful at something you're good at (WOW - mind blown), and spins it out through a series of anecdotes that allegedly prove his point in surprising ways. I found that all they really did was prove the point that you can't get a meaningful lesson about humanity from a series of neat little stories, and that Malcolm Gladwell is just a stupid person's idea of what a smart person should sound like. He talks like the president in a US political drama, where the scriptwriters are at pains to make it seem like you need to be really smart to be president. Let's forget about GW Bush and hope that's still true by the time this magazine is in print. Reading Gladwell didn't make me feel positive about myself, just angry I'd paid money to be patronised as if I'm the sort of person who thinks watching QI makes them an intellectual.

### Change comes from within, President Assad

The big problem with the positive thinking industry is something that all of the participants in are trying very hard to obscure - which is that it uses pretend scientific language to sell you ideas that are actually closer to fables, or the religious homilies that lots of these people will happily make fun of. This applies equally to the healthy food bloggers, the relaxation gurus, the tidiers, the Gladwells. 90% of TED talks are no more scientific than one of those Nigerian preachers you find on the upper channels of cable TV, except the advice has switched from telling you you'll go to heaven if you give up lobster to silicon valley waffle about how you can hack your work-life balance by doing spreadsheets standing up. I'll tell you something I can

hack - it's you, and it's with a machete. At least religious people are honest enough to say your ultimate reward won't be until you get to heaven. Positive thinking gurus get rich by telling you stories, usually rooted in their own fortunate or otherwise unusual lives, that are supposed to apply equally to the dull everyday lives of the rest of us. This universal advice might be true if your audience is entirely composed of anxious, moderately wealthy broadsheet readers, but I'd like to see if anything would happen if we parachuted a bunch of wellness manuals into Aleppo or Haiti. Is it possible to topple Assad with kale and tahini smoothies? Can hurricanes be turned into rainbows with an amusing story about somebody who threw out all their old paperbacks? I suspect not.

### We learned a valuable lesson today

I will concede it's probably healthier to have a positive outlook on life, or at least more positive than mine, but you need to retain some perspective and acknowledge that there's also plenty of real stuff to potentially worry about. Most people in the world have a hard existence, and our own lives might not always be this comfortable. We should be grateful for the immediate life circumstances that give us the time and money to consider reading a book about tidying, but that doesn't mean we should ignore the gathering clouds on the horizon. Climate change, terrorism, the rise of fascism across the globe - I maintain I have more of a right to base my paranoid worldview on this stuff than some TV presenter does to tell me I'd be happier if I ate more spinach. It's just a shame that nobody's going to send a ten minute video of me talking about imminent nuclear war round on their work email to inspire the staff, but I think that's a mistake. "Morning team! Listen to this miserable old man, and just be thankful you haven't been struck by lightning or bitten by a rabid weasel. THINGS COULD ALWAYS BE WORSE." If that won't get you through the day at the office, I don't know what will.





# RUFF IN THE JUNGLE BIZNESS

WORDS Sara Felton

**“I like to be hands on with all my businesses. It’s the key to fully understanding it and making it work and I like to learn new things.”**

Having started his first business when he was just 17 Jonathan Ruff is a career entrepreneur. He made Jersey his home nine years ago and since then he's become most well known for changing the face of entertaining families and youngsters, thanks to the building of Tamba Park. We talked to him about life before and after dinosaurs...

**Talk to us a little about Tamba Park and in particular the charitable element of it:**

I have a feeding programme called Ruffs Kitchens, it feeds starving children at schools in Zimbabwe. Up until Tamba was born I supported the feeding programme myself, feeding 5,000 children every day. I wanted to grow the programme and make it sustainable so it can carry on if I'm around, or not!

So when I found out the old Lion Park was for sale I thought it would provide the perfect opportunity to build a business which would support the feeding programme, as well as making somewhere for children to have fun, and that's how Tamba was born! I acquired the park and then spent several months thinking of what to do with it and it snowballed from there. We started with dinos, a boat lake, an outdoor play area, café and sculpture garden. Then eight months later we added the indoor play area, bird of prey centre and restaurant. We can now feed over 10,000 children and I want to keep on growing Tamba with the aim of reaching the 20,000+ meal mark as soon as possible.

**Having moved to Jersey nine years ago, what's your favourite thing about living here?** There are many things to like about Jersey. I like the community feeling which I didn't get where I come from in Preston. I also like that I don't have to travel hundreds of miles to do business and I can put my kids to bed each night!

It's a fantastic place to bring up my children. Some people say Jersey is sheltered and children don't know what the real world is, but I'd rather have my kids live a sheltered life at a young age than have to deal with the real world. Let's face it, the world is a messed up place and they have a lifetime to deal with that, so I feel privileged I am able to bring them up in Jersey.

**Do you have a place you always take visitors?** Being asked this sort of question makes me realise how much I work and how little I socialise!

I like to show people Tamba, that's very sad isn't it? Jersey is very different from the UK, around every corner there is a beautiful view, an awesome restaurant, a great beach, so just traveling around the island is what I like to do with visitors and family when they're over.

**You're really hands-on at Tamba Park, has this helped you to identify ways in which to grow and develop it?** I like to be hands on with all my businesses. It's the key to fully understanding it and making it work and I like to learn new things. My current obsession is the kitchen. It's the first restaurant I've owned so working the pass, learning how to create meals and how the kitchen operates is very exciting. We have just three chefs who oversee up to 500 covers a day. Listening to our customers and making changes based on their feedback is how we've grown Tamba though.

**All that time in the kitchen, do you have a signature dish?** Toast it's awesome and very understated! Seriously though, I'm no chef, although I like to try.

**Ever thought about running for local politics?** Never, ever,, ever! I am an entrepreneur not a politician, I like a dictatorship. I think I would be a nightmare in politics. But, I have learnt over the years you need to fight for what you believe in and I am not scared to say what I feel and if something isn't right I will go to great lengths to make it right.

**You started your first business when you were 17 and have continued to build successful businesses since then, have you ever had an idea that's just not made it?** Oh yes, I don't dodge raindrops like some people think! I have been lucky in business, but you can't win them all! As long as you learn from your mistakes and aren't scared to admit when you've made one, you will be successful in business.

My biggest mistake was a company called Promo Machine. It was an affiliate based search engine for online deals I created. I

spent far too much on creating the website and then underestimated the marketing spend required to get it off the ground. After spending £1M on development and marketing and not getting the return I'd have expected I closed the business down before I got in too deep. It hurt a lot and I still think about it today as it was such a waste of money. But it taught me loads and I've had many successful business ventures since.

**You were quoted in The Sunday Times saying "When a company gets near to 100 employees or sales of £40m, it isn't for me." Why is that?** That was a while back!

It depends on the business but I don't like it when I don't know the people I employ. I don't like it when a company turns corporate, revenue is just revenue and that doesn't matter to me, it's how the business feels. I feel I'm good at starting businesses from scratch and taking it to a level. Or going into a business, analysing it to see how they could grow or where they are going wrong. But when a business needs to become corporate to grow someone else is better at the helm. The great thing about what I am doing now is it'll never be the case.

**What's next for Ruff Ventures?** That's a good question I would like to think I will take it easy one day, but I can't see that happening in the near future, if ever.

I like what I am doing now, I have a property development business that's growing. With Tamba Park, Tamba Arcade, Tamba Bar, my charity Ruffs Kitchen's I have a lot on the go. But I still have the energy to do more. I would really like a themed hotel, and to get my hands on Fort Regent and get that cable car going again.

I see my future in entertainment. I enjoy putting smiles on people's faces, it gives me a lot of happiness. So I hope to continue developing entertainment in Jersey.

*Editorial note: If you're not familiar with The Prodigy's album 'Experience', then the title of this article is probably lost on you.*

# BRIGHT SPARK

## HOW TO TELL IF YOUR CHILD IS SPECIAL

WORDS Grace Ryan

ILLUSTRATION Will Bertram

As a parent you have the hardest job in the world. In fact, it's many jobs, all equally hard - like being a brain surgeon one day and rocket scientist the next. It is also the most rewarding, as you get to see the little miracle you've made, and will soon receive the enlightenment that it's objectively cuter, smarter and more impressive than all the other little miracles out there. And that's where the problems start, because you'll quickly learn that other people can lack the insight to discern how truly exceptional your offspring is when compared to other, more mediocre children.

They lack that understanding, that parental instinct, that flooded through your veins like RAW POWER somewhere in that golden era between the first contraction and sucker-punching another adult for the last Frozen playset in December. It's the most powerful force in the world - allowing you to function without sleep, judge another family by the contents of a lunchbox and bestowing the

absolute certainty that your kid is the only one who has truly earned 200 Facebook likes and a Baby on Board sticker. If people don't believe you, just show them the results of this quiz. It will sort the fail kiddies from the boss children - and I absolutely guarantee that your friends and family aren't sick of hearing about yours.

### 1. When you looked into your newborn's eyes, what did you see?

- A:** Tiredness and hunger. I think at that age their eyes are just starting to work
- B:** A love for Mummy, the most special person in the world, his best and only friend
- C:** Flames, lightning. Civilisation in ruin. The ability to control my mind
- D:** An expectation that it is time to listen to the Baby Einstein CD and start playing chess

### 2. How did your child first communicate with you?

- A:** Crying, eventually a few words. A drawing of Dora The Explorer
- B:** From the moment of birth, an intense psychic bond. He never wants me to put him down, not even when one of us poops
- C:** Biting, punching, persuading the nanny to jump off a roof. Things were easier once he learned to speak (in tongues)
- D:** We accidentally turned the stereo in the Volvo to Radio 1, she cried until we switched back to Classic FM

### 3. How obvious is it that your child has special talents?

- A:** The school gives her a lot of tests, but I'm not that bothered about the results
- B:** It was obvious that he didn't like the other babies in the hospital, or the parents. He just wanted to be with Mummy and never be interrupted by doctors trying to give Mummy her meds
- C:** I heard projectile vomiting was quite common, not sure about the levitation though
- D:** Tests showed she had a baby IQ of 160, she's already done brain surgery on the hamster

### 4. What is the most self-evident difference between your child and other children?

- A:** She has her mother's nose, her father's eyes, gran's ears
- B:** If you even have to ask, there's something wrong with you. I personally don't compare him to other children in case he catches something
- C:** The weird birthmark? The little horns? I suppose the sulphurous smell isn't that unusual
- D:** There are too many to list here, but I will happily email you a list I have saved on my computer

**5. As a parent, how do you see your role in nurturing a special child?**

- A:** Feeding them, wiping their bum. Being a good role model
- B:** Keeping him away from danger - wolves, earthquakes, the health visitor, the postman
- C:** Ideally preventing him from harming other children
- D:** We are merely blessed with the responsibility of shepherding this rare talent through the world, although obviously the fact we made her does makes us look rather special ourselves

**6. How does your child react to obstacles or failure?**

- A:** She's still learning, I suppose we all are
- B:** I don't know because I make sure he never fails at anything, or tries anything. He's very fragile
- C:** Sorry, I can't comment on this until the court date
- D:** Discipline starts at an early age. Even babies can learn that failure isn't an option

**7. What are your hopes for your child's future?**

- A:** Happiness, maybe a grandchild for us. We don't mind
- B:** Mummy is his future and future is Mummy - forever and ever
- C:** That somebody invents a version of Ritalin that stops him setting fire to things
- D:** My child is the future, everybody's future

**8. Is it possible your child will ever disappoint you?**

- A:** We'll love her, no matter what
- B:** Only if he tries to leave me, or thinks of leaving me. Or stops breastfeeding.
- C:** Ha! Is this a trick question? Are you my social worker?
- D:** Yes, every day, but I have to remind myself that she's nowhere near as disappointing as all the other children out there



# HOW DID YOU SCORE?



## Mostly A

Your child appears to be just a normal child, but don't give up hope. They will undoubtedly bloom into a success when they reach their teenage years. Perhaps as a star of reality television, technology billionaire or famous criminal.



## Mostly B

Your child is definitely special, but unless you let them outside nobody will ever find out. Better get used to sharing them before they finally escape, go on a date and you end up killing somebody in a jealous rage.



## Mostly C

Your child is definitely special, a real one of a kind. Please don't ever encourage them to go into politics, start their own religion, or even go to youth club unsupervised.



## Mostly D

Your child is so amazing, you are probably only reading this magazine whilst you wait for them to walk on stage to get another award. The only thing that is missing is an award for you - for parent of the century. Give yourself a pat on the back!



# WHAT IF TRUMP WAS A **WOMAN**?

**WORDS** Ria Wolstenholme

When I think of Donald Trump, I imagine that older guy that's in a club full of teenagers, sticking out like a sore thumb and making passes at young girls, thinking it's totally within their right to get what they want.

His whole demeanour screams creep, from the awful tan to the abomination of a mop he calls hair. I think of Donald Trump this way because he is a sexist, racist man whose political experience doesn't stretch further than sitting and firing people on the US version of *The Apprentice*. I can only imagine how Alan Sugar feels being associated with him.

Following the release of THAT video last month, where Trump is seen to be speaking about women in vulgar sexual terms, republican leaders have been dropping off the "go Trump" support train like flies. This has caused a massive impact on his campaign, plunging the party into crisis this close to the election. Oh, what a shame.

As a young woman, with a younger cousin soon to become a woman living in the US, the thought of Donald Trump potentially winning this election scares me. Not only because his campaign lacks any kind of clear strategy or plan besides keeping everyone who isn't a white American out of the country, but because if this is his how he talks about women, I dread to think what the future holds for young women in America who are trying to break the barriers and fight for equal opportunities.

A lot of people have pointed out that this sudden outrage at how Trump speaks about women is something that has been painfully obvious throughout his campaign. If you follow him on Twitter, you'll know that the man doesn't have any manners and regularly sends out tweets belittling his opponent Hillary Clinton. A personal favourite of mine was "If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America?". If this is how he talks, supposedly professionally, about his political opponent, just imagine how he would handle himself as President.

**In a recent interview, Clinton stated "Women are seen through a different lens. It's not bad. It's just a fact." It's a shame that a woman of her authority still feels she must conform to a certain ideal to be taken seriously.**

Clinton is the most qualified presidential candidate in at least a generation, but because she is a woman she's playing her game tactfully, doing what's expected of women in politics. In a recent interview, Clinton stated "Women are seen through a different lens. It's not bad. It's just a fact." She doesn't scream and shout, or express herself with her hands wildly, because it "can come across too loud, or too shrill".

It's a shame that a woman of her authority still feels she must conform to a certain ideal to be taken seriously. If it was her shouting about her rival, denying she had said or done things that there is cold hard evidence to be true, just imagine how this election would be covered. "Crazy Clinton's time of the month takes it toll at debate" no doubt would be the kind of headlines covering the tabloids. But because Trump is a man, it's just his passion for politics, his testosterone confidence, and his symbol of power that explains why he acts that way.

Clinton has the potential to pave the way to a whole new future for this and future generations of women to come, both in politics and our day to day lives. To have a woman sitting at the top of the tree would mean that we've got another step closer to equality across the board, with girls and women being given the same opportunities and respect that men have. And before you roll your eyes and sigh "such a feminist", imagine I was a man writing this. Would a man speaking up for and supporting women be seen in a bad light? No, he'd be celebrated for being 'open minded' and 'accepting' of the opposite gender. A role model for young men. So why can't women be seen the same way for supporting other women? It baffles me.

This debate has taught me just how carefully women still must tread in order to be respected in society. Michelle Obama once said "Aggressive is assertive. Loud is confidence. Take those negatives and make them positives." I can only hope that Hillary Clinton becomes the first female president of the United States, and does just that.

Regardless of what your views on equality or the presidential election are, I think it's safe to say the world will be waiting on the edge of their seats, holding their breath waiting for the announcement of who the US's new President is on 8 November.

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JERSEY

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\*The hotel reserves the right to change the entertainment without prior notice in the event of unforeseen circumstances.

**GIVE** COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



**Scaling great heights for charity**

Over 100 intrepid ‘mountaineers’ scaled the heights of Mont Orgueil Castle for the inaugural Gurkha Welfare Trust Jersey Climathon, held on the 16 and 17 October.

Participants had to walk from the Lower Ward to the top of the fortress, with each ascent counting towards different peaks, starting at Les Platons and going all the way to the top of the world and Everest. Climathon 2016 was kicked off by the Lieutenant Governor Sir John McColl, who climbed with a team from law firm Appleby and with 96 year old Bob Le Sueur.

The event was organised to raise money to build a new school in a remote eastern part of Nepal, devastated by the earthquake in 2015. GWTJ has already built a school at Gyan Jyoti, with assistance from Jersey Overseas Aid Committee and Gurkha Welfare Trust UK. Planning has already begun for Climathon 2017

**Planes spotting at The Boat House funds 12 Holidays for Heroes**

Twelve past or present members of H.M. Armed Forces, who have been injured in mind or body as a result of their service, will be able to enjoy a relaxing holiday to Jersey next year, thanks to The Boat House Group.

An event held on the day of the Jersey International Air Display at The Boat House restaurant in St. Brelade raised £8068.78 for the charity ‘Holidays for Heroes Jersey’ through donations and an auction which included Caribbean holidays and all-inclusive children’s parties. The event saw friends of the Group gather for drinks, games and charitable giving, while watching the planes soar overhead from the balcony of the restaurant.

Holidays for Heroes Jersey celebrated its eighth anniversary this year and it depends on support from charitable donations to provide respite by way of holidays to the island for servicemen.

James Lane, MD, The Boat House Group commented: ‘We are absolutely delighted to have been able to help Holidays for Heroes Jersey, a much deserving charity, and we hope to do more work with them in the future. It is encouraging to hear that we have funded so many holidays for next year through this one event alone and we thank everyone who came along to the event.’



**Carey Olsen charity quiz to put local businesses through their paces**

Carey Olsen is looking for the cleverest business in Jersey to compete in its annual Charity Quiz. The firm is inviting teams of six from any business, trade or profession to take part in this multi-sensory quiz which takes place at 7.00-10.30pm on Thursday 17 November at the Merton Hotel.

Not only is the quiz an entertaining challenge between teams, but it also aims to raise vital funds for the firm’s two selected local

charities - RNLI and Stroke Association Jersey. Last year 36 teams pitted their wits against each other and the organisers hope that even more businesses will enter this year.

**The cost to enter a team is £150 which includes a supper. Any company interested should contact Sarah Le Scelleur on sarah.lescelleur@careyolsen.com or telephone 822437.**



### Aztec triumph at Berlin Marathon for Unite Against Cancer

A group of ten Islanders from Aztec Group and an ex-colleague, Colin Macdonald Smith, completed the Berlin Marathon at the end of September and exceeded their fundraising target for Unite Against Cancer.

Colin Macdonald Smith, who used to work at Aztec Group in Jersey, set up the charity in 2012 in honour of his younger brother, Christopher Douglas Smith, who passed away after a battle with a rare form of Osteosarcoma. Colin aims to run the Berlin Marathon seventeen times to mark the age of his brother when he passed away, and this year was the fourth time taking part.

The team from Aztec, along with Colin, completed the marathon in good time and have exceeded their fundraising total of £10,000, with a total of £11,780 raised so far. The team members' times ranged from three hours and thirty-four minutes to five hours and thirty-five minutes.

Tom Wilkinson, Marketing Manager, Aztec Group said: 'It was a fantastic experience and we are very proud to have raised so much for such a worthy cause. The Berlin Marathon is great fun, with supportive crowds and DJs on the side of the track to keep you going, we definitely plan to return next year. Aztec Group places a strong focus on supporting causes that are important to our staff, and Unite Against Cancer is one of those charities that deserves every penny.'



### Afternoon tea, flowers and fundraising

Last week, four AA Silver Star L'Horizon Beach Hotel & Spa in St Brelade played host to a very special autumnal afternoon tea. As part of their on-going commitment to the RNLI, the hotel's selected charity for 2016, the team worked with the RNLI Jersey Lifeboat Guild and local florist Bella Fiori to present a floral demonstration to over 60 attendees, who also enjoyed a delicious afternoon tea created by Executive Head Chef Andrew Soddy and his team.

Ffion Giulitti of Bella Fiori wowed the ladies with some amazing autumn themed arrangements featuring berries, stunning foliage, fruit and flowers. The floral afternoon tea event raised in the region of £800 and commenting, Pamela Butler, Chairman of the Guild said, "We are so grateful to Ffion for taking time out of her busy schedule to support and delight us with her unusual ideas for Autumnal arrangements. We are also of course grateful to L'Horizon Beach Hotel & Spa for their ongoing support; the tea was scrumptious and everyone went home happy."



### Record entry for third Canaccord Genuity Wealth Management Corporate Cup

After a summer of running rivalry between a record number of Jersey businesses, First Names One claimed overall victory in the men's competition of the third Canaccord Genuity Wealth Management Corporate Cup race series. Elian Private Wealth took first place in the women's race and Mourant Ozannes Athletics came top in the mixed competition. James Manners won the prize for fastest male in a single 5km race, achieving a time of 16:41 and Nicola Boulton took the prize for the fastest female in a single 5km race with a time of 19:16.

This year's series benefitted the Jersey Sports Association for the Disabled (JSAD) to support its work in the local community with a total of £3,000 being donated to the charity. The full results from the series can be found on the Run Jersey website and the 2017 series starts in April.



Email your community news to [community@gallery.je](mailto:community@gallery.je)

# GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



## Local myths and legends to feature on Jersey stamps

Six of Jersey's best-known myths and legends will feature on a set of stamps to be issued by Jersey Post last month.

Illustrated by local artist, Nick Parlett, the stamps depict: The Fairies of St Brelade's Church, William and the Sea Sprite, The Witches of Rocqueberg, The Dragon of St Lawrence, The Black Dog of Bouley Bay and The Ghostly Bride of Waterworks Valley.

According to James Dann, Philatelic Researcher at Jersey Post: "Jersey has always had a particular affinity with folklore. This is understandable when you consider the Island's varied history and the influences of cultures, religions and the daily lives of settlers and invaders from different lands. The stories are fascinating and it has been really interesting to discover how intertwined our myths and legends are with local history, architecture and the natural landscape of the island."

## RBC staff dip their ecological toes in special water

St Ouen's Pond has been prepared for winter, thanks to volunteers from RBC Wealth Management. The Pond, situated at the National Trust for Jersey Wetlands Centre saw RBC staff and family volunteers cutting back and clearing reeds and grasses from the front of the pond to maintain the sheltered shallow hollow where waders like to rest and forage and also to ensure the area can be easily viewed from the Wetlands Centre.

A total of 15 one-ton sacks were filled with excess vegetation, which will be removed to the island's waste facility for composting.



## A sparkling relationship

One of the island's largest landowners has joined Genuine Jersey as a sponsor Member.

Jersey Water, which is also the oldest registered Company in the Island, has joined a growing number of businesses that want to be associated with the producers' association.

Sponsor Members can use the distinctive Genuine Jersey sponsor mark, which is widely recognised as a hallmark of local quality, in their branding. In turn, they can support the movement through a financial contribution or providing a service in kind.

## The Magnificent Seven

The National Trust for Jersey's conservation grazing scheme, based between Devil's Hole and Sorel Point has been going strong since 2009 and the flock of rare Manx Loagthan sheep has grown from the original 20 pregnant ewes to nearly 200 today. To ensure a healthy future for the flock, seven new Manx rams have been brought over from Royston in Hertfordshire and are currently in quarantine before they meet their new female friends.

The seven new rams will replace the flock's original two rams who have now retired, but more importantly, ensure that there is enough genetic diversity within the flock to allow the flock to expand healthily and potentially avoid the need to import more animals in the future. The Trust hopes that next spring will see the first progeny of these new rams being born in Jersey.





## Daredevils jump for dementia

A fearless group of first-time jumpers has raised £6,000 for Jersey Alzheimer's Association following their sponsored skydive recently.

The seven thrill-seekers volunteered for the parachute jump as part of the charity's 'Be a Daredevil for Dementia' fundraising initiative, which was launched earlier this year.

Team leader Mark Blamey, Manager at Jersey Alzheimer's Association (JAA), who was the first to complete his tandem skydive, said all those who jumped had a personal connection with the charity and were hoping their exploits would inspire friends, family and colleagues to consider other fundraising challenges in the year ahead.

The other members of the jump team were Mark Duffy from World Duty Free and Pam Keyes from HSBC – whose organizations are both corporate sponsors of JAA – along with fellow daredevils Rachel McBride from Health and Social Services (one of the charity's partner agencies in the delivery of care), Andrew Paine, Emily Devon and Ruthie Hawekesford.

**Anyone looking to 'Be a Daredevil for Dementia' or who is interested in becoming one of the JAA's charity champions, please contact Mark Blamey at [mark@jerseyalzheimers.com](mailto:mark@jerseyalzheimers.com) or call him on 07700 336627.**



## Significant funds raised for Silkworth Charity Group

Silkworth Charity Group announced the total sum of donations raised from their third annual Extreme Team Challenge that took place on Saturday 10 September, is in excess of £11K.

The Silkworth Extreme Team Challenge is the charity's largest fundraising event of the year and attracted 19 teams from local organisations, schools and friendship groups. It is a relay-style, multi-discipline race taking place around the island's coastlines across 10 stages; including kayaking, coasteering, swimming, running and cycling. The overall winners were De La Salle's "Gradebusters" team who completed the race in just over 5 hours 45 mins, followed by Team "Whomp" who came second, and Team "Standard Bank - Failure is not an Option" a close third.

Last year's funds enabled the refurbishment of the charity's drop-in day facility, formerly known as the Community Day Service. It has been said that this year's funds will go towards the continued development of this service which has established the new name of the 'Recovery Day Service'. This service offers vital daily support for people dealing with drug and alcohol dependency and the charity intends to use the funds towards increasing the opening hours and introducing additional services to the facility.

***This year's Challenge was sponsored by local business Future Finance who have also chosen Silkworth as their charity of choice throughout 2016 by supporting them with a number of initiatives.***



## Barclays Digital Eagles share coding knowledge with islanders

A fully trained group of Barclays employees, the Digital Eagles, shared their coding knowledge with Channel Islanders during this year's National Coding Week. The Digital Eagles are on a mission to share their digital expertise and are committed to making digital technologies accessible to all. From understanding emojis through to coding, they are available to help people of all ages build their digital skills and confidence to ensure nobody is left behind. Aimed at adults, the sessions taught attendees how to use micro:bit, a pocket sized programmable computer and Scratch, a visual programming language.

***The Digital Eagles run regular Code Playground and Tea and Teach sessions in Guernsey and Jersey and provide helpful how-to video guides offering practical tips on how to get started online at: <http://www.barclays.co.uk/DigitalEagles/P1242671738729>***



## THINK... ...OF THE FUTURE!

Thinking about the imminent future is one thing, but considering how life may be 30 years from now that's another. Will we all have hoverboards and chips implanted in our brains so we no longer need mobile phones? Will space travel be a reality? Honestly, who knows...

One thing I do know though is that at some stage we will all have to retire from work and planning for how we will fund this is something we should all consider sooner rather than later. I appreciate this isn't perhaps the sexiest subject to read about, particularly if you've not even started your first job yet, but it is a reality we will all have to face.

The prospect of retirement is one many of us look forward to, no longer having to set an alarm to get up, no deadlines, no expectations, our working lives will be behind us and we can get on with enjoying our lives, but those heady days will still need to be funded, so how will we make this happen?

I for one don't really have a plan for the future, when you work in a deadline driven environment you are mainly living from one month to the next. So when I was asked to go and pay a visit to the Social Security department to discuss a large review they're working on "Living Longer: Thinking Ahead" I was intrigued, if a little reticent.

I met with Mark MacGregor and Sarah Le Monnier the two officers who are currently leading the review to find out more about the work they're doing and also to debunk a few of the myths about our current Social Security scheme. They explained that we

are generally living longer and healthier lives, and many more people enjoy active lives into their 80s and 90s. Whilst this is to be celebrated it does mean that there are challenges when it comes to having enough income and savings to look after ourselves after we've stopped working.

For those of you that don't know the current Social Security scheme is funded by the 6% of your wages that is taken by your employer, or will be when you start work, and supplemented by them (another 6.5%) to contribute towards, amongst other things, pensions paid out today. Infact 80% of the contributions collected go towards them. The other 20% goes towards supporting us when we're starting a family, during prolonged illness and disability, if we have to care for someone, or should we lose a partner and our income becomes affected. Your Social Security pension will be paid for by the next generation when they start working.

This isn't a tale of doom and gloom though, the review is being conducted now so that

the very best solution to a potential problem can be found, before it becomes a reality. This is the start of a public conversation that will help set the direction of the Social Security scheme and retirement income system for the next 30 years. So this isn't just about us now, it's about our families and future generations too.

***"This is the start of a public conversation that will help set the direction of the Social Security scheme and retirement income system for the next 30 years."***

If you've heard the term consultation before and dismissed it, then please don't in this instance, get involved and have a really positive impact on what happens next.

This is a chance for us all to share with the department what we think about retirement, what we are currently doing to prepare for retirement and what the role of the government and the Social Security scheme should be in the future.

.....  
**You have until January 10 to share your views and can do this by either picking up a paper copy of the questionnaire from the Social Security department, or you can do what I did and fill it in online [www.gov.je/SocialSecurityReview](http://www.gov.je/SocialSecurityReview)**



# EVENTS



### Dirty Blonde Salon Launch

**4 COLOMBERIE**

SATURDAY 1ST OCTOBER

Gurus of the hair world Jade Saunders and David Stevenson have joined forces and opened the very cool Dirty Blonde Hair Salon just by Snow Hill on Colomberie. Stylish, relaxed and with wonderful eclectic touches, the beautiful salon opened its doors to excited guests and soon full-swing celebrations were underway to mark this brilliant collaboration!

Dirty Blonde has been designed so clients can wind down and recharge whilst being made to look fabulous. Pop in to the lovely new salon to book your Dirty Blonde experience.



### Sure 10th Birthday Party

**SIROCCO**

THURSDAY 29TH SEPTEMBER

Sure celebrated a decade in Jersey, marking the day its store in King St opened for the first time ten years ago. In that time, Sure has evolved from offering mobile and business telecoms services to also providing home phone, broadband, international data centre and innovative cloud solutions.

"It's been quite a journey," said Graham Hughes, CEO. "I'm extremely grateful to all of my colleagues for helping make the past 10 years such a success and I'd like to thank all of our customers for placing their trust in Sure."

# let's talk

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**LIVING LONGER: THINKING AHEAD**  
Social Security and Income in Retirement

# Who's paying for your pension?

Your views are needed on income in retirement  
and how we can make the Social Security scheme  
work for this and the next generation.

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Fill out the questionnaire, go online:  
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**Your contributions.  
Your future.**





**Benest Corbett Renouf Event**  
**SEAFISH, ST AUBIN**  
 THURSDAY 22ND SEPTEMBER

The Partners of law firm Benest Corbett Renouf invited clients and friends of the firm to join them for a wine tasting dinner, to celebrate nine months of being established. The event, held in conjunction with Dunell's took clients on a global culinary and wine

tasting journey through South Africa, France and Austria. Guests were treated to a stunning menu of delicious delights, designed specifically for the occasion by the team at Seafish.



**The Dental Spa Anniversary Drinks**  
**11 DAVID PLACE**  
 FRIDAY 14TH OCTOBER

Last month The Dental Spa at David Place celebrated their fifth anniversary in the company of clients and colleagues, who sipped on champagne and nibbles on canapés in their beautiful reception area. Guests were treated to a tour of the practice and were

entered into a raffle for their chance to win some excellent prizes. They included laser hair removal at The Laser Spa and aesthetic skin treatments too. Congratulations from all of us on reaching your milestone and good luck with the next five years.

Why not  
start an  
instrument  
in 2017?



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**Jersey Post**



**Chanel Masterclass**  
**FEELUNIQUE KING STREET**  
 WEDNESDAY 12TH OCTOBER

One night last month Feelunique opened their doors after hours and invited customers to join them for a make up and skincare masterclass hosted by the fabulous beauty brand, Chanel. UK based Chanel representative Dominic was on hand to guide guests through their new autumn fall products, which included the new Le Rouge

Collection No 1, and also the Sublimage skincare range. With the help of Deb, the Chanel representative at Feelunique's King Street store, ladies were given useful hints and tips and a goodie bag to take home too. Be sure to look out for more brand specific masterclasses from Feelunique.



**Mantra Brand House First Birthday**  
**THE SQUARE**  
 THURSDAY 13TH OCTOBER

Branding and design agency, Mantra Brand House, celebrated their first birthday in style last month. We went along to help our former desk camper raise a glass (or two!) and joined guests and clients such as Healthhaus, C.I Travel Group, aMaizin! Adventure Park and Liberate/Pride. Katie Killip, who operates her

niche service for selected clients between Jersey and London said, "The support from everyone this past year really has been fantastic. Many of my clients have been with me for over eight years, and this was the perfect way to say thank you for another fun, truly transformative year."

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## CARLY

IS LOOKING FOR...

### Fund Officer

£26,000pa

I am seeking an Administrator to join this global Funds organisation; this is a great opportunity for someone with 1-2 years experience looking for that next step up! Professional studies will be encouraged.

### Assistant Fund Administrator

£20,000 - £24,000

This is great opportunity for someone looking to commence their career in funds, supporting the team with a varied portfolio. Candidates should possess a strong academic background and a positive attitude and approach.

### Associate Director

£45,000 - £65,000pa

I need an Associate Director to join my client, a boutique Funds business. Experience in funds is a pre-requisite for this role, with over 3 years experience. Competitive package offered.

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## GEMMA

IS LOOKING FOR...

### Senior Fund Accountant

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An ACA / ACCA qualified individual is needed by this booming fund business. The ideal candidate will have a strong background in fund accounting, ideally within the real estate arena.

### Compliance Administrator

£35,000 - £40,000

This role has arisen due to our client gaining new business. The role focuses on fund clients but compliance administrators from trust and company backgrounds will also be considered. An excellent opportunity to be part of a small and growing team.

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Work Happy :-)



**Mama Matters Baby Exhibition**  
**THE ROYAL YACHT HOTEL**  
 SUNDAY 9TH OCTOBER

Mama Matters is Jersey's only maternity concierge service, giving new and expectant mamas the time to concentrate on what matters, by dealing with the to do lists (but don't be fooled by the name - papa matters, too!) Sponsoring the Baby and Pregnancy Exhibition helped to fulfil this aim by

bringing the island's best baby and pregnancy products and services to one location, whilst encouraging guests to relax with a mocktail or glass of Prosecco. For more information about Mama Matters, future events or any of the exhibitors, please contact [kiley@mama-matters.co.uk](mailto:kiley@mama-matters.co.uk)



**Atelier Salon Anniversary**  
**7 PARADE ARCADE**  
 SATURDAY 8TH OCTOBER

Atelier Salon opened their doors at No.7 Parade Arcade in 2015. The first year for Monika and Sylvia has been one filled with fun, excitement and a lot of hard work. Over this time they have built up a strong following of loyal customers and continue to provide the very latest techniques and styles in

hairdressing. Monika and Sylvia see their clients as their extended family and would like to thank them all for their continued support, without which their business would not continue to flourish. If you'd like to book an appointment call 630200.

# Naughty or Nice...

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



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Join us for our magical Christmas lights switch-on  
**Thursday 24th November**



**Paper Dialogues  
Exhibition Launch**

**TOWN HALL**

WEDNESDAY 12TH OCTOBER

'Paper Dialogues - the Dragon and our Stories' opened at St. Helier Town Hall last month. The exhibition was a collection of stunning paper-cut art by Professor Xiaoguang Qiao from China and Norwegian artist Karen Bit Vejle, which was on display for the first time in Great Britain. Both international artists

travelled to Jersey for the exhibition launch, to run paper-cutting workshops, and give a lecture. In attendance at the launch was Xu Zhao, from the Chinese Embassy in London, who read a message of congratulations from the Minister Counsellor for Cultural Affairs, Mr. Xiaowei Xiang.



**Langtry Launch Lunch**

**BANJO**

SATURDAY 22ND OCTOBER

The Langtry Launch marked the rebranding of Langtry Jersey. This free to join group was created for women to increase their social networks and provide opportunities to try new things and share things of interest with each other. The age range of Langtry is approximately 28 to 65.

Langtry has plenty of events where women meet in person, like this lunch gathering at Banjo. They also have a book club and have added in online events, such as a wine club, which will allow people to interact and take part, but from their own home, if they perhaps don't have time to meet in person.



# TRAVEL

# HELPING YOU GET THAT MUCH- NEEDED DOSE OF **VITAMIN D**

**WORDS** Tamarin Marriott-Wilkinson

**If you're anything like us, Monday brought with it a multitude of horrors; unfinished deadlines, the aftermath of a hangover, and (at this time of year) truly unruly weather. Eager to banish those winter blues? We've come up with a fail-safe solution - another holiday! Read on to discover our top picks for winter sun...**

\*We can't really justify direct flights to these destinations from our fair isle, so times are from London after you connect with Flybe.

gallery

## **Cyprus**

*If you're looking for a destination with guaranteed winter sun, Cyprus is a great option - partly because it's the warmest island in the Med.*

**DO:** Home to plenty of scenery, golf courses galore, an abundance of must-visit boutiques and a variety of wonderful bars and restaurants - all offering a taste of the moreish local cuisine. When in Cyprus, head to the redeveloped Old Town of Limassol, which has recently witnessed an influx of serious super yachters, Athenian A-Lister's and quirky bars serving frozen Zivania shots, a tippie the locals have nicknamed 'Grappa's feisty Cypriot cousin'.

**STAY:** Londa - a luxury hotel hideaway with subtle, soothing and smart surrounds. This is one of Cyprus's first couture residences - home to oodles of class, natural materials and understated geometry, oh and everything is custom-made, including the infinity pool that overlooks the sea.

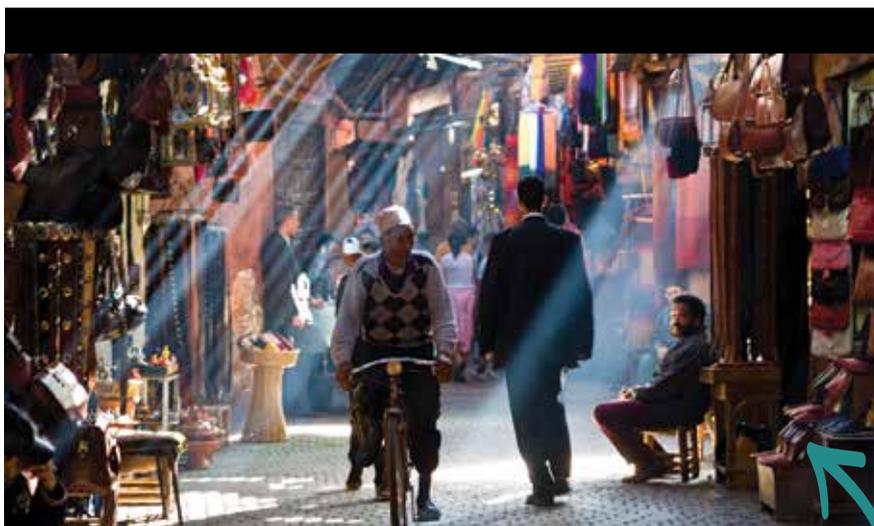
**WEATHER:** Averaging 14°C - 16°C with long dry days.

**FLIGHT TIME:** 4 Hours

“

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”



### Morocco

*Not quite ready for the efforts of a painstakingly premeditated holiday? How about a short 'hot' long weekend? Just four hours from the UK, Marrakesh has a little something for everyone – tan-inducing weather, turquoise-tinted pools, the snow topped Atlas Mountains and an ancient desert city – it goes without saying, there's plenty to keep you entertained...*

**DO:** No trip to Marrakesh is complete without a visit to delightful souks. Spending an afternoon sifting through the plentiful fabrics, furniture and jewellery is something everyone should try when in this part of the world. When shopping becomes tiresome, escape the chaos and enjoy a sweet mint tea (a local delicacy) in one of the many bars overlooking the mayhem of Marrakesh's Medina quarter. Another must to add to your itinerary is a trip to the Ben Youssef Medrasa - the largest Medrasa in the whole of Morocco, and if you're a lover of art, the Jardin Majorelle (Yves Saint Laurent's garden).

**STAY:** With an array of riads and hotels to suit all budgets and tastes, you're spoilt for choice when it comes to choosing where to stay. The utterly luxurious boutique hotel - La Mamounia - is high on our wish list. Home to a series of stunning walled gardens, four taste-tantalising restaurants, several bars and a handful of effortlessly-styled Moroccan rooms, it's little wonder it's the first choice for celebrity clientele, possibly something to do with the countless spa treatments on offer... [www.mamounia.com](http://www.mamounia.com)

**WEATHER:** 11 hours of sunshine per day, with regular highs of 20°C and an average of around 18°C.

**FLIGHT TIME:** 4 Hours\*

Sea Caves near Ayia Napa, Cyprus

### Tenerife

*The largest of the Canaries, Tenerife is home to an array of elegant five-star boutique hotels, scenic mountain views, historic ports and of course, winter sun.*

**DO:** Tenerife is a golfer's paradise, with over nine epic courses to choose from, it's the perfect place for a boys' getaway. Looking for something a little more intense? Hiking through one of the nearby national parks is a guaranteed to work up a sweat, as are the many water sports available here.

**STAY:** The Royal Garden Villas play host to a wonderful oasis of tranquillity. To the right is the azure blue of the Atlantic and to the left, a lush green golf course with stunning mountain vista backdrop. Each of the 28 luxury villas boasts their very own pool and round the clock service, all on hand to help you relax from the moment you arrive. [www.royalgardenvillas.com](http://www.royalgardenvillas.com)

**WEATHER:** You can expect significant sunshine filled days averaging between 20°-21° in January and February.

**FLIGHT TIME:** 4 Hours 30 minutes or direct via FlyDirect.



## Looking to travel further afield?

*From California to the Caribbean, there are oodles of winter sun-soaked destinations to choose from, all of which will allow you to turn off the happy lamp and indulge in a real dose of vitamin D.*



### South Africa

*If spine-tingling confrontations with wildlife, stylish lodges and cuisine fit for a king is music to your ears, a trip to South Africa is a must! This adrenaline-charged yet accessible Eden promises everything from up close and personal encounters with the Big Five to luxury accommodation.*

**DO:** Take a trip to Kruger National Park, which is about the same size as Wales. It's here you'll come face-to-face with elephants, lions, buffalos, rhinos and leopards. On top of this, you'll get to explore some of South Africa's ancient Stone and Iron Age artefacts, prehistoric cave paintings, crocodile-invested rivers and the Lebombo Mountains. Safari adventures here need not mean roughing

it however, as the majority of lodges come with silver service and swimming pools.

**STAY:** Singita Ebony – a chic, colonial-style safari lodge just a stones' throw away from the National Park itself. Surround yourself with magnificent wildlife and vast plains in rooms boasting neutral tones with hints of saffron and crimson. All come with an open fireplace, outdoor shower, private pool and

game-viewing deck. [www.singita.com](http://www.singita.com)

**WEATHER:** South African summers last from mid-October to mid-February, ranging from the low to high 20's.

**FLIGHT TIME:** With Gatwick now offering direct flights, it's easier than ever to make the trip from Jersey. The flight time is just under 12 hours.



### Jamaica

*Errol Flynn once said 'Jamaica is more beautiful than any woman I've ever known.' This distinctive Caribbean island certainly has an element of pizzazz, boasting an abundance of contradictions and contrasts. From rain forests to hidden waterfalls, to the Blue Lagoon and the Blue Mountains, there is something for every one!*

**DO:** A favourite haunt of both Noel Coward and Ian Fleming, this idyllic spot is home to a series of seductive beaches, moreish cuisines, dance hall queens and belly-burning rum. If you're looking to switch mundane office life for a few weeks of spiced jerk chicken and swimming, this is the perfect place for you. Negril and Montego Bay are busy with tourists, whilst the parish of Portland boasts a quieter spot.

**STAY:** The Trident Hotel - cocoon yourself in luxury, switch on your out-of-office and grab a chilled rum cocktail from the bar, all whilst admiring the hotel's idyllic beachfront perch. With its effortless glamour, white washed surrounds and secluded plunge pools, this tranquil retreat is certainly the place to be seen if you're looking for a little down time. Spend your day's steps away from the sand, and your evenings enjoying live jazz at the on-site speakeasy-inspired supper club. [www.thetridenthotel.com](http://www.thetridenthotel.com)

**WEATHER:** January may be the coldest month for Jamaica, but it's still a great deal warmer than here! Expect averages of 25°C.

**FLIGHT TIME:** Just over 9 hours.



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# FIVE ALIVE

WORDS Layla Arthur

**My over ambitious nature led me to decide that this summer, this 17 year old was going backpacking around Europe. So this proposal could become a reality, I artfully persuaded my boyfriend to also fall in love with the idea so my parents would be satisfied I had a “bodyguard”. The original plan was a five week trip; (I did say I was over ambitious) but this quickly turned into 17 days when I took stock of my bank account and a stack of ever increasing school work. One of the stops on our whirlwind trip was Cinque Terre located in Italy.**



A testament to the allure of Cinque Terre is that not once, but twice, two teenagers stumbled to a train station at 6' clock in the morning to catch a three hour train. I kid you not, when I say lack of sleep was a small price to pay for the beauty which is the North West Coast of Italy. Before I terrify you late risers into never wanting to step foot in Cinque Terre, our train journey was an exception as we were at the time based in Florence and Cinque Terre was a day trip for us.

Cinque Terre, meaning five towns in Italian, is quite literally five little seaside villages built into the coastline at regular intervals. The towns are named Riomaggiore, Manarola, Corniglia, Vernazza and Monterosso. Cinque Terre is an easily

accessible location from the main train station in La Spezia, from which trains depart and stop in every village of Cinque Terre every quarter of an hour. You can travel

**“The enticement of these towns for me was the brightly coloured buildings and an islander’s urge to be by the sea again. The area is a UNESCO World Heritage Site due to the landscape which encompasses the villages and it can be seen that the locals have worked alongside the land in a harmonious relationship.”**

easily by train between each town, with boat trips also being an option.

The enticement of these towns for me was the brightly coloured buildings and an islander’s urge to be by the sea again. The area is a UNESCO World Heritage

Site due to the landscape which encompasses the villages and it can be seen that the locals have worked alongside the land in a harmonious relationship. The towns have a rich heritage of churches and monasteries, castles and the architecture of the locals houses themselves.

Linking each town is a series of footpaths, which until the train networks were completed was the only way of travelling and trading between villages. Due to these paths Cinque Terre is a hikers dream with enchanting views of the coastline and the other villages from points



CONTINUED ➤

## CONTINUED ►

high up on the cliffs. The tranquillity of the pathways is more than worth the trek up and down the hills between the villages. To travel along the footpaths you need to buy a pass, which you can buy in conjunction with unlimited train travel between the villages for only £16. Accommodation, despite the small size of each town is plentiful and reasonably priced considering the beauty of the location.

The town furthest from La Spezia is Monterosso which is also the largest. This town is best known for its vast expanse of beach and local markets. It is characterised by its brightly coloured umbrellas and is the most popular of the towns for those wanting to lie and relax in the sun.

Second along is Vernazza, my personal favourite. Vernazza is rich with characteristic buildings such as Doria Castle and the Church of Santa Margherita d'Antiochia. It has two beaches, a sand one

incorporated into the harbour and a more private pebble beach used by the locals. It was here that we first sampled the exquisite seafood of Cinque Terre. Never before had I tasted deep fried seafood wrapped in paper cones and after Cinque Terre, never again will I be content to eat seafood in anything but, a paper cone.

**“Due to these paths Cinque Terre is a hikers dream with enchanting views of the coastline and the other villages from points high up on the cliffs. The tranquillity of the pathways is more than worth the trek up and down the hills between the villages.”**

Corniglia is the only village without a harbour, situated high up on the cliffs. It is renowned for the 377 stairs which you must undertake to get from the train station up to the main village.

Manarola is very clearly the local children's favourite village as the harbour has a series of rocks perfect for jumping and diving into the sea. Manarola is thought to be the oldest of all the towns containing the church of San Lorenzo and the Bastion.

The last village is Riomaggiore which is split in two by the railway line. On the beach side, the sea is the clearest of all the villages and so perfect for swimming and snorkelling. Higher up is the agricultural area with expanses of vineyards and terraces.

Cinque Terre was my favourite location out of all the places I traveled to this summer. Its brightly coloured houses and unique charm makes it a must see for anyone looking for a tranquil holiday.



# CULTURE

**RUN** 2Faced Dance Company  
Wednesday 23 November - 8pm

The international award-winning 2Faced Dance Company, headed by artistic director and choreographer Tamsin Fitzgerald and known for its physically adventurous performances, present *RUN*: a triple bill of new works by three female choreographers. The evening of dance features three brand-new commissions and will see choreographers Tamsin Fitzgerald, Lenka Vagnerová and Rebecca Evans explore human choice and our decision to fight or take flight from the darker side of humanity. With ground-breaking movement and theatre, designs and original musical composition, *RUN* promises to be an exhilarating evening of contemporary dance theatre from 2Faced Dance Company.

£18 (£12 students) / Members: £15.30 (£10.20 students)



arts  
jersey centre



# A CUT ABOVE

WORDS & PHOTOGRAPHS Layla Arthur



Paper Dialogues is an exhibition that I have been so inspired by that I hope I can find the right words to do it justice. It is like no exhibition I have ever seen before; it is in fact an experience created for us by the psaligraphy (paper cut) artists Karen Bit Vejle and Xiaoguang Qiao, with the vision of Jacqueline Rutter.

I was honoured to be one of the select students to participate in a workshop run by these two international talents at Hautlieu School. Bit (as Vejle is known) is the most arresting person I have ever met, with a captivating demeanour that is reflected intrinsically in her work. Qiao is so passionate about his art form that he emanated his love for paper cutting, despite the language barrier between himself and us as students.

The difference in language between both artists is elemental to the concept of Paper Dialogues, Bit from Scandinavia and Qiao from China; neither one able to speak a common tongue. In the Paper Dialogues

project however their shared love of paper cutting transcends the language barrier in their pursuit of their culture's dragon's.

"The wordless conversation of the scissors is something they can both understand" - Official Paper Dialogue program/.

The exhibition consists of 7 dragon eggs created by Bit and the Chinese "long" dragon itself, designed by Qiao. Bit's 7 eggs explore the past, present and future of her Scandinavia folk culture, each egg telling a story which leads on onto the next egg. The exhibition experience uses lighting devised



by Steven Laffoly Edwards and his team and music produced by Jack Chown. The narration by Mike Sheldrake leads you from egg to egg around the exhibition space. The lighting is inherent to the exhibition in illuminating the dragon eggs and casting the most beautiful silhouette shadows upon the floor. This is why I referred to Paper Dialogues as an experience; you are drawn like a moth to the light of each egg, every second deciphering new details which could keep you enthralled for hours.

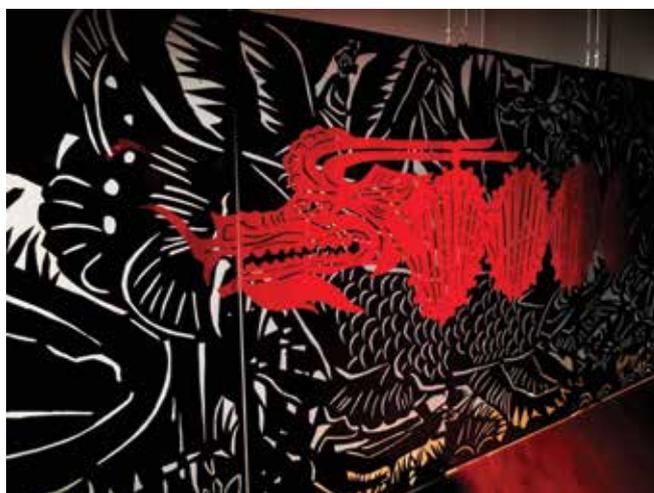
The pathway of illuminated eggs eventually leads you to Qiao's 9 meter "long" dragon, titled "Fish and Dragon change". In Chinese culture, the idiom "fish and dragon" is a metaphor for when a thing changes in its essence; this being apt for Qiao's piece as his paper cut of Chinese fish transforms into a multi-coloured dragon with Edwards clever lighting. The dragon's body consists of a human DNA strand, suggesting the changes people within cultures undergo.

*"The difference in language between both artists is elemental to the concept of Paper Dialogues, Bit from Scandinavia and Qiao from China; neither one able to speak a common tongue."*

The Jersey Arts Trust has worked tirelessly to make Paper Dialogues a reality and no one more so than Jacqueline Rutter. As "Mrs Rutter" is my much adored art teacher, I am considerably biased but I can honestly say that without her hard work, passion and unwavering enthusiasm, the exhibition would not be the same. Not only has Jacqueline (alongside an equally dedicated team) brought Paper Dialogues to Jersey, but they have brought a taste of psaligraphy to Jersey's culture. Both Bit and Qiao gave masterclasses to seven Jersey artists, as well as a variety of primary and secondary school students. This was

part of a massive outreach program in which all the paper cuttings produced by both artists and students will be combined in a celebratory showcase of work called Paper Talks.

Exhibitions which become experiences, as Paper Dialogues does, are designed to inspire. Bit and Qiao's inconceivable talent has undoubtedly inspired a great number of people in Jersey and I for one cannot wait for the Paper Talks exhibition to follow.



# Culture News



## What's on at the Jersey Arts Centre this month?

With the world growing ever-smaller, this year's Human Rights Festival at Jersey Arts Centre takes for its theme a topic that is rarely out of the news: migration and travel, focusing on different areas around the world that come into conflict with these issues on a daily basis. Documentaries centred around the current migration crisis will be shown, such as the uplifting *At Home in the World*, on 8 November, and *Salam Neighbour*, on 9 November. Feature films will also be screened, with *Mediterranea* on 10 November, which follows two Burkinabe brothers who cross oceans and deserts in the search for a better life in Italy. The films and documentaries on offer throughout the week of 8 November are both enlightening and shocking, revealing an insight into a controversial topic that is so relevant in today's world.

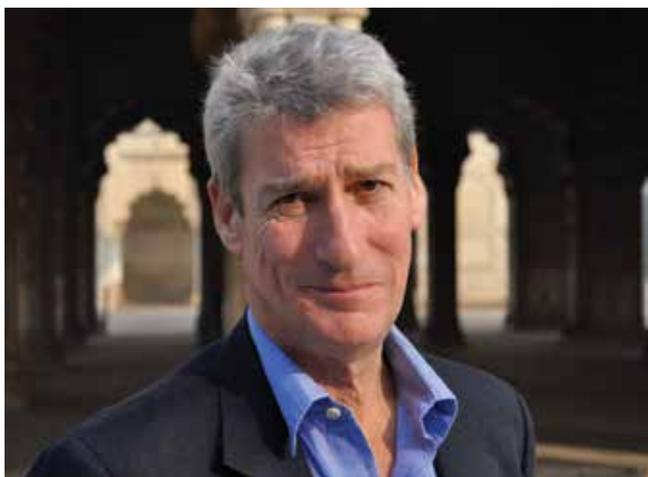
### What else?

On 23 November, 2Faced Dance Company returns to Jersey Arts Centre with *RUN*. A trio of new pieces, all created by female choreographers, *RUN* combines athleticism with artistic gracefulness in an evening of innovative contemporary dance. The pieces range from *Fallen Angel*, a whole company piece involving spectacular angel wing props, to *The Other*, a duet created in response to the idea of fear. Physically adventurous, ground-breaking and underscored by an atmospheric original music score, *RUN* promises to be an exhilarating evening of contemporary dance theatre from the critically acclaimed 2Faced Dance Company.

### And...

If the visual arts are more to your taste, Jersey Arts Centre's Berni Gallery is excited to host a visiting Hayward Touring Exhibition from the Southbank Centre. The gallery will play host to two series by one of the most important artists of recent decades, Louise Bourgeois, from Monday 14 November. Visitors to the Gallery will be able to view *Autobiographical Series (1994)* and a collection of *drypoints* created in 1999. There will also be an opportunity to attend a special illustrated talk from Assistant Curator at the Hayward Gallery, Antonia Shaw, who will explain more about Louise's work. The talk is on Monday 14 November from 7pm and costs just £7.

For more information about the above, or to see what else is happening throughout Jersey Arts Centre in November, please visit: [www.artscentre.je](http://www.artscentre.je) or check out one of their brochures, or give the Box Office a call on: 700444.



## A Few Words With... Jeremy Paxman

Whilst the Jersey Festival of Words 2016 has passed by for another year you still have a chance to experience an event hosted by them.

On Wednesday 30 Nov, 8pm at the Jersey Opera House you can join Jeremy Paxman, one of Britain's most celebrated and respected journalists, as he discusses his memoirs and 40 years working in broadcasting at a very special evening forming a postscript to Jersey Festival of Words 2016. Included in the ticket price is a signed hardback copy of Jeremy Paxman's autobiography, published in October.

Tickets via [jerseyoperahouse.co.uk](http://jerseyoperahouse.co.uk)



### Coming Soon: Mark Watson - 'I'm Not Here'

Mark Watson is a multi-award-winning comedian and star of numerous TV shows including Dave's Road to Rio, BBC's We Need Answers, Live At The Apollo, Mock The Week and Have I Got News For You, and his own cult Radio 4 series Mark Watson Makes The World Substantially Better and Mark Watson Talks A Bit About Life. Mark Watson played to packed audiences this summer at the Edinburgh Festival and received a stream of rave reviews.

The good news is that he will be performing his new show 'I'm Not Here' at 8pm on Saturday 10 December at the Jersey Opera House. 'I'm Not Here' is his follow-up show to the highly celebrated and successful 'Flaws'. In 'I'm Not Here' he retells a story of a seemingly minor problem at an airport, which became a starting point for a spiralling examination of identity in the digital age and the endless search for meaning in our lives. Luckily, for his audiences there are an enormous number of jokes, as well as Watson's customary flailing about, chaotic audience interactions and all sorts of other fun to look forward to.

In short, if you like comedy, but you don't go and see this, you're acting very oddly. The show is recommended for those aged 14 + as it may contain adult language.

If you want tickets call the Opera House box office: 01534 511114

### UberEssential Island Jam

On Saturday 26 November Kerrie Ballard and Nikki Zachariou are holding Jersey's first ever street and commercial dance competition for children and adults called UberEssential Island Jam. They've invited dancers from TOP UK street dance companies, commercial dance agencies, entertainment dance groups and Street Dance Championships to judge and teach masterclasses over the weekend of 25-27 November to enrich the training of the next generation of island dancers.

#### Judges include;

Christian Alozie aka Bounce. (*Flawless, Britain's Got Talents, Street Dance Movies 1 & 2, Beyonce, Kylie Minogue*)

Tashan Muir (*Unity UK, Got to Dance, Britain's Got Talent, X Factor*)

Sarah Richards (*Sugarfree, Len Goodman Dance Academy, X Factor, Britain's Got Talent, Little Mix, Cheryl Cole, Take That*)

Carrie-Ann Ingrouille (*Zoonation, Boy Blue, X Factor the musical, Breakin Convention, Street Dance 3D*)

They're inviting all dance schools to enter soloists, duos/trios and teams to their fun and friendly competition and join in on a weekend jam packed with dance, music, creativity and of course fun!

The final event is being held at Le Rocquier School and starts at 9am, tickets are available at [www.islandjam.co](http://www.islandjam.co)

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MARK WATSON – I'M NOT HERE

DEC, SAT 10 - 8PM £17



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[www.jerseyoperahouse.co.uk](http://www.jerseyoperahouse.co.uk)



# THE MONTHLY UPLOAD

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

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



Rohan Vandenborn



Ian Hutton

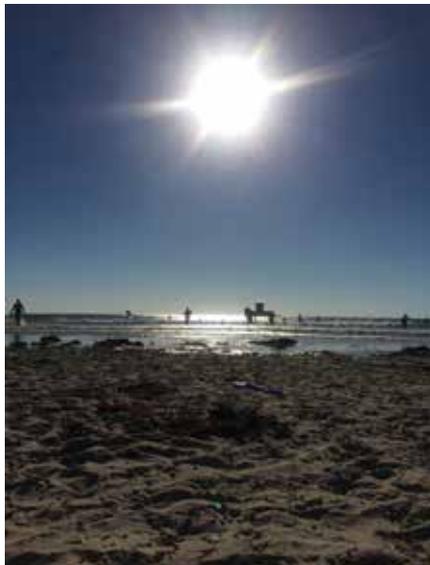


Michael Dottore

**WINNER!**



Jason Masterman



Alison Lombardi (x2)

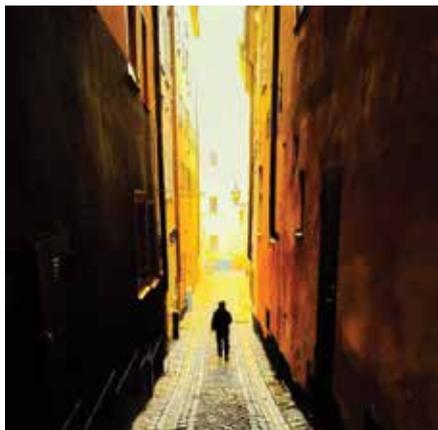




quote of the month from Bean Around the World  
 See more quotes at [www.facebook.com/BATWjersey](http://www.facebook.com/BATWjersey)



Angie Muir



Laura Esplin

Imogen Langford



Layla Arthur

Nicola Langford



Phil Gordon



Norma Molloy



Sophie Campbell



Shannon Deans

# Exhibitions



## Jersey artists invited to compete for major art prize

*Artists from Jersey are being challenged to show their artistic skills with the chance to win up to £15,000 and a gold medal in this year's national Lynn Painter-Stainers Prize. They could also see their paintings hung in London's world-famous Mall Galleries. Now in its twelfth year, the country's leading prize for representational and figurative art – art that seeks to capture the real world – is open for entries.*

The Lynn Painter-Stainers Prize is one of the most prestigious awards for artists in the UK, offering total prize money of £30,000, including a first prize of £15,000, second prize of £4,000 alongside the newly introduced People's Prize worth £2,000. Young artists aged 25 or under can compete for the Young Artist Award of £4,000. This is a coveted prize that aims to promote support fresh new talent. The competition is open to any artist resident in the UK painting or drawing works of representational or figurative art and over 18-years-old. Both amateur artists and professionals can submit up to four pieces of work.

For the third year running, the competition is also offering the Brian Botting Prize of £5,000 which will be awarded to an artist aged 30 or under for an outstanding representation of the human figure.

Leading artist Ken Howard OBE, who chairs the judges, said: "The Lynn Painter-Stainers Prize celebrates the very best of British representational art and acts as a show case to the rest of the world. It's all about the way in which our artists see the real world and capture it.

"We want as many entries as possible so that we can try to find new and talented artists who will benefit from the support the prize will offer them."

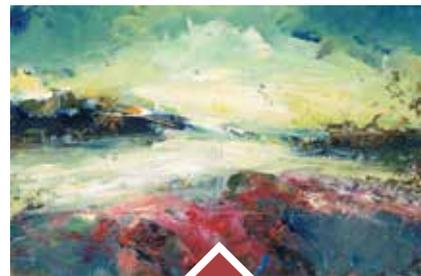
Around 100 entries will be selected for display in London's famous Mall Galleries for two weeks during March 2017, when the winners are also announced. Selected artists and their guests will be invited to attend.

### **Judges for the 2017 competition include:**

Ken Howard OBE RA NEAC, artist  
Professor Andrew Stahl, artist and professor, Slade School of Fine Art  
Benjamin Sullivan NEAC RP, artist  
John Martin, director, John Martin Gallery  
Daphne Todd OBE PPRP NEAC, artist

The competition is open to all UK-based artists over 18. Artists are invited to submit images of up to four of their works online at: [lps.artopps.co.uk](http://lps.artopps.co.uk). These works cannot have been exhibited before. Entry is £15 per work, £8 per work for students. Approximately 100 works will be selected for an exhibition at the Mall Galleries, London, from 6-19 March 2017. The exhibition will be hung and curated by artist Sam Wadsworth and Andrew Wilton, visiting research fellow at Tate Britain.

**Deadline for entry: 5pm on 19 December 2016. For further details and to enter online visit [www.lynnpainterstainersprize.org.uk](http://www.lynnpainterstainersprize.org.uk)**



## Graham Tovey Recent Paintings

"As an artist I am drawn to 'the landscape of open spaces', often returning to the same location at different times of the year.

My studio is at La Rocque therefore that area seems to often feature in my work. Light is very important to me - the way it punches its way through the clouds to earth, you either see it or you don't. I paint from memory, which allows me a degree of freedom in my work; if I can get into the act of painting and be free, then I am at one with my work. I paint what you could call 'remembered landscapes'".

Graham's exhibition contains images of Jersey, France, Dungeness and Romney Marsh in Kent.

**The Link Gallery Jersey Museum  
5 - 27 November 11am Admission free**





**BEAUTY & WELLBEING**

# Beauty News

## The gift that keeps giving!

Advent calendars have come a long way in recent years, and now you can get some seriously wonderful ones stocked to the brim with beauty treats. So make this year's count-down to Christmas extra special with one of these amazing calendars:



**Diptyque £250**  
 Brimming with all your favourite scents from the iconic Parisian perfumer house, including everything from home candles to indulgent body polishes and infused facial waters, it'll be sure to delight the senses.



**Charlotte Tilbury £150**  
 The perfect festive treat for yourself or a fellow make-up fan, it will conjure up a celebratory mood in the countdown to Christmas. Beautifully presented, 12 of the award-winning brand's travel-sized beauty icons await you throughout the holiday season.



**Selfridges £95**  
 You'll need to get yourself on the waiting list for this incredibly popular Eclectic Little Luxuries Calendar which bringing together the best of brands from their famous Beauty Hall. From miniature fragrances to mascaras and moisturisers, there's a beauty trinket behind each door waiting to be unveiled.



**Jo Malone £280 (approx)**  
 Harness the thrill of the season with these twenty four spoiling surprises. Look forward to the moment each day when you open the doors of your very own Jo Malone London Townhouse to reveal gift after gift. Christmas has never been so luxurious.



## The Ultimate Yoga Retreat

During October, yoga teachers Rosalie e'Silva and Alexandra Dessain joined forces to offer a boutique, luxury retreat in the beautiful surroundings of the Hotel de France.

Throughout the weekend, ten lucky guests indulged in yoga, Ayurvedic meals and pampering treatments in the award-winning Ayush Spa. Plus they received exclusive gift bags courtesy of Mark Howe Flowers.

Guests deepened their yoga practice by immersing themselves in four different styles of yoga including Hatha, Vinyasa Flow, Strala and Yoga Nidra.

*Due to the success of this retreat, new dates have been announced on the 26th & 27th November 2016. Places are limited - to find out more or book your place, please contact Alex via:*

[www.essentiallyou.co.uk/retreats](http://www.essentiallyou.co.uk/retreats)

IMAGE: Danny Evans

## The Beauty House is recruiting

Due to their ever expanding business The Beauty House in St Mary are looking for a skilled therapist to join their team. The ideal candidate will be proficient in intimate hot waxing and have the ability and dedication to work hard and learn new skills. They have part time and full time roles available to include evenings and weekends.

Contact the Salon Owner, Sharon on 789000 to arrange an interview if you think this job could be for you!



## The **challenging** power of change



**WORDS** Christopher Journeaux, Therapy Jersey

*What are the greatest sources of pressure in your life? Events often listed include bereavement; the breakdown of a relationship; moving house; losing a job and getting married. Social media loves lists and, I guess, so do many of us.*

It distils big thoughts into smaller, digestible chunks. Reading one of too many memes that hit my Facebook timeline I wondered if there are any elements that link together a list of pressure-inducing events. Is it enough to read the list, to recognise one or more and then simply feel I am not alone in my experience?

I think I want more. I often feel that my clients want more. Pressure is such a universal experience when we link it to events that many of us will face. And yet, as I work with each person through my week, it seems such an individual experience. We can own it. So perhaps then wanting more should lead us on an exploration; an exploration of the source for the pressure and also of ourselves and our reaction to it.

*"I think I want more. I often feel that my clients want more. Pressure is such a universal experience when we link it to events that many of us will face. And yet, as I work with each person through my week, it seems such an individual experience. We can own it."*

So I returned to the list. They all have their unique qualities, the elements that make them different and define them. I have known them all and have come to know them through my clients. Despite this there is something that I feel runs through them like a vein, a feeding pulse that can be so challenging: change.

The word alone carries such power. There is comfort to be found in patterns and stability even when both have ceased to serve us. When the patterns bring us back time and again to a place, a relationship or activity that harms our mental well-being but this is not enough to challenge them because sometimes we just fear change. When we face change we truly test ourselves but sometimes we also find a new way of being and that can be the greatest relief of pressure.

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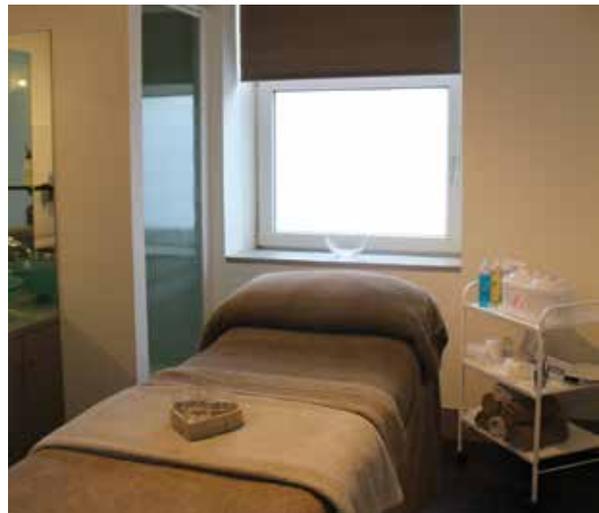
*Shine Like a Diamond*

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

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MOVIN' ON UP

The team responsible for bringing you luscious locks and brilliant beauty at Le Petit Salon in Gorey and Fabriah Hair and Beauty at the Radisson have expanded. They have launched not only a fabulous new hair and beauty salon upstairs at de Gruchy (accessed via the sweeping staircase beside Infusion coffee shop), but also a gentleman's barbers and a hair bar on the ground floor too.

Fabriah Hair & Beauty at de Gruchy saw the former salon at the well loved department store undergo a massive renovation, in keeping with the rest of the stores recent transformation. The salon is now a bright and contemporary space where you can get pampered to within an inch of your life. With eleven hair stations and five beauty rooms you'll be bowled over by this beautiful facility and the excellent brands, treatments and service Fabriah offer across all of their salons.

The team of beauty therapists are on hand to offer you a plethora of beauty treatments

from luxury pedicures and manicures, massage and facials to incredible microdermabrasion and there is also a spray tanning room too. Thalago is the brand of choice within the beauty salon.

Downstairs there is a hair bar, something new for Jersey. A place dedicated to getting you party ready without the need for washing your hair. Whether you want big bouncy curls, or added volume from clip-in extensions, the team have an option for you, they'll be happy to work with you to make sure you feel fabulous when you leave with your new look.

Of course it isn't just about the ladies, downstairs there will also be an excellent men's grooming and barbers salon. Here gents will be able to choose from a menu of options, whether that's a simple cut or a cut throat shave, you'll be in the safe hands of their experienced barbers.

Whatever you're looking for Fabriah at de Gruchy have a hair and beauty solution for you they're also very reasonably priced too. Be sure to find them upstairs at de Gruchy, head towards the sweeping staircase to the left of Infusion coffee shop and we'll see you there.

**The team at Fabriah deGruchy: Beauty therapists;** Jess Vieira, Kerry Roberts, Ashley Menard, Denise Naciamento and Becky De Sousa. **Hair stylists;** Kirsty Quinn, Neilla O'Connor, Elaine Evans-Rentsch, Sonia Perestrelo, Kye Gallery. **Barbers are;** Jean-Pierre Roulson and Aaron Gill.

01534 818802  
 degruchy@fabriah.com  
 Upstairs @ De Gruchy 46-52 King St, St Helier, Jersey JE4 8NN

# The **brand new** Fabriah Hair & Beauty Salon is **NOW OPEN** in deGruchy

Our experienced team offer all aspects of hair and beauty services from plaiting to highlights, cutting and blow drying to hair extensions, manicures, pedicures, eyebrow tailoring, waxing, massage and micro-dermabrasion.

We also carry a whole host of luxury products, many of which are exclusive to us.

Find us on  
the second  
floor of  
deGruchy

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Contact **818802** or **818825** to book your Fabriah experience

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

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# shave

great shave. healthy skin.





# MEN, AVOID THE WINTER BLUES

WORDS Hannah Carolan

**I'm not going to lie, just thinking about writing this article on men's health, never mind actually putting the words together, left me feeling apprehensive, and well, quite frankly, a bit terrified. What man wants to be given advice, and what man especially wants to be given advice ... by a woman?!**

Well, despite not being medically qualified, I feel authorised to provide this service based on the fact that I am currently typing this piece from my sickbed. Yes, that's right, I've got the dreaded 'man flu'. Now, despite having listened to my other half go on about how he's 'literally dying', I genuinely appreciate the struggle and I'm convinced that there's no amount of Netflix box sets or documentaries (despite how good 'Stranger Things' is), hilarious Urbandictionary definitions on the subject, or contents of an entire Boots pharmacy, that will fix me.

All joking aside, because scientific studies do confirm that high levels of testosterone can weaken the immune system, I'll be

(begrudgingly) fair to you guys and admit that a change in season and colder weather can, for some, be no laughing matter.

Sometimes known as 'winter depression', seasonal affective disorder (or SAD for short) is a type of depression that occurs most commonly during the winter months.

SAD affects 2-3% of the population, particularly women and young people; however the symptoms can be much more severe for men. Another 10-20% may experience a mild form of winter-onset SAD, which is more common in regions where a winter season is typically longer and more harsh. While some people find

the condition to be a mere irritant, for others it can significantly affect their day-to-day lives.

While the exact causes of SAD are unknown, experts believe that the hormonal changes experienced by sufferers are caused by the brain producing less serotonin, which happens when we get less sunlight. When nerve cell pathways in the brain that regulate our moods don't function properly, the result can be feelings of depression.

The production of melatonin, the hormone that makes us feel all nice and sleepy, is also affected with the body producing it at higher than normal levels. Another result of the lack of sunlight is the disruption suffered to our internal body clock, or circadian rhythm, as it's known in medical terms. Our bodies use sunlight to time various important functions, like getting up in the morning for work, so lower light levels may disrupt our body clock and also lead to symptoms of SAD.

### Symptoms of SAD can include:

- *Feeling irritable*
- *Low energy and tiredness (which can lead to oversleeping)*
- *Appetite changes*
- *Gaining weight*
- *Feeling stressed or anxious*
- *Persistent low mood*
- *Loss of interest in normal activities*
- *A reduced sex drive*



### So what can you do to avoid the 'winter blues'?

Depending on the severity of symptoms, your GP can recommend treatment options. There are, however, some simple things you can do yourself to help improve your symptoms, such as:

*Trying to get as much natural daylight as possible, even if it's a short walk during your lunch break.*

*Making your home and work environment as natural and light as possible.*

*Getting plenty of regular exercise, ideally outside (Thermals might come in useful for this one).*

*Eating a healthy, balanced diet. Cut back on the caffeine and eliminate sugar.*

*Avoiding stressful situations and taking steps to manage stress.*

*Getting a massage. Studies have shown that those who receive a massage have a higher level of serotonin in their brains.*

While we, as in women, appreciate that we sometimes might not fully listen to your 'man flu moans' or reviews of Sky Sports' Super Sunday, we definitely do want you to talk to us if you're experiencing any symptoms of SAD, so that we can fully understand how your mood changes during these months, and offer our support more effectively.

So, with my advice from one (wo)man to another almost at an end, I'm signing off to continue my pursuit of a miracle cure for my 'man flu'. Maybe my Stranger Things fave Barb will be back from the 'other dimension' by the time I've recovered!

***"SAD affects 2-3% of the population, particularly women and young people; however the symptoms can be much more severe for men."***

While it's normal to have the odd 'off day', it's also important to remember that if you feel down for days at a time, or are finding it difficult to get motivated by regular activities that you normally enjoy, go see your doctor.

# Let's hear it for the guys!

We've rounded up a selection of the latest and greatest products for men, from state of the art high-tech new kids on the block to classic favourites. Take a look and see what takes your fancy.



## Dermalogica

### Soothing Shave Cream

*Available from RIO Hair & Beauty*  
A cult classic used by CEOs and VIPs. This is the daddy of shaving creams, letting you achieve an ultra-close shave without the irritation. This is one of those products which does what it says, hence its popularity!



## Jo Malone

### Basil & Neroli Cologne

*Available exclusively from Voisins*  
Quintessentially British, this is the latest scent from cool London based brand Jo Malone. It would make a great Christmas gift because it comes all wrapped up looking great and ready to hand over!



## Clear Improvement

### Origins

*Available exclusively from Voisins*  
This body scrub will rid you of environmental toxins, dirt, oil and your sins. Ok, maybe not your sins, but it's got everything else covered. Will dramatically reduce bumps, blemishes and breakouts which can crop up over the winter months.



## MR by Jamie Stevens

### Thickening Shampoo

*Available online*  
Sooo... you're getting older, and your hair is getting thinner. Bummer huh? Do your utmost to fight cruel nature with this hair thickening shampoo featuring dual active Pea Peptide and Hexapeptide-11 to reduce the rate of hair loss and leave you with stronger fuller hair.



## La Mer

### The illuminating Eye Gel

*Available exclusively from deGruchy*  
If you're not only burning the candle from both ends, but basically taking a blowtorch to it then this is the wonder product for you. Whether you've been up all night in the office, at a party or negotiating with your offspring, this will leave you looking bright eyed and bushy tailed ready for the day ahead.



## The Real Shaving Co

### SPF 15 Anti Ageing Moisturiser

*Available online*  
Tans look great, the resulting skin damage is not. This will protect against premature ageing and target wrinkles for visibly younger, firmer looking skin. Enriched with Cocoa Butter, which soothes and conditions skin leaving a non-oily matte finish.



# FASHION

FASHION

# Brand News

## Arm candy

Saving jewellery for special occasions? So last decade... These days it's all about jewellery you can wear for work or for play. Jewellery that fits with your lifestyle and not the other way around. And it's hard to find jewellery more flexible than the Fope collection at Hettich. Contemporary Italian style translated into an stunning range of yellow, rose and white gold flexible bracelets and rings, featuring sparkling diamond accents. Easy to wear, easy to mix up to suit your mood.

*Flexible bracelets in 18K white, yellow and rose gold and diamonds, from £2,481 at Hettich*



## Five things you didn't know about the revolutionary new Panerai...

The cult watch brand stocked by Hettich has just brought out a super lightweight, super accurate super exclusive tourbillon. Here's why you'll want it.

*The titanium case is made using 3D printing technology*

*Yes you heard us right. 3D printing. Which means that essentially, this watch was built by lasers...*

*It's inspired by a genius.*

*The Lo Scenziato as it's known is inspired by mathematician Galileo and is stripped back to a superlight, skeletonised tourbillon.*

*As we said, it's a skeleton*

*Heaven for all you horological voyeurs out there. A skeleton Panerai movement plus a tourbillon cage that you can watch.*

*Only 150 of these watches exist. So, not much chance of spotting it on anyone else's wrist.*

*... and Hettich have got the first one in the UK*

The first revolutionary Panerai Tourbillon PAM 578 to arrive in the UK will be exclusively available to view at Hettich. Price on application...

*Panerai PAM 578, coming soon to Hettich, 1 King Street, St Helier [www.hettich.co.uk](http://www.hettich.co.uk)*



Remember, remember the 5th of November!

The Swarovski store is now open again following an extensive and fantastic refurbishment during October. The big opening party is on Saturday 5th November. Expect excellent goodie bags, champagne, treats and a fantastic shopping experience. See you there!



## Head to Aurum

Aurum creates beautiful jewellery in their workshop above the showroom in St. Helier, like this stunning pink sapphire and diamond ring. With so much to choose from for all your Christmas gifts, not just beautiful jewellery, but gorgeous genuine Jersey objet d'art as well as a huge selection of timepieces from top brands such as Chanel, Frederique Constant and Ebel.



## Stella & Dot have Christmas all wrapped up

This brilliant San Francisco based social selling company makes Christmas shopping a doddle. Their stunning site is full to the brim of awesome present inspiration, from chunky necklaces to delicate personalised bracelets with a whole host of covetable jewellery and gifts in-between. You'll find something for everyone from your goddaughter to your grandma and most probably yourself as their pretty pieces are so hard to resist! Stella & Dot is available exclusively through home trunk shows and online. So contact local Stylist Jasmine on 07797742321 to arrange a fun trunk show or have a look online [www.stelladot.co.uk/jmansell](http://www.stelladot.co.uk/jmansell) to get shopping!

# Celebrate **CHRISTMAS**

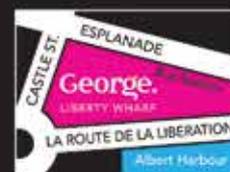


*Something for  
everyone*

# George.

quality, style & value

MONDAY - SATURDAY 09:00 - 18:00 SUNDAY 10:00 - 16:00  
LIBERTY WHARF, ST. HELIER 01534 780644



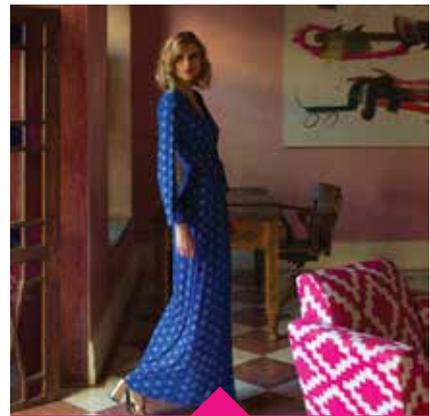
# Trend News



## Look what just landed at George in Liberty Wharf

The autumn collection you've been waiting for has just arrived and we've picked out some of their best pieces to give your wardrobe an instant refresh. As the weather gets chillier, it's all about layering up, so think warm colours, gorgeous textures and statement checks. Find the latest fashion for the whole family at George Liberty Wharf, and get inspired for the brand new season.

*Opening Hours: Monday to Saturday 9am - 6pm. Sunday 10am - 4pm.*



## 'Tis the season to be seriously stylish

Eclectic in Liberty Wharf have winter wear all wrapped up! Including this stunning faux shearling sleeveless jacket (£95) which is ideal for throwing on over cosy knits to this show stopping blue maxi dress with its super flattering tie waist (£106). Eclectic has a wide range of elegant, pretty pieces for the festive season and sumptuous cosy knits which will keep you toasty and looking darn fabulous this winter!



## Sporting a great watch

If you are looking for a sports buddy, this is it - the Tissot T-Race Touch Aluminium! The watch's synthetic strap will offer ultimate comfort and will push you to go further thanks to its many tactile functions. It will measure all your times and laps with its chronograph (add/split/lap) options and if you need a little boost, just look at how fast you have been going with the logbook, which records all your previous performances, with a simple touch of a fingertip on the screen. You won't even get lost thanks to its compass.

*A perfect Christmas gift, £315.00, available from Rivoli Jewellers.*

## UNIQUE AND CO

Founded in 1999, Unique & Co designs and produces its own jewellery collections for men and women, inspired by travel, culture, fine materials and skilled engineering. As well as sterling silver, they design and make pieces in titanium, steel and tungsten: refined, elegant and pleasing to wear, yet tough enough to take the rough-and-tumble of daily life. Men's leather bracelets from £29.95 and new women's leather bracelets from £49.95.

*Available from Rivoli.*



## For the girl or guy who has everything

Why not show your romantic side and create your loved one a truly unique piece of jewellery this Christmas?

At Aurum of Jersey your dream design can become reality. Working from hand drawn pictures, or even just your ideas, their skilled Goldsmiths will create you a bespoke piece of jewellery which will be treasured forever.

Aurum can source the top of the range gems and metals, including the finest grade diamonds in the world, to make your unique gift that extra bit more special.



# Want to get that outfit and pay for it later?



## *No problem.*

With our Store Account you can spread the cost over time.



*Express  
Alterations*



*Made to  
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*Click &  
Collect*



*Office  
Delivery*



*Home  
Delivery*

### *Personal Service.*

*As Jersey's leading independent menswear store, Roulette Clothing is committed to offering our customers everything they need to make their shopping experience as simple and enjoyable as possible, using our product knowledge and experience to compliment your style. We call it Personal Service so call in and find out why, for us, nothing is a problem.*

**Roulette**  
CLOTHING.CO.UK

# StyleStalker



**WORDS**

Lauren at Luella Rockerfella



**Aaron Brown, 32**

I spotted Aaron walking in town and noticed that he had his own style. When I asked Aaron how best would he would describe it he told me that it was retro but he was influenced by 70s fashion. Aaron also told me that his style was also influenced by the bands he listened to and that he liked the style of Duane Allman from Allman Brothers Band and after researching I can definitely say Aaron definitely has a similar style.



**Ali Le Boutilier, 25**

Ali said he has an urban inspired style and that he prefers the London and USA street clothing brands. Ali said that he didn't idolise anyone's fashion or style but that he does like ASAP Rocky and Pharrell William's style, they keep it smart with urban touches. When Ali told me he brought his brogue boots from Clarks I knew this boy knew his style. Clarks have recently had a design and rebrand with some epic designers now working with them.



**Cristovao Rodrigues, 23**

Cristovao told me he likes to be comfortable but also likes his clothing to fit properly and that he likes experimenting with different pieces. Cristovao said he didn't pay much attention to the fashion world but if he had to think of style inspiration he likes the way Andrea Pirlo and Idris Elba dress and that he favours the smart gentleman look of the 60s and during the prohibition era in the USA.



**Hugo Freitas, 23**

When I asked Hugo how best he would describe his style he told me that he prefers the casual and informal style but when going out he likes to dress smart. I asked Hugo who did he think was leading style wise in the media he told me David Beckham. Hugo told me that his style was often influenced by the music he listens to especially Hip Hop. One of Hugo's favoured brands is British brand Fred Perry.



**Jack Baudains, 20**

Jack would describe his style as laid back which fits in well as he works in a gym. Comfortable yet stylish. Jack likes the way Jonny Depp dresses and that his style has remained even as he is ageing, sort of wild with an old school twist, not worrying what others think and generally has a cool, rock and roll style. Jack said he personally liked the mods/skinhead and rock and roll. Day to day Jack wears skinny jeans with bomber jackets and old school shoes but at work comfort is key.



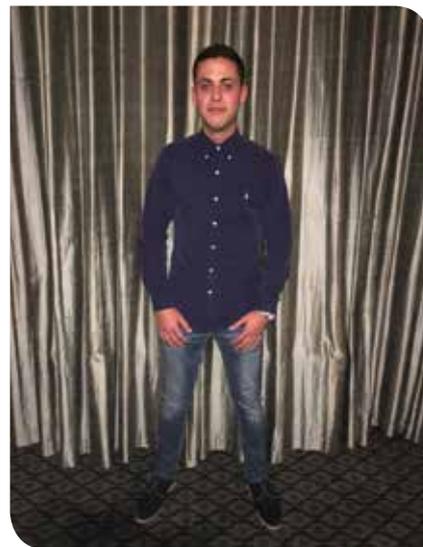
**Jacob Muddimer, 22**

Jacob told me that most of his wardrobe is simple and classic pieces. He prefers British influences in fashion especially when it came to classic shoe styles such as brogues which is his favoured shoe. Fabrics were a big part of being and feeling comfortable for Jacob and even though he prefers English brands when it comes to his casual wear he has some American and international pieces which he are probably influenced by his music taste.



**Kieran Aubert, 29**

Kieran told me that he always tries to dress smart casual. The only male that sticks out to him for his style would have to be Liam Gallagher or even Richard Ashcroft. Kieran said he is influenced in his fashion choices by the music he listens too so favours the indie style. Kieran also likes the Shane Meadow series of "This is England" and was influenced by the skinhead fashion culture. Kieran's jacket is by Farrah which he bought at Tibb Street his favourite shop in Jersey.



**Ricardo Tomaz, 23**

Ricardo told me he is very influenced by the music that he listens too. Ricardo said that he didn't massively follow fashion but thought that Jonny Depp was pretty cool. Ricardo said that he liked the classic fit of a slim fit Ralph Lauren shirt and preferred to wear dark colours.



**Tom Frame, 24**

When I asked Tom how best he would describe his style he told me that he liked the smart look and preferred dark colours. When Tom goes out he likes to be sharp and dapper. Tom said that he likes Tom Hardy's style and that David Beckham had a way of making sports wear look smart, Tom doesn't follow or imitate anyone's style but likes to try new looks out. Tom's jacket was a navy trench coat style from a mens wear shop in the lanes in Brighton.



**Tom Mcadam, 25**

When I asked Tom how best he would describe his style he gave me a one word answer 'Reem!' which also suggests he's a fan of TV show "The Only Way Is Essex". I asked Tom who did he think had great style, he said Liam Gallagher was effortlessly stylish. Tom told me that he liked to shop online from websites such as 'Scott's Clothing Store' and also likes "ASOS". Tom favours brands like Farrah.



**Zack McGuigan, 24**

I asked Zack how best he would describe his style he said it is a mixture really and that he often listened to the style advice his girlfriend gives him. Zack said that he was particularly into Chelsea boots and often drew his style inspiration from Instagram or TV programs such as "The Only Way is Essex" and likes Pete Wick's style from the show. When shopping in Jersey he often shopped at high street chain River Island.

# RAISING HEART RATES

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**STYLIST** David Cullen  
**ASSISTANT STYLIST** Shamalie Elkin

*Our models this month are all personal trainers from Fitness First  
All attire is exclusively from Roulette Clothing*



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**LUKE**

Grey Flannel Blazer, J Lindeberg, **£355**  
White Stretch Shirt, J Lindeberg, **£80**  
Crew Neck Jumper, J Lindeberg, **£110**

Black Chino, J Lindeberg, **£100**  
Suede Boot, H by Hudson, **£85**  
*All available from Roulette Clothing*



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**CRAIG**

Blue Wool Suit, Hugo Boss, **£479**  
Shirt, Hugo Boss, **£79**  
Lace Up Leather Shoe, Hugo Boss, **£199**

Stripe Tie, Paul Smith, **£199**  
Pocket Square, Paul Smith, **£49**  
*All available from Roulette Clothing*



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**MIKEY**

Wool Jacket, Hugo Boss, **£330**  
Roll Neck Jumper, Hugo Boss, **£130**  
Skinny Jean, Hugo Boss, **£109**

Chelsea Boot, Hudson, **£100**  
*All available from Roulette Clothing*



---

## STEVE

Wool Cashmere Coat, Paul Smith, **£395**  
White Stretch Cotton Shirt, Paul Smith, **£125**  
Merino V-Neck, Paul Smith, **£125**

Navy Chino, Paul Smith, **£125**  
Trainers, E.T.Q. **£209**  
*All available from Roulette Clothing*



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**DANNY**

Sand Flannel Blazer, J Lindeberg, **£355**  
White Shirt, J Lindeberg, **£109**  
Crew Neck Jumper, J Lindeberg, **£110**

Black Skinny Jean, Hugo Boss, **£109**  
Trainers, E.T.Q, **£189**  
*All available from Roulette Clothing*



---

# SHAUN

Leather Jacket, Hugo Boss, **£460**  
Black Knitted Jumper, Hugo Boss, **£130**  
Black Jeans, Nudie, **£89**

Suede Chelsea Boot, Paul Smith, **£199**  
*All available from Roulette Clothing*



---

**TOM**

Blue Jacket, Hugo Boss, **£350**  
Textured Shirt, Hugo Boss, **£79**  
Slim Blue Trouser, Edwin, **£80**

Brown Brogue, Grenson, **£210**  
*All available from Roulette Clothing*

# BRIGHT trainers

A selection of cool coloured kicks to brighten up your winter



**Asics**

Women's Gel-Cumulus 17  
Running Shoe  
**£96.99, Redvers**



**Nike**

Womens Tanjun Trainers  
**£59, Redvers**



**Dune**

Head Over Heels Gold Round  
Toe Slip On Trainer  
**£31.35, deGruchy**



**Asics**

Gel DS Structured  
Supportive Running Shoe  
**£110, Graeme Le Maistre**



**Nike**

Tanjun Girls Trainers  
**£39.99, Redvers**



**Candice Cooper**

Rock Shiny Violet Trainers  
**£160, Marc2**



**Adidas**

Stan Smith So Bright in Peach  
**£65, Schuh**



**ETQ.**

Low white guys trainers  
**£189, Roulette**



**Skechers**

Air-Cooled Memory Foam  
Girls Trainer  
**£40, Beghins**

# APPETITE



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*eat • drink • earn rewards*



*The best food & drink loyalty scheme in the Channel Islands*

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- Receive 20% off your food bill throughout your Birthday month
- Be the first to see all our latest deals and offers
- Earn points every time you drink and eat with us and redeem them for FREE food & drink on future visits

Register for your card today at [www.inndulgenceclub.com](http://www.inndulgenceclub.com) and receive 500 points, thats £5 FREE.



# *Brain food.* **FOR MEN.**

WORDS Ria Wolstenholme

**They say the way to a man's heart is through his stomach. If you can cook, you're a step closer to wife material apparently. But what's a good man if he's brain dead? In honour of our theme this month, I thought I'd take a little look at what foods can boost a man's brain power and make him a bright spark.**

Science tells us that due to the way they are genetically and physically built, men have the capacity to drink more alcohol, and need a higher amount of calories in a day than women. In turn, it's believed that certain foods and the vitamins and natural ingredients they are made up of can help the male brain in greater ways than that of a female. Some of you may be rolling your eyes right now, but we'll leave the whole 'our diet has been assigned according to gender by society' argument for another month.

Looking after your body is something you can do in a number of ways. Exercise helps your mind and body stay fitter, the right products and lifestyle can keep your skin youthful, but when it comes to your brain function there's something different. Many studies have shown that antioxidants, vitamins B and E, minerals, omega-4 fatty acids and polyphenols can help protect your brain.



### SALMON:

A food that every gym goer, personal trainer, or anyone with an Instagram account will know to be a superfood is salmon. It's argued to be the highest quality protein you can feed your brain, as it is the richest source of omega-3 fatty acids DHA and EPA which allow for healthy brain structure and optimal brain function. There is a slight catch to this, however. The salmon you pick up in the supermarket, unless stated otherwise, is more often than not farmed, meaning it has a higher calorie, fat and saturated fat content than wild salmon does because of how it's reared. So if you want to treat your brain, scope out the best wild salmon. I can only assume that M&S is the best place to find such a prestige item.



### WALNUTS:

These little guys, that actually look like little wrinkly brains if you look at them the right way, are the best kind of nut to keep you from going, well, nuts. Packed full of amino acids and minerals, they are great for maintaining brain health. Their vital ingredients, however, are vitamins B and E, which are said to help prevent cognitive decline. The polyphenols found in them, which are anti-inflammatory and antioxidant plant compounds, act as a form of protective micronutrients, as the brain can be vulnerable to damaging oxidation and inflammation.



### AVOCADO :

You'll all be extremely happy to know that the one food item that has totally blown up since Instagram took it hostage and posted endless pictures of it prettily sliced sitting on top of toast, is full of monounsaturated fats that promote healthy blood flow in the brain. Yes, the humble avocado that anyone and everyone goes mad for is full of brain friendly nutrients such as potassium, vitamin B6, vitamin E and C, and copper. B vitamins are said to be stress relieving, which keeps brain cells and nerves healthy. It's no wonder all those power suit wearing city workers are scarfing them every chance they get.



### BLUEBERRIES:

These little guys get their blue hue from the anti-inflammatory plant pigments called anthocyanins, which are amazing for brain health. Studies have shown that blueberries reverse the signs of aging in the brain, help repair and protect cells, and improve memory. Full of glucose, the brains essential fuel, and antioxidants, they're a great thing to include in your day to day diet. Pile them onto porridge, put them in a salad or cheat and load them into a muffin and pancakes to justify your healthy cheat meal.



### DARK CHOCOLATE:

Another sweet treat, in moderation of course, that is high in plant antioxidants called flavanols is dark chocolate. These flavanols dilate blood vessels, thus allowing more oxygen and blood to reach the key areas of your brain. Dark chocolate can help fight fatigue and the effects of aging, having been shown to boost mood, focus and alertness. However, before you start swapping your desk draw treats for blocks of Bourneville, remember that it's the high cacao content stuff - about 72% or greater - that doesn't make a massive dent in your daily sugar intake. Keep an eye on the labels of those dark chocolate bars that claim to be the healthy treat you need, but are really no better than trusty dairy milk.

**Now obviously these ingredients all together on one plate wouldn't make the best meal, unless you are willing to mix your food palette that dramatically. But these little extras which can be used as snacks or an extra ingredient in dishes are a great way to keep your cogs turning.**

# Changing Hands

**WORDS** Sara Felton

*Jersey born entrepreneur Lawrence Huggler is the man behind a great many successful businesses both here and in the UK. He returned to Jersey after spending a number of years living and working in London and launched Bohemia Bar & Restaurant, which quickly became Jersey's most successful Michelin starred restaurant, holding one for 12 years, and counting.*

It was thanks to excellent timing that the year they were ready to launch The Club Hotel & Spa, the island's first luxury boutique hotel coincided with the awarding of their star in Bohemia "many people think we designed it to happen this way, when it actual fact it was just incredible timing. We weren't quite brave enough to launch the two together, but of course it worked out brilliantly for the hotel."

At the same time he launched feelunique.com which after joining with another online beauty retailer, founded by two other Jersey entrepreneurs, has grown into Europe's leading online beauty site and while now majority owned by a private equity house Lawrence remains on the board.

Not busy enough Lawrence was looking for a new project, which brings us onto his latest venture, the beautiful pink drink he is juggling in his portrait. Lanique, is a spirit liqueur made with Attar of Rose, originating in Poland this drink and Lawrence have had a long relationship. "We were the only bar on the island stocking Lanique when we opened Bohemia, since then others have followed, but it was this long standing relationship that made me interested in buying the business. I knew the alcohol market was one I wanted to work with, but differentiating yourself in something like wine is very difficult. It took me some time to convince the former owner of Lanique to sell it to me, but he knew it was going to be in good hands, due to our long history with the spirit."

"The unique pink drink is created by steam distilling thousands of rose petals sourced from the East. Due to the amount of rose petals needed to create just a small amount of liquid, Attar of Rose is more expensive than gold in terms of weight"

It was first discovered and enjoyed over 200 years ago and remained a firm favourite all the way through to the roaring '20s, but with the start of the Second World War and the rise of Communism, the production of Lanique ceased and the drink was almost consigned to the pages of history. With the fall of Communism and the reopening of

Eastern Europe, curators found themselves unearthing the fascinating history of Lanique and its long-lost recipe. After years of work by dedicated artisans, Lanique was finally available for people to enjoy again.

September saw a massive score for the brand when Lanique was introduced into 70 Slug and Lettuce bars around the UK.

**"In fact it may come as a surprise to many that he said that he'd often thought whilst driving in Europe that "being a long distance lorry driver would be a great job", not for everyone we agreed, but perhaps that could be next on his list of things to do."**

This latest great listing for Jersey based Lanique is on top of recent successes for the unique drink including listings with the UK's biggest online supermarket Ocado as well as being available in prestige bars and restaurants across the UK inc Nobu Mayfair, The Ivy Grill, Covent Garden, Albert Schloss Manchester and many others. Lanique is also available in South Africa, Canada and soon to be in Australia. Locally in Jersey Lanique is enjoyed in all the top bars and restaurants as well as retailing via all the drinks shops and Grande Marche superstores. We're big fans of the signature serve, the Lanique & Lime.

Whilst it seems that all he touches turns out pretty well, I was intrigued to know if he's ever taken a wrong turn in business "I launched a garden products website that didn't work. After about six months we found we couldn't buy the products cheap enough due to our scale, so we didn't have the margin to compete. I also learnt two good lessons: more research would have worked that out, looking at buying and selling prices closer and talking more to suppliers upfront. Second, it's great to first test a business idea cheaply before committing large sums, amazing what you learn quickly!

It's thanks to this experience that we're working really hard to make Lanique a

success in the UK before committing to the larger US market, which is obviously most expensive to enter. We have had so much great feedback from distributors and bars and learnt how we need to market and distribute Lanique. If we had done this in UK and US at the same time we'd have spent 10 times as much but not been any further forward than we are."

Jersey is now well and truly his and his family's home and it'll come as no surprise that the island's tourism industry is something that holds a particular interest for Lawrence "it's great to see the work Visit Jersey are doing to promote the island. When my wife and I lived in London, before we had children, we would use the low cost airline providers to explore places on the weekend. Saving on our airfares meant we had money to spend when we arrived, which is what we're seeing more of in the hotel and restaurant now. For us the last 12 months have been really positive in both the hotel and the restaurant, with lots of new faces coming from the UK."

At the end of our time together Lawrence joked that we'd spoken about two of the least manly things you possibly could "pink drinks and cosmetics", but then we had also spent a fair amount of time talking about cars and the joys of long distance driving prior to that, as I'd just returned from the Galleryrally. In fact it may come as a surprise to many that he said that he'd often thought whilst driving in Europe that "being a long distance lorry driver would be a great job", not for everyone we agreed, but perhaps that could be next on his list of things to do.



# Appetite News

## CHRISTMAS INSPO FOR THE FOODIE IN YOUR LIFE

All available online

*Personalised Drinks Measure Wine Glass by Becky Broome, £22*

Does your mum or Auntie like their wine measured out on the larger side? Well have a laugh over their casual alcoholism this Christmas with a personalised wine glass.



## THE HEAT IS ON!

Kitchen Inferno is back for the 4th year and so is Celebrity Chef John Torode. The charity culinary cook-off is raising money for Jersey Cheshire Home and Luke's House, a new children's home for disabled children in India. Two teams made up of people who have a wide range of cooking abilities will go head-to-head in the Hotel de France kitchens, under the direction of four local top chefs. They have just four training sessions.

John Torode said: "I had a brilliant time at Kitchen Inferno last year and I am really excited to be returning to Jersey. Cooking a fine dining menu for 150 guests will be tough for these novice chefs, but no doubt they will rise to the challenge!"

Michelin Star Chef Steve Smith and Ellen de Jager Smith from Bohemia are heading up starters, David Cameron from The Square is in charge of main courses and Kundeti from Saffrons and the Hotel de France is heading up desserts. They have designed the menu and they will teach the teams how to cook each course.

Steve, Ellen, David and Kundeti commented: "It's going to be a challenging but an exciting experience and we can't wait to showcase our innovative menu on the night and see how the contestants handle the pressure!"

**Highlands College Culinary Arts students are also supporting the event again, both in the kitchen and front of house, serving guests on Saturday November 12th at the Hotel de France.**



*Personalised Kids Baking Set by Lindsay Interiors, £13.50*

Got a little helper in the kitchen? Spur their love of baking with this sweet personalised kit.



*Pizza Is My Soulmate T-Shirt by Manny's Girl, £28*

Girlfriend like pizza more than you? Fuel her love for the both of you with this comedy tee.



*Iced Coffee Maker by HyperChiller, £25*

Will cool coffee, tea or wine in one minute! Plus it looks freakin' cool!



*Natural Himalayan Salt Grater by Rivsalt, £20*

Oh-so-pretty, for the budding Chefess who has everything!



## TENNERFEST? NO... GOURMETFEST!

Many of us will have fond memories of sunny afternoons spent drinking and dining alfresco in St Aubin. Well just because the summer months are now a distant memory it doesn't mean our love for St Aubin has to stop, thanks to an awesome series of culinary delights on offer at the Salty Dog Bar & Bistro over the winter months.

For those of you that perhaps aren't familiar with this well established family run eatery then allow us to give you a flavour what of you can expect from a visit. The Salty Dog Bar & Bistro has had their home down on the Bullwarks since 1998 and over that time have built up a great team who are enthusiastic ambassadors of not only the food they're helping to create but also the food industry as a whole. They love their local "Genuine Jersey" produce and are always excited about the great flavours they have worked to create on their menu. It is because of this love and dedication that they have gained a reputation for providing the most incredible food and great service too!

If you haven't been before then now is a great time to book a table and pay a visit. You may have noticed that their name is missing from the Tennerfest line up, well that's because they've created their own take on the seasonal foodie celebration and bring you Gourmetfest. They've taken the top three best selling dishes (starters, mains and sweets) of 2016 and given them a seasonal twist to create this special Gourmetfest set menu, which will cost you just £22 for three courses. There are also special cocktails on the menu for £5 and a free bottle of bubbles if you book a party of eight midweek. The menu is available every day for lunch (Fri, Sat and Sun) and dinner until November 17th. You can expect to see dishes which include seared local scallops and crispy slow cooked pork belly, Malaysian Penang curry, followed by chocolate and peanut butter cheesecake.

It doesn't stop there either, the day the Gourmetfest ends offers an exclusive daytime shopping event with the recently opened Lotti Loves Cashmere, a chance to see some of their new range whilst sipping bubbles. Or the following week on Thursday 24th November you will be "Seduced by Sicily". An evening of food and wine where the Sicilian menu created by Chef Proprietor Damon Duffy will be paired with wines from Dunnel's Premier Wines, at £65ph this is guaranteed to be a great night out.

Are you a rugby fan looking for something a little different to do before a game? Then why not book a table for lunch before the game, you'll get a drink on arrival a two course lunch (or one course and another drink) and transport up to the game in time for kick off, all for £25 per head.

The restaurant is also open throughout the festive season, in fact they only close on Christmas and Boxing Day, offering festive menus from 18th November at discounted rates for the month of November until New Years Day. Perfect for your Christmas party or even just lunch with friends.

Everyone at the Salty Dog is passionate about good food and good service and they look forward to welcoming you to their restaurant.

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***"It is because of this love and dedication that they have gained a reputation for providing the most incredible food and great service too!"***





• THE •  
*Genuine*  
 Articles



## Lesley Garton

*The Chilli Kitchen*

The Chilli Kitchen owes its existence to a glut of Apples in 2009 which Lesley Garton was loathed to throw away, so she turned them into chutney, jelly and jam. From her rural St Helier kitchen comes a seasonal feast of colours, aromas and spice. Modern chutneys and relishes with bright jewel colours, fabulous accompaniments to fish, meats curries and soups.

With the arrival of autumn Lesley will be harvesting her own Bramley apples to make her best seller: Indian spiced apple chutney which comes mild, medium and HOT, as well as her range of apple jellies including apply, thyme & Calvados (in time for the Christmas markets) and apple and scotch bonnet chilli jelly.

With the onset of winter Jersey is abundant with winter vegetables which Lesley uses along with the award winning local ale to make Liberation Ale Chutney. It is also the time of year to make red onion chutney with black pepper and beetroot and horseradish chutney. Three deliciously traditional chutneys.

Customers are encouraged to return her jars and bottles as they receive 10 pence off their next purchase when they do. There are no artificial additives, colourings or preservatives in any of her products which typically last for a year when stored correctly and should be used within a month of opening.

You can buy The Chilli Kitchen Range from - The Spice House, Holme Grown, Classic Herd Farm Shop, Woodside Farm Shop, AR Vitel Family Butchers, The Fresh Fish Company or [www.valleyfoods.je](http://www.valleyfoods.je) and Lesley will be attending Simply Christmas at Greve de Lecq Barracks 25-27 November and Victorian Christmas at Hamptonne 2 - 4 December.

If you have a crop of any fruit that you want to turn into jam or chutney or if you have any ideas, old recipes or want something special, give Lesley a call on 737277 and she will be happy to chat with you.

## Jools Holt

*Artist*

Jools explores ways to transform traditional Jersey monuments, buildings and features into modern day icons so that they can reappear today as part of contemporary living. Her work is a process incorporating photography, painting, software, collage and other materials to get the image she wants. This has resulted in well over a hundred images that are part of her 'Jersey Icons series' on show at the Harbour Gallery, St Aubin.

Icons such as Corbiere Lighthouse, Mont Orgueil and Elizabeth Castle are maybe the obvious iconic places to choose likewise Archirondel Tower and Havre des Pas Bathing Pool - but the more obscure icons are just as interesting such as Little Joe's Surf Shop, familiar boats at St Aubin Harbour, Geoffrey's Leap now demolished, Ann Street Brewery and a variety of mills, Martello towers and houses such as Vinchelez.

"From St Catherine's Breakwater to The Hungry Man and up to Gronnez the island is full of traditional sites just waiting to be transformed! This year I am very excited to show my artwork at Jersey Heritage sites - Jersey Museum and Art Gallery shop and at Hamptonne Country Life Museum. I have a website with my artwork, paintings, sculpture, photography and exhibitions at [www.joolsholt.com](http://www.joolsholt.com)

Jools attended art college at the North East Wales Institute aka Glyndwr University during the Punk era. "A memorable time because of the music, clothes, attitude and images. I use the term Artography to describe how I use photography and mixed media to create my work."





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# A House By Any Other Name...

WORDS Sara Felton



*Roseden House is a gem of a property hidden away at the end of a long carriage driveway, with electric entry gates. This elegant and spacious four bedroom Georgian house was originally built in 1840 and stands in almost an acre of mature garden, orchard and woodlands. The house retains a great many well maintained original period features throughout and whilst in need of internal modernisation is a fantastic, spacious, versatile property in a great location.*

Whilst Roseden House sits in the parish of Grouville, at the bottom of Grouville Hill you'd be forgiven for thinking you were in a far more rural setting, thanks to the private and peaceful situation the house resides within. Once you have entered through the gates, parked

your car and entered into the grand outer hallway you will easily forget how conveniently located the property is. So convenient in fact there is bus stop only a few steps from the house and it would also be an easy walk into St Helier, should you wish.



The original outer tiled hallway allows for muddy boots and outdoor clothing to be stored and deposited before you move into the inner hallway, here you'll be welcomed by wooden parquet flooring and stairs up to the first floor. On the ground floor the property boasts a beautifully appointed large drawing room with original parquet flooring and a period fireplace, with a large woodburning stove nestled within, this overlooks the beautiful mature woodlands and gardens to the front of the property. The coving and ceiling roses are all original and well looked after and the drawing room leads onto an adjoining large dining room, with room for huge family dinners. This then flows through onto a generously sized kitchen, complete with Miele appliances. There is a rear balcony extending out from the kitchen, perfect for dining al fresco in the summer months.

The current owners, who have lived in the property for over 25 years added in a stud wall to create the separation between the dining room and kitchen, but this could easily be removed to create a larger more open plan kitchen dining area. There is also a large snug area, currently utilised as the family TV room, it also features another fabulous original fireplace. The house offers wonderful space for all the family and great entertaining space too, thanks to the flow of the rooms throughout the ground floor.

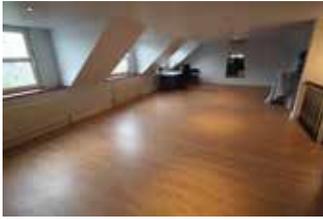
“The garden scoops around the side of the house and leads onto a mature orchard with apple, fig, cherry trees which all bare fruit and there's even a walnut tree.”

Downstairs, accessed from two points, is a large and useful utility room, it's also home to the large boiler. You can further access the large garage here, with enough room for four cars and plenty of workshop space for the most avid DIY'ers. There is also a very useful large bright room down here, with wooden flooring throughout, plumbing available for central heating to be installed and additional adjoining rooms this space could easily be turned into second generation accommodation, or guest accommodation. It is currently used as a playroom, another great use for this space.

Outside the garden has a bubbling stream running down one side and the space offers great potential to add a swimming pool if you wish, subject to planning permission of course. Within the garden remain the granite building that housed the original outside

CONTINUED OVERLEAF...

...CONTINUED



lavatory and also the remains of the outdoor kitchen can be seen, although a shed now sits within this space. The garden scoops around the side of the house and leads onto a mature orchard with apple, fig, cherry trees which all bare fruit and there's even a walnut tree. In addition at the rear of the property, behind a wall, there is the former granite coach house which could be developed into secondary accommodation, it has previously held planning permission to do so and would make a fantastic characterful two bedroom cottage.

Upstairs on the first floor there are four very generously sized double bedrooms, all with large full sized bathrooms. On the top floor there is a large floored loft space, ripe for converting into either more sleeping accommodation or an absolutely fantastic cinema room or

entertaining space, it runs almost the full length of the house and has windows and heating in situ too.

Whilst the house would benefit from a little modernisation internally it offers spacious and versatile accommodation to the new owners. With second generation potential and chances to add your own stamp on this beautiful property it is one to view. Roseden House provides a great opportunity to acquire an exceptional and stylish small country estate in a very private and desirable setting.

“Whilst the house would benefit from a little modernisation internally it offers spacious and versatile accommodation to the new owners.”



## Roseden House

*La Rue A Don, Grouville*

**£1,900,000** guide price

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## Local mortgage market activity

In recent months very few of our happy clients have been particularly bothered about the cost of their borrowing, when they discover that the monthly cost of servicing their mortgage is much lower than they could possibly have ever imagined.

Our chart of best rates this month records only two reductions – the 5 year 60% rate, which has dropped by 0.10% and the 100% 5 year fixed rate – which is now more attractive at 4.74%. The 85% 5 year fixed rate has risen slightly.

Perhaps this shows that interest rates, for the time being, have stabilised – the Bank of England has hinted that base rate might have further to fall, although better than expected data showing the strongest quarter of growth in the UK this year is likely to delay any decision to further reduce the base rate this year. If the pound continues to remain weak into next year, then the possibility of further cuts may recede.

Local mortgage providers have over 180 different options that are available to them, with widely differing income multiples, ranging from 4.75x right up to 6.85 x joint gross income.

The Mortgage Shop provides access to all products available from all lenders, so ensuring that the keenest terms and rates are always obtained.

## The Jersey property market

Things are still busy, although not hectic. It is interesting to see however that far more of our appointments are converting to a mortgage than we have seen for the past seven years, which is a positive trend. Estate agents tell us that the property market remains confident and that many properties are selling at closer to the asking price, although vendors need to remain realistic in their expectations in order to achieve a sale.

The Buy to Let market continues to show signs of growth, with many new builds being snapped up by keen investors.



60%	Tracker	1.39%
65%	2 Year Fixed	0.99%
60%	5 Year Fixed	1.89%
85%	Tracker	1.74%
85%	3 Year Fixed	2.19%
85%	5 Year Fixed	2.64%
90%	Tracker	2.50%
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60%	BTL 2 Year Fixed	1.98%
60%	BTL 5 Year Fixed	2.99%

*Information and rates correct as at 6th October 2016*

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## Tax Changes to UK Property Ownership – Are You Prepared?

*Effective from April 2017 anyone owning a UK property, who is deemed to still be UK domiciled for tax purposes (normally for 5 years after leaving), will now be subject to UK Inheritance Tax on the value of the property (currently taxed at 40%), regardless of where you now reside.*

Owning the property in the name of a company or trust will no longer protect against this and with powers in place to ensure the property cannot be sold until the tax is paid, some will find their loved ones struggling to pay the tax due.

### What can be done?

For most, a simple life cover plan is all that is required. This will ensure that upon death, sufficient funds are made available to pay the tax liability.

*If you think that you might be affected by this, or would like to discuss this further you can contact Hayley Carstairs on 789830 or [hayley@henleyfinancial.je](mailto:hayley@henleyfinancial.je)*



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# Interior News

## Stunning lights to BRIGHTEN up your winter

State of the art lighting is all the rage for 2017. Simple interiors with wild statement lighting is a great way to easily update the look of a room and add some serious cool factor. Here is our selection of the wildest and most wonderful out there.

- The Spokes, from **£720.00**
- The Touareg, from **£1994.15**
- The Lumiere, **£279.15**
- The Caboche, from **£697.35**
- The Tress, from **£493.50**
- The Big Bang, from **£537.25**

**All lights pictured are available from The Lighting Centre visit [www.lightingcentre.co.uk](http://www.lightingcentre.co.uk) for more information**



1



2



3



4



5



6



## Gorgeous goodies at the Gooseberry Bush

The fantastic clothing and lifestyle store The Gooseberry Bush has its home up at Rondels Farm shop in Trinity and that home has expanded and when we say expanded we mean it's trebled in size.

Their recent expansion means they now have even more delightful treats for you to explore on a visit up to their beautiful store. Owner Sam took us on a tour of the fantastic new space and showed us some of the great new ranges they're now stocking "As the weather is turning slightly chillier we have a lovely selection of beautiful blankets and soft furnishings, perfect for transforming your home ready for the winter months."

They're also now stocking a range of furniture which is selling out as fast as they can stock it, but are happy to order items for you if you see something in particular you like.

It's not just about interiors though, they also have a fantastic range of clothing, shoes, jewellery, handbags and accessories, all at reasonable prices too. They also stock a range of beautiful soft Organic clothing for newborn babies and soft toys/comforters from France. Not forgetting your four legged best friend, they also have an excellent range of toys and gifts for your pets too.

Whether you have a contemporary apartment or a classic farmhouse, you're looking for a gift for a friend or a treat for yourself, The Gooseberry Bush have something for everyone.

**The Gooseberry Bush @ Rondels Farm Shop, Trinity.**

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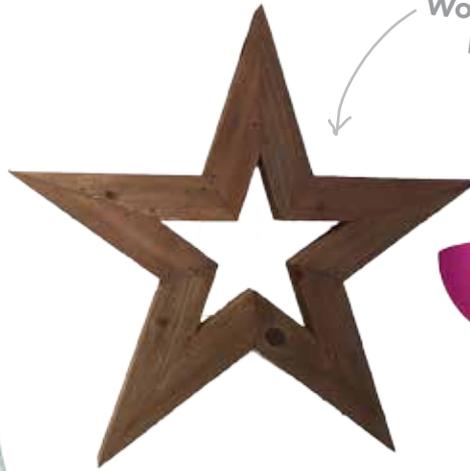
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de Gruchy  
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**Brabantia Bin**  
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# Interior News



What's Cooking?

*Bauformat in Jersey are the home to a great many leading bedroom, bathroom and kitchen brands. This month we're focusing on McCarron & Co – designers and makers of fine, bespoke luxury furniture and kitchens.*

We were fortunate enough to go and experience firsthand one such piece of fine workmanship here in Jersey. The McCarron kitchen installed in this new build property was absolutely magnificent and an excellent showcase of not only the product but also the hardwork and dedication shown by the team at Bauformat.

The owner of this stunning kitchen gave us an insight into what it was like to work with the team at Bauformat.

"When we first met Celine, who was absolutely fantastic, we knew we were in good hands. Her knowledge of the McCarron range was fantastic and this helped us to achieve the finished look we wanted. We wanted a kitchen that fitted our lifestyle but also our property, as this is our forever home it was important to get it right.

Celine came to visit the house, which we were building at the time, and got a feel for the size of the room. She came up with several different designs initially but as the

whole process was client led she allowed us to share different ideas we'd found through Pinterest boards and other online channels, sometimes with other designers and worked with McCarron to adapt them to get exactly what we wanted.

We wanted an L shaped central island, so that we could build in the bench seating area, adding in a large dining table and really making the best use of the space and also enabling us to make the kitchen the hub of our home. It's perfect for informal dining as you're right with your guests and it also allows you to take in our stunning view too.

The kitchen fitter had such an eye for detail that he wanted to make sure the job was absolutely perfect before he signed it off, so went the extra mile to ensure every door, draw and detail was right, rather than watching the clock.

Everything about the experience was excellent and we love not only our kitchen, but also the utility room they fitted out for us too."

The McCarron & Co kitchen fitted in this property is from their Hampton range. The units came down primed for painting and were then painted on site. The beauty of this means you can finish the kitchen in any colour you want, even if you change your mind at the last moment or later on through the kitchen's life. The owners of this

**"The units came down primed for painting and were then painted on site. The beauty of this means you can finish the kitchen in any colour you want, even if you change your mind at the last moment or later on through the kitchen's life."**

kitchen used two different Farrow & Ball colours. The worktops are a grey Quartzite stone, cut and shaped to fit around all of the appliances, which are from Miele and the sinks from Kolher. The taps are the Quooker Nordic Twin tap ( 1 mixer and 1 boiling water). Bauformat also supplied the stone flooring in the kitchen and utility room which is Modena Honed.



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St Helier £320,000



🛏️ 2 🚿 2 🚗 ✓

Southerly aspect with open outlook towards park  
Perfect investor buy  
Walk to town, beach & amenities  
Secure generous undercover parking  
Communal patio area

01534 620620

St Clement £559,000



🛏️ 5 🚿 2 🚗 ✓

Sought after location  
Perfect family home  
2 receptions plus conservatory  
Private, secure sunny garden  
Motivated vendor

01534 747777

Grouville £620,000



🛏️ 3 🚿 2 🚗 ✗

Working feature fireplace  
Conservatory  
South west facing garden  
Garage  
Rural location

01534 722227

St Mary £1,150,000



🛏️ 3 🚿 3 🚗 ✓

Stunning barn conversion  
Large family kitchen & separate utility  
Master suite & 2 double bedrooms  
Patio, lawned garden  
7.5 verges of land

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St Saviour £1,350,000



🛏️ 4 🚿 4 🚗 ✓

Country Kitchen  
Detached Granite Farmhouse  
Large Gardens and Terrace  
Gated Driveway Approach  
Detached garage and workshop

01534 880544

St Mary £1,598,000



🛏️ 6 🚿 3 🚗 ✓

2 Generation property  
2 Reception rooms plus studio  
Attached 2 Bedroom cottage  
'Walk-in' condition  
Landscaped garden with pool

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# Interior News



Tailored furniture and a bespoke buying experience with Beaumont Home Centre



*BoConcept is the well known brand name of Denmark's most global retail furniture chain, available at the Beaumont Home Centre here in Jersey. Discover everything from functional dining tables for small homes to large sectional sofas customised to fit the size and shape of your living room, they've thought of everything.*

A great many other furniture manufacturers consistently try and imitate the products produced by BoConcept, but no one has managed to capture their attention to detail or the quality of the finished products.

Thanks to the clever 'design in 3D' feature available on the BoConcept website you can sit in the comfort of your own home and tweak until you're fully happy with the composition of your masterpiece, changing the colour of the wood, the finish of the glass or the fabrics used to cover your furniture. You are also able to stay on top of what you're spending too, and if you've gone a little over your budget you'll be able to tweak again until you're 100% happy.

Then all you need to do is print out your final design, this will come with a handy list of item codes which you can then take along to the team at Beaumont Home Centre. They'll place your order and tell you the actual price you'll pay, as thankfully they'll remove the VAT from the prices you've been quoted, which means that your final price will be less than you are expecting.

Once your beautiful new BoConcept furniture has arrived on island, which will be around eight weeks after you've placed your order, the fitters at Beaumont Home Centre will come and put your chosen items together, what more could you ask for?

**“A great many other furniture manufacturers consistently try and imitate the products produced by BoConcept, but no one has managed to capture their attention to detail or the quality of the finished products.”**

If you haven't already paid a visit to the incredible Beaumont Home Centre then you are going to be blown away by the huge space squreled away in St Peter. The helpful team are on hand to guide you through the huge variety of interior solutions on offer and the area dedicated to the BoConcept range is expanding over the coming months too, so you'll be able to go and see for yourself more of the high quality products available from this supplier.



# BUSINESS

**BUSINESS**

# Business News

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## BDO Jersey, Greenlight and Sator to join forces

Greenlight and Sator join forces with BDO Jersey to provide comprehensive advice to clients operating in a fast changing regulatory and digital environment. BDO Jersey, Greenlight and Sator Regulatory Consulting today announce that they have joined forces to form a leading integrated professional services firm spanning audit, tax, outsourcing, financial services regulatory advisory and change consulting.

The transaction brings together extensive expertise within all three businesses and will immediately augment the capabilities and current range of services offered by BDO Jersey, in response to market developments and in particular in regulation, technology and the global tax landscape, which is driving rapid business change. The core focus of the expanded BDO firm remains to deliver an exceptional client service by assisting clients manage risk, and to compete and grow strongly on a global basis.



## Sure Celebrates Its first decade in Jersey

Ten years ago, Sure opened its store in King St for the first time, giving islanders their first taste of a competitive telecoms market that offers greater choice and better value than was previously possible.

A decade after launching, Sure is now the first choice in telecoms for tens of thousands of islanders who appreciate the superb customer service, great value and wide-ranging choice that Sure has brought to the telecoms market.

In that time, Sure has evolved from being a supplier of mobile and business telecoms services to also being a provider of home phone, broadband and, following the 2014 acquisition of Foreshore, innovative international data centre and cloud services with clients on both sides of the Atlantic.

"It's been quite a journey," said Graham Hughes, CEO of Sure in Jersey.

"We've developed from being a mobile-focused provider to one that offers the full range of communications services across landline, mobile and broadband. Whereas back in 2006, we launched with just about 10 staff, today we employ 64 islanders and have tens of thousands of customers who look to us to provide them with the latest technologies as well as excellent value. I'm extremely grateful to all of my colleagues for their help in making the past decade such a success for Sure and I'd also like to thank all of our customers because they place their trust in Sure to keep them connected 24 hours a day, not matter where they are."

## ICSA Jersey Awards 2016 winners announced at annual dinner

Winners of the ICSA Jersey Awards 2016 were celebrated along with the recent academic achievements of ICSA graduates and students at the sell-out black tie ICSA Jersey Annual Dinner held at the Hotel de France at the end of September.

The ICSA Jersey Awards 2016 were sponsored by BPP Professional Education, Brainloop, Rowlands Recruitment, Sator Regulatory Consulting, and ZEDRA, all keen supporters of ICSA Jersey and its members.

*The Awards were judged by a panel of industry experts and the winners were:*

### Company Secretarial Officer of the Year

Winner – Claire de la Haye of Mourant Ozannes

### Corporate Services Team of the Year

Winner – Crestbridge

### Administrator of the Year

Winner – Amanda Smith of Estera

### Administration Team of the Year

Winner – Capita Asset Services

### Governance Award of the Year

Winner – Computershare Offshore

### Risk and Compliance Award

Winner – Elian Corporate Services

### The One to Watch

Winner – Michael Reed of Computershare Offshore

The Student Excellence Award, based on examination performance was won by Danielle Sangan of Elian Private Wealth.

In addition to the announcement of the ICSA Jersey Awards 2016 winners, the Dinner celebrations recognised the students present who have recently completed the various stages of their ICSA qualifications. Local and international prize winners who have excelled in their ICSA examination papers over the last year were also recognised, with a presentation of a certificate by ICSA CEO, Simon Osborne.

The prize winners who achieved the highest mark internationally in their respective papers included: Rebecca-Claire Myles of Bedell Group, Danielle Sangan of Elian, Melissa Vitalini of Langham Hall, Sarah Pirouet of Bedell Group, and Nicole Chapon of Bedell Group. Lord (Daniel) Finkelstein OBE proved to be a popular Guest Speaker sponsored by ZEDRA; and a Charity Draw with prizes from the Hotel de France, Ayush Wellness Spa, and Healthhaus raised £1,453.75 for Help a Jersey Child.



### Calibre of Quilter Cheviot team recognised in raft of industry accolades

Members of the Quilter Cheviot Jersey team have been recognised amongst the brightest and the best of the private wealth management and private client industry.

For the fourth year in a row, individuals from the Jersey team have secured high profile placements in the prestigious Citywealth Leaders List.

This year, Quilter Cheviot’s Head of Jersey Office and Head of International, Tim Childe has been recognised as a prominent figure in the Private Bankers & Investment Managers category of the Leaders List, along with Executive Director, Mo Baluchi. Mo, who also has appeared in the leaders list for three consecutive years, has worked in the financial services industry for nearly 20 years and is responsible for developing

business relationships with intermediaries, introducers and HNW private clients both locally and internationally.

Alongside Tim and Mo, Citywealth has also recognised the achievements of Jersey-based Quilter Cheviot Executive Director, Rebecca Sturgeon and Investment Manager Michael Bull.

Rebecca, who has been with Quilter Cheviot for more than 20 years and manages portfolios for high net worth private clients, trusts and corporate structures has been shortlisted for the Citywealth Powerwomen Awards 2016 in the Woman of the Year: Leadership category. The awards champion women in the wealth sector and highlight the female leaders of today and tomorrow.

Michael has been shortlisted for the Citywealth Future Leaders Awards 2016 in the Private Banker / Investment Manager of the Year – Institutional category. The Future Leaders Awards recognise young professionals in the wealth sector and highlight the leaders under 40 of today and tomorrow.

Gratefully acknowledging the accolades, Tim Childe said, “It is enormously pleasing to see members of our team recognised for their level of commitment and for consistently delivering client service excellence. Longevity of client and intermediary relationships is central to our business model and by retaining highly experienced, expert team members like Mo, Rebecca and Michael we can maintain those relationships.”

### Capita team wins administration team of the year at ICSA Jersey Awards 2016

Capita Asset Services’ real estate corporate services team has been named Administration Team of the Year at the prestigious ICSA Jersey Awards, which recognise professionalism and technical excellence, and champion good governance.

The team received the award for its high standards of service delivery and the management of highly complex administration work, including supporting the corporate restructuring of substantial property assets, the refinancing of a major property development

in Central London, and an intricate site split of a prestigious development in London into its constituent parts made up of retail, residential and office space.

Norma O’Sullivan, managing director of the Jersey office of Capita Asset Services said: “Each member of the team fully deserves this recognition. Their unwavering commitment is a fantastic influence on those around them, and they encourage an ethic within the corporate team that is hard to rival.”

### 86 young entrepreneurs sign up to Jersey’s Young Enterprise Company Programme

Young Enterprise Jersey, a local charity, launch the 2016 Company Programme with 86 students from 6 schools across the island taking part.

Running throughout one academic year, students in Year 12 find out what it’s really like to set up and run a business. Students make all the decisions about their company, from deciding on the company name and product to creating a business plan, managing the company finances and selling their products. At the end of the programme the students must wind up their company and pay their investors,

simulating in a very practical way, the experience of running a real life company.

The Company Programme culminates with the Final Presentations in May with the winning team then representing Jersey in the UK South East Regional Final.

All this takes place with the support of volunteer Business Advisors who bring a wealth of business knowledge and expertise. This year Business Advisor teams are from Barclays, G4S, RBC and the Seymour Group, as well as a group of Independent advisors.

To follow the Young Enterprise teams as they develop their businesses, like and follow them on Twitter and Facebook at @youngentjersey



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## Close Brothers boost its Channel Islands operations

Close Brothers, the FTSE 250 merchant bank, has expressed renewed confidence in the Channel Islands by strengthening its business funding operations in Jersey and Guernsey and making additional funds available to local businesses to stimulate business growth.

To oversee this significant investment in the local market, the UK merchant banking group has appointed Richard Briscoe as managing director of Close Finance (CI) Ltd.

Richard brings with him over 20 years' experience of consumer and asset finance, most recently as managing director of Close Brothers Business Finance, where he oversaw a team of broker development managers providing tailor-made solutions to businesses across a variety of industry sectors.

In his new role, he will be responsible for managing Close Finance's offices in Jersey and Guernsey, but his primary focus will be on growing the company's loan book across motor, consumer, and in the burgeoning B2B sector.



## Collas Crill strengthens business development team

Archie Irtizaali and Sarah Jehan have joined Collas Crill's business development and marketing department in the Channel Islands. Based in Jersey, Archie has joined the firm in the role of business development and marketing manager while Sarah, based in Guernsey, has joined in the role of public relations and communications manager.

Working across the firm's five jurisdictions, Archie will take responsibility for enhancing the firm's key relationships as well as identifying and building on new opportunities for business growth while Sarah will focus her efforts on continuing to build the firm's profile through traditional and social media channels.



## Highest ranking given to Ashburton fund manager for energy fund

Jersey based fund manager, Richard Robinson, has secured a top ranking for the performance of the Global Energy Fund that he manages.

Richard, who has been energy investment specialist at Ashburton Investments in Jersey for 12 years, has been given a Citywire AA Fund Manager Rating, the highest of any manager in the commodities funds sector awarded by Citywire, a leading independent information provider of news for professional advisers and investors around the world.

Earlier this year the fund was given a five-star rating by investment research company, Morningstar, one of only two funds to receive the highest five-star rating. The Luxembourg domiciled UCITS Fund is ranked number one in its peer group since inception in its sector (C share class) and now has assets of US\$40 million under management.

## Appleby appoints new global communications Manager

Lynne Capie joins leading offshore law firm Appleby as Global Communications Manager based in Appleby's Jersey office.

Lynne joins Appleby from RBS International where she was head of communications responsible for communications, public relations and social media for the bank. For the majority of her career Lynne has worked in business development and communications, designing and delivering innovative campaigns and events to support business development and colleague engagement in the finance, local government and the hospitality sectors.

Lynne will be responsible for delivering the global marketing communications strategy across the Appleby network.

Michael O'Connell, Group Managing Partner at Appleby said: "Our brand is globally recognised and we are delighted to have recruited a team member who can help us differentiate our brand from the increasingly competitive environment in the offshore world." Lynne Capie added: "It's an exciting time to be joining Appleby and I am looking forward to working with the partners to further develop the Appleby brand."

Career Inspiration & Support when you need it.

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### Zedra directorship promotion in Jersey

ZEDRA has expanded its Senior Management Team in Jersey with the promotion of Lucia Perchard to client director. In her new role, Mrs Perchard will continue to manage a wide variety of client relationships and complex structures. She is responsible for an extensive client portfolio of High Net Worth clients, predominantly residing within the Middle East.

Prior to her promotion, Mrs Perchard held the position of associate director. She has over 18 years' experience in the Trust industry and has held a variety of senior positions. Throughout her career, Mrs Perchard has developed a multitude of complex and demanding structures for clients, including FTSE 100 and 250 companies and UHNW individuals. She has experience working with cross-jurisdictional clients and has worked with lawyers and tax advisors on issues that arise with multi-jurisdictional assets and beneficiaries.

Ashley Cox, managing director for ZEDRA, Jersey, says: 'Lucia's promotion is a reflection of her professionalism, experience and unique expertise. She is highly valued within the ZEDRA team, with a reputation for building strong client relationships and establishing highly complex structures. Lucia adds significant value to our senior management team and helps ensure that our clients have access to the highest level of expertise'.



### Senior appointments for Collas Crill

Collas Crill continues to strengthen its Jersey office with three new appointments. Sam Williams and Lucy Diggle have been appointed as senior associates and Lynne Calder has joined as an associate.

Sam joins the firm's dispute resolution practice area having previously worked for leading international law firm Simmons & Simmons where he trained and qualified as an English solicitor before relocating to Jersey in 2012, working for another offshore law firm.

Based in the firm's fiduciary department, Lucy qualified as a solicitor in 2005, spending more than five and a half years at leading London and regional firms specialising in international trusts and estate disputes.

Lynne also joins the firm's dispute resolution department, having previously worked for DLA Piper, DWF and Dundas and Wilson, now CMS Cameron McKenna, in Scotland.

Senior partner and head of the dispute resolution team in the Channel Islands, Nuno Santos-Costa, said: "It's great to have three well-versed lawyers join our team in Jersey.

Lucy, Sam and Lynne have excellent credentials in the offshore market with the right experience to continue to drive our expanding fiduciary and dispute resolution practice areas."



### Fairway Group looks further afield with new BD role

The expansion of Fairway Group continues with the recent appointment of a new business development executive. Graeme Fairlie has worked within the offshore financial sector since 2000, acting in the role of director across a number of services for the past four years.

He has been a consultant for the group for the past 10 months, assisting in the development of new business for Fairway Group and its connected chartered accountancy firm, Bracken Rothwell Limited. In his new business development role, Graeme will predominately focus on building existing relationships with clients in the Middle East and developing new leads within this growth sector. Since joining the firm, he has undertaken business trips to Dubai, Abu Dhabi, Bahrain, Qatar, Oman Saudi Arabia & India to promote the group's services to clients and intermediaries alike.

MD of Fairway Group, Louise Bracken-Smith said: "As well as acting as an ambassador in the Middle East, Graeme will also be responsible for identifying business opportunities in new jurisdictions and developing relationships with international clients and intermediaries alike. Graeme said that: "I am excited by the opportunity to continue to grow the business both locally and in the Middle East, at a time when the challenges to achieve profitable growth are tough."

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**Crestbridge makes Director promotions to accompany further growth**  
Independent fund, trust and corporate services provider, Crestbridge, has strengthened its leadership teams with a series of board promotions.

In the firm's Jersey office, Stephanie Marriott becomes Associate Director in Crestbridge's Corporate Services team, Chl e Sorda, Senior Manager and Danielle Cottignies, Assistant Manager in Family Office services, and Daniel Hanby in Funds and Stephanie Queree in Real Estate become Senior Administrators. Claire Bell takes on a new role within Crestbridge as Company Secretary and will co-ordinate the corporate governance affairs of the group. The raft of promotions continue with Abigail Houghton, Bethany Banister, Carl Duncan, Jess O'Brien and Stephen De Ste Croix all becoming Administrators across the firm's service areas, as part of its end-of-financial-year promotions.

Coinciding with these promotions, the firm is also reporting significant growth in staff over the past 12 months, with the total number of employees across its Jersey, Luxembourg, London and the Cayman Islands offices now standing at 180 people, reflecting a rise in headcount of 40%.

Graeme McArthur, CEO, Crestbridge said: "Over the past year, Crestbridge has pursued an ambitious but robust growth strategy, which has included opening new offices in London and the Cayman Islands. At the same time, our Jersey and Luxembourg offices have continued to see a significant increase in business flows across our Fund Administration, Management Company, Corporate, Real Estate and Family Office services business lines, and I am delighted that we've been able to recognise a number of key individuals in this latest round of promotions."

## The Club Hotel & Spa appoints Jackie Helks as front office manager

The Club Hotel & Spa in St Helier, Jersey has appointed Jackie Helks as its new Front Office Manager.

Jackie joins The Club Hotel & Spa boasting an excellent CV, listing her experience in high-end hotels in the Channel Islands. In her new role, Jackie is responsible for the smooth operation and organisation of the front office department.

Prior to joining The Club Hotel & Spa, Jackie worked as Head Receptionist at The Atlantic Hotel and Ocean Restaurant, Jersey.

During this role Jackie managed a team of four receptionists, helped restructure the department to improve efficiency and assisted the management team. Previously Jackie worked for Sark Island Hotels where she was Receptionist and Reservationist for their four hotels.

In her spare time Jackie enjoys volunteering to assist the coordination of charity events. Most recently in Jersey she volunteered at The Durrell Ugly Bug Ball, and the VVIP section of the Legend in The Park concert.



This month, two of the brightest stars in Jersey recruitment, Marie-Clara Thaux and Ben Pastor of GLS answer your questions giving you a unique insight into the industry.

### I'M NOT INTERESTED IN ANY OF THE JOB LISTINGS ON YOUR WEBSITE, SHOULD I STILL CONTACT YOU?

Absolutely! we are constantly receiving new positions and many of the roles available are often not advertised, even through agency websites. By contacting us directly, we can put you in touch with a dedicated recruiter who will discuss suitable opportunities with you.

### WHAT CAN I EXPECT FROM THE RECRUITER?

Your recruiter should act as your career adviser; it is their role to guide you in the achievement of your professional goals. Throughout every step of the process there should be regular contact and complete clarity. Utilising a recruiter to aid in your next career move has many benefits, they should have in-depth knowledge about the clients and sectors they are working with, and in addition will ensure you and your skills are represented whilst effectively managing all queries and negotiations, up to and even after final placement.

### WHAT SELECTION PROCESS DO YOU USE FOR A POSITION?

We closely review our client requirements against our selection process for each role to reflect their position brief. In addition to ensuring skill sets and experience are closely aligned, we look to promote a cultural and personality fit between our clients and candidates with a focus on future ambitions being a critical part of negotiations.

**Have a question? Email yours to [letstalk@glsrcruitment.com](mailto:letstalk@glsrcruitment.com)**



# SPORT

SPORT

## SPORTSPERSON OF THE MONTH

# MICHAEL BLOOD



**Age:** 33

**What sport do you do:** Muay Thai Kickboxing

**What is your day job:** Personal trainer at Blood Fitness

**School attended:** Le Rocquier

**Favourite ice-cream flavour:** Banoffee Pie

**Favourite animal:** My French bulldog, Bali.

**Favourite food:** A full English breakfast.

**What would you wear to a fancy dress party:** I'd dress up as a woman with a little dress and a big wig! Maybe some lipstick and high heels.

**Favourite song:** "Bad Boy for Life" – P Diddy.

**How often do you train:** If I'm not fighting, then 3-5 days a week, but if I am fighting then I go to 'Fight Camp' training which is 5-6 days a week.

**When did you get into Muay Thai Kickboxing:** When I was 15 years old.

**You've just decided to get back in the ring after a two-year break, can you tell us more about this?**

I took a break from fighting because I wanted to concentrate on building my own business, Blood Fitness. At first I was doing 9-hour days, six days a week, so I was spending all my time looking after my clients. But now that I have a good team around me, I can make time to start fight training again.

**What motivated you to start fighting again?** It's in the blood, it's something you can't get away from, it's just something I'm so passionate about that I feel driven to do it. I missed the buzz and the experience, and I feel I've still got time on my side to hammer out a few more years yet.

**How do you prepare for a challenge like this?** I train in Fight Camp for at least six weeks before a fight, 5-6 days a week. The training includes sparring, clinching, running - lots of running, skipping, strength training, bag and pad work, and of course a really strict diet.

**Was there any stage that you wanted to change your mind?**

All the time. It's a massive love/hate relationship. One minute you love it, you can't stop thinking about it, it even keeps you awake at night because you're buzzing about it. And then as the weeks draw in closer to the fight you get more and more anxious, and start to regret it because the strict training and diet really gets to you - it's



just horrible - but then you make it to fight night and it's amazing, it's the best adrenaline rush in the world.

**It is all on you in the ring, but do you have a team behind you to help you train for a fight?** Yeah, the lads at the Fight Camp all help. Chris Dolbel is the trainer, and he sets up all the fights. But I also have my team at Blood Fitness to help me train, including 3x World Champion Reece McAllister, and WRSA European Champion Shemmy who does my strength and conditioning coaching. These guys help me to be the best I can be.

**Your highest achievement was winning the WRSA British Title Belt in 2010, how did that feel?** The best thing in the world. It was a funny fight because in the first round I got knocked down twice and I didn't know where I was or what had happened. I was just seeing stars, and all my dreams came crashing down because I thought it was over. But then in the second and third round I managed to turn it around, and my opponent wouldn't come out for the fourth so I won by stoppage. I was overjoyed, it was the most amazing feeling ever.

**You started up Blood Fitness on your own in April 2015, how has that grown?** Massively. It was hugely popular with fighters who wanted to improve their technique to begin with. But it has grown and become more focused towards fitness because people find it an exciting way to train and they can see the results, they feel toned and lean, and they like the self-defence element of it. Now 75-80% of our clients are regular people that want to get fit and see it as an exciting alternative to the gym. It's not just guys either, we have a lot of girls who are really dedicated to the sport.

**Have you always had an interest in Muay Thai?** Yeah. When I was a kid I didn't know Thai boxing existed but I liked boxing. Then a mate of mine showed me some on TV, all I could see were kicks and knees, it looked amazing. Then when I was 15 another mate asked me if I would come with him to a Thai boxing training session, it was so much fun, I loved it and I have been hooked ever since.

**Where has been your favourite place in the world to fight so far:** Bangkok, because it is the spiritual home of Muay Thai so I'd always wanted to fight there with authentic Thai fighters. And it was so exciting to do it finally because it is the biggest Thai fight show in the world and was televised across the globe.

**Where and when was your favourite moment in your Thai boxing career so far:** Winning the WRSA British Title in front of a home crowd. It was magical to experience that with my friends and family who had all supported me over the years, so it was great to share that moment with them. That's what it's really all about.

**“It's in the blood, it's something you can't get away from, it's just something I'm so passionate about that I feel driven to do it. I missed the buzz and the experience, and I feel I've still got time on my side to hammer out a few more years yet.”**

**How can people get involved in Muay Thai Kickboxing in Jersey:** They can come to Jersey Thai boxing club and Blood Fitness by downloading the Blood Fitness App or checking out our website ([bloodfitness.co.uk](http://bloodfitness.co.uk)) or Facebook page (BloodFitnessJersey) where they can train with professional Muay Thai instructors and champions who will provide a high calibre of Muay Thai training that will take you to the next level. We have something for everyone, men and women, from complete beginners to pro fighters. And if you are ambitious and want to get into pro fighting, we can provide you with that opportunity.

**What's coming up next:** After our massive success on 15 October, I am looking at putting on another big Muay Thai Fight Night early next year. I will be fighting again for sure and we are hoping to make it a regular event every three months to give all our fighters the chance to compete in front of a home crowd.

**Do you have a top tip for other aspiring fighters looking to follow in your footsteps:** Train hard, party less! I wish I had spent more time concentrating on fighting and less time partying, I wasted a lot of time drinking when I could have achieved so much more if I had been focused. I don't remember those parties or hangovers, but I do remember my fights. Life is short, so make good memories, live your dreams, and don't give up!



## AN ILLUMINATING STOREY

**WORDS** Laura Morel

Whilst blogging about women's running groups in Jersey I was directed to Jersey Girls Can, a free, non-competitive group that looks to support and encourage others in meeting individual running goals. After witnessing their interaction on social media and meeting the group in the flesh, it became clear that this was so much more than just a running group. It was the success story of a girl whose life was dramatically changed through running and how she's now looking to pass that torch onto others.

Laura Storey knows a lot about running that most experienced runners don't. She knows the anxiety that comes with being uncomfortable in your body and facing the thought of exercise, the sense of exposure when you join any running club and the feelings of self-doubt and worthlessness from always being at the back of any run (or worse still deciding not to turn up at all). She also knows what it's like to give up. Just over a year ago Laura was at her lowest, feeling overweight and unhealthy in most aspects of her life. Her work social life was more conducive with a night at the pub than with any form of sporting activity, so a change in roles provided the perfect clean slate to make the necessary changes.

Laura joined a local running club and with grit and determination found the mind-set needed to adopt a different attitude towards exercise. Within the space of nine months she shed a staggering 4 ½ stone and revolutionised her fitness and exercise regime. She became so passionate about running and its positive effects that she took her qualification to become a running coach in the hope of inspiring change in others. Her experience makes her perfectly placed as a coach, others relating to her story and finding her approachable and understanding. Sensing the need and demand to create a female only running club, Laura took the leap in June with the help of Kylie

Hatter and established Jersey Girls Can, specifically aimed at introducing women to running in a friendly, supportive and social environment.

The group hold a variety of sessions including the Couch to 5k programme, participation at Parkrun meets and intervals sessions during lunch hours. As well as devoting her regular mornings and lunchtimes to the group Laura has lent her one-on-one support whenever her members need it. "It's vital to give that extra encouragement when I sense people are losing hope. I know what it is like to quit and I'll do whatever I can to help push ladies through that barrier". With little more than word of mouth and personal recommendations the group now boasts over 230 followers.

Her enormous success over the past four months is testament to how necessary such a group was in Jersey. She has seen women unable to run more than 200 metres go on and complete 10K races and watched the group evolve into a community of friends and exercise buddies. For most it's not just about running, but about the process of making changes in your life and the feeling of self-reward that follows. Whether that is through losing weight, forging new relationships or believing you can achieve a life-long goal that may be completely unrelated to exercise. "Success is a powerful

drug that can change your life and how you view the world", Laura explains.

What the group has given Laura and vice versa, has been an unexpected surprise. She has lit a fire in a lot of women who had given up on running and bettering themselves and created a network that

**"It has been an emotional six months for Laura, who regularly finds herself welling up at the success of the group and its members"**

offers praise and encouragement no matter how small the achievement. She ensures that her members are on track to reach their goals and that they strive to push themselves. "Running is one discipline that can adjust people's attitudes to what they can do in their life. Getting them used to setting goals and believing that they can achieve these together." The group's Facebook page is littered with bright and sweaty selfies of women with gleaming smiles and this feeling of positivity is evident at their regular sessions.

It has been an emotional six months for Laura, who regularly finds herself welling up at the success of the group and its members. "You can actually see that light bulb moment in the ladies, when it stops being a chore and becomes a life

choice and that feeling is contagious", she gushes. Laura's problems are now the ones we would all like to have; maintaining a healthy balance and trying not to ever overdo the exercise, continuing to manage her runaway success as a coach at Jersey Girls Can and looking for that next goal in her life!



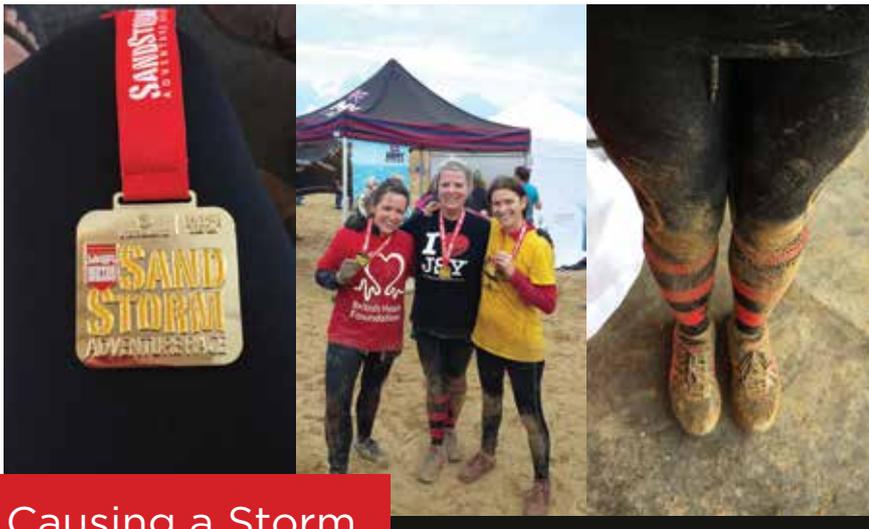
### Bright Star

A year ago, Jude Peebles made a pact with herself to cross the marathon finish line as part of a relay team. Barely able to run for longer than 1 minute Jude is one of Jersey Girls Can's biggest stars having joined the group for their first Couch to 5k programme. With the encouragement of the group and her own determination, Jude achieved her goal of running the last leg of the marathon, a whopping 9.2km and managed to get in shape for her wedding. Jude continues to run regularly with Jersey Girls Can for friendship, fitness, as well as a way to unwind from the daily stresses in life.



Find Jersey Girls Can on Facebook or contact [laura.storey@hotmail.com](mailto:laura.storey@hotmail.com)

# Sport News



## Causing a Storm

As I took my sand sodden trainers, socks, leggings and t-shirt out of the wash, it was clear that Sandstorm was as ingrained into them as it was into my memory and most definitely my muscles. The DOMS (delayed onset muscle soreness) had undeniably kicked in... but the feeling of euphoria far outweighed the pain as I bent down to close the washing machine door for the second time.

Just a few days earlier Sandstorm had not been part of my weekend plans. However, in what I can only think must have been a weak moment, I signed up at the last minute. No time to train, no time to think. The latter was probably a good thing.

The reality of the epic challenge only really took hold as I stood on the starting line. What if I couldn't do it? What if I couldn't make it round the course? As I looked around it was clear that it was too late to escape. We were all committed to this now. Failure was not an option. I jumped around a bit to warm up and expend nervous energy and double-checked the double knots I had tied on my laces as I recalled the organiser warning us that a number of the cadets in the previous under-16s' race had lost their trainers in the mud.... the sound of a horn... and we were off.

The first hill was high, a vertical mountain of loose soil and sand. It was tricky to find my footing and when I did, my feet disappeared. Just as I was getting towards the top, wondering how I would manage to get over the hump, hands of those who got there first reached down to those of us who were struggling. It was at that point I realised, I would make it, I could do this, we were all in this together. The feeling of camaraderie was pretty special. Everyone looked out for everyone else. We all

spurred and cheered each other on, giving a leg up, a shove, a pull, a push... whatever was needed to get us through, under and over the next hurdle that lay before us.

We ran with sandbags, tipped tyres, balanced precariously as we ran over pipes, crawled under a digger, through a net and in a tunnel, we swung on ropes, monkey bars and even slid down a slide into the chilly quarry waters.

It was a blast.

As we crossed the finish line, three of us who had stuck together throughout the course held hands and hugged. It felt like we had really achieved something. We had shared a unique and crazy fun experience with 600 other troopers and to top it off, we had a medal to prove it.

Buzzing with endorphins we relived the lowlights and highlights, laughing about one of us nearly drowning because they were so excited coming down the side that they forgot to shut their mouth when they hit the water. In that moment it was quite clear that you don't do Sandstorm once. You can't help but come back for more. I will be there again next year. I might even train for it! Now that is a good idea.



## Augré Physiotherapy

Wow!! Augré Physiotherapy is celebrating its tenth anniversary this November. Opened in 2006 by practice director Louise Augré, over the last ten years the practice has gone from strength to strength and today is proud to offer a suite which includes a state of the art gym, treatment rooms and on site parking. Also within the building is a GP practice, private consultants and an X-ray facility.

Since its inception, one of the main aims of the practice is to offer something different. The team of highly experienced physiotherapists not only have the ability to treat all musculoskeletal conditions, but each individual physiotherapist is also highly qualified and experienced in their own sub-speciality. Two particular areas in which the team specialise are shoulder and knee injuries, providing pre and post operative care when required.

Over the last decade not only has the suite developed and the team evolved but also the booking processes and access to physiotherapists has changed and improved too. Bookings can be made online and rapid access appointments are often available as are home visits.

Together, Louise and Laura Besnard, who works alongside her, have over 33 years experience. Louise has a Bsc Honours degree in physiotherapy and Laura has a Masters degree in advanced techniques in manual therapy including manipulation. The team also work closely with leading UK consultants, in particular Professor Lennard Funk (the Shoulder Doc) and Professor David Barrett when working with shoulders and knees respectively.

**You can find out more about the friendly bespoke individual physiotherapy service that Augré Physiotherapy offer at [www.augrephysiotherapy.com](http://www.augrephysiotherapy.com)**

**Sandstorm 2017 will take place on Saturday 14 October (subject to permissions).**

The background of the image is a solid purple color. It features a repeating pattern of wrenches in a lighter shade of purple. The wrenches are arranged in a grid-like fashion, with each wrench rotated 45 degrees clockwise. The pattern is consistent across the entire image.

**HARDWARE**

# THE MICHELIN MAN

INTERVIEWED BY: Sara Felton

**Last month Mark Jordan and The Atlantic Hotel's Ocean Restaurant made history by retaining their Michelin star status for an eleventh year. This made them Jersey's only restaurant to have held this coveted status for so long with the same head chef. We wanted to feature Marks milestone, but as this is our man issue we didn't want to focus on his life inside the kitchen, we instead wanted to know about the fast paced hobby that keeps him busy outside of it, because this man is a lover of all things remote controlled (RC).**

We first discovered Mark's love for RC thanks to his Instagram feed [rc\\_geek\\_mark\\_jordan](#) but don't be fooled you're rarely going to find pictures of food here. Instead it's an awesome insight into the other side of his life. He also has a YouTube channel and a Twitter feed that go by the same name, and he writes for publications on the subject too.

The interest started when he was just five years old. Mark and his brother each had a remote controlled car, back then they were attached by wires to their control units, but

that didn't stop them racing them. Move on a number of years and Mark relocated to Jersey, heading for a surf one Sunday he stumbled upon a bunch of guys racing their RC cars at Le Braye, he went over to have a chat and "the rest, as they say, is history".

So why remote control cars "Running two very successful restaurants at such a high level means we're constantly under huge amounts of pressure. This means we have to be fully focused on what we do when we're in the kitchen. We feed hundreds of thousands of people throughout the year

and any one of them could be a Michelin inspector, so you can't ever drop your game." Mark explained. "The thing I love about RC is it enables me to switch off, but it's as equally fast paced as life in the kitchen. Racing, as we do, is a real skill, it's all about hand eye coordination and you really need to concentrate on what you're doing. Which means you can only think about what's in front of you."

If you've an interest in RC then be sure to check out their Facebook page and Twitter feed 'Jersey RC' which tells you where and when they meet to race. We asked Mark if he could recommend a good entry level RC model and he said "Rather than buying straight away, come and see what it's all about. We meet every Sunday at St John's Rec between 1-4pm. You'll need to spend a few hundred pounds on even an entry level RC, so it's worth coming along and seeing if you really are keen."

*With this in mind we asked Mark to talk us through the different models in the image we took of him,*

## Losi DBXL Desert buggy

Great buggy for serious off roading, loads of power up to 50mph with permanent four wheel drive. Very big and very heavy RC truck. This can only be used on private fields or land as it is very noisy as it runs on petrol and very dangerous in the wrong hands.  
**Cost to purchase buggy £700 + optional £200 motor + £100 performance exhaust**

## DJI Phantom Vision electric drone

The DJI are the market leaders in drones, this phantom vision can be used to film live FPV (first person view) direct to your iPhone or other devices, giving you the feeling you are sitting inside the drone. Fully operational via GPS and can be used to fly via pre-programmed destinations via Google maps and has a built in device for the drone to return to the place it took off from without any input from the pilot due to loss of frequency. Fantastic toy and very easy to fly but you must abide by the laws which govern the flight of domestic drones otherwise you could be liable for a large fine.  
**Cost £800**

## Traxxas XO-1 race car

This is the fastest ready to run RC car ever made, it can reach speed up to 100mph and more once unlocked and properly set up. It is produced and manufactured by Traxxas a world leader in all Things RC. To fully use the Traxxas XO-1 you need a space with a straight of around 1km and several hundred feet wide. You can change all of the car's settings from steering trim, brake force, throttle delivery etc through the Traxxas link on your mobile phone. Not for beginners.  
**Cost £900 + £120 2 x 3s lipo batteries**

## SkyRC motorcycle rider

RC motorcycles are harder to drive than RC cars as you have to steer via counter steering which makes learning to drive one of these bikes quite tricky, more for the experienced RC pilot. The motorbike is kept upright through an Electric gyro which spins weights inside the back wheel at super high RPMs, which courses a gyroscopic effect, which in turn keeps the vehicle upright. Once you have mastered the art of counter steering the RC bikes are great fun and are very realistic to play with they can do big jumps wheelies and even drifts and doughnuts making them fantastic fun.  
**Cost of motorcycle £500 + £60 battery**

## Traxxas Spartan brushless speedboat

Super fast RC boat with super quick responses, also by Traxxas RC. On water this boat can reach speeds of over 50mph on water running Traxxas super quick and waterproof VXL motor and brushless motor combo. As this boat is designed to go seriously quick it is recommended that the lake or sea is completely calm as 50mph on water is also very very fast and even the slightest ripple can send this rocket ship out of control.  
**Cost £500 including 2 x 3s lipo batteries**

## Axial Wraith Poison Spyder

Used for rock crawling and trail running, ideally suited for crawling on steep rock faces and locations with very steep angles. Waterproof ESC and brushless motor and fully operational winch via the controller.  
**Cost £600**



# GALLOPING HORSES

WORDS Josh Lyons



**There are two way to compare cars. The original version vs. the updated and the side by side comparison to other alternatives on the island. This month we went to Trust Ford on Victoria Avenue and we took out that white car. The big one. The demonic one. The shark faced, muscle-clad one you've no doubt seen as you drive past in the tortoise speed rush-hour traffic on your way home. It sits there on its high perch outside Trust Ford looking out over the race track, 4 lane, arcing beach-front tarmac of Victoria Avenue waiting to be driven. Because on a race track is where it's at home.**

Or so we thought. The 2016 Ford Mustang GT 5.0 Litre V8 coupe, 435bhp as standard. Not the car for Jersey right? Wrong.

What makes this car unique is that its able to have fun, with or without you, at any speed. In Jersey our limits are the infallible 30mph killjoy or the chance to meet your friendly neighbourhood Centenier to argue why you were accidentally driving your child to school again at 80mph, at 3am in the morning, because they were late, of course, it was urgent. Or whatever other inconsistent alibi you can think up on the spot in the moment after a gazelle-like honorary leapt out from behind the bushes wielding a speed-gun at you, narrowly avoiding being run over. Which would be really bad. Without the fun police we would be unable to control ourselves. And the island would be in total anarchy.

Or alternatively, and fully legitimately, you can find a car that has so much grunt and bust that it is able to give you all

the pleasure of a race track, without ever breaking the speed limit.

In 1967 the Ford Mustang Shelby GT500 was an icon. Vivid imagery of the California hood-down driving dream are easy to conjure up, but with tip-top conditioned originals selling for \$1.3 million online and an upkeep bill of repairs and servicing as long as your arm, it's just not an option for everyone. However, does the new Mustang retain the originality and affection induced by the classic 67' icon?

Well to answer that, I think you have to take a look at what happened when we drove it. Everywhere you went the crowds formed and flocks of indescribably enthusiastic people came to share the fun. Young and old alike everyone wanted to look inside, take a picture of their favourite car and share stories of what they liked about it. It's clearly a head turner and crowd-pleaser and when you buy a car like this it's not because you want to be discreet.

This modern classic boasts some seriously impressive features. Aside from its engine, and sound, it has; FordSync2 voice and touch control; 8" TFT Colour touchscreen; 4 insane driving modes and Brembo front callipers and larger 380x34mm discs to name only a few.

Lets cover them all quickly. FordSync and the 8" colour touchscreen gives you the convenience to enjoy the car whilst never feeling unconnected any more than you would want to be. There's a lot of buttons in the cockpit but in only a few hours we got used to the features and in a modern world it's just essential to have this functionality. It's something we didn't expect to be so on point from a car that is predominantly known for its style and performance.

As we touched on earlier, the car is actually so well suited for Jersey we're surprised there are not more on the island. Four insane driving modes allow you to vary many things, but the one we noticed most



was the sound. One minute you can be driving in town in the normal mode; the car is smooth and consistent, and a little more sedated. The next, flick the aeronautical style toggle up to confine yourself in its raw audacity and the soundtrack to your drive becomes the throaty belly of the 5 litre horse-driven engine. A provisional soundtrack to the 5 mile road, hair pin bends of Corbiere and traffic light disturbances of St.Helier afternoon driving. These driving modes make it such a versatile car to be enjoyed in all of Jersey.

Finishing off the last of our details, the heart and soul of the Mustang is what makes it unique. It's alive and proud, persuasive, and a presence you can't ignore. But if you're on a Jersey road you cannot be sure what lies around the corner, thankfully the Brembo brakes are phenomenal. They're there to allow you to truly enjoy the car with the confidence to drive it how you want. There's no point having a car with so much power you

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**“It’s alive and proud, persuasive, and a presence you can’t ignore.”**

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can't use it, but the Mustang allows you to enjoy every penny.

Loaded with up-to-date technology, performance, style, classic yet refined and so aerodynamically beautiful that it would put a shark to shame, the Mustang has it all. It is a car so unexpectedly suited to Jersey its not an easy option to come across when thinking of a new car to purchase but in every way is so primed for Jersey life, where we can only drive up to 40mph and still want to have fun.

At less than half the price of alternatives on the island, this car is affordable.

Costing approximately £37,000 for the GT 5.0 Litre coupe (depending on transmission and additional features) you only have to compare it to the price of something like an Aston - £80,000 - to see this car has everything going for it. If you want to test drive it for yourself, give Trust Ford a call and see what we mean. Driving mode - Race.

**Trust Ford, Victoria Avenue  
01534 636650**



# RALLY, RALLY, GOOD!

*The annual pilgrimage for lovers of cars, driving, cryptic questions and great company, also known as the Galleryrally, took place at the end of September. 30 intrepid explorers, in 15 cars, supported by two cluemasters and their plucky marshals began their trip down to San Sebastián on Wednesday 28 September. This years trip saw teams pit their wits against a new cluemaster and cluemistress, Phil and Emma Balderson who took on planning this year's route and the questions that guided competitors to their hotels each night and finally saw them arrive in San Sebastián in time for dinner on Saturday 2 October.*

This was my second rally, but my first as a competitor and once again it was some of the most entertaining time I have spent in the last 12 months, in fact since the rally in 2015. Now this either says something about my life, or it demonstrates just how awesome this trip is.

As I said, this was my first time as a competitor of the rally and honestly, I wasn't expecting much. My companion, Emma and I were assuming we'd spend most of the trip competing for last place, how wrong were we. In fact on the penultimate day of the rally we were actually in first place, that's right first!! Sadly it wasn't our year and we got beaten by worthy winners (it's all lies, we're

still gutted) Brexit the Building made up of Simon Webster and Graham Buckle.

For those of you who may not have heard of the Galleryrally allow me to give you an overview of how it works. As a participant all you know before you leave the island is where you're aiming for, in this case San Sebastián, but that's it you know nothing else. Then each morning you are given a series of cryptic clues and the name and address of the hotel you're staying in that evening. Each clue has two parts. The first tells you where you're going, this can be as simple as an anagram or more cryptic and the second part will be something you'll need to find the answer to when you arrive

at your destination, this will usually be equally as cryptic.

These two elements mean that you're not going to just jump off the ferry in St Malo and race down to your final destination in one stretch. Instead it takes you three days and nights to get to the final stop. The clues will see you stopping off in some of the most beautiful villages on the way, seeing sights and sites you'll have previously driven past. There is always plenty of time to stop off for a nice lunch too. This year there was also a curfew on arriving back at the hotel and a further challenge when we got back, which meant more time with your fell. These included



an epic plank off and a precision driving challenge, neither of which we won, but all of which we enjoyed.

The marshals are on hand to help you if you're really stuck and on the whole the other competitors are also keen to ensure you don't end up at the wrong place too, although some of the more wiley members may try and throw you a red herring occasionally (not mentioning any names... Barnes brothers). In fact one thing I got to appreciate this year is just how much camaraderie there is amongst the ranks of those participating. We had a real mix of old hands and newbies who all mucked in to make sure everyone enjoyed their time away.

This year there were a few additional elements to mix things up a little too. Some excellent social media challenges allowed valuable points to be vied for, check out #galleryrally on Instagram and you'll be able to see some of the more entertaining ones although I think the naked yoga poses have been removed now. There was also a daily geocache, the retrieving of which

always eluded us but gained those that found it valuable points.

Whilst we may not have been crowned the overall winners of this years Galleryrally Emma and I had the most incredible time and were so grateful to everyone that helped to make our experience totally

***“We appreciate that to those that may not have heard of the rally that it just seems like a bunch of people in fancy cars heading off on a jolly and of course there is an element of that, but it each year the Galleryrally raises valuable money for local charities too.”***

unforgettable and tried to keep us at the top of the leader board. It's testament to how good a trip has been when at one point you have to Google and see if you can actually die from laughing so hard #ifyouknowyouknow

We appreciate that to those that may not have heard of the Galleryrally that it just seems like a bunch of people in fancy cars heading off on a jolly and of course there is an element of that, but each year the Galleryrally also raises valuable money for local charities. This year saw funds being shared between Jersev Hospice and the

Silkworth Lodge, the final sum is yet to be totted up but it will be at least £7,500 split between the two of them.

**If you'd like to take part in next years rally then sign up at [www.galleryrally.com](http://www.galleryrally.com)**

# uHACK

## Ever heard of a hackathon? Sounds scary, right? Don't worry, it's not that type of hacking.

Hackathons provide a venue for self-expression and creativity through technology. People with technical backgrounds come together over a set period of time, they can work on their own or form teams to work around a problem or idea, and collaboratively code a unique solution from scratch - these generally take shape in the form of websites, mobile apps, and robots.

One such hackathon took place here in Jersey last month. uHack is the brainchild of 18 year old Benedict Lewis who now has his own startup company, it's Jersey's only youth hackathon, organised by students, for students. This was the second event, with a third currently being organised for early 2017, if you'd like to find out when it'll be then check out the [uhack.uk](http://uhack.uk) website for details.

Benedict explained "We've had 140+ people take part across both events, with representation from every secondary school on the island. Each year, a judging panel of industry experts vote on the projects. This year included Deputy Rod Bryans and previously we've had Aaron Chatterley ([feelunique.com](http://feelunique.com)) amongst others."

uHack took place at the Digital Hub. It started at 4pm and competitors worked through the night until 11.30am, the submission deadline. They then had to make their final presentations in front of their peers and the judging panel. The event finished at 1pm, when we imagine everyone retired to their beds to recover from the lack of sleep.

The winner of this year's uHack was 11 year old Beaulieu student Greta Chapman. She only just started coding this year, thanks to the recent change in Jersey and the UK that has seen the reintroduction of computer science as a compulsory element of the curriculum.

She explained "I found the task quite difficult at times, I was hitting hurdles along the way the way that took a long time to solve, particularly in the early hours of the morning." Her idea was simple, as many of the good ones are. She programmed a BBC MicroBit device to display a very simple version of the classic PacMan game. For those of you that don't know, us included, the BBC MicroBit is a small, portable device which was given to millions of UK and Jersey schools if they applied for them last year. It is a deceptively simple device that gives anyone the ability to start coding with very little background in coding.

Greta said "I found working through the night the most difficult part of the project". She decided to work on her own because she had never completed a project like this before and didn't know her own limitations. She ran into many obstacles along the way but the feeling she got from overcoming them was worth the frustration before it. Preparing a presentation in front of various experts she had never seen before as well as the crowd of fellow students from around the island, all older than her, was extremely daunting, let's not forget she is only 11 years old!



Greta got through the presentation and felt a huge sense of relief when it was all over but had enjoyed it. She said “all the other ideas were great and I was utterly shocked when my name was revealed as the overall winner, I just didn’t believe I was going to win, it was just fun and wasn’t expecting anything”. Her mum attended the presentations and was overcome with emotion and awe at her daughter’s accomplishment.

Her teacher at Beaulieu said that there were many worthy winners and it came down to who could present their idea and convey their message most effectively in the end, “I think Greta has shown that no matter your age or gender IT is within the reach of everyone that has an interest, she has learnt a great deal from the experience and it’s something we mark in the diary as a must do event each year now”.

Following closely behind Greta was the two man team of Jacob Laity and Harry Baldwin, two 12 year old Victoria College students. They worked on an ambitious project to create a very useful Jersey Parking App.

From the outset the boys knew that they wanted to involve an Apple Watch component, so that drivers would not have to look at their phone and break the law, wise boys! To start with they just wanted to get the App working and it proved as difficult as the expected. They know that a good number of Jersey car parks register how many spaces there are at any time and this data is freely available online. They accessed the live data from a phone to display the free spaces, simple but challenging. Like Greta the frustrating lows were eclipsed by the joy of solving errors and the many challenges they faced. They wrote the App using Apple’s own Xcode, a challenging task for anyone never mind two



Year 8 students, all that saw the project were impressed at the audaciousness.

Despite many last minute issues that threatened to cripple the project they came through and in less than 24hrs programmed, tested and succeeded in their goal. They have decided to continue with the project and recently added the Apple Watch App to the project with much pride felt when the Watch said Minden was full and their sign concurred.



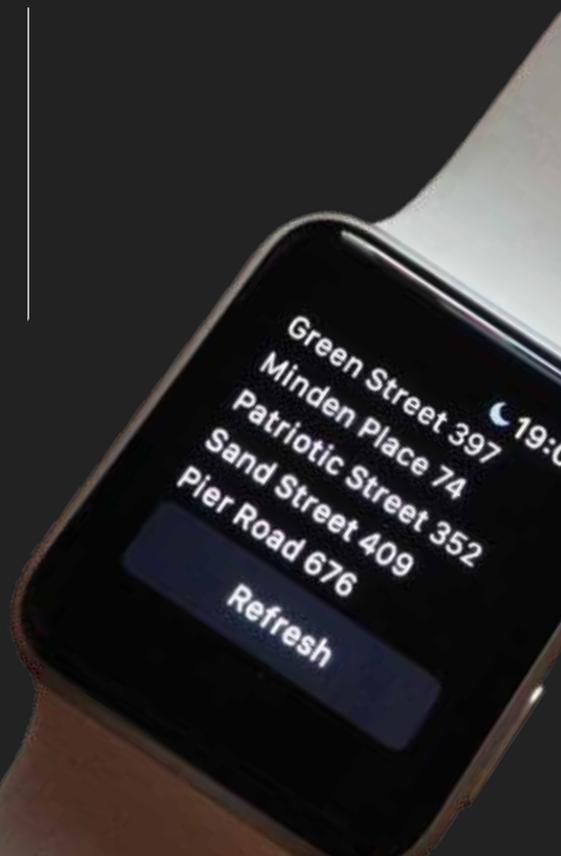
**“THEY WORKED ON AN AMBITIOUS PROJECT TO CREATE A VERY USEFUL JERSEY PARKING APP.**

**FROM THE OUTSET THE BOYS KNEW THAT THEY WANTED TO INVOLVE AN APPLE WATCH COMPONENT, SO THAT DRIVERS WOULD NOT HAVE TO LOOK AT THEIR PHONE AND BREAK THE LAW, WISE BOYS!”**

I think there are a great many of us who hope that this useful App will see the light of day, with the determination already shown by these two it’s more than likely that it will.

With our minds already blown by what these bright young things had achieved we wanted to know if you can teach an old dog new tricks and Benedict assures us that “You’re definitely never too old to learn to code. Programming is very much a self-taught subject, which simply requires dedication and practice. There are countless resources online to guide you from building your first program (knowr your ‘Hello World’) to launching your f commercial program.”

**For more information visit [www](http://www)**



# GADGETS FOR GUYS

(SELECTED BY A GIRL)

WORDS Sara Felton

**In a slightly unusual twist to this month's gadgets feature I, a woman, am writing it. There's more than one reason for this, but it's mainly due to the demanding scholarly schedule of our previous writer resulting in him having to resign his post and concentrate on passing his degree.**

So, not one to shy away from a challenge I agreed to take on the gadgets section for this our manly issue. I'm already worried that I've got pretty big shoes to fill as Taylor's take on the gadget world has always been one I've enjoyed reading. But I'm going to try

my best and I quite liked the idea of sourcing manly gadgets and writing about them from a female perspective, although it's more likely that I'll choose things that are completely impractical and out of the realm of acceptability, so here goes...



## X15 Flamethrower

The X15 flamethrower is a personal, consumer flamethrower that exists purely because of course it does, what else do you need to know? Ok I'm guessing that isn't a good start so instead I'll talk you through the technical spec; well it claims to shoot about 50 feet of flame and holds 3.3 gallons of fuel. X-Matter also offers a napalm mix, no really they do!

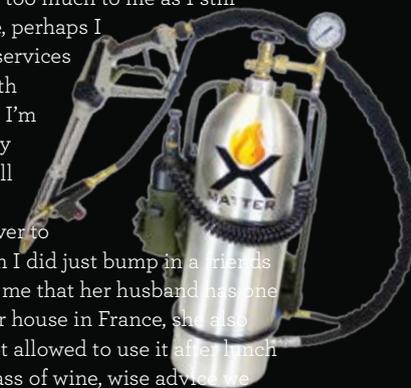
The Flamethrower system is rated up to 4000 psi, or roughly 4 times the standard

operating pressure. Each unit is individually hydro tested and field tested prior to shipment, and arrives fully assembled and ready to fire its dragon's breath out of the box. X15 packages include extra tips to adjust range and burn rate, they also come in a variety of different colours.

Are flamethrowers legal, well to be honest I'm not 100% sure, but I do know there are only two states in the US where there is legislation to restrict the use of them, so that's a start and anyway why should

legality ever stand in the way of a real cool piece of kit?! Yes ok, I'm joking, we would recommend that you check out whether or not you can import one of these before you invest.

I'm truly not certain what you'd use this for here in Jersey, beyond the obliterating of agricultural wasteland, but that doesn't seem to matter too much to me as I still really want one, perhaps I could hire my services out to those with unruly foliage. I'm also not entirely convinced you'll be able to get these posted over to Jersey, but then I did just bump in a friend's Mum who told me that her husband has one of these at their house in France, she also told me he's not allowed to use it after lunch if he's had a glass of wine, wise advice I think you'll agree...



**The X15 Flamethrower is available to purchase online at [www.throwflame.com](http://www.throwflame.com) for the bargain price of \$1,599.00.**



## Rollei musicbox X-9 BT

The Rollei X-9 is not a funky little stereo Bluetooth speaker for your iPad. This clever speaker quickly turns your iPad into a sound system and also holds it up whilst doing so. It's obviously a good option for traveling as it supports wireless music streaming from any Bluetooth source and apparently the integrated DSP suppresses echoes and noise, thereby improving the quality of the sound. Can someone explain to me what that means? Anyway its elegantly design with high-gloss finish. It has a 10 metre range and you get up to 240 minutes use per charge, plenty of time to get on down to some funky tunes, or even watch a video without the need for headphones.

**It's a bargain too, so would make a great gift for Christmas. This one is available from the Tech Store (formerly Phone Doctor) for £35.**



### Polyscience smoking gun

So perhaps you're not going to be able to justify either the price tag or the sheer impracticalities and dubious legality offered to you by the X15 flamethrower, but still like the idea of having something similar in your life. Well look no further than the Polyscience smoking gun. This cheeky little kitchen gadget is all smoke without fire, so is in actual fact the polar opposite of the flamethrower but who am I to stand in the way of a tenuous link.

The Polyscience Smoking Gun is designed to quickly infuse meats, poultry, fish, vegetables and other foods with smoky aromas and flavours without the need to smoke them for hours. The goal of using this dinky handheld smoker is to finish your already cooked food with a little hit of smoke. But you don't have to smoke only cooked food, you can also smoke cocktails (Bloody Mary's for example) or even salt. Your selection of combustibles including various types of wood chips, teas, herbs, spices and even hay and dried flowers you're only limited by your imagination.

The durable, hand-held Smoking Gun operates on just four AA batteries (these are included in the box) allowing you to experiment and create signature culinary creations at extremely low cost per serving, or that's what they spiel says anyway. Obviously in an ideal world this would be mains powered, but I'm guessing naked flames and electricity don't mix, but what would I know I'm only a woman! You simply fill the Smoking Gun chamber with your choice of combustible, turn it on, light with a match or lighter and apply the smoke where you want it and hey presto you've all manner of smoky goodies at your fingertips.

I loved the idea of this gadget so much that I ordered one from Amazon for my brothers birthday, hopefully he'll be in receipt of it by the time this month's issue is printed, if not SURPRISE BRO, I hope you like it!

**Available online at Amazon for £59.95 but then of course they deduct the VAT, winner.**



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### GoPro Hero 5 Black

So a GoPro isn't something I've ever felt the need to own, but I appreciate that this isn't all about me, and I am reliably informed by those who have a higher geek'ometer than me that this is the one to buy if you haven't had one before. The Hero5 Black has the same rectangular shape as its predecessors, but there are some big physical changes. It's now waterproof to 33 feet without a case, which is obviously a plus point for those using the camera to capture their daredevil pursuits or, if like me, you're super clumsy and constantly dropping things like your phone in water. Another change: the touchscreen. The 2-inch diagonal panel is big and responsive, and the menu system is easy to understand. Make sure you remember to lock the screen before you take it in the water, though, as water drops can cause accidental settings changes.

This is the first GoPro to offer voice controls, although rumour is that they're not completely perfect they are launching a tiny remote control with a mic that clips to your collar that should improve audio pickup. It also has other fancy things like GPS, so you can track where you took your pics and also improved image quality and other stuff too.

Obviously there are allsorts of other great things about the Hero 5 Black you're likely to want to know, but all in all this sounds like a rather tasty bit of kit especially if you are already a fan of the GoPro brand. When I interviewed chef Mark Jordan this month to talk about his love for all things RC this was the gadget on his wish list, so that's what made me look into it. Bonus is that you can pop in to iQ and buy it locally too, so no need to wait for the postman to arrive.

**Available from iQ £325 inc GST.**

### PizzaBoss

Ok, so this one isn't exactly the coolest gadget on the market, it's more of a novelty but it was one of the top hits on Google when I entered in my 'most manly gadgets on the market' search, so I decided to include it.

The marketing blurb claims the Pizza Boss 300 is "Great for pizza parties, this slicer is sure to get a round of laughs from everyone." and with a bold claim like that surely it's worth investing in, if for no other reason you can amuse your friends when you look like a carpenter showing the pizza who's boss? Or perhaps you know a carpenter who'd love one as a gift for Christmas? Well if you do then you'll be happy to know it's built from tough, engineering-grade plastics with a laser-etched stainless-steel blade and the cutter has a removable shield for easy clean up, it's dishwasher safe and comes packaged in a clear plastic gift box. Fancy!



**£11.99 from online retailers**



Gadget lovers haven't soon to open!

**iQ is the one stop shop for all your Apple requirements and they pride themselves on being the experts when it comes to providing the right services and advice to match their fantastic products.**

Since iQ first opened in 2004, they have always made room on their shelves for anything that adds a new dimension to the way you use your Apple devices and their range of third party products is ever-growing.

The global success of Apple products has sparked an innovative rise in the development of third party gadgets, accessories, software, speakers, storage solutions and much more. They wanted to go even further to nurture and expand their collection and emphasise the importance of accessories to suit any business and lifestyle.

Just around the corner from their Beresford Street store, you'll find all the exciting extras you could ever need for your Mac, iPhone, iPad, Apple Watch and more in the shape of the brand new iQ Mini store. Whether you're after a gift for the technophile in your life, or simply to freshen up your look with a new iPhone case, you'll find what you're looking for at 26 Halkett Street.

iQ Mini is the cheeky younger sister to the more serious older brother that is iQ. The interior is funky and fun but with the same great service and friendly experts on hand with the very best advice. This dedicated accessories shop will have a wider range of cases, headphones and speakers as well as smart home automation and a whole host of other accessories.

**They're excited to open their doors and show you around, but in the meantime you can keep up to date with the latest goings on by following them on Instagram and Twitter @iQmini**

## PHONE HOME



MEGAN'S  
TOP TIP FROM  
AIRTEL-VODAFONE



## Power to the People

*As always, the launch of the latest iPhone has been a long time coming but it has certainly been worth the wait.*

The iPhone 7 and 7 Plus represent a big step forward from their predecessors, not least because they're powered by the A10 Fusion chip which Apple claims is the most powerful to ever fuel a smartphone, twice as fast as the iPhone 6.

Of course, more processing power needs more energy to keep on going and that's exactly what the iPhone 7 gives you. The battery keeps on going for longer than the iPhone 6, making for more time between charges, even with a screen that is 25% brighter.

Combine a brighter screen with superb camera technology and you begin to

understand Apple's main selling point for the phone – its cameras. The 7MP front camera might well be the best 'selfie' camera available. On the back, the main camera comes in at 12MP for the iPhone 7 but the 7 Plus comes equipped with a dual camera system that offers you greater telephoto options, making for crisper, more accomplished zoom images.

Apple has also taken an important step forward by engineering the iPhone 7 series to be water and dust resistant to IP67 standards, making the 7 far more robust than all of the previous models.

*There's no doubt that iPhone 7 and 7 Plus are among the best smartphones on the market, so head into the Sure Store and check them out today.*

## How much data does Facebook use?

Facebook can use a surprisingly large amount of data – up to 1MB-3MB per minute depending on what you are browsing. The average Facebook user spends over eight hours online each month which can add up to 1GB of data used per month on Facebook alone.

***A good trick to limit the amount of data Facebook consumes is to turn off video autoplay:***

*Open Facebook Settings > Account Settings > Videos and Photos > Autoplay > choose On Wi-Fi connections Only or Never Autoplay Videos.*

*For more top tips on managing your data see our Ultimate Data Guide at [airtel-vodafone.com/data](http://airtel-vodafone.com/data).*



## The best Sony yet!

*Airtel-Vodafone's Marketing Officer, Faith Joyce, reviews the Sony Xperia XZ.*

I've been a Sony fan since the old Sony Ericsson days, and over the years I have yet to see any quality shortfall, with the new Xperia XZ easily matching today's top handsets for quality and style.

The XZ is one of the fastest and most stable Android devices on the market, with a premium design and a vivid 5.2-inch full HD 1080p screen. The whopping 23MP rear camera is an added bonus, producing crisp photos and videos using predictive auto-focus.

Using the new Stamina battery-saving mode, my battery lasted for nearly two full days of general use, an amazing achievement in this daily-charge world! But my favourite innovation by far is having the fingerprint scanner on the right-hand side of the phone, although this could be a bit awkward if you're a leftie. The XZ is also water and dust-resistant which is great in avoiding potential phone-ruining disasters.

Overall, if you're looking for a premium quality phone with a long lifetime then look no further.

*Available in black and deep pink 32GB, with prices starting from only £28.90 per month, on the Power 125 plan. Pop in-store for more details. Price correct at time of going to print.*



## STRIKING THE CHORDZ

*Do you appreciate good music? Are you a fan of great coffee? Then Chordz are a music and coffee lovers dream combination. They are both a contemporary music school and a coffee house based at West Centre, offering excellent musical tuition, food and drinks to their legions of customers. On the musical side Chordz offer the highest level of tuition in the Channel Islands, providing lessons in electric/ acoustic guitar, piano/keyboard, drums/ percussion, vocals, bass and ukulele.*

If you're looking for an exciting and challenging new hobby then why not consider investigating their courses, you can either sign up for a 1:1 lesson with any of the talented instructors or why not consider joining in with their new evening adult group classes, that take place in the coffee house on the ground floor. Perhaps you're thinking ahead and planning your Christmas gifts, if so then Chordz offer gift vouchers to suit your budget, just pop along and ask for more information.

It isn't just about the adults either as four times a year Chordz hold a Rock School for children under 18. The next one starts on December 19 with a live final performance on 23 December, where friends and family can come and see how far you've come. Interested kids will need to have a basic level of experience in performing either an instrument or vocals.

If you just want to head to Chordz to kick back and people watch whilst sipping on a coffee, juice or nibble on any number of delicacies available at the Coffee House, then that's ok too!

# Jack & the Beanstalk

**It's behind you! OK, so maybe not but if you've got kids or have ever felt even the slightest inclination toward acting or amateur dramatics, you'll have heard of the Jersey Green Room Club. The organisation has been putting on shows in Jersey since 1909 and this year turn their attention for their Christmas Panto to a very Jersey Bean appropriate show; Jack and the Beanstalk.**

The performance has been written and directed by Paul Adams (Drama Lab), assisted by his wife and fellow Drama Lab Director, Pippa. The couple are both professional actors with years of pro pantos under their belt who want to give the island a more commercial show, the sort that is more prevalent 'on the mainland'. They're working hard on getting the show set for the season and also learning lines as both Pippa and Paul are also in the show.

The team have carefully assembled their cast, picking a strong vocal team to compliment the characters of the show and belt out musical numbers from a variety of genres. The dancing chorus has been chosen from open auditions, with all the dance schools having tried out. This format was tried and tested when Pippa directed Cinderella for the club two years ago and the atmosphere between all the dancers from different schools was 'electric back stage and on stage as they all bonded and became a huge family'. Dance Lab and Mini Lab have provided the tiny tots and dancers range in age from 3 to 20 years old.

The choreographer is the Principle of Dance Lab, Jarn-Marie Couley and the Musical Director is Tim Evans. In addition to 34 dancers in the chorus, the show also features a huge beanstalk, a ten foot giant, a 'daisy the cow' who has previously been used in panto with Cannon and Ball. It's the time of year for it so do something different and take in this fabulously warm pantomime that's set to be bright vibrant, funny & entertaining.

Jack and the Beanstalk shows at the Jersey Opera House from 23rd December 2016 to 7th January 2017. Tickets are available now from the Opera House.

# NOVEMBER MUSIC & NIGHTLIFE: WHAT'S ON...



## Sundays at Ce Coir Present: PAUL LORRAINE

Support: Ben Newman & Sorin Simon  
**SUNDAY 6 NOVEMBER**  
@ CE SOIR

Sundays at Ce Soir are beginning to gain notoriety, due in part to their no nonsense music policy of underground house and techno, week in, week out, and the free spirited attitude of the Sunday crowd. For their first international guest appearance on a Sunday they welcome Paul Lorraine, the head of Barcelona-based Rhythm Cult records, which is home to the likes of Barem, Portable, Funk d'Void and many more.

Tickets: FOC // Ce Soir // 18+ // R.O.A.R // Photographic ID



## Vanguard DNB Present: LONDON ELEKTRICITY FEAT. LOWQUI MC

Support: Terminal State, Romano & DJ Pranksta

**SATURDAY 12 NOVEMBER**  
@ ROJO

VANGUARD DNB presents "LEGEND SESSIONS" Part II so it's about that time for a big DNB party on a Saturday night in St. Helier, Vanguard DNB pushing the scene forward since the start....The legend himself the man that has brought to you such acts as Netsky, High Contrast, Camo & Krooked, Fred V & Grafix, Nu Tone, Logistics, Metrix etc to name but a few. London Elektriccity the man behind Hospital Records, Hospitality and Hospital in the Park performs for the first time at Rojo alongside Lowqui MC

Tickets: Eventbrite // Rojo // 18+ // R.O.A.R // Photographic ID



## Together Parties & Iconic Present: TOGETHERNESS MARK KNIGHT

Support: Craig Alder & Simon Gasston  
**SATURDAY 12 NOVEMBER**  
@ THE ROYAL YACHT HOTEL

As the nights draw in, summer parties give way to cozy winter events and once again these guys pull out all the stops to transform the Royal Yacht's upper levels into a one off venue to welcome a DJ of note. In a world where music is often limited to genre handles and buzz sounds, mark knight has proven a rare and wonderful breed of integral house heavyweight. With a career spanning more than a decade and a solid reputation on both the digital market and dance floors across the globe, the GRAMMY-nominated DJ/producer has never rested on the laurels of being a banging good DJ.

Tickets: FOC // The Royal Yacht Hotel // 18+ // R.O.A.R // Photographic ID



## Firethorn Productions Present: "GHOST TOWN TO STRANGE TOWN", AN AUDIENCE WITH RICK BUCKLER & NEVILLE STAPLE

Support: DJ Nelson  
**THURSDAY 17 NOVEMBER**  
@ THE ROYAL YACHT HOTEL

For the first time, two guys from two legendary bands, on the same stage, talking about their lives, loves and being part of the bands that had a massive impact and influence on the music industry and its culture. An evening shared with two of the greats (we couldn't find a picture of the two of them together, sorry) from UK music history. Plus, of course, all the tracks you would expect played from both The Specials and The Jam.

Tickets: £15 on the door // 6pm // The Royal Yacht Hotel // 14+ but under 16's Must be accompanied by an adult



## Clique Present: TOM FINDLAY (GROOVE ARMADA)

Support: Carl Scott, Carl McConnell & Pete de Momme

**SATURDAY 26 NOVEMBER**  
@ ROJO

Clique finish off their 11th year and 2016 with their trademark style and substance as the present Tom Findlay of Groove Armada for an exclusive DJ set. Throughout his two decades of global success at the forefront of the dance scene Tom has remained as comfortable in sweat soaked basements as he is on the big stage. Don't miss this chance to see him in one of the most environment at Rojo and get your tickets fast as this event will surely sell out in advance!

Tickets: Eventbrite // Rojo // 18+ // R.O.A.R // Photographic ID

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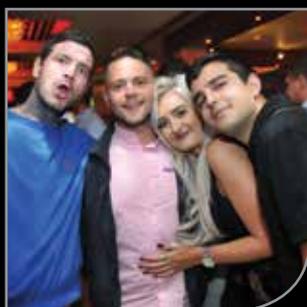
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### Food for thought:



Appetite began when we couldn't find a local restaurant guide that would tell us when all our favourite places were open, and what was on the menu. So we decided to write one ourselves.

The eighth edition of Appetite is out now and has all the key features you love about your food annual - easy to navigate sections, samples menus and clear contact details as well as a few extra tasty tidbits like interviews, features and special offers and giveaways for Appetite readers.

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