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139
the EAT issue



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

WHO DOES THIS?

SALES / ACCOUNT DIRECTOR

Ceri Baker
DD: 870082
M: 07797 744345
ceri@gallery.je

DESIGN DIRECTOR

Russ Atkinson
DD: 870268
russ@gallery.je

EDITORIAL CO-ORDINATOR

Sara Felton
sara@gallery.je

DISTRIBUTION

DD: 832072
distro@gallery.je

ACCOUNTS

DD: 870237
accounts@gallery.je

PUBLISHER

Ben Davies
DD: 870185
ben@gallery.je

*Other contacts are on the
contributors page*

Entertain us with jokes, ideas, videos of cats and boots to...

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



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factory

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St Helier
Jersey
JE2 4WR

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#139

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Do you own a Jamie Oliver Cookbook? Does a member of your family? Of course. It's all his fault you see. First there was Larousse Gastronomique. Then there were the Delia Smith and Keith Floyd eras and then there was Oliver. He was our generation's first 'likely lad that liked to cook'. Sure, I have one on the shelf. He's the Heinz beans of cookery books. Despite not reading his first book until he was 38 due to his dyslexia, he's now managed to write over 20.

More recently he's passed the torch on to a protégé of sorts, Anna Jones, who has now taken on the mantle - but with a vegetarian edge. Her bestselling book 'A modern way to eat' sits on the pile above Gwyneth Paltrow and Thug Kitchen in our house these days. All are focused on a veggie or vegan led approach to cooking. I'm not die hard but it's definitely the way my diet has been going over the last few years. Vegetarianism isn't an new idea. In fact, humans have been doing it since they had to fight for veg with a diplodocus but it seems there has been a resurgence. Being outed as a vegan is about as cool as being a Crossfitter, but I'm not ashamed to say I've dabbled. I took a year off meat and dairy to give it a try. Conclusion? It's good for you. Fact. Not only is eating less meat and dairy going to keep you out of the 60% of society that's overweight but it's going to help your kids have a planet to use. Which is nice.

It's an area Josh looks at this month as part of our 'eat' theme (pg22). I, like him, have Netflix to blame for the slightly more conscious approach to my diet and its impact on the planet and our species in general. It started with 'Cowspiracy' and went from there for me. I can't resist a food related horror series these days. It does make a change to the more terrestrial focused cooking shows. Noel Fielding presenting Bake Off? Really? Our resident satirist, Grant, takes a look at how terrestrial food shows could be improved in the future (pg18). Thanks to a couple of brilliant local producers, we had our very own bake off for this issue. You can see the fruits of their labour on page 80 and on our cover too.

We took our model to Beaumont Home Centre this month to mix shiny rings with cake tins. (pg62) and as the 'petit fours' of this edition, Rebecca implores you to play with your food; do you fancy firing mustard at the things you take off the barbeque this year? You'll need a condiment gun. See that and other foodie gadgets on page 133.

If you're still hungry, pick up a copy of our new edition of Appetite, Jersey's foodie annual. It's out later this month in all good outlets and packed with the latest in local eating. Keep it to hand for next time you get hungry.

BD



gallery

#139

[EAT]

EDITORIAL CONTRIBUTORS

Sara Felton
Grant Runyon
Abigail Ali
Ria Wolstenholme
Hannah Carolan
Rebecca Evans

Josh Pattinson
Russ Atkinson

PHOTOGRAPHERS

Danny Evans
Jason Dodd

ILLUSTRATORS

Ryan Thomas
Roanna Farmer

DISTRIBUTION

distro

832072

delivery@gallery.je

EVENTS

paparazzi
gallery

811100

shot@paparazzi.je

CHIT CHAT

811100

hi@gallery.je

DISCO HIRE

gallery
silent disco

870257

disco@gallery.je

ACCOUNTS

or all accounts
enquires please call

832072

accounts@factory.je

CONTRIBUTE

CONTRIBUTE@GALLERY.JE

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

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FEATURES@GALLERY.JE

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

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The background image shows the interior of a small, rustic wooden cabin. The walls and ceiling are made of light-colored vertical wooden planks. In the center, a black wood-burning stove sits on a raised wooden platform, with a tall black chimney pipe extending to the ceiling. A fire is burning in the stove's glass-fronted door. To the left, there is a wooden countertop on a light green cabinet, with a sink and a curved faucet. Above the sink, three small orange and white containers are hanging on the wall. To the right, a light green door is slightly ajar, revealing a glimpse of the outside. A wicker basket filled with firewood sits on the floor near the door. The floor is made of light-colored wooden planks.

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ON THIS APRIL... IN JERSEY



STREET FOOD THURSDAYS

6 APRIL & EVERY THURSDAY

St Helier

Street food vans will once again be found dotted around St Helier. With plenty of delicious flavours to excite the taste buds, choices range from Vietnamese to cupcakes, Mexican to gluten free and vegetarian dishes. Why not combine al fresco dining with late night shopping as many shops in the town centre are open until 7pm on Thursdays.

NATURE DETECTIVES DAY

14 APRIL 1030AM

Jersey Zoo

Meet the team at Jersey Zoo and hear about their incredible international projects. Investigate fascinating artefacts and solve conservation conundrums. Collect an activity sheet and discover the detail of Durrell. Recommended for children 6+. The activities are free with zoo admission.

LOVE YOUR CASTLE

9 APRIL 1030AM

Elizabeth Castle

Have a day out on Jersey Heritage and discover one of the island's Iconic castles for free. There will be food, drink, music and entertainment for all the family. The event is free for everyone, but donations to the Elizabeth Castle restoration project are welcome. Your journey will start with a walk out to the castle from the slipway. Please note that the Castle Ferry is restricted to disabled access and babes in arms.



GEOCACHING FOR MUGGLES

13, 20 & 27 APRIL 10AM

Grouville

Join Yvonne Mundy, a local expert, for a pre-Geocache talk, especially designed for 'Muggles' (non-Geocachers), before you head off to discover your own hidden treasures. So, if you love treasure hunting and have always wanted to give Geocaching a go, head along and hear how to get started in the fantastic real-world, outdoor activity, using GPS-enabled devices (like your smart phone). Email geocachingjersey@gmail.com to book your spot.

EASTER FAMILY FUN DAY

15 APRIL 10AM

West's Centre

A day of fun and activities, including paper cutting workshops with the Paper Talks artists, face painting, cupcakes and more! With entertainment throughout from local choirs and a magic show at 2pm. The Easter bonnet parade leaves Charing Cross at 12 noon. Led by the Jersey Pipe Band and joined by many fun characters and the Easter Bunny. A prize will be awarded for the best bonnet at the end of the parade.



JERSEY REDS V RICHMOND

15 APRIL 1PM

St Peter Rugby Club

The final weekend of league action in the 2016/17 Greene King IPA Championship, with Jersey Reds looking to complete a double having won 16-41 at the Richmond Athletic Ground back in September. A significant number of visiting supporters are expected to make an Easter Tour to Jersey, including the Richmond Heavies side who will play a match against their veteran counterparts Jersey Wanderers.



'GENUINE JERSEY' MARKET

22 APRIL 0900AM

The Royal Square

This regular artisans' market will see plenty of local wares on display, including goods from producers and craft workers. All goods sold by Genuine Jersey Members have been crafted, brewed, baked or processed by the stallholder, so come along and soak up the atmosphere while celebrating Jersey's finest.



BARCLAYS JERSEY BOAT SHOW

29 APRIL - 1 MAY

St Helier Marina

The 3-day show takes place in and around St Helier Marina and adjacent Weighbridge Place. Featuring power and sail, side by side, it also offers a variety of Jersey lifestyle features as well as activities both on and off the water, food, entertainment on the Main Stage, free access to the pontoons and visiting Royal Navy vessels.



JERSEY FESTIVAL CHOIR'S SPRING CONCERT

29 APRIL AT 7:30PM

St Helier Methodist Centre.

This spring concert brought to you by the Jersey Festival Choir promises to bring a smile to the faces of any music lovers. Bringing together both the JFC and Musical Originals Training Choir performing "Mass of the Children" with guest vocal soloists, together with an orchestra and all conducted by David Lawrence and many more.

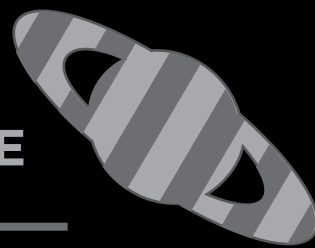
NORTH 2 SOUTH CHARITY WALK

30 APRIL

North Coast

Help to raise money for Diabetes Jersey starting on the North coast and snaking eight miles, mostly through Green Lanes and beautiful countryside, to the Gorey Coast Road Car Park, Grouville. Free Tantivy coaches will be available for walkers visit www.diabetesjersey.com Price: £10 registration, plus sponsorship - Registration can be done on the day (£20).

ELSEWHERE



BYRON BAY BLUESFEST

13-17 APRIL, 2017

TYAGARAH, NEW SOUTH WALES, AUSTRALIA

It took Australia a couple of decades to catch up with the rest of the world when it comes to music festivals, but this is now considered one of the best on the planet. Started as the East Coast International Blues and Roots Music Festival in 1990, Byron Bay Bluesfest has blossomed into an old-school favorite of music festival aficionados around the world. The mix of blues, soul, folk and rock plus the eclectic crowd that can include three generations from one family give the event an unpretentious, friendly vibe.

WWW.BLUESFEST.COM.AU

COACHELLA

14-16 APRIL, 2017

INDIO, CALIFORNIA

The polo fields of nondescript Indio in the Southern California desert transform each spring into one of the world's most sought-after musical playgrounds when The Coachella Valley Music and Arts Festival comes to town. The main draw has always been Coachella's pull as a music festival, with a diverse lineup ranging from the hip-and-up-and-coming to the absolute monsters of rock. Today, this hot festival has become a monster of its own, typically described as just "Coachella."

WWW.COACHELLA.COM

WORLD MARBLES CHAMPIONSHIPS

14 APRIL, GOOD FRIDAY

THE GREYHOUND, TINSLEY GREEN, WEST SUSSEX

You probably played marbles as a kid but did your parents ever tell you that if you knuckled down and worked on your trolley's you could be a world champion? The championships are held each year in the car park of this West Sussex pub - the Wembley of marbles - when around 140 competitors vie for championship honours inside a 6ft concrete circle. It might sound like a lark but it's no gimmick; the championships have been held here since 1932 and attracts some serious competitors.

WWW.GREYHOUNDMARBLES.COM

BELTANE FIRE FESTIVAL

APRIL 30, 2017

EDINBURGH, UNITED KINGDOM

How many holidays, seasons and festivals have you celebrated by lighting a fire? We're not talking about the Yule Log on TV, but the real thing—bright, hot, passionate fire. Pack your bags for Edinburgh and learn about fire's role in the Beltane Fire Festival to welcome the longer days as we careen towards summer. The ancient festival of Beltane marked the beginning of summer, and was held on the night before May 1. Because the changing of the seasons was a big deal to the pastoral Celtic peoples, the start of summer meant a time of light and growth to come

WWW.BELTANE.ORG

NEWS IN NUMBERS

20

mph speed limit proposed for all roads inside St Helier's ring road

199

Cyclists counted by local environmental campaign group commuting to town past West Park during rush hour shows we're a community of keen cyclists

20

percent reduction in energy used by the hospital made over previous years' figures

1.3

million pound remote air traffic control system at Jersey airport will allow disruptions to be avoided in the event of the control tower being evacuated or technical failures

250

percent drop in viewing figures for £17,500 per year Jersey's 'States TV'

1

helicopter lands on Victoria Avenue to transport an emergency patient whilst airport is fogbound

24

million pound new Police HQ opens after over two years



MUSIC PLAYING, CROWDS GATHERING, FAMILIES
LAUGHING, TASTE BUDS BUZZING, FEET TAPPING, LIGHTS
FLASHING, BLOOD RUSHING, NECK TINGLING, HANDS
REACHING, BASS LIFTING, EMOTIONS HEIGHTENED.

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FOOD FASHION: THE NEXT TRENDS IN LOCAL FOOD

In a world of Instagram food brags, hashtag sandwiches and miracle berry suppositories it's easy to think of food fashions as being a contemporary phenomenon, but they have been around as long as any other fad, possibly longer if you consider we started being fussy about food when we were still butt-naked and living in a pile of sticks.

A high-protein diet is like a pair of flared jeans - the colours and materials may change but eventually it will be back in style, teenagers are going to be obsessed with it and you'll still look ridiculous if you're over 40 and try too hard to join in. Like flared jeans, I stopped being cool after the 90s, and looking back at my Thatcher-era childhood I've realised that the dominant food fad wasn't the sort of thing you'd probably expect (juicing, nouvelle cuisine, Spud-U-Like) but the specific variety of faux-Americanism that thrived in Jersey's family restaurant market. I grew fat on Coke floats at Waterfront Pizza and Central Park, scoffed pork benders at the Wimpy and remember the despair of my hippy parents when I blew all my pocket money on dubious hot dogs at the funfair. I thought the trend for clean eating and wheatgrass smoothies had killed off this style of restaurant for good outside planet takeaway, but the grease has floated back up in a new, hipper form. We've stopped flogging chicken in a star-spangled basket in favour of checked shirt hillbillies and rustic pulled pork BBQ, but Ole Zeke's Shoreditch BBQ is no more authentic to the deep south than Jason Statham doing an American accent, and a lot of artisan sourdough pizza is no closer to Italian food than the Waterfront's beloved Cicero.

Cutting edge: superfoods and sinner foods

Although BBQ meats go in and out of fashion, the most persistent food trend of the 80s is one that shows no sign of going anywhere, so if you want to get ahead of the curve all you need to do is arbitrarily start dividing everyday foodstuffs into good, bad and super food categories and build a half-baked philosophy around them. This always suited me because I'm fussy to the point of obsession and was happy to learn of equally picky people who ran arbitrary crusades against eggs, red meat and tasty, tasty fluoride. It doesn't matter what the offending food is, because in the 80s butter gave you cancer and now butter is okay to eat by the ounce whilst margarine is so deadly they are loading it into planes and dropping it on ISIS. Berries have been viewed like magic nutritional gems since I was in nappies, but eventually this luck has got to end and acai, goji and blue berry fruits will be seen as the dingleberries of the devil himself. Even some fundamental building blocks of our diet (wheat, carbohydrates) have fallen under suspicion, so you might as well throw

caution to the wind and open a fashionable restaurant where the inclusion of ingredients is vetted by a panel of angry toddlers.

Post-Brexit British cuisine

The most challenging new food fashion will arrive by necessity when the Brexit bun finally comes out of Theresa May's oven, and the French build a wall to stop us importing camembert and Bonne Maman apricot jam. If we evoke the Blitz Spirit and look on the bright side, this could trigger a resurgence of a style of cooking that was, again, very popular with fussy children with an innate distrust of green vegetables: good honest "pub grub" with "none of that fancy foreign stuff" a.k.a. sophisticated flavours or balanced nutrition. My parents were aghast at my love for the brown, meaty food offered by some other families - accompanied with boiled vegetables, excessive salt and a bowel movement frequency that synchronised with

but eventually Jersey caught up and we now have two restaurants serving sashimi, as well as at least three Thai eateries in every parish except St John, where lemongrass is banned in case the kids smoke it. The market is ready for a new Asian cuisine - but which one? Vietnamese street food is having a moment and benefits from a complex French influence, Malaysian food fuses Chinese and Indian traditions, and Filipino ingredients are bold, flavoursome and available in St Helier. However, Korean food is my personal favourite, and I also think that a restaurant could capitalise on anti-Trump sentiment by theming its restaurant around one of his greatest enemies - the brave, the beautiful, the oppressive: North Korea.

Korean food has the complex spices that Jersey people love in Chinese and Thai food, but uses them to create regionally distinctive dishes such as the sumptuously

"Eventually Jersey caught up and we now have two restaurants serving sashimi, as well as at least three Thai eateries in every parish except St John, where lemongrass is banned in case the kids smoke it."

episodes of Emmerdale. Allegedly this was true British grub, and probably the reason that most of our nation's successful chefs speak French. Nonetheless, we've already seen a couple of half-decent attempts to reinvent a less hideous British cuisine on the part of chefs like Jamie Oliver and Heston Blumenthal. Maybe an enforced isolation from Europe is the final push British cuisine needs - a ban on foie gras and carpaccio might compel creative cooks to spruce up our native Pukka pies and apple crumble into something that will earn Michelin stars and make the people of Europe jealous of us once again. Or, it might condemn a generation to a diet of brown stodge and grey meat, whilst fruit and veg are sold under the counter like German porno mags, and groups of europhiles gather in secret to gorge on illicit couscous and brioche.

A new Asian flavour


In my youth Jersey always preferred its seafood deep-fried and covered with mayonnaise, but in the civilised world the hottest trend was Japanese food, specifically sushi. I learned about east Asian food from video games and confusing references in the Guardian,

meaty bulgogi, the mixed rice masterclass of bibimbap and that inescapable spicy cabbage preserve, kimchi. This could be served up alongside propaganda art (always fashionable) and the authentic retro style of a nation where culture hasn't been allowed to develop since the 1950s. Potential investors should note some ethical downsides, the main being that the dishes I've listed are only available to average citizens in South Korea, as most people in North Korea are actually forced to survive on a diet of boiled grass and chicken water. There's also the whole "ruled by a tyrant" thing. Those are minor criticisms though, as "Waterfront Pizza, but themed around North Korea," is the type of pitch that would go off like a rocket if we had a local equivalent of Dragon's Den, and we all know that North Korea loves rockets. Let's see the UN Security Council pass a resolution against Coke floats - they wouldn't dare.





WORDS Grant Runyon
ILLUSTRATION Ryan Thomas



MACRO KIDS

WORDS Ria Wolstenholme

We're about to enter the time of the year when people begin to become obsessed with obtaining what society has deemed the 'perfect' body in time for summer days at the beach. This obsession has now become even easier to maintain. Calorie, macro and exercise tracking apps are more popular than ever and taking over our smartphones, and our lives. What's worse is impressionable kids and teenagers have access to them, and are being affected by their impact.

Counting macros means to count your macronutrients. Macronutrients are what make up the caloric content of a food, so it goes even deeper than just calorie counting. The three categories of macronutrients are carbohydrates, fat, and protein.

**names have been changed for anonymity*

The curiosity to explore this subject came about after seeing how popular calorie counting apps and culture had become amongst people my age. I wanted to try it for myself, so a friend and I both downloaded the app Lifesum to see what it was like. The app asks you to enter your gender, age, height, weight, and goal weight when you first download it. To test their limits, my friend put her age in as 14, and got exactly the same result as me; a daily calorie goal that would make her lose weight. After only a week of using the app, we both admitted that we had become pretty obsessed. Noting what we had for breakfast, lunch and dinner and being able to scan the barcode of items, so the app can register the calorie content automatically, became a part of our routine.

I have since deleted the app for the sake of my sanity, but can admit that I started to let it govern my daily routine. A common outcome from obsessive behavior towards food consumption is the development of eating disorders, or disordered eating habits. A 2015 report commissioned by the charity Beat estimates more than 725,000 people in the UK are affected by an eating disorder. Statistics from the NHS show around 1 in 250 women and 1 in 2,000 men will experience anorexia nervosa at some point.

Many people with disordered eating issues find recovery the hardest part of getting back to 'normal'. It has proven to be a very difficult cycle to break. Sarah*, 22, knows that all too well, having spent years struggling with her eating disorder. "My relationship with food, calories and macro counting still has complete control over my life" she told me. "I have definitely improved over time, but spending five years of my teenage life obsessing over the nutritional content of food means I can still recall the calorie content of nearly every food under the sun." At the age of 15, Sarah realised she wanted to make a change. "I had always been overweight. By the time I reached 15, all my friends were slim and wearing bikinis on the beach whilst I felt hideous and left out. When they started getting male attention, it confirmed that I wanted to change."

Sarah got to a healthy weight through changing her diet and exercising, but once she reached her goal, she was petrified of gaining it all back. "I had a ridiculous fear of gaining weight again. I had found the app MyFitnessPal great during my initial weight loss, but when I reached my lowest weight, it became more of an obsession" she told me. "I was in competition with myself to lower my calorie intake every day, and saw it as the only way to control myself from gaining weight again." Sarah's obsession started to take over her personal life. Her fear of not knowing how many calories she was consuming made going out for dinner and drinks with friends near impossible. After two years of losing weight and tracking her food intake, Sarah developed anorexia. "I've been lucky to have always been surrounded by understanding and supportive

family and friends. After I'd gotten the help from my medical team, I fell into a cycle of binge eating, because my brain was unable to regulate the hormones that tell you you're full after I had starved my body for so long." Sarah went from six stone to 16 stone in a year and a half, which she says demonstrated the extent of damage she had caused to her body.

Sarah is still rebuilding her relationship with food, and now realises that food and diet should not cause her the anxiety it does. "The most important thing in being healthy is balance. Never forget your self worth and love your body, because being healthy is not all about how you look, it's about how you feel."

Chris Sandley is a qualified nutritionist based in the UK, and runs his own nutrition and health business 'Seven Health'. Originally from Sydney, Australia, Chris moved to London after he graduated from university. He studied for three years at the College of Naturopathic Medicine and received a diploma in Nutritional Therapy. "Over the years I've worked with a lot of women in particular who dieted a lot in their teens, and a lot of

my clients have suffered from eating disorders in the past" he said. "For some people, apps like MyFitnessPal do work very well, as it's good to track your information. The main issue with apps like that is that they are nothing more than a computer. If you tell it you're 14 stone and want to be 10 stone in a few months, it'll calculate how little calories you need to eat to achieve that goal. There's nothing in its programming that acts as a warning to tell you it's not healthy or doable."

Chris' work revolves around better understanding your body and becoming healthier, rather than

focusing on losing weight. "I do not advocate anyone of any age actively losing weight, because that is how people start to associate being healthy with weighing less" he told me. "The body can only do so much with the resources you give it, so if you are under eating and over exercising, areas of your body will shut down. Women's menstrual cycle can stop, the digestion system could shut down, and your mental health can take a serious hit." Chris looks at calorie and macro counting as an absolute last resort with his clients, as he doesn't see it as the main benefactor in becoming healthier. When it comes to advice for parents regarding how to make sure their child has a healthy lifestyle and relationship with food and exercise, Chris had a very strong message. "The biggest thing is to not comment on their weight. The more it is commented on, the more likely the child is to become dissatisfied with their body" he told me. "The best thing to do is to make healthy food a normal choice; to make exercise fun and a part of their routine rather than a chore. They shouldn't be counting calories or macros; they should be living a healthy balanced life."

"If you tell it you're 14 stone and want to be 10 stone in a few months, it'll calculate how little calories you need to eat to achieve that goal. There's nothing in its programming that acts as a warning to tell you it's not healthy or doable."

If you have been affected by anything mentioned in this piece, or feel you yourself need help regarding the topic, see below where you can find help locally:

**The Jersey Eating Disorders Support - eatdisordergroupjersey@hotmail.com
Eating Disorder Team, Psychiatric Outpatients' Department, General Hospital T: 442717**

Please seek advice from your GP if you feel you need further services.

TV DINNER

COOKING SHOWS COMING SOON

WORDS Grant Runyon

ILLUSTRATION Roanna Farmer

Entertainment media thrives on stories about how rock stars and Hollywood actors are wallowing in obscene wealth, but there's another form of entertainment that is quietly earning big money, a place where the most elaborate special effect is choux pastry and the white powder is (mostly) icing sugar. TV cooking shows might not grab the headlines, but in terms of bang for your buck it's considerably cheaper to pull in ten million viewers by plonking Mel & Sue in a tent full of wilting buns than it is to indulge Bono or let Tom Cruise pretend he's some kind of Freudian space bishop.



Like anything more exciting than lawn bowls cooking has been described as “the new rock & roll”, but its true appeal is the precise opposite of the spirit that made Ozzy Osbourne bite the head off a bat. Cooking is popular because in an increasingly insane world watching somebody gently make pies on TV provides an essential, calming respite from reality. Imagine Ozzy Osbourne nibbling the end off an éclair, whilst Mary Berry plays a solo on a piping bag full of crème anglaise. Not rock and roll, but in today's world it's like slipping your brain into a warm bath.

The relatively low cost of producing even the glitziest cooking programme means that TV bosses searching for the next big hit are chucking around cash like Gordon Ramsey lobbing carrots at a kitchen porter. Nigella could get a blank cheque just for doing a programme where she just makes porridge in a lacy basque, and even Ainsley Harriott is able to insist on being referred to as “Mr Loverman” whilst he chops runner

Personally I'd like to see a show based around disastrous meet the parents dinners, or the horrific cringe potential of boozy work-related socialising. You can almost hear George Lamb sarcastically describing the preparation of a risotto for somebody you fancied at the gym but you're now trying to poison before they can have sex with you, or the grim, grim reality of chugging too many bellinis and realising a senior colleague has said something offensive and is waiting for you to laugh.

The Bake Off replacement: has it been in the oven too long?

The producers of Bake Off thought they were going to run away from the BBC, but it turns out that everybody bar Paul Hollywood is loyal to Auntie and they blew up the tent on the way out. There's now a Victoria sponge-sized hole in the beeb's autumn schedules for a gentle competition where ordinary people compete to produce something that is different enough to cakes that nobody will get sued. Legal issues

some long, naughty sales in the cookbook market. Nigella is the reigning Queen of Hearts & Tarts, but eventually she will retire to her soft-focus palace to be fed eclairs by a bevy of toy boys, which will leave room for new challengers to sauce it off amongst themselves in the hopes of claiming her sticky toffee throne. The field is wide open: will the new Madame of the Macaron be another flirtatious posh lady, or will the tiramisu tiara be claimed by a hot-buttered working class crumpet? If this all sounds appallingly sexist, don't forget that we are talking about a programme format that has a 50 year-old millionaire mum pretending to sneak downstairs in a satin nightie to dip strawberries in warm chocolate. It could be that the most efficient way to meet the “needs” of Nigella's army of dad fans is simply to introduce a culinary element to that mainstay of the high number satellite channels, Babecast, by getting the depressed looking girls to add cookery to their repertoire of onscreen performances. Text in now if you want Sandra from Dagenham to make a meringue, or call the private number and Chardonnay will tell you how she'd poach your eggs.

A double serving of unpretentious man food, topped with bacon

My own favourite TV theme is the sub-genre of cooking shows that involve a fattish middle-aged man travelling to normal restaurants and eating things a normal fattish middle-aged man would eat, sometimes but not always given an extra dimension by being served extra spicy or in an obscenely large portion size. Man vs. Food man and Guy Fieri have become stars largely via their convincing portrayal of how normal blokes deal with that big pizza or burger that is so good that you finish the lot, even though you're so full you might end up being sick onto the passenger seat of the car. There's millions of those men out there (I know because I am one) so I'd like to suggest a TV series themed around me enjoying a number of beers and then purchasing a kebab, a battered sausage or some special fried rice. The budget will be less than twenty quid per episode, and viewers who can't get enough can enjoy web-only catch up clips following the morning-after progress of my heart problems, irritable bowel syndrome and gout. It's TV gold, I tell you.



“Imagine Ozzy Osbourne nibbling the end off an éclair, whilst Mary Berry plays a solo on a piping bag full of crème anglaise. Not rock and roll, but in today's world it's like slipping your brain into a warm bath.”

beans with a machete, wearing shades and furs in a TV studio modelled on Scatman Crothers' gaff in The Shining. If you haven't seen Heston Blumenthal in a while it's because Channel 5 have paid him to do a ten part series on sheep offal from a missile base in a dormant volcano. Even with all this, our craving for cooking telly isn't even close to being satisfied. Let's see what's next on the menu.

Cringe surprise: awkward dining experience with real people

The person who came up with the idea for Come Dine With Me deserves to be a multi-millionaire, because they've managed to build a TV phenomenon out of a raw material that is more common than mud, namely British social awkwardness. Unlike other reality shows, which require at least a cohort of people who think they can sing or dance, CDWM could point its cameras at any five British strangers and serve up a steaming plate of hideous social gaffes, deluded menu selections and terrible hosting practices. Thirty series in and the cellar hasn't run dry, but it's inevitable somebody is working on a copycat format.

aside, finding a substitute is harder than it sounds - cakes are varied to look at, require more skill than you think and have the magic effect of making you feel hungry and slightly sinful just by looking at them. Bread is rarely spectacular and pizza is all flat, so the most likely outcome for an oven-based cooking competition is that they're just going to broaden it to involve anything that British people can conceivably cook in one - from quick starters to a five-bird roast that takes 11 hours of preparation. Yes, there will be cakes, but the people of Britain will be competing on a battlefield where pies lock swords with pasta bakes and a joint of beef will be judged alongside soufflés, sausage casseroles and sticky toffee pudding. It will be like Gladiators, but will mostly involve people getting very fat and needing to loosen their belts like a farting uncle at Christmas.

Dripping with sauce: TV with sex appeal

It's a lot harder to pull off (steady!), but when a programme maker successfully blends food with sex appeal you've got a recipe for a massive thrust in ratings and



CRAZY AS A COCONUT

Picture the scene: you're losing blood fast and the nearest supplies of replacement blood are days away. You'll die if you don't get that blood replaced fast but it looks as if there's no option but to give up hope. Unless you've been subjected to the internet or this edition of Gallery you might not have heard that coconut water is the same as human plasma. Or is it?

Well, not quite. Plasma has high levels of sodium and low levels of potassium, whereas coconut water (the clear stuff inside the coconut, not to be confused with coconut milk which is an emulsion of the coconut water and the shell's flesh) contains low levels of sodium and high levels of potassium making it the exact opposite and closer to the composition of the liquid found inside your red blood cells. Coconut water is also quite acidic and packed full of magnesium and calcium so isn't going to do you any favours in the event of kidney failure or burns.

However, in an emergency, believe it or not, coconut water can (and most crucially *has*) successfully been given intravenously as a substitute for blood on a number of documented occasions as far back as WWII, with extensive studies being carried out in Honduras, the USA and Thailand in 1954 where only round 7% of the test subjects suffered any adverse effects. None of them died, incidentally, the adverse effects were more along the lines of headaches, tingling sensations, itchiness and fever most likely caused by the higher than usual levels of potassium in their blood.

Foodie Facts

Apples belong to the rose family, as do pears and plums.

One of the most popular pizza toppings in Brazil is green peas.

The oldest evidence for soup is from 6,000 B.C. and calls for hippopotamus and sparrow meat.

The winner of the 2013 Nathan's Hot Dog Eating contest consumed 69 hot dogs in 10 minutes.

The Dunkin' Donuts in South Korea offer doughnut flavors such as Kimchi Croquette and Glazed Garlic.

Milt, which is a delicacy around the world, is fish sperm.

McDonald's sells 75 hamburgers every second of every day.

One fast food hamburger may contain meat from over a hundred different cows.

Ketchup was used as a medicine in the 1800s to treat diarrhea, among other things.



Getting it in the bag

The tea bag as we now know it came about completely by accident when American tea merchant Thomas Sullivan began sending tea samples out to his customers in small silken bags and the customers mistakenly thought that they were intended to be immersed directly into hot water rather than removed and infused using a tea ball or left loose, as was the done thing at the time. When customers commented that the mesh used for the bags was too fine, Sullivan responded by creating bags made of gauze and thus the tea bag was born!

Prepare to have your stomach turned...

L-Cysteine

Found in some breads, L-Cysteine is made from HUMAN HAIR, making bread a tiny bit like Soylent Green. Don't tell anyone though or you might be shot by somebody toting a revolver. There's none of it in whole grain bread though apparently, so there's never been a better time to take the healthy option!



The ingredients found in much of the food we eat are made up of a fair few borderline unpronounceable words. Here are a couple of them and what they actually mean for you to wince over.

Castoreum

Sometimes used in vanilla and raspberry flavoured ice creams, this stuff is apparently made from the anal secretions and urine from a beaver. Which, according to dietary experts, is absolutely fine. Let's try and forget about all of that before summer arrives though, yeah?



MASS FESTIVAL

A UNIQUE DANCE MUSIC EVENT IN A MOST IDYLIC SETTING...

VANQUARD DNB TENT

NOISIA (DJ SET)

CAMO & KROOKED • FRANKEE • ETHERWOOD • MEMTRIX

ZEROZERO • SKMA • ROMANO • PRANKSTA • JE3 • ANDRE B • C PHONIGS • JARROD G • B LONG • WILDEE • REBOUND

TOGETHERPARTIES HOUSE TENT

CLAPTONE

ROUTE 94 • CAMELPHAT • DETLEF • LATMUN

CRAIG ALDER • BRADLEY WELSH • STEVE FERBRACHE

INN ON THE PARK OLD SKOOL TENT

ROBBIE EDWARDS • WARREN LE SUEUR

SIMON GASSTON • ANDY MANSON + MANY MORE

END OF MAY BANK HOLIDAY WEEKEND

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LIVIN' LIFE ON THE VEG

WORDS Joshua Pattinson

WHEN YOU ADMIT TO SOMEONE YOU ARE VEGAN THEY ARE MOSTLY PUZZLED ABOUT WHY YOU WOULD OPT TO NOT EAT BACON. THE AROMA OF BACON IS EQUITABLE TO THE VAPOUR FROM A CRACK PIPE, APPARENTLY; FOR THOSE HOOKED, LIFE IN ABSTINENCE IS INCONCEIVABLE. ALTHOUGH, I HAVE NEVER HEARD ANYONE SAY "I'D LOVE TO BE JEWISH, BUT YOU KNOW, BACON". I MEAN, THAT'D BE RIDICULOUS.

I'm twenty-three with hair cut like Velcro. It kind of gives people the flavor that I'm an EDL standard-bearer. The confusion is compounded. Thus far my favourite response is an accusatory: "wot, you're vegan?". Yes, but don't worry, it's not contagious.

Vegans don't eat anything that is produced by or a part of an animal, including dairy, meat, fish and eggs. For lots of vegans, the reasons are a trifecta of environmentalism, nutrition and ethics, and for me in that order too.

I found *partis pris* Netflix documentaries Food Choices and Forks Over Knives really convincing. After an hour and a half of what seemed like science I was inculcated to a degree of evangelising the message myself. One source, one perspective and I was sold. I asked Prof. Sanders, is a vegan diet healthier?

"No" he said, "It depends on who you are, where you live, what you do and what you like. There is no single ideal diet. If you have Coeliac disease, which affects one in a hundred, a vegan diet becomes difficult".

Emeritus Professor of Nutrition and Dietetics Tom Sanders of King's College London has been studying nutrition since the 1970s. He has spent his life contributing to the global conversation of vegan and vegetarian diets.

"Being a vegan, riding a bike and getting knocked off your bike by a large four wheel-drive vehicle, is a major predictor in risk of fractures" says Prof. Sanders.

"In my research I found that vegan children were more likely to get whooping cough because their parents would not get them vaccinated. This is nothing to do with diet, but it does illustrate how beliefs influence health-related behaviour".

Vegans and vegetarians are universally shown to weigh less than meat eaters, which results in a decreased risk of diabetes, a condition which costs the NHS £25,000 every minute. Vegans and vegetarians stay alive a little longer, but this is compounded by lifestyle. It's problematic to separate lifestyle choices from diet, making concrete conclusions challenging.

"It is possible to live on a vegan diet providing care is taken to avoid the main pitfalls - low vitamin B12 and calcium intake. I don't think vegans need to take Omega-3 supplements. Avoiding smoking, drugs and dangerous lifestyle choices have a much greater impact on morbidity and mortality than diet".

As a vegan I'm 32% less likely to visit hospital because of coronary heart disease compared to meat eaters. The absence of red meat and increased dietary fibre reduces risk of colorectal cancers. An Oxford epidemiological study found that overall there was slightly lower risk of cancer, but a slightly higher risk of respiratory problems.

I want to avoid the middle-age creep, cholesterol upticks and diabetic addictions as much as anyone else. But the science seems to suggest that providing you make healthy choices with vegan, vegetarian and omnivorous diets, that actually they're all pretty much the same.

One in four in the UK is obese and over 60% are overweight. We're not heading in the forwards direction, but rather the outwards. I'm not being fatist but, collectively, we are the fattest in Europe. And some of the top killers in the country are diet-related.

Clearly we're not doing enough. But veganism isn't the answer, although it can for

"IN MY RESEARCH I FOUND THAT VEGAN CHILDREN WERE MORE LIKELY TO GET WHOOPING COUGH BECAUSE THEIR PARENTS WOULD NOT GET THEM VACCINATED. THIS IS NOTHING TO DO WITH DIET, BUT IT DOES ILLUSTRATE HOW BELIEFS INFLUENCE HEALTH-RELATED BEHAVIOUR"

individuals be a solution. "I don't think there are any hard and fast answers. Humans can exist on a range of dietary intakes and there is no magic formula. Each diet has risks and benefits.

"On average the standard British diet has enough variety, but it would be better if people ate fewer animal products and more fruit and vegetables", says Prof. Sanders.

Environmental reasons for adopting a vegan diet, on the other hand, are beyond reproach.

Most of us aren't crazed vainglorious vulgarities like The Donald. Most of us believe that climate change is happening and that we should be doing something about it. Professor of Soils and Global Change at the University of Aberdeen Pete Smith has dedicated his life's work to the environment. He's concerned about the direction climate change is heading, and "the need to feed 9-10 billion people by 2050".

"The agriculture and land sector are responsible for 24% of all greenhouse gas emissions - and livestock responsible for around half of that. Less demand for meat would make the environmental pressures more manageable.

"It is a large sector - energy needs to be decarbonised - but nearly a quarter of our global climate footprint coming from food production shows the scale of the problem - and the potential solution!" says Prof. Smith

I wish I could share the same enthusiasm as Prof. Smith on the 2015 Paris Agreement. "The ambition needs to be ratcheted up - but it puts the mechanism in place to do that. On the whole, I think it's remarkable - over 190 countries signing up to keep temperature increase to well below 2 deg C against pre-industrial is a massive accomplishment. So we need to find a way to make it work".

Deforestation is a major concern in the climate conversation. The Amazon is being destroyed at a rate of one acre per second; the World Bank estimates that animal agriculture is responsible for up to 91% of land clearing in the Amazon. A vegan's yearly land footprint is one sixth of an acre. An omnivore's is 18 times as much: three acres.

Omnivorous diets are also water intensive. Animals obviously drink water. But, they also eat a lot of food that takes a lot of water to grow. A third of the world's fresh water in fact. Animal agriculture is clearly poor use of resources.

"Livestock production is 10-15% efficient in taking feed and converting it into meat or animal products", says Prof. Pete Smith. That means we have to feed animals huge amounts of food for a small return at the slaughterhouse.

There are over 7 billion people on this planet, and that number is increasing rapidly. As a globe we grow enough food for 10 billion people, yet 800 million go hungry. Because enough grain to feed 3.5 billion people is being fed to animals instead.

Veganism isn't the vanguard of nutritional nirvana I thought it to be. But, moving from a meaty diet to one of plant foods is going to benefit you and the planet. We should try to be more preoccupied with having a stake in the future of our planet, rather than a steak on our dinner plate. ■



THE BEE ALL & END ALL

WORDS Abigail Ali PHOTO Jason Dodd

Humankind relies so heavily on the vital role these fascinating insects play in our ecosystem that in a world without the honey bee, we would lose out on so much more than just their divine golden nectar. In fear of getting stung by our self destructive practises, it's time to sweeten our attitudes to the fear stinging stigma and warm to the swarm.

The unforeseen company of a bee on an otherwise delightful summer's day is often met with a hysteric flight response, the duck and cover or a few defensive windmill arms for good measure (despite opposing advice by those who are not mistaken for a hydrangea). Although more gentle natured than their distant aggressive wasp cousins, sporting the same danger stripes has overall, left these misunderstood little stripy guys with a pretty dismal street cred. And sadly, they've got a lot more going against them than just swatting hands. Native populations in the UK including the Channel Islands are now completely extinct as a result of modern farming methods and the environmental impact of imported hybrids. These devastating practises are threatening some 20,000 different species around the world impacting the fragile balance of an ecosystem that we depend on with it.

The extraordinary life of a bee begins as an asexual egg deep down within the intricacies of a hexagonal hive. The complex hive is constructed by the worker bees out of beeswax, one of the many by-products a honey bee produces through ingesting and regurgitating nectar and pollen. This truly symbiotic environment with a rigorous social order and structured architecture to suit, puts human society to shame. Each sex has a specific role in the intricate operation, predetermined by the fertilisation of the egg and assigned the unanimous lifelong task of sustaining the Queen Bee and the order she demands within her hive. The worker bees are infertile females, hatched only from a fertilised egg alongside the reproducing males known as 'drones'. Together, they keep the colony at an exact equilibrium. If the Queen is young and mating, the 'worker bees' will sense her demand through pheromone communication and lay an unfertilised egg in a larger cell to hatch a male for the Queen to mate with. In turn, the Queen herself will produce worker bees which are devoted to a life of service building the hive, rearing the young and gathering nectar and pollen to produce the by-products that sustain the colony. Although

the full uses of honey bee by-product are not known as well as honey, propolis and beeswax for use in beauty products are highly sought after. Entirely self sufficient, they also produce royal jelly; a protein rich food source, sap for lining and creating cells and of course honey, one of the only foods that includes all the elements necessary to sustain life! This demand puts a particular threat on the hive if farmed unsustainably as the extraction process within the hive is highly intrusive.

As the female is also the only honey bee with a sting, she will give her life to protect her hive unable to survive once she's released the barbed spike. Worker bees by name and certainly by nature. It's a stark contrast to the life of a male drone. They may find themselves quickly redundant as the Queen can mate for just one year and

will seek out a nearby hollowed out tree, put the worker bees to hive construction detail and along with half of the existing colony, the original Queen will transfer to her newly built palace. Once the new hive is established the males may transfer from one to the other to mate with the Queen and bring important genetic variation to the local growing population. This miraculous way of procreating allows them to populate areas with just a few breeding females. It is a crucial element to the biodiversity within this species giving a natural combination to their genetic structure. The lack of such variation within imported hybrids exposes native populations to foreign parasites and disease completely invasive to their harmonious environment. Ultimately, this was one of the main causes of the demise of our local population.

“NATIVE POPULATIONS IN THE UK INCLUDING THE CHANNEL ISLANDS ARE NOW COMPLETELY EXTINCT AS A RESULT OF MODERN FARMING METHODS AND THE ENVIRONMENTAL IMPACT OF IMPORTED HYBRIDS.”

stay fertile for the rest of her life producing lava without ever having to mate again. This leaves the drones free to fly the nest in search of a new mating Queen but it's not exactly a promising career alternative for him either. Once the drone has mated, he instantly dies. Talk about inequality in the workplace! However, when the time comes for a new colony to begin, a drone can earn his stripes. Once the Queen Bee slows down producing eggs, usually at about five years old, a new cell at the epicentre of the hive will be prepared big enough for a new Queen to take throne within. Intentionally fed higher levels of royal jelly (the grass fed rump steak of the bee world) extraordinarily the lava will develop into the new Queen bee, entirely determined by this protein rich diet. Once the new Queen has hatched, the drones

In consideration that almost all of civilisations food supply relies upon the honey bee for the natural process of pollination, it is of global interest to support their feeding habits as well as our own. When gathering pollen and nectar which they transfer into an array of by products, excess pollen attaches to the light bristly hairs of their bodies and saddle packs on their back legs. This pollen is then transferred in flight and upon landing, fertilises other plants and flowers as it travels sometimes up to six miles beyond the hive. This natural occurrence of fertilisation causes successful seed and fruit production for plants and ensures that a plant will produce a full set of viable seeds. Sustaining a food source without this naturally occurring process is an arduous task as some states in China have experienced. Having decimated their local bee population, China cannot sustain even imported swarms because of the lethal effects of insecticides used so vastly across their country. As a desperate last resort in some areas, they have taken to hand pollinating crop fields individually using a paintbrush to collect and transfer pollen. Quite a staggering time and energy consuming task especially in consideration that by sustaining the bee population, nature will provide.

So how are we going to keep the buzz?

- Sustain a natural habitat by encouraging year round blooming plants and flowers in your garden giving bees access to pollen year round. They are especially attracted to bright blue, purple and violet flowers.
- Bees love: mint, rosemary, thyme, oregano, lavender, wild fruits and berries (and yummy for us too).
- Avoid pesticides and insecticides as they are poisoning any chances the bees may have!
- Use a local honey farmer with sustainable extraction methods, or eco hives.
- Know your stripes from your, well other kind of stripes and don't be so quick to swat. Bees aren't there to hurt you, they've got quite the extensive work detail to be prioritising!

Relative Values



The Old Sail Loft Boutique in Gorey is a local family run business. Established in 1982 they are this year celebrating their 35th anniversary.

Since the first day the boutique opened their doors French speaking directory Brigitte Beard has been at the helm. She first came to the island to improve her English, little did she know she would marry, have three children and juggle family life with the challenges of running a shop!

Daughter Stephanie Burton has now joined the family business and is hoping to take the boutique through their next 35 years and beyond. The Old Sail Loft is now situated in the heart of Gorey Pier next to Jersey Pearl.

Brigitte Beard

My shop 'The Old Sail Loft Boutique'

Favourite possession

My home

Favourite place

Blue

Favourite colour

Black Labradors

Favourite animal

Hyacinths

Favourite smell

Going on the boat to Chausey!

Favourite way to spend a weekend

Malgre de Canard

Favourite food

I don't like ice-cream

Favourite ice cream flavour

Sumas

Favourite restaurant

Being with my children
and grandchildren!

Favourite pastime

Doctor Zhivago

Favourite film

Madame Bovary

Favourite book

'La vie en rose' by Edith Piaf

Favourite song

My mum!

Favourite person

Princess Diana

Favourite celebrity

Perfume

Favourite things to splurge on

My French childhood

Favourite memory

Stephanie Burton

My Barbour Jacket

Beautiful Jersey!

Pink

Euro my horse

Freshly cut lawn

Visiting my sister in France!

Seafood

Pistachio

Doran's Bistro

Horse riding

Pretty Woman

Bambi

'Happy' by Pharrell Williams

I can't name one,
I love so many people!

Julia Roberts

Buying the new collections for
The Old Sail Loft Boutique

My honeymoon Safari
in South Africa

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Host a cream tea for JCCT!

It is hoped that homes and businesses across the island will be hosting a Cream Tea for JCCT throughout May, in support of the Jersey Child Care Trust, a local charity making a big difference for children and their families.

To become a host, first contact the JCCT to get your free fundraising pack. Simply email the charity on info@jcct.org.je or call 629901 and it will be posted to you. Then, just pick a date in May, invite your friends, bake your scones (or buy them!) and enjoy a cup of tea, scones, jam and cream whilst raising some vital funds for the local charity.

The fundraising pack includes a Longueville Manor scone recipe card, a JCCT collecting box for donations, stickers, a selection of tea bags, a step by step guide to hosting your Cream Tea for JCCT as well as lots of useful information about charity.

For those looking to host a Cream Tea for JCCT on a bigger scale, say in a workplace, simply tell the JCCT and they will send you as many packs as you will need for the size of your organisation. Collecting boxes and posters will also be available to help you tell others about your Cream Tea for JCCT event.

The charity is best known for its work supporting young children with disabilities in their local nurseries, last year they supported 37 children with disabilities in 18 local nurseries across Jersey for a total of 7,500 hours.

Walking boosts wellbeing at two local firms

As well as raising funds for two Jersey charities, an inter-office steps challenge has resulted in enhanced health and wellbeing of staff at two local businesses during the month of February.

Staff from Alex Picot Chartered Accountants and Alex Picot Trust went head-to-head in a month-long steps challenge to raise funds for Motor Neurone Disease Association and The Jersey Stroke Association. The 46 individuals each averaged around 11,000 steps daily to achieve a combined total of 14 million steps in just 28 days and generate a donation of £3,000 split between the chosen charities.

Partner at Alex Picot Chartered Accountants, Don Connolly, said: "The steps challenge has been successful on so many levels, not least providing two good causes with a boost to their fundraising. We're proud of everyone who stepped-up and increased their activity levels to contribute to their team's steps total."



Want to support a great cause? Love Les Misérables? Have £10?

Helen Willing and her son Sam, along with 23 other riders, have accepted the challenge of preparing to cycle from London to Paris on July 19, all in support of The Love Hearts Appeal for Great Ormond Street Hospital. Whilst this may not be a locally based hospital many Jersey children rely on their incredible support and will benefit from the research currently being funded.

The Love Hearts Appeal was set up by Catherine MacLachlan and her family in 2012 after she, at the age of 15, had a life saving heart transplant. They are currently raising money for an amazing research project which is looking into how cells produced naturally in the body may help reduce complications following transplant.

In an effort to raise as much money for GSOH as possible they have organised a raffle, but not just any raffle. First prize is a VIP weekend for two people in London to watch Les Misérables, return flights from Jersey, a night in a central London hotel and backstage passes, that's right backstage passes!

Tickets are on sale now until 22 April when the draw will take place and can be obtained by contacting Helen via e-mail helenwilling@me.com



Does your business want to go green? Then contact the Les Amis Recycling Team

An innovative scheme has been set up in Jersey to help businesses dispose of their recycling, save them money and allow them to support an important local charity.

The Les Amis Recycling Team will come to offices or businesses weekly and collect any recyclable goods and ensure that they are recycled.

Shaun Findlay, Managing Director, Les Amis, said: "The more businesses that sign up, the cheaper the collections will be and we hope to charge just £5 a week for the complete removal of recyclables. This is a not-for-profit initiative and the money is solely to cover our running costs, which includes paying our team of learning disabled adults for their time and effort."

Signing up for the Les Amis Recycling Team service will help companies fulfill their corporate social responsibility. Organisations would be helping a local charity to develop job opportunities that enable vulnerable adults to engage in meaningful activities that the Island community benefits from.

By using the Les Amis Recycling Team, companies will also be supporting the States of Jersey's recycling target. The concept of the 'more we collect the cheaper it gets' is to encourage a green approach to recycling in Jersey.

If you are interested in getting involved in the initiative e-mail shaun.findlay@lesamis.org.je



Can you find eight people you want to spend the night with?

Cancer Research UK is urging everyone in Jersey to find at least eight people they want to spend the night with – but all for a seriously good cause.

The charity is encouraging friends, family and work colleagues to get together and enter Relay For Life, a unique celebration of life and hope which unites communities to help beat over 200 types of cancer.

Teams of between eight to 15 people, of all ages, levels of fitness and from all walks of life are needed to take part at FB Fields over the weekend of 8 July.

Thanks to Cancer Research UK's work, more people are surviving cancer than ever before. Survival rates have doubled over the last 40 years and the charity's work has been at the heart of that progress.

But despite improvements in treatment, cancer causes more than one in four of all deaths in the UK. Cancer Research UK wants to bring forward the day when all cancers are cured and needs the help of people in Jersey to help save many more lives.

For more information about Relay For Life visit cruk.org/relay or call 0871 641 2602.



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

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



A new Goodness Gang arrives at The Channel Islands Co-operative Society

Following the success of Charlie Carrot, Bobby Broccoli, Grace Garlic and the rest of the Goodness Gang, The Channel Islands Co-operative Society is launching a new initiative aimed at educating children about the importance of healthy eating.

The Society's 'Grow your own Goodness Gang Garden', which launched last month, will give islanders the opportunity to grow their own produce.

Mark Cox, Chief Operating Officer for The Channel Islands Co-operative Society explained 'The Goodness Gang Garden will be an interactive approach to educating children and their families about the importance of healthy eating and how easy and fun it is to grow your own herbs and vegetables. We're sure

customers will welcome back the Goodness Gang and we're looking forward to seeing lots of pictures of healthy plants and delicious meals using the freshest possible ingredients.'

The pots aren't labelled to encourage people to try something different. Customers will be given a seed pot for every £15 they spend in any Grand Marché, Locale or En Route store excluding fuel, travel, Post Office and cashback. A collector's tray and an information booklet will be available to purchase.

The Society will also be offering seed pots, trays and information booklets to every primary school in the Channel Islands as well as vouchers for pupils to receive a free seed pot.

Macmillan Cancer Support (Jersey) joins the #finalfiver Campaign

On Friday 5th May 2017, the old £5 note will cease to be legal tender and, therefore, the Bank of England is encouraging us to spend them before that date.

You are being asked to pledge your #finalfiver to Macmillan Jersey to enable us to continue to provide free practical information and emotional and social support to all people in Jersey who are touched by cancer.

Your £5 could be used to provide a Coffee Morning or Afternoon Tea for people touched by cancer to talk through their experiences and meet like-minded individuals. Or go towards buying new essential oils for the wonderful free complementary therapies that we offer on a weekly basis at The Oasis.

Put all your old fivers together and they will help people to live well and take back control of their lives through their experience with cancer.



The Idea Works celebrates 20 years in business

Award-winning design and communications agency The Idea Works is celebrating its 20th anniversary with a £20,000 giveaway.

The company, which opened for business on 1 March 1997, is offering local charities the chance to win a year's worth of marketing, advertising and design work.

And they have joined forces with a number of long-standing business partners and suppliers to offer an enhanced competition package which comprises media space, airtime, print, photography, PR, web design and hosting, and venue hire.

The total value of the prize on offer is equivalent to advertising, design, and services worth approximately £20,000.

The TIW20 competition is open to any Jersey charity or non-profit organisation delivering support and services to the local community and application forms can be downloaded from TIW's website: www.theideaworks.com/tiw20

Charities have until 13 April 2017 to submit an application, and those shortlisted for an award will be announced on 31st May, with interviews and final selection taking place over the next few weeks ahead of the announcement of the winner(s) in late June 2017.





AUTISM AWARENESS MONTH

April is autism awareness month. Autism Jersey helps support adults and children with autism to cope with everyday life. There are some adults in Jersey who require support 24 hours a day. Others may need only an hour or two a day. Autism Jersey assists with life skills such as cooking and cleaning to help people to live independently. The charity also runs an adult social club every week to help people meet make friends and relax in a welcoming environment.

Here, artist Juliet St John Nicolle describes what it is like to be an adult living with autism.

I was about 50 (I am 53 now) when my autism was diagnosed and it came as a huge relief. To be finally recognised as the individual I am, instead of the many claustrophobic boxes people had tried to fit me into throughout my life.

I always knew I was different. I was born with it, it's not like a disease, you can't catch it.

Huge sensory overload became apparent very early, crashing like cars on a busy highway all going in different directions. I mean everything, the noise the world around me was making and it was like pure chaos, no way to find the end of the thread to untangle the strangling web, which I could find no escape from, I was penned in, in what felt like a world which was foreign and to which I did not belong.

I had and still have my own language, and when I speak it, it is like a comfort blanket to me. The clatter stops, it is silent and I am in my own time zone.

Each day, I have to arrive into a world that I do not belong to. I am a visitor in an alien world. Over the years I have created an

'earthling manual', which I use to operate through the day as to what society wants me to do. Because I arrive, new every day, I need to look up 'events' in the manual, hoping I can find the right page, to then understand what is required of me.

"Sounds form colours, shapes and movements which have no boundaries. They can merge and morph."

I have found ways to create a river flow from my world to the 'earthling world', through art. My world is in colours and sounds, I don't see like you do. Sounds form colours, shapes and movements which have no boundaries. They can merge and morph.

I see autism as a gift, not a hindrance. Autism is individual, this I really want you to understand, no two people are the same.

I want to ask you to go beyond what you see with your eyes and look inside the person. Being open, patient, respectful, not judging is reassuring for me and is like being given a hug by your very presence without the need for physical touch.

Sometimes I have a meltdown, which happens when I cannot process information

quickly enough. They are not a childlike tantrum. For me a meltdown is crumpling up and withdrawing, shutting down, like the plug has been pulled out of me. Or I may run away, to try and find my own world, for safety.

In meltdowns I don't want to feel abandoned. I like non-contact, (touch is like an electric shock) voice reassurance helps me. The voice filters in and eventually I can follow that back to you. I may not be able to answer for a while.

I now have support with Autism Jersey. Before having support it felt very dark

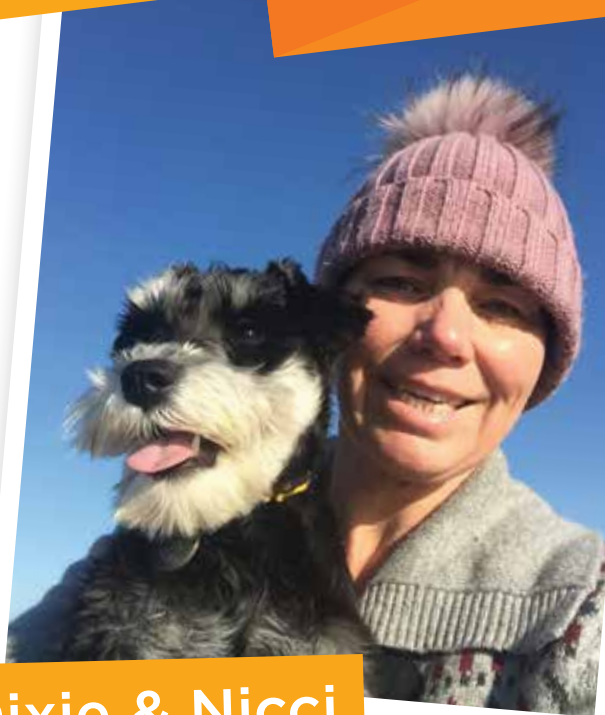
here and unlivable. With the support, there is hope.

To go about my day with a member of the team enables me to not feel a freak, to feel a sense of pride in myself as I slowly learn to believe that I am worth it.

My main dream is to get my art exhibited and into the mainstream. Through my art I am inviting the viewer to come for a cuppa in my world, hoping that I can give them a gift, to take back into their world.

www.autismjersey.org

pet
OF THE
month



Dixie & Nicci



Dixie Diva

Breed: Mini Schnauzer

Age: 10 Months

Likes: Milky Bones

Hates: Kibble

If I were human I would be: An actress

Wants: A tutu and fairy wings (but my daddy won't let me).

Interesting facts: I have my own wardrobe space, seriously!

Most impressive thing you've ever done: I learnt to high five at 10 weeks old.



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

Nicci Fernandes

Breed: Jersey Girl

Age: 45

Likes: Thai food.

Hates: Dog owners who don't pick up their pooches poop!

If I was an animal I would be: A dog, probably Dixie.

Wants: Sunshine

Interesting facts: Dogs can learn more than 1,000 words.

Most impressive thing you've ever done: I ditched my desk job after too many years and qualified as a dog groomer in 2016. I have now opened a dog grooming salon in St Ouen as the Fairy Dog Mother. Which gives me more time to concentrate on my other business, Dinky Diva Designs. I hand make pretty fairy outfits and hair accessories for girls, that were featured in Vogue!



EVENTS



An exclusive evening with the Hawksford Wills and Probate team

RELISH DELICATESSEN

FRIDAY 17TH MARCH

Live jazz, and a fine artisan deli selection paired with hand-picked wines and champagne, helped to ease everyone nicely into the weekend. Hawksford hosts Michael Powell and Charlotte Elliott welcomed guests and invited Ivo Le Maistre Smith from Family Nursing and Home Care to share a little about how Hawksford are

supporting the charity in 2017. Hawksford's 50-year-old private client heritage makes Hawksford one of the most trusted names in the administration of private wealth and the bespoke event reflected the reputation held by the Wills and Probate team for delivering a truly personal and tailored approach.



The Lions Club of Jersey Swimarathon

LES QUENNEVAIS SPORTS CENTRE

8-12 MARCH

An incredible £130,141 has been raised at this year's Lions Club of Jersey Swimarathon. The island's longest-running fundraising event, sponsored by RBC Wealth Management, took place at Les Quennevais Sports Centre last month. Around 4,000 swimmers went

great lengths to raise money for five Jersey youth charities - Brig-y-Don, Every Child Our Future, Brook Jersey, Brighter Futures and the Jersey Association for Youth & Friendship will receive 50% of the total sum.

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PwC Jersey Young Musician of the Year 2017

THE JERSEY OPERA HOUSE

SATURDAY 4TH MARCH

PwC thoroughly enjoyed celebrating the 25th anniversary of the PwC Jersey Young Musician of the Year 2017 competition. A tough competition was fought out by all six finalists Millie-Rose, Matthew, Julia, Esther, Emilie and Daniel, but it was 14 year old pianist Esther Cushen who stole the show and clinched the title on the

evening. Due to the milestone anniversary, they also enjoyed a past winners' ensemble performance with a difference, as well as welcoming back last year's winner, flautist Katharine Beirne, to once again wow the audience with a spectacular performance during the interval.



Offshore - Nic West solo exhibition opening

CCA GALLERIES

THURSDAY 16TH MARCH

The first solo exhibition featuring recent paintings by Nic West opened last month and runs until 6 April. Two years ago, after selling all her possessions, Nic left UK city living and moved to Alderney. Inspired by her new island life

(and renting an old palm house perched on top of a Victorian fort battered by the elements) she started to paint. Her abstract works are a personal expression of this unique life experience and an immersion into her new surroundings.

The background of the entire image is a dark blue field filled with a repeating pattern of small, dark blue airplane silhouettes. The airplanes are depicted from a top-down perspective, showing their wings, fuselages, and tails. They are scattered across the entire surface, creating a dense, textured effect.

TRAVEL

SINGAPORE STREET EATS



WORDS Hannah Carolan

Singapore: Home to the iconic Gardens by the Bay, a thriving global financial hub, and recognised as one of Asia's best dining and nightlife capitals.

You might be fooled, by my petite appearance and fondness for sporting activities, into thinking that I may be careful and choosy about what I eat, but ask anyone who knows me well enough and they will tell you a very different story. From my early childhood memories of forgoing the knife and fork for plain old fingers and a full fist of food, to now carefully considering my dinner menu choices at a restaurant at 10am on the day I am going out, I've always been big into my food and always will be.

You can imagine my excitement then at the prospect of a week-long holiday last year in Singapore. The incredible diverse range of dining options available caters to food lovers from all walks of life, and if, like me, you appreciate a good meal, there's a cuisine for every taste and budget.

I was told, and read up ahead of the trip, that a visit to one of the many well-known hawker centres or markets in Singapore was an absolute must. Popular with both tourists and locals alike, hawker markets all started when Singapore's migrants took up hawking in the 1950s and 1960s, and the government became concerned about hygiene on the streets. With a reported total number of markets standing at over 125 across the entire city, we were lucky to fit in a small number of these.

Our first port of call was the Old Airport Road Food Centre, one of the oldest and largest food courts in the city. Here we tried one of the most popular fried noodle hawker dishes in Singapore: Hokkien Mee. It's a dish that has roots in China's Fujian province (where the Hokkien people originate from), that has now been adopted into Malaysia and Singapore. Prepared differently at most hawkers, it includes a mix of yellow and white rice noodles fried in a wok with egg, accompanied with seafood (usually shrimp and squid), and bean sprouts. Watching the noodles being tossed high into the air, then stir fried in the wok at lightning speed, was mesmerising to watch. Even better was the



"Watching the noodles being tossed high into the air, then stir fried in the wok at lightning speed, was mesmerizing to watch. Even better was the \$4 SGD charge (just over £2) for a Desperate Dan-esque piled plate, which before you knew it had disappeared."

\$4 SGD charge (just over £2) for a Desperate Dan-esque piled plate, which before you knew it had disappeared.

Another firm foodie favourite, despite it being a simple combination of boiled chicken paired with flavoured rice and sauce, is Hainanese chicken rice. Last year, chef Chan Hon Meng's Hong Kong Soya



CONTINUED...

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...CONTINUED



“It was so moreish that I had to resist the temptation to revert to my childhood trait of scraping every possible morsel from the jar, or licking the spoon spotless...”



Sauce Chicken Rice and Noodle stall was awarded a Michelin star for his \$2 version, which will see you wait in line for three hours to get your hands on a portion. Dodging the queues, we took a trip on the MRT to Maxwell Food Centre and Tian Tian Chicken Rice stall. Here is where the writer of ‘Eat, Shoot, Post’, Dr Leslie Tan, and the world-renowned chef Anthony Bourdain visit to get their fill.

Being as equally fond of sweet as we are of savoury foods, we were intrigued to try the local sweet delicacy, Kaya toast. Blending the Malay and Chinese culture, Singapore has a strong traditional social coffee shop culture. Known locally as Kopitiams, these open-air coffee shops are a place to have a cuppa, a snack or two, and sit and chat the day away with friends. Kaya is a spreadable sweet jam made from coconut cream, sugar, and flavoured with pandan leaves, which is mainly served on toast to accompany a hot drink or to have as breakfast. It was so moreish that I had to resist the temptation to revert to my childhood trait of scraping every possible morsel from the jar, or licking the spoon spotless...

Coming up to the final few days of our holiday, and exhausted by the endless choice on offer at the hawkers, as well as my need to wear the only dressy dress I’d packed, we treated ourselves pre-dinner to a Singaporean classic, the Singapore Sling, at its place of creation: Raffles Hotel.

First served in the hotel’s Long Bar in 1915 by bartender Ngiam Tong Boon, the gin-based luminous pink cocktail also contains pineapple, lime juice, Dom Benedictine, Grenadine, Cherry Heering brandy, and Cointreau. Not forgetting the cherry on top of course...

Accompanied by a bag of monkey nuts, whose shells you’re encouraged to throw on the floor, as is the tradition, it is by no means a cheap round, but a real treat and Singaporean experience which I would highly recommend.

We were lucky enough to spend our last few days in Singapore at the Marina Bay Sands Hotel, which has the world’s largest rooftop pool, stretching 150 metres across the Sands SkyPark. While feeling like you’re swimming on top of the world, or starring in someone’s photo shoot (due to the many selfies being taken showcasing the stunning skyline views), you can dine poolside from 7am – 11pm, every day of the week. As well as its impressive pool, the hotel is home to 300 stores, a gaming floor space, and several nightclubs and bars. For those who have packed plenty of Singapore dollars with them, a reservation at the complex’s Michelin-starred CUT restaurant will supply you with some of Singapore’s best steaks, or try the Michelin-starred Waku Ghin for Wakuda’s Japanese-inspired French tasting menu. However, we ventured over in to its next-door shopping centre in pursuit of xiao long baos, otherwise known as steamed pork dumplings, served at Din Tai Fung. This hugely popular restaurant has one Michelin star and is ranked as one of the world’s Top Ten Best Restaurants by The New York Times. The free, refillable jasmine tea was the icing on the (matcha) cake!

The culinary highlight of the holiday came on our final night, when we dined at Jing Restaurant, located directly opposite the Marina Bay Sands. Sat outside on the terrace, we had front row seats to the evening light show. Often referred to as one of the national dishes of Singapore, we battled our way through an entire chilli crab and the Chinese dishes on offer, which we finished off with a refreshing Ice Karang (a shaved ice dessert with different jellies, red beans, condensed milk, syrups and sweet cream corn), while the light lasers flickered around us on the water.

A nightcap at the highest microbrewery in the world, LeVel 33, provided us with the best aerial shots of the holiday, as well as a huge range of house-brewed craft beers to choose from.

Watching the light show come to a dramatic and colourful end, we bowed our heads and lifted our glasses (as per the drinking etiquette in Singapore) to a week well spent, and very well digested!



CULTURE

The Kaz Hawkins Band

Thursday 25 May - 8pm

Multi-award-winning Kaz Hawkins and her band return to Jersey Arts Centre for another dynamite show. Northern Ireland's very own blues and soul darling, the Belfast born singer-songwriter is fast becoming a performing icon across the UK and Europe, with the United States temptingly beckoning her over. Her high energy shows play to packed houses, and her 1950s-esque swing dress-meets-Doc Martens look and ability to closely connect with her public contribute to make Kaz one of the country's most popular blues artists.

£17 (£11 students/children) Members: £14.45 (£9.35 students/children)





meet the artist

Lauren Radley is a Jersey based freelance illustrator. Working with an agent based in the UK means she produces work for a wide variety of clients, working on a diverse and exciting range of different projects. She also runs her own business with her husband Emile, producing greetings cards, prints, stationery, and homeware of her illustrations. She sells online, and around the island, as well as with Not On The High Street, and several outlets in the UK. Here she talks us through her background and the process involved in producing her beautiful illustrations.

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

I have drawn, made, painted, and created, my entire life. It's all I did as a child really! My mum is an artist, and I remember being really little and seeing paintings and drawings that she had done, and being mesmerised and totally unbelieving had actually been made by my mum! It was the biggest inspiration for me, and I always had

such a drive, even from an early age, to be able to be as good as that!

So from being a kid, drawing everyday (mostly frogs and sharks?!), I then went on to study illustration and animation at Kingston University in London, and so now I still get to draw every day (or colour in as I like to say!), and I love it!

How would you describe your work?

My work is often described as 'cute', and for a while I was fighting against this, but over the past year or so I've kind of given in to the label, and realised, that actually I suppose it is quite cute! I tend to put a smiley face and rosy cheeks on everything, so I suppose there's no getting away from it. My new range of work is based around taking a happy and uplifting quote from authors like Roald Dahl and Rudyard Kipling, or lines of poems from Goethe and Shakespeare, and surrounding them with a border of my illustrations (usually animals, trees or dinosaurs!). They are all designed with kids nursery's in mind, but I tend to sell them to a lot of adults too! I like to draw animals, food, flowers, and maps. I have a big thing for creating illustrated maps!

Can you talk us through the process you go through to produce your work?

If the work is commissioned, then the process will be determined by a deadline which will often mean it's needed quickly. I will get a brief, read through it, make some quick notes and drawings in my sketchbook, and then produce a more detailed sketch. Once I have had feedback from the client, I then produce the final image digitally, using Photoshop and my Wacom drawing tablet. The whole thing can take anything from a couple of days to a couple of months.

Creating my own work is slightly different. I have so many ideas all of the time for new pieces, and new prints and cards that I want to produce, so I carry my sketchbook with me pretty much everywhere (or if I'm out walking, I write down ideas on my phone), and make notes and quick sketches for new pieces. I usually come up with ideas when I'm away from my studio; walking my dog in the woods, or on a run, or cooking dinner!

So when I have time in-between commissioned work, I sit down, open my sketchbook, and I don't really have to plan, I just go for it, because it's all there, ready to go, and I've usually been sitting on an idea for a long time before I finally get time to create it, so it's exciting and I could work for hours once I get started on them!

Your list of recent commissions is impressive, can you talk us through some of the highlights and the places we may have seen your work off island?

I've recently done a few covers for supplements in The Saturday Telegraph, which was amazing! I felt quite a bit of pressure with that one, which I don't usually feel when I'm illustrating (Telegraph cover

= scary!). I'm working with Pet Plan at the moment, which is a great job as I just get to draw cats and dogs all day (the dream!).

Other regular clients include BBC Good Food Magazine, Waitrose, and Tesco (lots of food and maps!). I'm also in the middle of a big project with the National Trust, creating illustrated maps of all the different regions of the UK which are then being produced as tea towels and mugs to be sold in all National Trust shops.

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

I have a piece in my hallway, which is a big black and white ink drawing I did when I lived in Asia, based on a quote from The Rakes Progress ('Leave all love and hope behind, out of sight is out of mind'). People have bought prints of it, and have asked to buy it since, but I don't sell it anymore.



There's something a bit too personal about it. And it's such a sad quote! I think my work has changed to far more happy and positive vibes now!

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

As I mentioned, my mum was probably the biggest inspiration to me growing up! I also love David Hockney (being a northern girl!), and, I had an obsession with Edward Hopper for a while, and then I love lots of random children's book illustrators like Raymond Briggs, Sara Fanelli, and Eric Carle.

If you could own a single piece of work produced by an artist you admire, what would it be?

An original Hockney sketch or ink drawing of his sausage dogs!

If you could have the keys to any museum or gallery in the world where would it be?

The National Portrait Gallery in London. I lived in London for around six years, and even though I must have visited the gallery a million times, I still have to go every time I go over to London (which is often!). I am a little obsessed with the Tudor Gallery there, the intricacy of the costumes is crazy, and there's something so weird about how their hand are painted!

What work adorns your walls at home?

The artwork on my walls is mostly from people I know. I have lots of amazing artists and illustrator friends, and I love having their work on my walls! Myself and a close group of friends decided a few years ago that rather than buy each other presents for birthdays we would give each other pieces of our work, or paint or draw something original for each other. It feels very special!



What's coming up next?

Lots of exciting things! I have just moved into an amazing new studio with two awesome girls - Abi Overland and Claire Campbell. We are using the space as a shop and showroom as well as a studio, and it is so exciting to be around other creative people, who are running small businesses like me. We have only been in for a few weeks, but already it has been a game changer; I have produced more new work in these past few weeks than I ever did working in past studios, and it is the best, just to be able to get advice, encouragement and ideas from each other every day!

Come and see us at The Nook on New Street. We are just above Nude Food and love having visitors!

www.laurenradley.com

Culture News

Music, comedy, myths legends at Jersey Arts Centre

Whether you're a sketch-comedy fan, into supporting local live music or just want to learn a little more about Jersey's mythological past, make sure to pop in and see what's happening at Jersey Arts Centre this April.

On Saturday 15 April, local Jérriais band, Badlabecques, will be launching their new album, Cocolincheux. Expect an upbeat evening with the band's own blend of folk, pop, Québécois and world music influences that help to promote and celebrate Jersey's indigenous language. The 10-piece band played their first official gig at Folklore Festival in 2012 and have gone from strength to strength, becoming popular and well-established in the local music and cultural scene. Don't miss the fun and frolics at Badlabecques' upcoming album launch, as they present their unique mix of exciting, quirky, danceable Jérriais magic!



If sketch comedy is more your scene, the inimitable Beta Males return to Jersey Arts Centre with another series of laugh-out-loud scenes entitled Alpha Sketches. The Betas are back! For two nights only, the Chortle Award nominated Fringe veteran sketch storytellers are dusting off their waistcoats to present their very best sketches from five sell-out Fringe shows. Join John Henry Falle, Adam Blampied, Richard Soames and Guy Kelly, as well as writer Tom Clarke, for a night of clever comedy on 28 and 29 April.

Finally, if myths and legends of Jersey are more to your taste, then Jersey Arts Centre's Berni Gallery is hosting an exhibition throughout April that explores just that! As part of the 2017 Channel Islands Heritage Festival, Jersey's Myths and Legends will explore the Island's affinity with folklore, and the stories that have evolved from it. The exhibition will include a stamp issue from Jersey Post as illustrated by local artist Nick Parlett, items from private collections, as well as photography, and mixed media images and pieces by artists including; Will Bertram, Ben Robertson, Kerry-Jane Warner, and Geraint Jennings. The exhibition starts from Monday 10 April so make sure to check it out!



For more information about what's coming up at Jersey Arts Centre throughout the month of April and beyond, visit: www.artscentre.je or give the Box Office a call on: 700444.



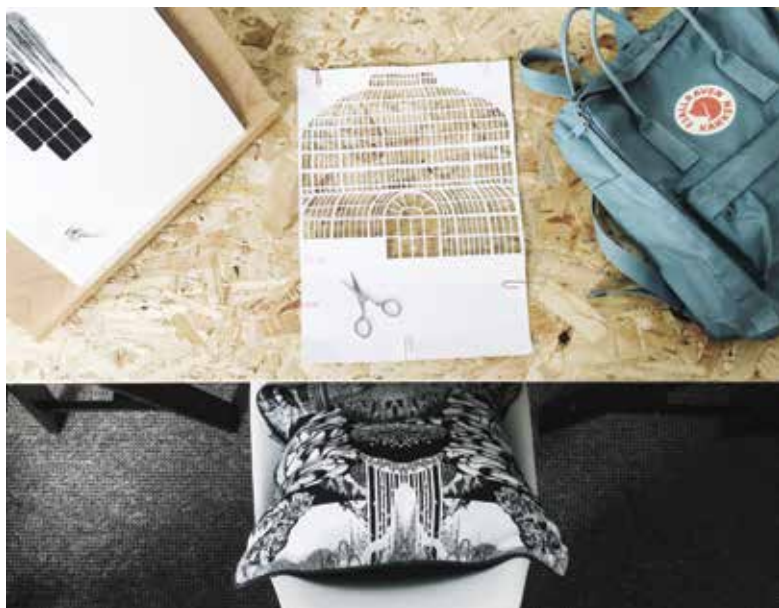
Liberation International Music Festival returns!

Tickets are now on sale for the biggest arts festival in Jersey as the Liberation International Music Festival's programme is released. Running from 6th to 14th May 2017 the island will be filled with music making and dancing with internationally renowned stars as we celebrate the liberation of Jersey.

Audiences will be delighted to see the return of Jazz at Hamptonne headlined by jazz star Ray Gelato, international music soloist Maxim Rysanov, and a portrait of Royal Ballet star Lauren Cuthbertson's life through words, multimedia and dance on 6 May 2017. The dance show will be a once in a lifetime chance to interact with Lauren telling her story and what it takes to become a ballerina through many hardships and trials to dancing at Covent Garden.

In the Festival the award-winning stars will be joined by Jersey artists performing at both formal and al fresco events across the island including Hamptonne on Sunday 14 May, a musical walk at St Brelade's Church, as well as the Jersey Chamber Orchestra performing Vivaldi's Four Seasons at Jersey Opera House. A central theme running through this year's programme will be the joy of liberation through music and dance as we enjoy music from countries across the world from Germany, England, Spain, Italy, France and America.

To buy tickets or for more information please go to www.liberationjersey.com or call Jersey Opera House on 511115



Jersey Library to get a flying visit from a Paper Dragon

Following hot on the heels of the hugely successful 'Paper Dialogues - the Dragon and our Stories' exhibition at St. Helier Town Hall, the Jersey Arts Trust is keeping the dialogue of 'paper cutting' alive through the Skipton Art Series, with their islandwide initiative 'Paper Talks'.

Last November an exhibition of incredible paper-cut art by Professor Xiaoguang Qiao from China and Norwegian artist Karen Bit Vejle, was toured to the Island by the Arts Trust. The work comprised a 9-metre long paper-cut dragon and seven dragon eggs – a collaboration that told the story of the Artists' quest in search of dragons. The exhibition ran for two weeks, during which time over 5,000 visitors including 600 students went to see the incredible work.

During their time in Jersey, Professor Qiao and Karen ran masterclasses to train seven local artists in the art of paper cutting. Now, thanks to the ongoing support of Skipton International through the Skipton Art Series and the One Foundation, the selected artists Abi Overland (who's work is pictured above), Anna Shipley, Ben Robertson, Joanna Brown, Karen Le Roy Harris, Lizi Hill and Maria Tarrant have been busy creating their own pieces of paper-cut art, as well as running over 30 workshops with schools, community groups and the wider public.

As a legacy to the 'Paper Dialogues' exhibition, the work created by students and the community will contribute to the dialogue in the form of Jersey's very own paper-cut dragon. The Jersey 'Paper Dragon', a 3D sculptural installation, will be flying its way through the Jersey Library between May 15 – 30 June 30 as part of a celebratory showcase entitled 'Paper Talks' across different venues this year.

The showcase will also include an exhibition of works created by each of the local artists involved at the Jersey Arts Centre's Berni Gallery between May 8 – 2 June 2017, and will tell the story of the process and relations that have formed as well as what has been discovered through the work. Both exhibitions will be free to attend and open to the public to visit during the Library and Arts Centre's regular hours.

With the additional support of JEDFAS (Jersey Decorative and Fine Arts Society) twenty-two schools have already been involved in the initiative. The Arts Trust will be announcing future public workshop dates for people of all ages to engage in the project.

Information about upcoming workshops can be found on the Jersey Arts Trust Facebook page. Community groups and businesses interested in getting involved should contact the JAT's Producer Alice Bravery on alice@arts.je

JERSEY OPERA HOUSE



THE STORY IN MOTION PROJECT (IN THE STUDIO)

THE VIRGINIA MONOLOGUES

FRI 21ST APRIL | 8.15PM

SAT 22ND APRIL | 8.15PM

TICKETS: FULL £14, CONCESSIONS £12



MET OPERA

TCHAIKOVSKY'S EUGENE ONEGIN

(ENCORE SCREENING)

SUN 23RD APRIL | 6.00PM

TICKETS FULL: £17.50, CONCESSIONS: £15.50, MEMBERS: £3.50 OFF



COURTNEY PINE FEATURING OMAR

WED 26 APRIL, 8PM **£20**



RSC LIVE

JULIUS CAESAR (ENCORE SCREENING)

THU 27TH APRIL | 7.00PM

TICKETS FULL £13.50, CONCESSIONS £12.00, MEMBERS: £1.50 OFF



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SHMUCK FOR A NIGHT

FRI 28 & SAT 29 APRIL, 8PM **£24**

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(31 FREE DRINKS OF YOUR CHOOSING)

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

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

WINNER!

Kuba Michalak



Barney de la Cloche



Jason Dodd



Jason Masterman

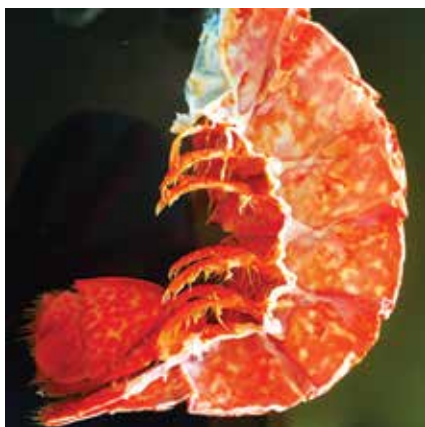


quote of the month from Bean Around the World
See more quotes at www.facebook.com/BATWjersey



CULTURE

Ella & Cecily



Jason Dodd (x2)



Gavin Le Brun

Jo Krupowicz-Malyszko



Leila Anderson (x2)



Michael Dottore



Jo Krupowicz-Malyszko



Michael Dottore



Jo Krupowicz-Malyszko

BECAUSE QUALITY MATTERS

gallery

Bergerac's island – Jersey in the 1980s



The 80's were an amazing decade of huge contrasts. There was lots of greed and selfishness and widening gap between the rich and poor, but at the same time, people took action to help look after the planet and each other.

This brand new Jersey Heritage exhibition, which opens this month, takes a look at how we felt about what was happening in the world and Jersey in the 1980s.

The 80s were a decade of power and individuality. World-changing events were led by public opinion and the need to change an unfair world. The most momentous of these changes was the fall of the Berlin Wall in 1989, reuniting a divided Germany. International protests and campaigns led to the eventual release of anti-apartheid campaigner Nelson Mandela. The world was changing and people became much more aware of the need to look after it.

Jersey's economy was flourishing with the rapid growth of the finance industry, but its infrastructure was suffering under the burden of a growing population, leading to huge arguments about suggestions like the flooding of Queen's Valley.

Natural and man made disasters and rising crime rates added to the feeling of an uncontrollable and unpredictable

world. AIDS was a killer disease. Nuclear armageddon seemed almost inevitable. The Great Storm battered Britain. Drunken driving was endemic.

Music, fashion, television and films often had a distinct 1980s flavour - with BIG being an often used word.

Millions of people around the world were introduced to the island of Jersey through the fictional Bergerac television series.

Occasionally Bergerac reflected real life in Jersey in the 1980s and always celebrated Jersey's landscape and history as a star of the show.

The star of Bergerac, John Nettles, will introduce visitors to some of the key stories in Jersey from the 1980s and the exhibition will feature his famous car. This exhibition is supported by Channel 103.

**Jersey Museum and Art Gallery,
Weighbridge, St Helier.
From 01 April – end of the year.**



Mike Power Exhibition 49° 12' 51.9804" N

Mike Power is exhibiting his series of nautically inspired artwork for the first time later this month. The exhibition, titled 49° 12' 51.9804" N, will see his work on show in the Art Gallery at Fort Regent (just on the left hand side near the pool tables) from Friday 21 April until the end of the month.

His collection of 20 pieces of art includes a mixture of styles and designs from a contemporary take on national flags, including the Jersey flag, as well as 'acrylic on canvas' paintings of life next to the beach in Jersey. You can expect to see beautiful pictures of crabs, lobsters, fishing buoys, rowing boats and fish hung on a line. Some of the paintings have even used driftwood collected from the beaches of Jersey which have then been turned into appealing works of art for the home or workplace.

The modern trend of upcycling materials and furniture has also been taken a step further in Mike's exhibition as he includes some pieces of furniture using re-cycled wood, fashioned into tables and an old chair has been given a new lease of life thanks to one of Mike's paintings being turned into fabric with which he's upholstered a chair.

Fort Regent Art Gallery 21 - 30 April

Paper Talks

THE DRAGON AND OUR STORY

THE DIALOGUE CONTINUES IN 2017...

www.arts.je



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HYDRO-ALCOOLIQUE
A L'EAU DE ROSE
POUR LE VISAGE

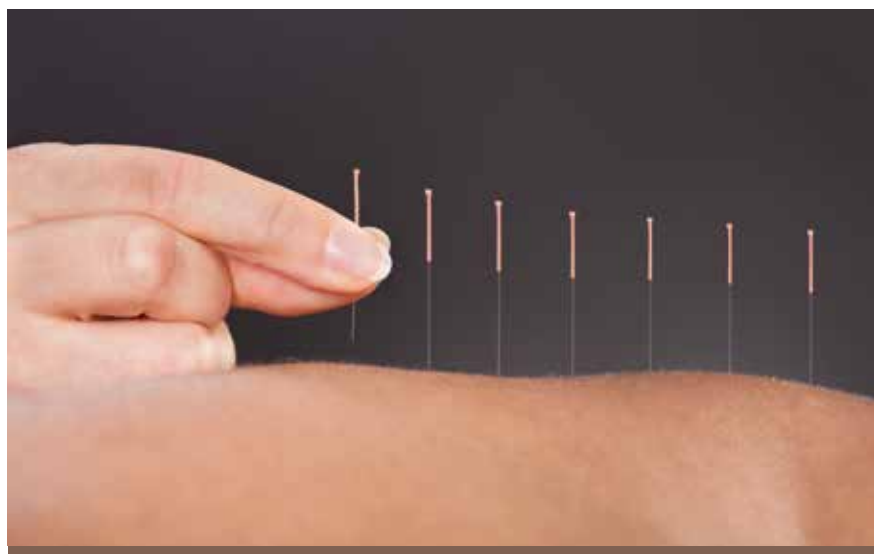
Beauty News

Acupuncture, Chinese Cupping And Massage

WORDS Lorna Jackson

1st BSc (Hons), MBACc, AFN of Health Point Clinic.

At Health Point Clinic we use a unique integration of sports medicine, traditional acupuncture and a variety of massage techniques from Swedish to deep tissue massage and tuina (Chinese Medical massage) to cupping therapy. Our goal is to get you back to doing what you love sooner.



WHAT IS ACUPUNCTURE?

Acupuncture is the insertion of ultra-fine, single use sterile needles into specific acupuncture points on the body. This involves between eight to 30 needles depending upon what is being treated. By inserting fine needles into muscles and connective tissue, this frees up the normal flow of blood, energy and nutrients by releasing myofascial and musculoskeletal constrictions. The insertion of needles is intended to create unnoticeable micro trauma; this induces a healing response in your body, releasing pain-relieving endorphins into your bloodstream.

Essentially, acupuncture jump-starts your body's self-healing mechanism. Your body is constantly repairing and rebuilding itself; acupuncture can help direct this healing response in a more efficient way.

ACUPUNCTURE FACTS

- *Acupuncture does not hurt!*
- *Acupuncture needles are as fine as a human hair and many patients do not even notice when they are in. In fact, many patients fall asleep during their treatment.*
- *Many private health providers cover acupuncture treatment.*
- *2.3 million acupuncture treatments are carried out each year by British Acupuncture Council members.*

The National Institute for Health and Clinical Excellence (NICE) guidelines on best practice recommend that GPs offer a course of 10 sessions of acupuncture as a first line treatment for persistent migraines and tension-type headaches.

Traditional acupuncture can be used for support as well as relief; ranging from: pain management, sports injuries, women's health, pregnancy support, nausea, digestive health, stress management.

For more information visit www.healthpointclinic.co.uk. Gift vouchers available.



Discover the fantastic Hair & Beauty Academy at Highlands

Imagine a place where all the latest and greatest hair and beauty services are delivered by enthusiastic trainee stylists and therapists, at more than affordable prices?

The Hair & Beauty Academy at Highlands College has been professionally training students for more than 40 years. The largest and most established training academy in Jersey, they prepare and qualify stylists and therapists of the future into exciting careers within the industry. If it's a hair tint or top up of the latest gel nail colour you're looking for, the Hair & Beauty Academy can help you stay looking your best - without the high street price-tag. The talented students work with Wella Professional Colour and Dermalogica beauty treatments to deliver the highest quality service.

Prices start at £20 for a full head tint or balayage, £15 for ladies cut and finish; beauty services include £15 for gel nails and £20 for a deep cleanse facial or full body Swedish massage.

Full list of services and prices available at Highlands Hair & Beauty facebook page or pop in for a visit! Plenty of free parking.

The **silent** killer

WORDS Christopher Journeaux,
Quiet Room Therapy



In February this year the UN World Health Organization, (WHO), released a report stating that depression is the leading cause of disability worldwide.

Over 4% of the world's population, that's in excess of 300 million people, now suffer from a mental health issue that can be anything from debilitating to life ending. And the majority of that 4% are women, young people and the elderly. A truly staggering finding in a world where staggering findings seem increasingly to be the norm.

Depression is rightly understood now as a broad term but also one that is personal; a reflection of where we are in our lives and how we engage with the environment around us. I work extensively with clients caught in the throes of depression and each is unique. At times it seems inappropriate that we connect such an individual experience with only one word and yet in doing so we at least acknowledge it in our midst.

"Over 4% of the world's population, that's in excess of 300 million people, now suffer from a mental health issue that can be anything from debilitating to life ending."

Perhaps the most impactful of my work in this area is with children. I am always moved that a child could be so incapacitated by depression at a time in their lives when we might hope for them all the joy of experiencing life and reaching out into the beauty of our world. Sadly we know that part of that experience includes for many the painful darkness of neglect, isolation, bullying and so much more that should have been banished.

We are starkly aware of the many who reach a point beyond bearing and choose to take their own lives but they are the tip of an uncomfortably large iceberg of depression. I try to hold in my mind the thought that the first step away from depression is the search and acceptance of help, from wherever that comes.

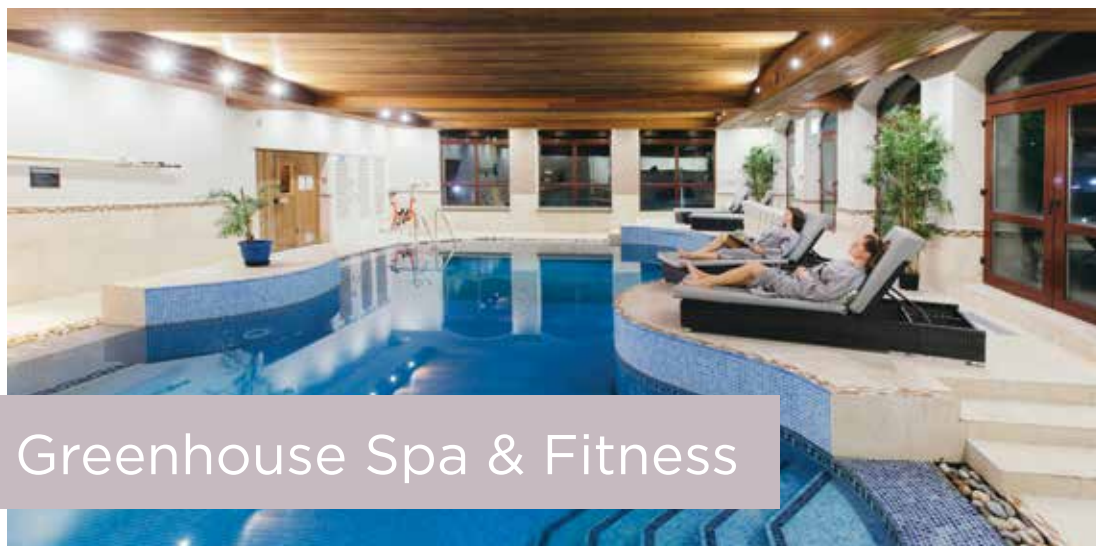
**I AM
BRILLIANT.**

PAUL MITCHELL.

RIO

55 HALKETT PLACE
TEL 734458

BEAUTY
SHOPPING
HAIRDRESSING



Greenhouse Spa & Fitness



The first quarter of the year has passed in a flash and has been rather full on for us here at Factory HQ. This has resulted in some rather stressed bodies and minds too, so a visit to Greenhouse Spa & Fitness was welcomed with open arms.

Set in the impressive grounds of Chateau Vermont and overlooking beautiful gardens this beautiful spa and gym (to which you can become a member and take advantage of a whole host of studio classes) is a completely tranquil paradise set well away from prying eyes. I arrived with enough time to sit and enjoy the pool, sauna and steam room before my treatment started, which was bliss.

I was met by Dawn Carus who is the co-owner of Greenhouse Spa & Fitness, having been a spa consultant and therapist for over 20 years Dawn has a real passion for what she does. The Greenhouse has over 30 treatments and rituals to choose from but they encourage guests, as unique beings, to build their own packages based on their individual needs from the 15 Tapas treatments available, so that's what we did.

All of the treatments are exclusive to Greenhouse Spa & Fitness having been created by Dawn in conjunction with UK brand Elemental Herbology, the products which they use throughout their treatments. Elemental Herbology products are 100% free from synthetic fragrances, artificial colour, sodium lauryl sulphates, paraben preservatives and mineral oils. The range is based on TCM principles

(traditional Chinese medicine) to achieve harmony by exploring the alignment of the elements Fire, Earth, Metal, Water and Wood, which was my element for this visit.

“Dawn then proceed to give me possibly the best spa massage I’ve ever had, whilst it was incredibly relaxing it was also firm and focussed on the areas I really needed it.”

I started my two hours within the heavenly treatment room with a Deep Ease-stress busting back neck and shoulder massage, from the tapas menu. Beginning with a frankincense inhalation to de-stress the mind Dawn used a warming wood element oil-rejuvenation blend (ho leaf, rosemary, lemongrass, nutmeg) and hot stones to immediately warm and relax the muscles in the back and shoulders prior to massage. Dawn then proceed to give me possibly the best spa massage I’ve ever had, whilst it was incredibly relaxing it was also firm and focussed on the areas I really needed it.

If I’m honest I’d have happily left after the massage but onwards to the Facial

Happiness treatment, which was further bliss using more of those incredible Elemental products which smell and feel divine. After the cleanse and a peel was applied and my face was wrapped in a hot towel to allow the papaya enzyme in the peel to activate. This was followed by a lymphatic massage with lifting techniques to decongest and improve my skin tone followed by a 16 point acupressure massage. The facial was completed with the application of Cell food serum, Eye Elixir and Cell Plumping moisturiser, all of which I got little samples of to take home with me too.

We then finished with the Rising Star, another tapas treatment. Here Dawn used warmed wood oil and poured it onto my scalp and shea and mango butter rubbed into the ends of the hair. Then she applied a soothing Tuina scalp acupressure massage, which was followed by my head being cocooned in a hot towel wrap whilst she massaged my hands and feet. This was the most phenomenal way to end my treatment, although my hair (which is short) looked pretty crazy so I’d recommend you have nothing other than a night on the sofa planned for after your visit.

The Greenhouse Spa & Fitness also partner with some amazing local artisans and suppliers Be tribe (superfood blends, which they retail and make their smoothies with), Kota Candles (retail) and Eco Timbers built their lockers and bar too.

Greenhouse Spa & Fitness

T 877763 • www.greenhousespaandfitness.com

MEET THE EXPERT

Chantal Mcauliffe
Hairstylist at
Toni&Guy



Starting out at Toni&Guy here in Jersey, Chantal went on to complete her training in Glasgow then moved on to a salon called The Rainbow Room International where her career really took off; working her way up to a main member of the Art Team helping with all the creative for the company and getting to be a part of London Fashion Week and the British Hairdressing Awards every year!

In 2015 she was picked from hundreds of candidates to be put in an elite team of six called The Leap Team where she travelled the world experiencing fashion shows and photoshoots.

She's now back in Jersey and working for the brilliant Toni&Guy Salon on Halkett Street, where we met up with her to find out about hair trend and styles for 2017.

What cut do you think is most current?

The haircut of 2017... I believe woman will be braver and go shorter, anything from a sexy textured pixie cut, ranging from all lengths, to sharp bold geometric shapes and curved neck hugging bobs.

What colour trends are you seeing for 2017?

I think colour will go a little stronger. In London the balayage trend has already started to fade, woman are brightening their roots back up with highlights and going for stronger panels to brighten. Coming into spring/summer with the festival seasons and music scene, I think all the pretty pastel shades will appear.

Which celebrity always nails it with their hair do?

My favourite celeb for short hair has to be Sienna Miller she rocks the sexy pixie cut and she's had it all different lengths. Also the model Ruth Bell who became a superstar after shaving all her long locks off, it took her from average to beautiful!

“Hairdressing is my lifestyle and personality and I adore the industry!”

For mid length hair Alexa Chung never fails to kill it!!!! Her do has gorgeous length and the texture is beautiful.

Then Kate Moss for long hair. I adore her, she has the perfect long undone beachy dirty wave which can be achieved with sea salt spray and a little love.

What are your top 3 must have hair products?

1. label.m Highlight Toners

I love these illuminating lightweight toner sprays with a metallic sheen. Non-committal colour has never been easier. You can change your look and hair colour instantly, then you can simply wash out and start again. Perfect for festival season.

2. label.m Texturising Volume Spray

This is the big hair must-have to allow you to create even bigger, bolder and more expressive looks. It combines the texturising benefits of a dry shampoo with the hold of a Hairspray. The dry mist instantly teases edgy texture and builds height with long-lasting grip, for a dramatic back-combed effect.

3. Kérastase Aura Botanica Ultra-Fine Mist

Enriched with an oil phase containing a unique alliance of coconut, argan, jojoba and avocado oils. This is an exceptional leave-in conditioner providing 48 hours of durable conditioning and 72 hours of frizz control for soft, natural and healthy glowing hair.



TONI&GUY
HAIRDRESSING

All products are available from Toni&Guy
Call 878487 to book an appointment with Chantal

Beauty News



Learn New Skills!

Natalie Thompson has worked in the beauty industry for over 15 years. She holds her PTLLS teacher training qualification, her Assessors award and her Cert Ed. She first set-up Orchids Nail & Beauty Academy in 2010 and since then her bespoke and flexible training course business has gone from strength to strength.

Alongside offering traditional beauty therapy courses Natalie specialises in teaching a nail technician's diploma which will see you master UV polish, acrylic and builder gel applications, alongside your manicure and pedicure basics. She also teaches advanced brow techniques and the application of the much loved Lash-FX eyelash extensions.

Perhaps you're still working but would like a career change, well thanks to her flexible training options she can help you to find the perfect solution for your personal learning. Or if you're a salon that would perhaps like to offer your therapists in-house training Natalie can accommodate this too. Courses start from a half day workshop to a full five-day course, depending on what you're learning.

The training side of the business is currently run from the MiMi Salon, 6 Colomberie Parade and they'll happily take enquiries about Natalie's courses if you'd like to pop in or give them a call on 853627.

www.orchidsacademy.co.uk

Align Fitness

Do you want to start the journey to a healthier you? Join our 12-week programme to improve your wellbeing. Enroll on the 12WTAYH programme for an introductory price of £3,000! **For more information, visit align.je**

We asked the team at Align:

1. **What is the best thing about this programme?**
2. **One tip to stay healthy is...**
3. **What is your favourite healthy meal and your favourite cheat meal?**
4. **Relaxing is...**
5. **What would you say to people who are thinking of signing up?**

Kelly Keating, operations director, is the team organiser and motivator.

1. It helps you to build good healthy habits and break those bad ones.
2. Be prepared or prepare to fail.
3. Healthy: Salmon, poached eggs, avocado, mushrooms and baby asparagus.
Cheat: Crispy belly of pork roast dinner.
4. Spending time with family.
5. Invest in you because no one else will. Get ready to meet the new you.



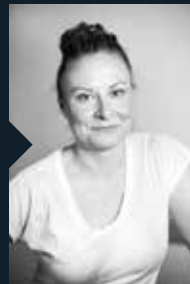
Marie-Christine Dix, Chiropractor & dry needling expert, says prevention is always better than cure.

1. The connectivity of the physical, chemical, emotional care.
2. Take Omega 3, probiotics and Vitamin D daily.
3. Healthy: Mexican style baked eggs, avocado and black beans.
Cheat: Lasagne.
4. Family time, cooking and listening to music.
5. You will feel healthier, more inspired and excited about your life.



Ciara Ahern, sports and remedial massage therapist, helps people lead pain free lives.

1. The homocysteine blood test allows you a glimpse into your future health.
2. Drink plenty of water.
3. Healthy: Turkey burgers with chipotle mayo and salad.
Cheat: Roast chicken dinner.
4. Walking my pooches and watching films.
5. We look after your health to get you back on track to being the person you thought you couldn't be anymore!



Nick Dingle, personal fitness trainer, helps people make the most of their health and fitness potential.

1. Helping people to understand there is a lot you can do to remain healthy and reach your goals.
2. Create good habits in your daily routine that encourage you to be active.
3. Healthy: Smoked salmon and avocado on toast.
Cheat: Bacon cheeseburger with sweet potato fries.
4. A sunny walk on the beach.
5. Come and discover things you never knew were possible.



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It's all about the eyes!



La Mer

The Lifting Eye Serum

Available from de Gruchy

Supports the architecture of the eye and brow area. Its wonderful cooling applicator takes it from being a fantastic product to one of the best that's ever hit the market.



Bagsy x Savannah Miller

Dawn To Dusk

Available from Feelunique

Neutral tones, creams, golds and smouldering hues with a wearable, shimmery finish. Extremely blendable and silky soft - this palette has it all.



M.A.C

In Extreme Dimension Lash

Available from Voisins

The gigantic brush stores the optimal amount of mascara to give dense volume and lengthening while the formula conditions your lashes.



Urban Decay

Liquid Moondust Eyeshadow

Available from Feelunique

Contains microfine bits of iridescent sparkle and lush 3-D metallics for a gorgeous, diamond-like effect.



Darphin

Hydraskin All Day Eye Refresh Gel Cream

Available from de Gruchy

Invigorating featherweight gel-cream helps hydrate, depuff and diminish dark circles. Creates healthy and fresh looking eyes.



Aveda

Wedding Mask Overnight Eye Treatment

Available from Elmina

Ultra-rich mask brightens skin around the eye area overnight. Contains potent turmeric extract to even skin tone by diminishing the look of dark circles over time.



Elemental Herbology

Age Support Eye Elixir

Available from Greenhouse Spa

Triple-action, advanced natural eye serum helps to reduce the appearance of fine lines and wrinkles, puffiness and dark circles.



bareMinerals

bareskin Serum Concealer

Available from Feelunique

A silky smooth complete coverage concealer and serum in one. Designed to provide remarkable coverage with an ultra-light texture.



Goldfaden MD

Bright Eyes Dark Circle Radiance Concentrate

Available from SpaceNK

Delivers intense hydration and firmness while ensuring the eye area has a luminous and youthful appearance.

FASHION



GANT Grid Print Dress
UK £145, **de Gruchy** £130.50

DISCOVER THE NEW SEASON COLLECTIONS

HUGO BOSS | GANT | TOMMY HILFIGER | OLYMP
HACKETT | TED BAKER | ROY ROBSON

de
GRUCHY
FOREVER INSPIRED



GANT Sleeveless Blazer
UK £225, **de Gruchy** £202.50

Brand News



A JOURNEY HAS BEGUN

After several years out of the limelight, renowned Danish designer Malene Birger is back on the fashion scene with a new brand, a new business partner and a very clear vision.

Established in July 2016 with Malene Majlund, as commercial director, and Malene Birger, as creative director the hugely anticipated A'Journey clothing line is soon to hit Manna in early summer.

Individually, they have many years of experience within the fashion industry; Malene Majlund has, since 2001, been running her fashion agency business from Notting Hill in London. Whilst Malene Birger has founded two global brands during her career as a fashion designer (DAY Birger et Mikkelsen 1997 and By Malene Birger 2003).

Her timeless and modern bohemian style, combined with her relaxed approach to trends, is part of the huge attraction. She prefers to design classic forever-keepers rather than fast-fashion.

The two ladies originally met at By Malene Birger in 2003, and worked together for more than a decade. Malene Majlund represented By Malene Birger in the UK during that time. Through their partnership, the UK became By Malene Birger's strongest market.

A' Journey is built on the love of life, travel, realism and work, based on the simple idea of packing a suitcase - travelling in style with functional beauty.

"My suitcase must contain a collection of styles which can cover all the days and nights during my journey. I like to be prepared for the unexpected. I need my kaftans; my black suit; my shirts; and my cashmere sweater for chilled evenings or cool flights; my t-shirt for yoga; my evening dress; my slippers; my pyjamas; and some accessories to add interest, modernity and personality. These are just to mention a few needs. When I'm travelling, I want to feel free, knowing that my suitcase is inspiring to open, unpack and wear," says Malene Birger.

The clothes subscribe to her life-long design philosophy that "beauty and function go hand in hand". There's a classic blue-striped shirt that comes short for the city and long for the beach; pyjama-style trousers that could go from desk to dinner; a black cashmere sweater for cool evenings or chilly flights. The palette is neutral: dark brown, navy, black and cream, with sharp injections of fuchsia - Birger's favourite colour.

Keep an eye out in Manna for the very wonderful first collection to land!

THIS IS WHAT COOL LOOKS LIKE

Off duty models have the advantage of being ridiculously good looking, but there are three hot young things in particular who keep absolutely nailing it in the fashion stakes.



CARA

Of course the ringleader of this uber fashion set is Cara, who wore a low key mixed theme outfit with a twee cardigan, statement sunnies and baggy luxe look trousers to the latest Chanel show.

Then we have Kenny J who, despite only being 21, is teaching us all how to dress like a lady. And finally, she is fashion royalty by birth, Lily Rose Depp, is constantly looking cool in bold high fashion pieces.



KENNY J



LILY ROSE



THE BOHEMIAN SPIRIT OF SUMMER

Renaissance

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PARIS

• chinti and parker •

• ANNECLAIRE •

goat •

MARKUS LUPFER

• CHIARA BONI

Trend News



Reebok are now trendy

It's a fact. Reebok is cool again. Check out the ultimate hottie Gigi in their new campaign. Yep, active wear has never looked so good.



FASHION
UPDATE

Something different

Not a name anyone can say, but a name that many recognise, Baum Und Pferdgarten is a brand with a difference. Founders Rikke Baumgarten and Helle Hestehave create stunning everyday wear with a wonderful quirkiness. The designer duo are known for not compromising on quality or aesthetics, with their main manifest being to differ from the masses.

They approach design with an element of humour and irony - leaving many of their pieces somewhere between avant-garde and playful. The fantastic new collection, which is now in store at Manna, uses pops of unexpected colour and a gorgeous range of materials, resulting in some stunning wow factor pieces which are lovely enough to be an everyday favourite, but unusual enough to become one of your signature items that can be pulled out of your cupboard year after year.

A girl's best friend

Every woman born in April knows how lucky she is that her birthstone is a diamond and this month Rivoli Jewellers is celebrating just that with beautiful diamond set jewellery. The most precious of all gemstones and the gemstone most likely to make someones eyes light up when they open a gift containing them!

A diamond circle pendant can be worn to symbolise eternal love, a love that has no beginning or end and true love that is

full and complete. It's a beautiful gesture that is not as obvious as a heart yet full of thought and meaning. The beauty of this sentiment can be conveyed by gifting a diamond circle pendant to your loved ones, be it your mother, sister, a friend, or your lover. The meaning of a diamond circle pendant is only limited by your imagination. Whether it is to show a love that has no end or simply because it looks great, check out the diamond set circle pendants at Rivoli Jewellers this month.



Rivoli 9ct Diamond Fancy Circle Pendant, **£595.00**



Rivoli 9ct Diamond Multi Circle Pendant, **£725.00**



Rivoli 9ct Diamond Single Circle Pendant, **£599.00**

Brand watch: Mint Velvet

The Mint Velvet story began in 2009 with three women who, inspired by a desire for something new, set about creating a collection which was contemporary, stylish and had a luxe everyday feel to it, without the matching price tag.

As modern women, they wanted clothes which enabled them to look effortlessly stylish, even on the busiest of days, and so the relaxed glamour concept was born - beautiful clothes, in gorgeous prints and fabrics that can simply be slipped on for easy, effortless style.

Their latest Gardenia collection, part of the brand new spring line, embodies this philosophy perfectly. The ultra feminine collection embraces a softer side with earthy neutral shades in relaxed fluid shapes and each easy-to-wear piece can just be thrown on and it looks fantastic! Ideal for girls on the go!

Mint Velvet is available upstairs in de Gruchy.





**BAUM UND
PFERDGARTEN**
EXCLUSIVELY AT MANNA

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WHAT'S COOKING?

Photography & styling Danny Evans
Hair & make up Joelene Hill, The Studio
Model Ria

Cake Kirstie Taylor, Flour
Additional Baking Angela Carter
Set Assistant Margaret Martini

Shot on location at Beaumont Home Centre

Dress by Karen Millen **£176** from de Gruchy
Swarovski Ginger ring set rose gold **£87**
Swarovski grey ring set white **£110**







Dress by Marc Cain **£325** from Marc Cain
Shoes by Miss KG **£79** from Voisins
Swarovski Gallery Square layered necklace rose gold **£110**
Swarovski grey ring rose gold **£75**
Swarovski grey ring set white **£110**

Dress by Marc Cain **£265** from Marc Cain
Shoes by Carvela **£130** from Voisins
Swarovski ginger ring set rose gold **£87**
Swarovski grey ring set white **£110**





Dress by Intropia **£153** from Manna
Swarovski Geometry bangle black **£96**



Dress by Baum Und Pferdgarten **£225** from Manna
Swarovski Crystaldust choker gold **£43**
Swarovski Gate bangle gold **£87**
Swarovski Ginger bangle white rose gold **£61**
Swarovski grey ring rose gold **£75**



Dress by Karen Millen **£218** from de Gruchy
Swarovski Ginger ring set rose gold **£87**
Swarovski Grey ring set white **£110**
Swarovski Geometry ring black **£87**



Dress by Karen Millen **£185** from de Gruchy
Swarovski Ginger bangle white rose gold **£61**
Swarovski Grey ring rose gold **£75**

StyleStalker

WORDS
Lauren Burnett



Claire Rondel

From the cut off Adidas wristbands, to the pulled up sports socks worn under her vintage Doc Martens and teamed with a camouflage zipped skirt, everything about Claire oozed a very personal style, I loved this outfit!



Charlotte Honeycombe

This lady absolutely glowed. Charlotte has been making her own clothes for years and I absolutely loved her dip dyed jean overall dress that she'd customised herself!



Veronique Bosio

High polished burgundy Doc Martens, black skinny jeans and a band t-shirt, topped off with a customised denim jacket to which Veronique had added on her favourite band patches came together to make her outfit creative and expressive!



Rochelle Creedy

I noticed Rochelle the moment I walked in because she looked so comfortable in her own style which drew me to her! The on point mustard cardigan over her band T-shirt worn with cut off black trousers and brogues, plus the 90s hair buns and red lips totally rocked!



Robyn Healey

Robyn looked every inch the grunge princess! I noticed her outside and thought she had an eclectic style which was a mix of Nancy Spungen, Courtney Love and Juliette Lewis! Her leopard print coat couldn't be more on-trend at the moment!



Leah Le Cornu

I always notice Leah when I'm out and about and have tried to style stalk her several times. This girl exudes style even when she's not trying to! The low opaque you can see in her tights is totally making a comeback and her hair style totally framed her pretty face!

APPETITE

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* For full terms & conditions please visit www.inndulgenceclub.com



FROM
Field
— TO —
Fork



We're incredibly lucky here in Jersey to have a plethora of amazing fresh produce available on our doorsteps. More than 100 varieties of fruit, vegetables, salad leaves, herbs and organic crops are produced outdoors in fields protected by polytunnels and in glasshouses around our beautiful island. The varieties change throughout the year and are planted at different points so that we can enjoy the longest season possible.

Eating food when it's in season has huge benefits, it's usually when the produce is not only at its cheapest but its freshest too, which means it's also when its flavour is at its best. Over recent years seasonality has become a buzzword in the food industry you'll often hear a chef speak about cooking with the seasons, changing their menus to reflect the produce that is available to them, sourcing local produce and working with local suppliers.

One such chef is Joseph Baker, for whom it isn't just a buzzword, seasonal produce constantly provides him with inspiration for dishes on his menu at No 10 Restaurant & Bar, Bond Street. He features in the most recent Visit Jersey ambassador video with local market trader Bill Davies and is a regular visitor to his stall Just William in the central market, where he gathers produce which has been grown by Bill and his daughter Grace on their farm in St Martin.

Thanks to the clever design of the menus at No 10, and a printer tucked handily away under the counter, dishes can be added or taken away as soon as the availability of produce dictates which makes their menu truly seasonal.

We challenged Joseph to produce a dish using solely produce available to him on island during the month of March. Not an easy feat some would say. We're not talking the peak of summer here, we're talking about the very first steps into spring a month when the first Jersey Royals are just beginning to be unwrapped and are making it onto our plates.

Joseph explains 'I wanted something that was, as far as possible, a simple reflection of the bounty available in Jersey at the beginning of spring. Therefore I wanted the dish to capture a spring-like sense of growth, vitality, and optimism!'

That's why everything on the plate was either raw or barely cooked, when vegetables are young and fresh they don't need to be tampered with. The simple spring salad really did reflect the best things I could curate from my independent local suppliers.

You can see the brightly coloured rainbow chard, purple sprouting calabrese and different kales from Just William forming the basis of the salad. With the amazing courgette flowers from Three Oaks Vineries being the star of the dish. I stuffed these with a lemon scented ricotta made from local milk by the team at Classic Herd. This was served on a reduction of watercress from Colin Roche's farm in St Clement and topped with shavings of truffle, which I have to admit isn't from Jersey but I wanted to add a little touch of decadence.

This dish beautifully reflects the food we do at Number 10, it doesn't dramatically alter ingredients it just showcases them.'



"I wanted the dish to capture a spring-like sense of growth, vitality, and optimism!"

At No 10 Mediterranean influences combine with highly skilled cookery and fresh ingredients, presented beautifully and set in wonderful surroundings. A visit to No 10 Restaurant & Bar is a must and one we're sure won't disappoint, whether you choose to dine, enjoy a drink at the bar (where you can also eat), nip in for a quick lunch or settle in for an evening, there will always be delicious food and a friendly, relaxed welcome from the team.





La Manche Smokehouse

Sam Lempriere and Matt Ryan

La Manche Smokehouse is an artisan food smoking business run by Sam and Matt. Since inception in 2012 they have mainly focused on producing smoked salmon. The salmon has always been their most popular product but unfortunately, due to global price rises, (the price has almost doubled in 12 months) the product is no longer viable.

So, they've decided to focus on one product and put all their efforts into producing and promoting it. As Genuine Jersey members they wanted the main ingredients of the product to be of Jersey origin but also be available all year round. From a food smoking perspective, there are not a huge amount of raw ingredients that meet those criteria. However, a product that they have historically produced in a small volume does tick all those boxes, their Oak Smoked Butter (which holds a prestigious 2-star award from the Great Taste Awards).

Smoked butter has gained in popularity recently, particularly in the Michelin starred world of cooking due to its unique flavour and versatility. Their customers are often surprised by the concept of smoked butter and it is certainly one of those things you must try to appreciate.

La Manche smoked butter is a cold smoked product, the process itself relies on a delicate balance of time and temperature to deliver a consistent, well-flavoured butter. One of the most important stages is the rest period at the end, this allows for the smoke flavour to mellow and equalise throughout the butter.

You will be surprised by the versatility of their smoked butter, it can be used in place of unsmoked butter to impart smokiness and add to the depth of flavour. Some of their favourite uses so far include melted over Jersey royals, corn on the cob or finishing a thick cut Jersey Angus steak.

Flour

Kirstie Taylor

Flour is a bakery delivering extremely tasty: cupcakes, celebration cakes and miniature bakes.

Owner Kirstie set up the business in London while studying for her diploma in Patisserie at world renowned french cookery school Le Cordon Bleu. When she first moved back to the island she started with baking from her family home in St Brelade selling online through Facebook and her website. www.flourpatisserie.co.uk. Soon it became apparent that her beautiful cupcakes were incredibly popular so she made the decision to rent a lovely little shop based in the Central Market. She quickly became a member of Genuine Jersey, recognising how important it is to show customers that you are using quality local ingredients.

When she started her degree at Le Cordon Bleu she was working in a London bakery and decided that she wanted to open her own business and create products of her own design. She chose the name 'FLOUR' because she wanted something really simple, stripped back and memorable with a bit of a modern unique twist and seeing as Flour is one of the main ingredients in her products, (aside from her gluten free range) it seemed like a good idea.

Kirstie's little shop is number 90 Central Market (next to the Italian deli). Here you will find her full selection of bakes as well as speciality hot drinks and refreshments. Head along and have a look at the beautiful display of frequently changing delights. We're sure you'll agree that they look great and taste even better. They don't just make cupcakes of course Flour also offer a bespoke ordering service in case you're looking for something in particular.





Back to Basics

Everyone thinks they have it in them to open a pub or restaurant, but few have the opportunity or courage to test that dream. Revamping La Bastille is Mark Taft's first forage into the world of hospitality in an effort to reignite a love for his job, which was slowly lost over the last 30 something years in finance. He harks back to a day when things were better, simpler, when building relationships mattered and wondered what would happen if he applied this philosophy to his own establishment?

Years of working in a sales environment has taught Mark the importance of putting the customer first, a concept which he found had become lost in finance with increasing regulation, but where in an industry like hospitality that hails the customer as king, can be put to good use. New to the restaurant business, Mark adopts the same approach to La Bastille as he has done throughout his banking and investment career which is simply "give the people what they want!"

From looking at the popularity of independent gastropubs and the craft beer market in the UK, Mark saw a gap in Jersey on which he could make his stamp. He believes what people want is a brasserie stripped back to what it truly should be; a place where you feel at ease with simple, delicious food coupled with a selection of unique and remarkable beverages. He envisages a bar where "everybody knows your name," where he can build an empire upon getting to know his customers' wants and need and delivering these.

You'd be wrong to discount Mark as just an enthusiastic dreamer. What he lacks in culinary experience he more than makes up for behind the bar, where

his true passion lies. Having established a wine business in parallel to his finance career selling the revered Rothschild brand, opening a brasserie seemed like a natural progression, giving him a platform on which to expand. Early on Mark made the decision to only work with good brands or good products and it is staying true to this testament which he believes will make his goals a reality. "Success is dependent on your product and we've hit it right here at La Bastille with quality, local, seasonal produce at reasonable prices."

"Having established a wine business in parallel to his finance career selling the revered Rothschild brand, opening a brasserie seemed like a natural progression, giving him a platform on which to expand."

Always the risk taker, Mark has big plans in mind. Expanding the premises of La Bastille to include a gin/cocktail bar and a real ales/craft beer haunt with visions of rolling out the model to include a further venue in the near future. Despite the long hours the venture demands, Mark is

enjoying the freedom of being his own boss, finding the change hugely rewarding. "You just don't get the instant rapport and gratification that this job gives anywhere else," he explains as we scroll through the emails of praise and rave reviews he has already received.

Taking on La Bastille has been a steep learning curve and anything but simple, but the back to basics business model appears to be working in his favour. After years of slogging the hard sell in finance, it

looks like Mark may have stumbled upon a concept that will sell itself. The proof, as they say, is in the pint glass.

**La Bastille, 35 Queen Street, St Helier
T: 01534 874059**

Fish Night



People will often use the word legendary to describe something that doesn't always warrant such a bold claim but in this case, the 'legendary Friday Night Seafood Buffet', brought to you by the Pomme d'Or, deserves the accolade.

Not one to shy away from the opportunity to sit down at a table in the company of a good friend I jumped at the chance to head along to the Harbour Room on a Friday night to see what the seafood buffet was all about, and we were not disappointed. My friend and I arrived hungry, as instructed, and were seated on a lovely table in the upstairs dining room with a view towards St Helier Marina. This is obviously a very popular pastime for many on a Friday night as the large restaurant was already filling up with locals and visitors alike, ready to dive in to the feast that was laid before us.

Once we were settled in with a lovely crisp, cold glass of white wine, chosen from the excellent wine list, we were offered a starter of soup if we wanted or invited to head straight for the buffet selection of cold starters, which is what we did.

With plates in hand we were greeted by an array of freshly caught Jersey oysters, a choice of zesty accompaniments, a tower of gambas and king prawns, beautifully dressed whole salmon and slithers of salmon sashimi, a massive selection of fish terrines, fresh fillets and local shellfish, including whelks, crab claws and more prawns! But fear not those adverse to marine delights, the buffet isn't just geared up to cater for fish lovers, although obviously, that's the main aim, there were a plethora of cold meats, terrines, and salads which would keep even the most carnivorous happy. For £32.50 per person, the choice is absolutely amazing

So whilst you could, of course, gorge yourself on just the starter section of the buffet it doesn't stop there. Next up is a series of different hot dishes which change weekly but combine a great mix of traditional and more exotic meat and fish dishes, served alongside a variety of different vegetable side dishes.

To follow the glorious fishy feast, the chefs lay out an extremely tempting cheese board and a very enticing variety of desserts, all of which we managed to try and were delightful. Finally beaten we were offered coffee and Port to finish our dinner but to be honest neither one of us could not even consider the consumption of a wafer thin mint at this stage as we were full to the gills and very happy about it too.

The all-you-can-eat format for the evening is both remarkably dangerous and absolutely glorious, with fellow diners opting for five, six, even seven portions! If you've never been to experience a fishy Friday night at the Pomme d'Or we recommend you get yourself and your friends or loved one booked in as soon as you can, and go hungry!



"The choice was absolutely amazing. But fear not the buffet isn't just geared up to cater for fish lovers, although obviously, that's the main aim, there were a plethora of cold meats, terrines, and salads which would keep anyone happy."

**Pomme d'Or Hotel, Liberation Square
St Helier
T: 01534 880110**



Top of the Tree (House)



“Jersey has so much to offer, but I particularly admire the diversity and creativity of the people living here.”

The Boat House Group is undergoing some exciting changes. We sat down with the managing director James Lane who has who recently returned his focus to The Boat House Group in Jersey after spending the last 14 years overseeing the family operations in North America and the Caribbean. Here he discusses what guests can expect from a visit to one of the groups four restaurants, The Tree House in St Brelade.

Firstly, what brought your focus back to Jersey James?

My father has lived in Jersey for 30 years building the Boat House Group and wanted to take a step back and slow down. Although I have been commuting backwards and forwards running the international operations, I have always loved the island. Having recently gotten married it is the perfect place for my wife to be closer to family in the UK, and for me to now focus fully on The Boat House Group.

What is it about the island that you particularly love?

Jersey has so much to offer, but I particularly admire the diversity and creativity of the people living here. From a foodie perspective, the abundance of fresh produce is really exciting and I'm hoping to be able to showcase this in the menus we are producing and the food we offer across the Group. I hope to do Jersey proud.

Can you tell us about the Tree House?

The Tree House offers guests simple, wholesome dishes for the whole family. We pride ourselves on catering to families on the island by providing a great kids menu as well as both indoor and outdoor play areas. Equally, the conservatory provides the perfect setting for couples and in summer the large sun terrace is the perfect place to enjoy a few glasses of something cold with friends.

What is your favourite dish on The Tree House menu?

To be honest it depends on my mood. I love our pizzas made in the wood-burning oven, my favourite being the Bianca Neve. Having said that the half a rotisserie chicken is to die for, especially with the sweet potato fries. We have also recently started making our own fresh pasta and our head chef Alex recently asked me to try his seafood linguine which was the best I've ever tasted.

As managing director of The Boat House Group, what would you say is your greatest strength?

Without a doubt my greatest strength lies in the dedication, hard work and passion of my team. We have such a diverse team from all corners of the world who all bring their own personal touches and experiences to the guest experience. We have recently welcomed Rowen Elmes as operations manager who is currently pulling a great team together in each of our restaurants. Rowen has also worked in various locations around the world I am greatly looking forward to drawing upon his expertise and that of our team, to be able to consistently endeavour to exceed our guests expectations.

**The Tree House Restaurant,
La Marquanderie Hill, St Brelade
T: 741177**

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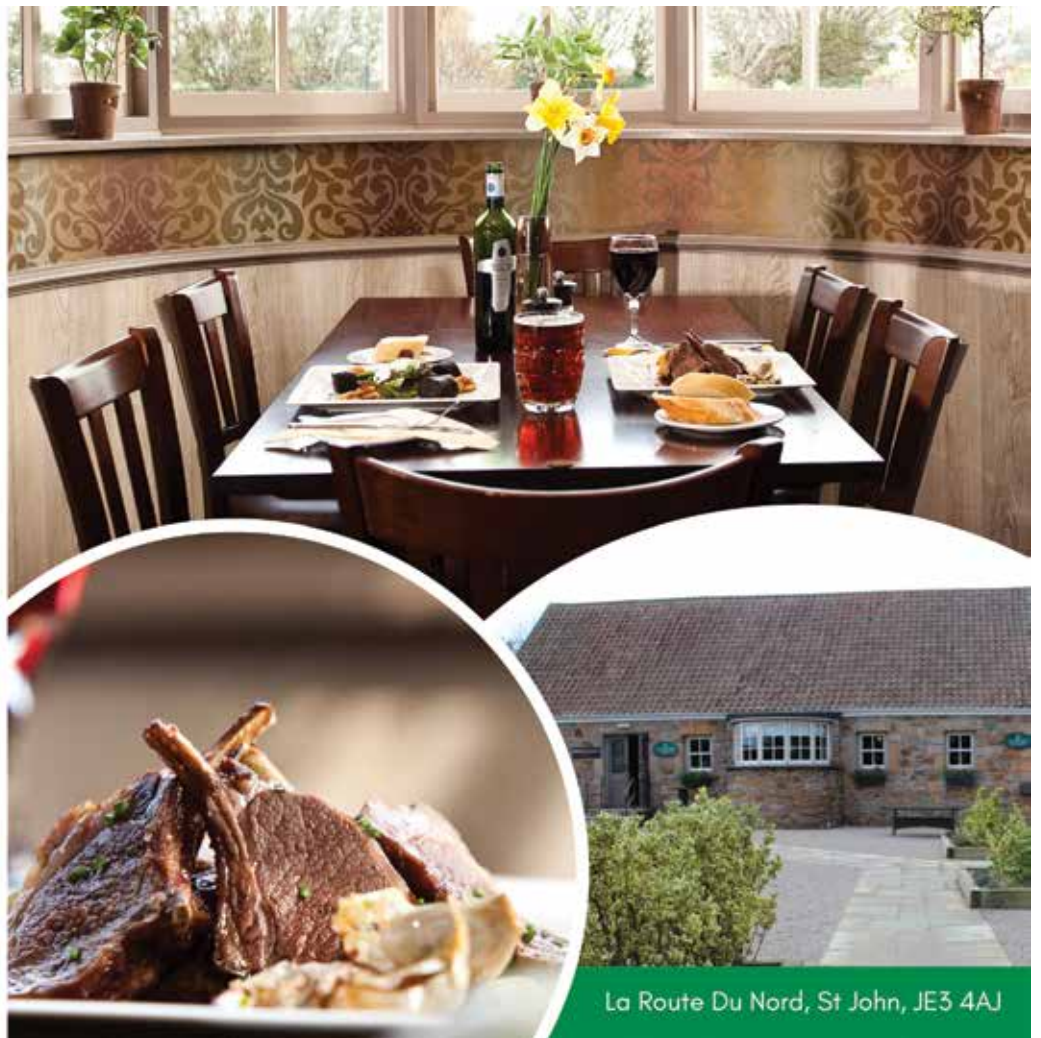
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THE GREAT GALLERY BAKE-OFF

Choosing EAT as our theme this month celebrated the launch of 'Appetite' our annual foodie magazine. But not ones to let an opportunity to eat something delicious pass us by, we challenged a batch of Genuine Jersey bakers to bake us a bespoke 'g' out of ingredients of their choosing. Sadly there weren't as many cakes as we'd hoped but there were four fantastic and equally as tasted creations presented to us, all of which we thoroughly enjoyed eating after we'd photographed them!

Cookie Crew

Mel Le Tarouilly is the founder of Cookie Crew, an artisan cookie and cake producer based in St Ouen. With a passion for baking and a flair for arts and crafts, Cookie Crew has provided an excellent way to combine her talents. All of the cookies and cakes are prepared, baked to order, and iced in Mel's lovely kitchen in St Ouen.

What did you do?

The nice thing about working with gingerbread is that it is very adaptable, which is why I chose it to make the Gallery 'g'. The delicious gingerbread 'g' was made using only the finest ingredients - locally produced eggs and Jersey butter, of course, plus flour, spices, sugar and luscious sticky golden syrup! Once the dough was chilled and rested, I rolled it and carefully hand cut it to shape. It was then baked and decorated with royal icing in a traditional filigree pattern.

www.cookiecrewjersey.co.uk



Island's Choice Bakery

Joe Pinzari is the founder of Island's Choice Bakery, a wholesale supplier of artisan bakery and cake products based in First Tower. His talented team of 25 make, bake, pack and deliver products made from scratch to supermarkets, hotels, corner shops and catering businesses Island w.

What did you do?

Making products from scratch allows us to be versatile to meet customer needs. I left it to the manager of the bread baked products to decide how he would like to make the "g". Given the Easter season, he thought it appropriate to choose the Hot Cross Bun. It was key to have the vision of the end result, using

the experience and skills needed to ensure the right amount of the best ingredients are measured, knowing how long it would be proved and the end result once baked. Each part of the "g" needed to be precisely placed to ensure they are all joined up. He really enjoyed the challenge and looks forward to more challenges in the future.

You can find Island's Choice Bakery on Facebook "Island's Choice Bakery"

Holme Grown

Holme Grown Country Store brings the freshest breads, cakes and patisserie to their customers online and in their store in Grouville. Choose from all your favourite breads - rolls, loaves, baguettes and ciabattas all baked fresh every day. Why not spoil yourself with their perfect patisserie and cake range with their exclusive handmade cake selection only available at Holme Grown.

What did you do?

Our 'g' was baked in our new bakery production kitchen by Peter de Guelle our master baker. He hand shaped the dough and then set it to proof before baking it to get the glorious finish. Anyone who's worked with dough will know it can be a little unpredictable in the proofing process so it wasn't easy to get the perfect likeness we achieved. Peter is an early riser starting production at one in the morning while everyone else is asleep. His team of three come in a little later at four, so that the shelves are stocked ready for customers arriving at 7.30am. He can turn his hand to making many things from bread, you'd be surprised at what he can produce!

www.holmegrown.com



Flour

Flour is the brainchild of Cordon Bleu trained Kirstie Taylor. From her little shop in the Central Market she produces beautiful and tasty: cupcakes, celebration cakes and miniature bakes. She also offers a bespoke ordering service in case you're looking for something in particular, including enormous letters!

What did you do?

Using my own personal sponge cake mixture, to which I can add a variety of different flavours, I cooked four different sized circular cakes to make the top and bottom of the 'g'. I then drew out the shape to scale on parchment paper and sandwiched each layer together with icing to level the cakes off. I cut by hand the shape I wanted, using the central pieces to make the extra bits of the 'g' and shaped the sides to make sure I got the right shape and joined the elements together with icing. I then use an angled palette knife to cover the cake completely in a thin layer of blush pink icing, once covered I removed the excess icing to leave a semi-naked cake. I finished it off with icing shells, handmade macarons, sugared pearls and fresh flowers.

www.flourpatisserie.co.uk



Spring Sensations at Ormer

With spring in full swing, Ormer is taking full advantage of the season's promise of warmer weather and fresh new produce.

Spring Flavours:

Spring sensations are at the core of Ormer's new menu. A number of exquisite dishes have been inspired by the very best Jersey produce, including freshly dug Jersey Royals, perfectly picked asparagus and an abundance of spring delicacies. With many ingredients going from field to fork within the hour, there's really no better time to indulge in such fresh flavours.

Spring Soirées:

A real gem in springtime is Ormer's roof garden, an idyllic setting to unwind after work and bask in the sun with friends. The kitchen team have created relaxed grazing platters that are perfect for sharing. It's also the perfect location to enjoy a selection of unique cocktails and mocktails created by Ormer's talented mixologists.

Spring Treats:

Everyone knows that Easter is one of the few times of the year that you can give in to your inner chocoholic without feeling too guilty. So make sure that you're indulging in the finest chocolates handmade by Ormer's award-winning Pastry Chef, Yukie Kohara. They are a treat for the taste buds and make the perfect gift for that special someone.

To indulge in Ormer's spring sensations, please contact Dominic at Ormer.

T: 01534 725100

E: dominic@ormerjersey.com



Appetite News



The winning Jersey team

Jersey win HEAT 2017

Celebrity chef James Tanner crowned Highlands College Jersey, led by Michelin Star chef Mark Jordan, as winners of the Craft Guild of Chefs event 'Heat 2017'

Highlands College Jersey, Westminster Kingsway College London and Bradford College in Yorkshire took part, all serving a three-course menu to guests and four judges who are all high profile renowned chefs. Henry Brosi, executive chef at The Dorchester, Stephen Scuffell, executive chef London Hotels, Andrew Bennett MBE, former director of food and beverage at Starwood Hotels & Resorts Worldwide and Paul Gayler MBE, former executive chef at The Lanesborough passed their critique to crown the winner.

Mark Jordan commented "We are thrilled to have won Heat 2017! It was an absolute honour to lead the Jersey Highlands College Team and the students were outstanding both in the kitchen and front of house. They executed the dishes perfectly and there was real synergy between the kitchen and the restaurant. Fantastic team work, they should be very proud of their achievement."



The Spice of Life

With a wide variety of dining options available for lovers of Thai cuisine we are spoiled for choice here in Jersey. The Spice of Life is one such restaurant, opening their doors a few short years ago they have already developed a great deal of loyal customers looking to get their fix of their fragrant and flavoursome delights.

Located in Sand Street, right in the heart of the business district and with convenient car parking directly opposite, The Spice of

Life offer a mix of modern decor with an Eastern influence where you will always receive a traditional warm Thai welcome from Joy and her staff!

The restaurant is proudly owner-managed and uses fresh locally-sourced produce in addition to the essential Thai spices and sauces that give the food that fresh wholesome flavour. The beauty of Thai food is that all dishes can be served as mild or as hot as you choose and there are of course a variety of great healthy options available for those considering the approaching summer months.



Meet the Raw Vegan Blonde

We featured the locally based Island Retreats in last month's magazine, their unique Jersey-based health and wellness retreats are running throughout the year to give locals and visitors the chance to experience the island at its finest. For their retreat in April guests will be able to enjoy a raw food and vegan workshop with the 'Raw Vegan Blonde'.

Amba first discovered the concept of raw food about three years ago and decided to try it out as an experiment, but was so blown away with how amazing it made her feel after just a few days, she just carried on! She now eats an 80-90% raw diet (depending on the season) and happily still cooks other foods for the rest of her family whilst trying to find enticing and inventive ways to encourage them to include more (raw) fruit and vegetables into their diet too.

Her love of all things raw and her huge legion of followers on social media mean that not only is she the successful author of two books 'Nourish' and 'Savour' both of which are available now but is also an ambassador for UK based supermarket Sainsbury.

Find out more about Amba on [instagram.com/rawveganblonde](https://www.instagram.com/rawveganblonde), on Twitter at [@rawveganblonde](https://twitter.com/rawveganblonde) and at www.ambaliving.com

Brilliantly located for a speedy lunch option they also have a wide full menu which includes enticing chefs specials, all of which are also available for office lunches or to take home in the evenings after work.

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

Call 01534 630303 for reservations.



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Tranquil Paradise

WORDS Sara Felton

Westholme is a beautiful, versatile, well-located property hidden away from the hustle and bustle of the popular parish of St Brelade. For lovers of the western parishes this house should definitely make it on to your must-see viewing list.

Backing onto the Railway Walk you're a quick 10 minute cycle to town or a five minute drive to St Ouen's and St Brelades bay, so you really will have the best of both worlds on your doorstep. Your new home will also boast views of the neighbouring meadow and of course, the local amenities are only a short walk away too.

As you enter Westholme, whether that be through the rarely used front door or the far more sensibly located back door you're instantly welcomed into a bright and spacious home that has the perfect balance of both modern and traditional touches. The current owners have added in a useful driveway along the side of the house which means transporting children, pets or even just your wetsuits is made seamless. There are two back doors, one that leads into the kitchen or a second that takes you into the huge utility room, perfect for dropping your wet weather gear straight in the washing machine.

Set over three storeys the property offers 2,852 sq ft of unique and versatile living space. The kitchen was formerly a lean-to but is now, instead, a quirky mix of traditional cabinets, a huge double Belfast sink, and modern work surfaces. With a useful additional adjoining room containing a further refrigerator,

it's going to be an incredible house for entertaining friends and family. Leading on from the kitchen is a further reception room which has so many potential uses, whether that be a formal dining room, family room, living room, playroom the choices are really endless. Currently, the owners use this as their dining room with the further reception room being used as their lounge. There is definitely scope to open this area up further to make this space even more flexible than it currently is.

On the ground floor there is also a large room with an ensuite bathroom that could be the perfect solution for guests or even as a fantastic second generation option for those wanting to be on the lower level of the house. The ensuite is fantastic with more of those clever modern and traditional features. This room is also in close proximity to the 'front' door so perfect for allowing people to access through an entrance you're unlikely to use as often. Furthermore, there is also a large study downstairs perfect for those wanting to work from home or to perhaps encourage teenagers to go somewhere to do their homework. There is also an abundance of storage spaces squirmed away, including a pantry.



“It’s not until you visit Westholme that you’ll be able to appreciate just how peaceful the house is, it really is a tranquil paradise.”



Westholme

Le Pont Marquet Drive, La Petite Route Des Mielles, St Brelade

**Guide Price
£1,199,000**

Savills

722227

www.savills.je

- 5 bedrooms
- 4 bathrooms
- 3 receptions and a study
- Large light and airy kitchen
- South west facing private garden and patio
- 2 Workshops/ single garages
- Parking for minimum of 8 cars
- Close to a myriad of amenities
- Approx 2,852 sq ft

On to the first floor and you’ll find two of the four bedrooms upstairs. Either of which would make an excellent master although one has an ensuite and the other doesn’t, they both are very large and spacious. The bedroom on the front of the house has a fantastic balcony that the current owners use first thing in the morning to drink coffee on whilst overlooking that beautiful neighbouring meadow and their south facing garden. It’s not until you visit Westholme that you’ll be able to appreciate just how peaceful the house is, it really is a tranquil paradise.

Further on to the top floor and there are two more very large bedrooms that share a bathroom, which is the only room which is in need of a little modernisation to bring it up to the standard of the rest of the house. Both of these rooms could, of course, be used as bedrooms or why not turn one of them into a games room or home cinema? Outside there is parking for at least eight

cars on a graveled driveway hidden from the view of the house and a large workshop which could also be used as a garage should you wish. A huge lawned south facing secure garden and patio area is just waiting to welcome visitors for BBQs when the sun shines, or you can simply sit back and enjoy a glass of wine basking in the peace and quiet of your surroundings.

Whilst Westholme already offers an incredible home there are a few simple tweaks that could be made to the property allowing the new owners to add their own personal style, taking it to a whole new level. Although it definitely isn’t a necessity as the house has been kept in incredible condition and could easily be moved in to with no changes being made at all. Versatile, peaceful and spacious, it really does need to be viewed to be appreciated.

The Jersey Market

March continues to be a very busy month and we are being told by more and more clients that they are having to pay the asking prices for property with little or no chance to negotiate.

This means that a greater number of people are entering the market and that the available stock is being snapped up far more quickly than we have seen since 2008.

With far more new builds on the market or under construction, it is unlikely that prices will rise too quickly, although it is inevitable that market pressures will result in increases in certain sectors, particularly for First Time Buyers and transactions in the £600,000 plus range.

Best Rates - Pick of the Bunch

60%	Tracker	1.39%
60%	2 Year Fixed	1.24%
60%	5 Year Fixed	1.79%
85%	Tracker	1.89%
85%	3 Year Fixed	1.89%
85%	5 Year Fixed	2.24%
90%	Tracker	2.50%
100%	5 Year Fixed	4.74%
60%	BTL 2 Year Fixed	1.69%
60%	BTL 5 Year Fixed	2.49%

Rates correct at 7th March 2017

MORTGAGES IN JERSEY

For the first time in many months, there has been no change in any of our best rates – this isn't too great a surprise as they had fallen so low that there was really only one way for them to go unless more competition is introduced into the Island which might not be for some time yet.

2017 - THE YEAR TO BUY?

Yes- with property prices at the lowest that we have seen since the financial crisis began, and rates at the lowest that most borrowers will ever see in their lives, this could become a landmark year for many people, whether entering the market for the first time or trading up as second or third time buyers.

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It's not always convenient or possible to raise extra cash against your house, although as a home owner it is now possible to raise up to £50,000 to undertake home improvements, buy a sports car or pay for a wedding. With terms up to 7 years and rates that start from 4.75%, this could be just the type of borrowing that you are looking for.

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St Helier £270,000



1 bed 1 bath 1 car ✓

Spacious Share Transfer apartment
Recently renovated to a high standard
Large double bedroom plus study
Lounge and separate kitchen
Outskirts of town

01534 877977

WILSONS

St Helier £695,000



4 bed 2 bath 1 car ✓

Period property
Beautifully renovated
Oozing charm & character
Low maintenance garden
Large double garage

01534 620620



St Brelade £1,425,000



4 bed 3 bath 1 car ✓

Detached family home
Fantastic sea views
Lawned garden, sun terraces
Heated swimming pool
Integral double garage

01534 877977

WILSONS

St Saviour £1,550,000



6 bed 4 bath 1 car ✓

Substantial period home
Generous reception rooms
Integral one bedroom flat
Large garden with pool
Ample parking facilities

01534 737293



St Lawrence £1,995,000



5 bed 5 bath 1 car ✓

2 Receptions, Utility & Study
Stables & Sand School
Extensive Grounds
Outdoor Heated Pool
Double Garage & Courtyard Parking

01534 880544



St Mary £3,500,000



5 bed 4 bath 1 car ✓

Rural location
26 Vergees (11.5 Acres)
Potential 2 generation
Indoor swimming pool complex
Ample parking

01534 620620



Moving in the
right direction

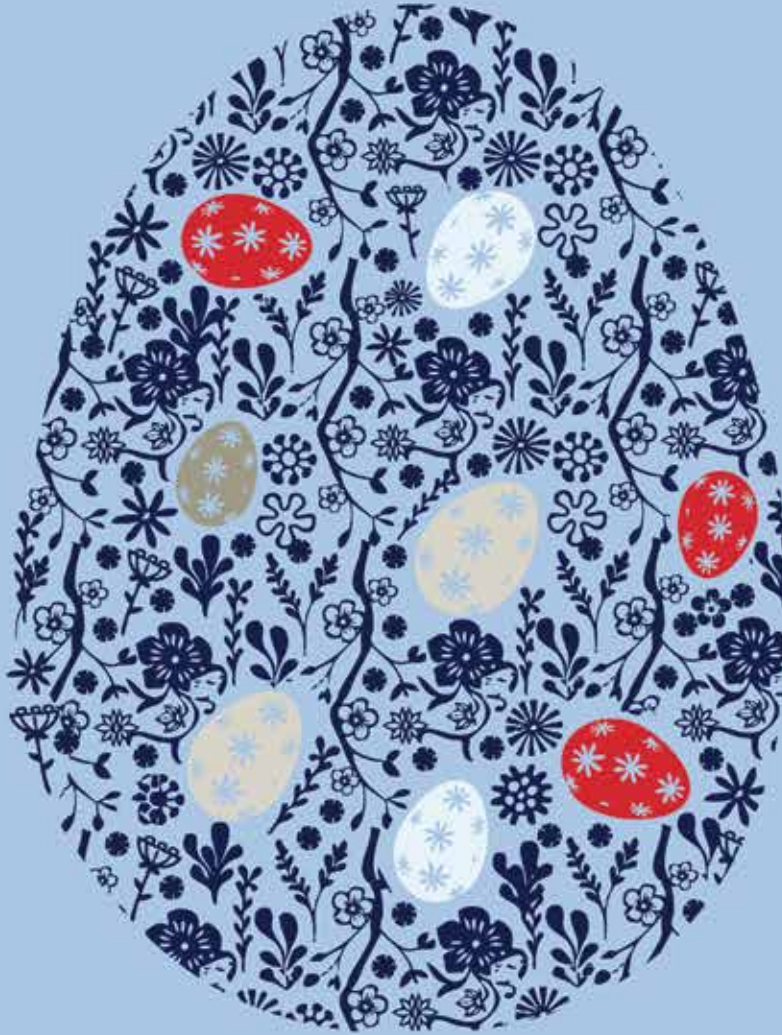
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Interior News

New brand HAY arrives at Pebble

If you're looking for a quick and easy way to spruce up your home ahead of the seasonal transition into spring, then look no further than Pebble and the arrival of their beautiful new Danish brand HAY.



HAY was founded in 2002 with the ambition to create contemporary furniture with an eye for modern living and sophisticated industrial manufacturing. Available exclusively to Pebble this design led company produces great quality furniture at affordable prices, which means that you'll easily be able to justify a few pieces to help you evolve the look of your home's interior, whatever your style.

By keeping affordable, accessible design at the heart of their ethos, HAY has grown to be a worldwide, award winning brand. It champions the every day but always achieves imaginative Scandi designs, putting a 1950s and 60s style into a contemporary context.

The range includes sofas (in different styles, shapes and sizes and infinite colour options) dining chairs, recliners, tables,

modular shelving, plus mirrors, cushions, stationery, office accessories and more.

Their products sit well with many interiors, whether your home has a minimal modern style or you're looking to add a new lease of life to a more traditional home there's something within the HAY range for you. It can easily be combined with more relaxed and rustic pieces which is often how you'll see it displayed in-store.

Whilst much of what you'll see within Pebble will be in the grey and white palette illustrated, almost everything in the whole range is available in a variety of different colours and finishes which means you'll be spoilt for choice.

"Their products sit well with many interiors, whether your home has a minimal modern look or you're looking to add a new lease of life to a more traditional home there's something within the HAY range for you."

Because the range is so extensive and covers a multitude of different items, Claire will be building up and displaying different things over time in store at Pebble on Market Street, but can order anything from the range (so be sure to head in and talk to her or Kerry about this exciting new brand) They have the fabric choices, colour options and catalogues available for you to look through, just ask in store.

Welcome to our careers special...



Gallery speaks to recent graduates about their move to the working world, what motivates them and what advice they'd give to those that are new to Jersey's top companies. We also caught up with a recruitment consultant to hear about their advice for graduates.

KATHERINE CARTWRIGHT

SALES MANAGER
BNP PARIBAS



MORE ABOUT BNP PARIBAS

The Group first set up in the Channel Islands in 1979 and has grown along with the development of Jersey as a financial centre specialising in private wealth management and institutional asset management, fund and securities services.

Across the Channel Islands, our professional team works to offer our customers a wide range of services and products, providing innovative, customised solutions. BNP Paribas' teams are committed to ensuring that the bank contributes every day to the success of everyone who places their confidence in us and to the progress of society as a whole.

INTERESTED?

Catherine Harzo, HR Officer - Channel Islands
+44 1534 815200
catherine.harzo@je.bnpparibas.com

HR Quote:

"We always look to recruit people who are passionate about their work and who view it as a challenge. We focus on teams and how exceptional individuals can work together to help our clients achieve their goals."

Age? A lady never tells, but closer to 30 than I want to be...

Uni attended? University of Plymouth via Highlands College

Course undertaken? BA Hons in Financial Services

What did you want to be when you were 8?

I had two passions as a child... singing and dolphins, so it was a mixture of being a popstar and a vet.

Favourite way to relax?

Exercise – either in the gym or out running

Favourite place to eat in Jersey? There are so many places to choose from... I would have to say my mum's home cooking is my favourite! (Looking for my next invite!)

What's your favourite possession? My handbags

What made you choose the company you work for?

Through my degree, I completed work experience at BNP Paribas Securities Services. During this time, I was placed in many different areas of the bank and was able to see how our business played a part in the wider financial services sector.

The business was also refocusing its strategy on the alternative fund services industry which I was attracted to as a growth area of the global markets. I could see the benefits of a global bank providing fund services and being able to steer through the waves of regulation and required complexity of service that were fast approaching!

What sort of professional training do you take?

Within this role, you must have a good understanding of the workings of the financial industry. The CISI offer a variety of qualifications relevant to the provision of custody and fund services as well as supporting all round financial sector knowledge. As a leading provider of fund services, accounting and administrative qualifications are also appropriate, for example ACCA or ICSA.

I have completed the Investment Management Certificate and have just commenced Unit 2 "Portfolio Construction Theory" of the CISI Chartered Wealth Manager qualification.

What do you do on an average day?

No day is ever average! The role is highly varied which is probably what I love most about it. Understanding client's business models and needs is the most important element of the role.

What is your next step?

The million dollar question! My immediate next step is to finish the CISI Chartered Wealth Manager qualification and I have all fingers and toes crossed for completion by end of this year.

I have recently been promoted to Sales Manager, so the next few years will be spent growing into this role. From here I would like to manage a team and eventually look to become part of a board of directors (or equivalent).

What advice would you give yourself as a graduate considering the experience you have now?

I would emphasise the importance of swiftly get through exams – like a plaster, rip it off quickly and it will be less painful.

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AMBER HARDING

AUDIT ASSOCIATE
DELOITTE



Age? 22

Uni attended? Exeter University

Course undertaken? Accounting and Finance

What did you want to be when you were 8? A teacher

Favourite way to relax? Horse Riding

Favourite place to eat in Jersey? Caffè Ristorante Italia

What's your favourite possession? My Phone!

What made you choose the company you work for?

I chose Deloitte because they are a global company with a solid reputation and offer plenty of opportunities to develop as a professional. I really enjoyed the Deloitte summer vacation scheme which I completed before beginning my final university year – everyone was super friendly and welcoming and I couldn't help but notice how relaxed the working atmosphere was. Given that I had completed other work experience at other companies, this was really something which made Deloitte stand out to me.

What sort of professional training do you take?

I am currently studying towards the ACA qualification, which requires me to complete 15 exams in subjects such as accounting, tax and business over the course of 3 years. However, my degree gives me exemptions from 4 of these exams. So far I have also taken and passed 3 other exams which means I now only have 8 left!

What do you do on an average day?

I spend most of my day completing various different areas of audit testing. A lot of the time this involves being at the client site and liaising with the client in order to gather all of the required information. I am constantly working with different people in diverse audit teams and I think that this is what makes the job so interesting.

What is your next step?

My next step is to begin to take on more responsibility at work and to continue to broaden my knowledge of my clients businesses and audit methodology. This then leads to promotion to senior associate and then assistant manager.

What advice would you give yourself as a graduate considering the experience you have now?

The advice I would give to someone considering a career in accountancy is to make sure you research all of the different accountancy firms and try to get an idea of their culture and the opportunities they offer. Some firms offer different exam qualifications and ways of studying so try and decide what would suit you best.

HR Quote:

"The success of our firm depends on the talent of the people who work here, so we invest considerable time and resources to make sure your skills and talents are as sharp as they can be"

MORE ABOUT DELOITTE

Since we want to help you fulfil your potential, we strongly emphasise career development and training. Deloitte employees are among the best qualified accountancy, tax and actuarial professionals. With 12,000 exceptional people across the UK and Switzerland, Deloitte has the broadest and deepest range of skills of any business advisory organisation, and we have a straightforward goal: to be recognised as the pre-eminent and most trusted professional services firm, famous for our people and respected for the exceptional quality of our work. www.deloitte.co.uk/graduates

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CORNELIS BODENSTEIN

TAX ASSOCIATE
EY LLP



Age? 24

Uni attended? Oxford Brookes University

Course undertaken? BSc Accounting & Finance

What did you want to be when you were 8?

A professional cricketer

Favourite way to relax? Listening to the sound of David Attenborough's voice or watching an episode of Friends with my mum.

What's your favourite possession? My grandfather's old watch, which he purchased on the same day my dad was born.

What made you choose the company you work for?

I had previous experience working for EY Jersey, as I was part of their first ever summer internship and subsequently chose to spend my placement year from Oxford Brookes University with them. I chose EY to further develop my career as it is a firm with values similar to my own, has an office filled with wonderful colleagues and an amazing support network. EY is also renowned for its fantastic opportunities for their employees.

What sort of professional training do you take?

I am currently studying chartered accountancy with ICAS (Institute of Chartered Accountants of Scotland), which is included in the training contract offered by EY for graduates. Furthermore, EY offers various internal training opportunities. I have been fortunate to attend training courses in Birmingham, London and Brussels so far.

What do you do on an average day?

An average day would normally start with a coffee in town with my dad discussing current affairs. However, the moment I get to the office every day is different, no two days are the same. This is because I am part of a relatively small team which has given me the opportunity to get exposure to a wide spectrum of sectors within tax at a very early stage of my professional career.

What is your next step?

My focus is on qualifying as a chartered accountant with EY and ICAS. After that, I'd like to look into further developing my professional career and qualifications, either in tax or finance.

What advice would you give yourself as a graduate considering the experience you have now?

Patience. To take your time in being comfortable and understanding what you are doing and why you are doing it. You always have a lot more time than you think. To keep your head down and work hard. In time you will see the benefits paying off.

MORE ABOUT EY

EY is a global leader in assurance, tax, transactions and advisory services. The insights and quality services we deliver help build trust and confidence in the capital markets and in economies the world over. Locally, we are committed to doing our part in building a better working world for our people, for our clients and for our communities. Globally, we are also united by our shared values, which inspire our people worldwide and guide them to do the right thing, and our commitment to quality, which is embedded in who we are and everything we do.

INTERESTED?

Anoushka Horgan

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or call **Anoushka Horgan** on
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MAX O'SHAUGHNESSY

TECHNICAL GRADUATE
JT



Age? 23

Uni attended? University of Central Lancashire

Course undertaken? BSc (Hons) Multimedia Development

What did you want to be when you were 8? Fireman

Favourite way to relax? The gym

Favourite place to eat in Jersey? Park House Thai

What's your favourite possession? Cliché it may sound, but my favourite possession is something that money can't buy – it's the time spent with my mother and sister as we may not always be together

What made you choose the company you work for?

I chose JT for the opportunities it presents. It's a diverse, fast paced company, that delivers a broad range of services to a global market, not just within the Channel Islands. The Graduate Program is the perfect role for me and gives me the freedom to get involved in all the different areas of the business on and off the island.

What sort of professional training do you take?

A telecommunication foundation is offered as a way to bring graduates and apprentices up to speed on the telecoms world. After this the professional training aspect of the job is very much driven by me and my needs. There is no strict set path for the qualifications that I must undertake, its this flexibility that allows me to trial and find subjects related to the business I'm truly interested in before committing to studying them further.

What do you do on an average day?

I have been with the IT department for my first six months, heavily involved with the company wide migration project. This includes the systems used by the offices in Boston, London and Melbourne! An average day for me in IT involves data mapping, permission strategy's and testing various methods and settings used by the migration software.

What is your next step?

The next step for me is to move on to my next six month placement, this is within the Service Design team. After that, I will have two more placements of the same length to complete the Graduate Programme. The remaining placements can be very much guided by me, as with the professional qualifications, into an area or specific department I wish to experience.

What advice would you give yourself as a graduate considering the experience you have now?

Its okay to not know what you want straight out of university, but start looking at options before your course ends. You don't have to take the first job offered to you just because its convenient. It's better to take the time to see what jobs are available within a field you find interesting, than to sit in a job you're unhappy with. Approach a few companies and local businesses that may not be actively advertising jobs, they might be thinking about it and you could be their first point of call for an interview if a position does open.

HR Quote:

"We are investing in two key areas – technology and people. From a technology angle we have commenced a pioneering programme that will give Jersey residents and businesses the fastest internet speeds in the world in the next few years. From a people perspective it is essential to identify and recruit new talent into JT and build a workforce capable of realising our vision in the future."

MORE ABOUT JT

JT is part of the JT Group, an innovative and progressive communications enabler based in the Channel Islands providing world-class products and solutions to a diverse client base of business and retail customers. JT Group's product range encompasses all the products and services expected from a cutting edge provider, from Voice and Data, Consultancy, Co-Location, Internet, Security, Mobile and Support Services and is widely recognised as the largest provider of data hosting services in the Channel Islands. For further information visit us online at www.jtgglobal.com

INTERESTED?

If you think you'd like to pursue a career at JT, get in contact with Andy Holmes on 01534 882199 or email andy.holmes@jtgglobal.com

Move up the career ladder with JT

JT's vision is to be the leading partner of choice for global telecoms innovation. We're a forward-thinking company with an ambitious growth strategy inspiring customers worldwide with our pioneering solutions, innovative ideas and commitment to quality, service and value.

To support our growth, we're committed to bring on fresh new talent and provide the opportunity for all our people to achieve their full potential in one of our exciting global business locations.

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Our Graduate Programme is designed to identify and nurture your talent and ambition, giving you the skills and confidence to eventually take up a senior position.

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You'll also have the chance to gain professional qualifications in your specialist area and high performance is rewarded with a competitive remuneration package and excellent career development opportunities.

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ANYA BIZEC

**ASSISTANT TAX CONSULTANT
KPMG**

Age: 21

What did you want to be when you were 8?

An Irish dancer.

Favourite way to relax?

Catching up with friends when they return from Uni. I'm also a big fan of Bikram Yoga.

Favourite place to eat in Jersey?

The Salty Dog

What's your favourite possession?

My dog, closely followed by my bed!

What made you choose the company you work for?

The numerous prospects, including access to world-class training and the opportunity to embark on a secondment in one of the firm's global offices.

What sort of professional training do you take?

I am ATT exam qualified and now I am studying towards my accounting qualification with ICEAW.

What do you do on an average day?

The majority of my day is compliance based, and includes Jersey corporate, Jersey personal and UK compliance work.

Occasionally I assist with tax advisory. These projects are exciting because they differ each time and have an element of problem solving.

What is your next step?

I have exams in June. Hopefully they will go well and I can enjoy my summer! I will then continue with the rest of the ICAEW ACA qualification in September.



NAOMI DODDS

**AUDIT ASSISTANT
KPMG**

Age: 21

What did you want to be when you were 8?

An astronaut

Favourite way to relax?

My favourite way to relax is reading a good book... or to have a hot chocolate on the sofa whilst watching a feel-good film.

Favourite place to eat in Jersey?

Feast, in Gorey

What's your favourite possession?

My camera - I've had it for years and it has some amazing memories on it.

What made you choose the company you work for?

KPMG's social and charity aspects are what initially drew me to the company. The support structure and internal opportunities also made me believe KPMG was the one for me!

What sort of professional training do you take?

I'm currently in my final six months of studying towards ACCA - 12 exams down, two to go!

What do you do on an average day?

Every client and job is different. One day, I'll be onsite at a client's office, another, I'll be observing stock counts - you never know what the day will entail!

What is your next step?

My next step is to finish my ACCA qualification and become a chartered accountant. I then hope to complete the masters 'add on' with the University of London.

INTERESTED?

If you're interested in a career with KPMG contact Samantha Foss, HR Assistant on gg-fmcihr@kpmg.com



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At Moore Stephens, we recognise that our growth and future success will be driven by the quality of our people. We are committed to developing your career by offering structured training both for recognised professional qualifications and skills necessary to drive the business forward.

We provide a challenging environment where your abilities will be nurtured and offer clear development prospects and opportunities to help broaden your knowledge. As a member of the Moore Stephens network, with 667 offices in 105 countries worldwide, you will gain invaluable international exposure.

INTERESTED?

Michala Wright, Human Resources Manager
T +44 (0)1534 880088
careers@moorestephens-jersey.com
www.moorestephensci.com

Age? 21

School attended? Hautlieu

A-levels undertaken?

Art, Design & Technology, Biology & Maths

What did you want to be when you were 8? Nothing too specific but at that age I did like my Lego and drawing so perhaps something hands on creative/ design orientated.

Favourite way to relax? I have found that being productive can be quite relaxing, that or binge watching, it depends on what mood I am in.

Favourite place to eat in Jersey? Currently it is Murray's

What's your favourite possession? My watch.

What made you choose the company you work for?

Moore Stephens is a top ten accountancy network, with offices all around the world so it is internationally recognised. With its large structure it provides many opportunities and can be motivational to work for. Moore Stephens seemed like the ideal place to gain the skills, knowledge and experience. Before becoming an official employee of the firm, I was fortunate enough to be given the opportunity of a work placement. This gave me an insight into the firm's culture, which was enough for me to decide that becoming an employee was the correct decision.

What sort of professional training do you take?

I have taken three exams so far, their subjects covered Investments, Accounting and the core eight modules. These together make the ICSA certificate qualification, I have recently changed roles and with that it has allowed me to change my professional training. I am currently studying for the FAB/F1 exam, there is also an internal CPD (Continuing Professional Development) requirement which can be interesting as it can provide insight to areas which you are normally not exposed to.

What do you do on an average day?

My responsibilities include looking after a variety of client's data ensuring information has been processed correctly which involves reviewing a range of documents. The role does vary though as the work depends on the current tasks put forward by the clients and as we have a diverse client list at Moore Stephens no work is the same. My other responsibilities include investment portfolios, corresponding with clients and third parties and assisting with financial statements preparation and production.

What is your next step?

The plan is to complete several ACCA exams which would enable me to become a CAT (certified accountant technician) qualified. Hopefully, by then I will know whether I want to make the big commitment to become fully qualified accountant. I know this may be a slower approach to the end goal but it seems quite responsible to me. Workwise, the plan is to get more involved in the accountancy based work and take on more responsibility.

What advice would you give yourself as a graduate considering the experience you have now?

I never really imagined that I would work in finance so my advice to myself would be, no matter how old you are, no one has a straight line trajectory from start to finish. Do not get caught up on the big picture/end product, first look at the current pieces and take it step by step.



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We understand that everyone, no matter where they are in their career, has aspirations. This is why we actively encourage all of our employees to reach their full potential with structured and supported individual training plans. After all, it is our on-going investment in our staff that keeps us moving forward and helps us to maintain our exceptionally high standards.

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Making the right career choice when you graduate is one of life's biggest decisions, especially when you probably don't know where to start!

We launched our first Graduate Programme last year; now we're looking for our next intake.

Before you make any decisions, let's put to bed a few of the misconceptions about pursuing a career in the Finance sector. First of all, it's not just about sitting and crunching numbers every day; in fact, far from it!

Did you know that working in a Bank can offer you a huge choice of roles including in Funds, Real Estate Finance and Customer Experience?



Secondly, you don't need a degree in Maths. Yes, you need a degree, but you can pursue a career with us having studied something entirely different like Geography or Fine Art.

The most important thing is your attitude, hunger to learn and desire to do the right thing for our customers. We understand the value of diverse colleagues and how fresh ideas, skills and insights can help us build a better bank.

Finally, getting the opportunity to interact with customers across the world means you'll get a fascinating insight into companies and the way they operate. Pretty amazing, really.

So, a career in Finance is looking like a good option. Why choose RBS International?

Our Graduate Programme is about making a difference. It's about applying your talent, and turning your ideas into actions. With constant opportunities to show us what you can do, a career with us offers the perfect way to make your mark.

The programme lasts for two years, and you'll rotate between roles to get a flavour of different areas of the bank. You'll be supported throughout by a dedicated Mentor,

and you're guaranteed a role at the end. You must have the right to live or work in the Channel Islands to apply.

Benedict Jones joined us in October, having graduated from Birmingham Uni with a degree in Economics and Geography. Currently in the Funds team, he's moving to the Credit team in June.

"I went through Uni thinking I'd do the London thing, along with the two-hour daily commute. However, I'm so glad I chose to work for RBS International and not do that - I'm loving it!"

"You get out of each rotation what you want from it - you can really shape each role by taking on different tasks and projects to help build your knowledge. At the moment, I'm doing a mix of project work along with modelling, pricing and credit submissions which is really interesting. There's huge scope to learn and develop in a safe environment.

"And the best thing of all? You can have the City career whilst having a fantastic quality of life and our beautiful Islands on your doorstep. Apply; you never know where you could end up!"

INTERESTED?

We want to work with the best young people in the Channel Islands, and give them the freedom and support to change the way we do things. If you have talent, energy and commitment to help shape our business, get in touch!

yourpassionyourpotential.rbs.com
Clare Baird, HR Business Partner
clare.baird@rbsint.com





2017 Graduate Opportunities

RBS International, Jersey & Guernsey

With significant investment for the coming years and a vision of being number one for customer service, trust and advocacy by 2020, we are looking for fresh thinking, driven and dedicated individuals that can help shape our future success.

It's an exciting time to be joining RBS International. Headquartered in Jersey, we offer a full range of core and specialist banking services for local personal and business customers, as well as commercial, corporate, financial intermediary and international personal customers. By joining us on this rotational graduate programme, you will have the opportunity to undertake a number of rotations across our Relationship Management and Business Operations streams. In return we offer technical training, access to senior mentors and a learning and development programme.

If you're passionate about engaging with others and bringing out the best in those around you, and have the potential to help us make things better for our customers, we want to hear from you.

yourpassionyourpotential.rbs.com

The Royal Bank of Scotland International Limited (RBS International). Registered Office: P.O. Box 64, Royal Bank House, 71 Bath Street, St. Helier, Jersey JE4 8PJ. Tel. 01534 285200. Regulated by the Jersey Financial Services Commission.

 **RBS**
— International —

MILLENNIALS GOOD OR BAD FOR BUSINESS?

Millennials, who are they?

A rather vague definition tells us that this is the generational cohort born between 1980 and 2000. Branded (unfairly or not) as the 'me me me generation' who are lazy, entitled narcissists, lacking commitment and unable to function without a smartphone! Now as someone who was born slap bang in the middle of this generation I'm going to take the latter definition with a large pinch of salt. However, we Millennials do share some common traits: we grew up online, born asking for the wi-fi password and now live in an increasingly socially-networked digital world.

But what does this all mean for the workplace?

As Millennials assume leadership positions and increasingly make up the back bone of each organisation with 75% of the global workforce being made up by Millennials by 2025, it clearly cannot all be doom and gloom for the future of business. It's time to throw these common misconceptions in the bin and understand how to maximise Millennials, after all we are the future.

Business leaders need to think more about how to strengthen industry by exploiting the millennial generation's natural affinity for the digital world, talent for social connectedness, ambition, and creativity. Here are Park's tips on how to engage Millennials, improve retention and job satisfaction.

"This idea of reverse mentoring is an effective way to give junior employees a window into the higher levels of an organisation, giving the younger generation a better understanding of the business whilst providing the opportunity for senior and executive members of staff to gain understanding of a segment of their workforce they might not otherwise get to know."

Share the Knowledge

At Park, I am the self proclaimed social media guru (check us out on Instagram) Carly is an IT mastermind and Carol is an accounts wizard that can perform any sum in her brain, each generation has a different skill set and talent, so lets educate each other!

Why not match a Millennial with a more senior member of staff that can teach him or her how to perhaps, use social media to connect with customers or share their knowledge on how to navigate through business interfaces. This idea of reverse mentoring is an effective way to give junior employees a window into the higher levels of an organisation, giving the younger generation a better understanding of the business whilst providing the opportunity for senior and executive members of staff to gain understanding of a segment of their workforce they might not otherwise get to know. Inevitably, relationships are built and the older mentees give advice to their young mentors, so in effect, the coaching becomes mutual.

So whether you're a Millennial or part of all the other diverse generations we see in the workplace, we care about helping to shape your career. At park we are dedicated to getting to know you so we can help you find your happy place.

GET IN TOUCH WITH US ON
871666 / JOBS@PARK.JE

Reward Strategy

Motivated by more than just money Millennials are looking for more than just a 9-5 offering a slow ascent up the corporate ladder. A recent global study concluded that the biggest draw for this generation is the opportunity for progression and professional development, naming other non financial benefits such as social media freedom, flexible working patterns and work mobility over salary in accepting a job offer.

These unique characteristics demand a different strategic approach when looking to recruit and engage Millennial talent which is in such high demand.

Feedback

One of the strongest millennial traits is that we welcome and expect detailed, regular feedback. Unlike the past where people received annual reviews, Millennials want to know how they're doing much more regularly as a way of way of growing in jobs and ensuring that work is valuable to the company. It is vital to provide honest feedback in real time and highlight positive contributions or improvements on key competencies.



Hi there!



Can you believe its April already? It's been a very busy time for us at Park Towers, so we thought we would share with you what we have been up to....

You may have seen our brand new website which we are super proud of! Now it's even easier to use and navigate, it has a live chat function and a personalised and user friendly service that knows just what you're after. Take a look and register online to stay in the loop with job alerts.

Park Director, **Toni** welcomed her own bundle of joy in December and is enjoying motherhood with little Millie Eve. Despite being busy with bottles, nappies and all sorts of baby classes, she continues to pop in and see us with baby Millie in tow – she will have her own Director's chair before we know it!

Celia continues being busy with our trainee/graduate roles. As well as a wealth of Trainee Trust & Fund Administration roles and a strong selection of Trainee Accountancy positions we also see opportunities for Trainees within IT, Legal, Marketing, Compliance, Tax, Telecommunications, Relationship Management, Trademark, HR and Business operations areas. If you are due to leave school/graduate this year and would like to discuss your options, why not give Celia a call on 871666.

We are delighted that our Recruitment Co-Ordinator **Megan** has jumped back into study mode and begun her Level 2 Certificate in Recruitment via the Recruitment and Employment Confederation. – Good luck Megan, we are sure you will smash it!

Gemma continues to support the Young Enterprise scheme and is enjoying her role as an Advisor on one of this year's teams. She is impressed with the students and looks forward to seeing all of the groups come together for the presentation evening in May, wishing all of them the best of luck!

For our annual Charity Event this year, we are supporting the Special Care Baby Unit with a "SpeedQuizzing" evening, Tuesday 11th April at the White Horse. If you fancy getting a team together check out our facebook page and contact **Carly** via carly@park.je

Finally, we continue to do what we love most: helping Job Seekers find their dream roles! If you are looking to make a career move this spring, please get in touch as we would love to hear from you.

Best wishes, **The Park Team.**



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Park

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Work Happy :)

DAN PRICE

ASSOCIATE
PwC



MORE ABOUT PwC Channel Islands

We help clients ranging from multinational organisations to local businesses, charities and governments, offering assurance, advisory and tax services that help to improve the way they work in the short and long-term. From auditing their financial data and planning their taxes, to identifying the risks they face and supporting them with strategic decisions, we work with our clients, creating cutting edge solutions for them.

We work hard to attract locally grown talent back to Jersey, offering training contracts to local school-leavers and graduates from all degree disciplines. We also offer holiday internships to local undergraduates in any year at university.

INTERESTED?

Sarah Hughes
01534 838238
sarah.hughes@pwc.com
www.pwc.com/jg/careers
Twitter: @PwC_C

Age? 24

Uni attended? University of Sussex

Course undertaken? BSc Neuroscience

What did you want to be when you were 8?

Batman, or more realistically an astronaut.

Favourite way to relax? Drumming

Favourite place to eat in Jersey? Crab Shack

What's your favourite possession?

A watch gifted to me from my parents after my graduation.

What made you choose the company you work for?

Essentially, it was the wide array of experiences on offer which are difficult to find anywhere else. This is due to the range of clients which PwC audit, as well as the diversity and knowledge of all the people working here. In addition, as I've always been interested in travel, the possibility to transfer abroad in future within the global PwC network appealed to me greatly.

What sort of professional training do you take?

I'm currently training to become a member of the Institute of Chartered Accountants in England and Wales (ICAEW). I have three exams remaining to take in November of this year (out of a total of 15) before becoming exam qualified. Outside of accountancy, PwC also offers Excel workshops, 'lunch and learns' covering a range of useful topics, as well as the opportunity to attend inspiring talks by external speakers. There's always something new to learn.

What do you do on an average day?

Most of my day is spent down at the client's office auditing financial statements, ensuring that the figures presented are true and fair and will not mislead anyone who needs to rely on them. My current portfolio contains a large bank and several technology investment funds among other smaller entities, so my work is often varied and I've the opportunity to work with a great mix of different people, both from within PwC and at the client's base. Whilst not typical of an 'average day', I was also lucky enough to have the experience of working in Geneva for a week back in January.

What is your next step?

My main focus over the next six months will be on passing my final exams and becoming time qualified (achieving 450 days of work experience). After that, I might look into the option of going on a secondment to a PwC office overseas or else continue to expand on my knowledge and experience here in Jersey, by potentially transferring to the Advisory department.

What advice would you give yourself as a graduate considering the experience you have now?

Get as many perspectives as possible when thinking about potential career choices. Build and maintain a network of professional and personal contacts, as they will prove invaluable in the future as both a support function, to offer encouragement and to help drive you forward. Undertake a wide variety of work experience to find out what you'd like to pursue, even if you realise that a particular area is not for you, you'll still have learnt something new and worthwhile.

HR Quote:

"You'll be working and studying with intelligent and inspiring people, building strong friendships and valuable professional relationships. With over 225,000 people in 157 countries across our global network, once you're qualified, the world really is your oyster."

Hop to it!

***Graduates and school leavers
in Jersey***

***Easter Recruitment
drinks reception***

***Wednesday 19 April 2017
PwC, 37 Esplanade, St Helier
5pm - 7pm (Parents welcome)***

Take the opportunity of a lifetime and fast-track your career by training towards a world-renowned professional qualification. Experience the best opportunities to learn, grow and excel with our Graduate and School-leaver opportunities in 2017. To discover more, come along to our drinks reception and get all the information you need. You'll meet everyone from managers with plenty of experience, to trainees who have just started out with us. The dress code is casual and the only thing you need to bring is an open mind.

*Kindly RSVP by emailing
sarah.l.hughes@pwc.com*



BRADLEY GIBB

TRAINEE, PRIVATE DEBT & CAPITAL MARKETS
 SANNE GROUP



Age? 21

Uni attended? University of Sussex

Course undertaken?

Law (LLB), Graduated with First Class Honours (1:1)

What did you want to be when you were 8?

In Gallery magazine

Favourite way to relax?

On the dance floor with an ice cold cruiser in hand

Favourite place to eat in Jersey? Soy

What's your favourite possession? Mr Toby my Cat

What made you choose the company you work for?

Having graduated many would think the natural progression for me would have been to pursue a legal training contract. However my role at Sanne allows me to combine my academic knowledge with the practicalities of administering and arranging deals and transactions which typically require a good basis and understanding of Company and Commercial law, it's principles and the legal substance and regulatory requirements of companies and other entities. Furthermore the chance to introduce a cross-jurisdictional aspect to my work with Sanne's overseas offices was very appealing.

What sort of professional training do you take?

I am currently studying towards the ICSA Company Secretary qualification, due to be fully qualified by 2019.

What do you do on an average day?

As cliché as it sounds being part of the new customer take on aspect of the business means that my days can be incredibly varied. I have been involved in contract review for all manner of deals, not only in Sanne's Jersey office but also for deals based in London, Ireland and Luxembourg. In these jurisdictions and others my role also includes the incorporation of corporate entities and contacting new and liaising with current clients.

What is your next step?

To complete my professional studies whilst increasing my client contact and involvement in current and new deals as much as possible. Thus by the end of my training I should have as wide and thorough understanding of the Private Debt and Capital Markets industry as possible.

What advice would you give yourself as a graduate considering the experience you have now?

Do not restrict yourself when planning your career, be malleable to the opportunities before you and seek the role which is best suited to your skills and interests. As I found this may even be in an industry you had never before considered in your university years. Equally as important is to interview as widely as possible when seeking your post-graduate job. The culture of the firm you choose is just as important as the role and profession, give yourself as wide a spectrum of choice as possible as this is the key to finding the right job for you.

HR Quote:

"Sanne place a great deal of emphasis on attracting the best local talent. Offering an exciting and challenging range of opportunities can attract graduates back to the Island as well as providing those wanting to embark on a career straight after A-levels with the opportunity to work towards attaining a professional qualification."

INTERESTED?

For more information visit www.sannegroup.com

Or alternatively contact:

Sharon Mauger, Senior HR Manager

e.Sharon.mauger@sannegroup.com

t. 01534702108

Sanne Group, 13 Castle Street, St Helier, Jersey

trainee (noun)

[trey-nee]

1. a person being trained, either in accountancy or administration.
2. develop skills and grow understanding of finance industry in dedicated career development programme within one of our specialist customer facing divisions; (**a:** real estate, **b:** private equity, **c:** private debt & capital markets, **d:** corporate and institutional, **e:** executive incentives, **f:** private client).
3. fully funded residential training and study support with a leading training provider working towards a professional qualification.
4. in-house training and mentoring to complement work experience and professional study.



Nurturing talent through a commitment to training and helping people achieve their goals and build a fulfilling career in finance is part of our culture. That's why we are looking for local A-level students to join our fully assisted professional training programme which leads to an ACCA, ICAEW or ICSA qualification. If you are an outstanding, driven individual who possesses 300 UCAS points and above, we would like to hear from you. Sanne is a leading alternative fund, corporate and private client administration business with offices in the Americas, Europe, Africa and Asia-Pacific. Come join our global team.

Investing in the best talent. That's the difference.

Speak confidentially to one of our HR team:
e: recruitment@sannegroup.com

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Multiple awards success for Deutsche Bank in Jersey

Deutsche Bank International Limited in Jersey has been recognised for its investment banking expertise, support of international clients and wealth management capabilities through a number of awards initiatives recently.

In the highly respected Euromoney Private Banking and Wealth Management Survey 2017, Deutsche Bank in Jersey was awarded the double accolade of 'Best for Investment Banking Capabilities' and 'Best for International Clients'. It is the second consecutive year Deutsche Bank has won the investment banking category in Jersey.

In addition, the success at the Euromoney Private Banking Awards follows Deutsche Bank Wealth Management, which has a division in the Channel Islands, winning the double titles of 'Wealth Manager of the Year' and 'Best Discretionary/Advisory Wealth Manager' in the Financial Times Investment and Wealth Management Awards 2016.

Commenting on the award wins, Andreas Tautscher, chief country officer, Deutsche Bank in the Channel Islands, said:

"Combined, these award successes reflect the calibre of the wealth management and investment banking services we offer to a broad range of private individuals, family offices and institutions through the Channel Islands, and the strength of our global network."

Rivoli Jewellers shortlisted for UK Watch Retailer of the Year '17

Family owned, independent Jersey business, Rivoli Jewellers is pleased to announce that it has been shortlisted for another award, this time the UK Jewellery Awards due to take place on Thursday 29 June, 2017. Celebrating their 25th anniversary this year, the UK Jewellery Awards are the only awards for the industry, judged by the industry. Rivoli Jewellers is a finalist in the UK Watch Retailer on the Year category, alongside five other prestigious and big name UK jewellers.

David Speed, Managing Director of Rivoli Jewellers said:

"We are absolutely delighted to have been recognised by our industry peers as one of the UK's best watch retailers. We stock some fantastic brands such as Longines, Rado, Raymond Weil and Citizen. As independent retailers, we have to pay very close attention to current market trends across the UK and Europe to ensure that we are giving our customers in Jersey what they want whilst keeping an eye on the local performance of brands. Our reputation as a quality, trustworthy, family owned, local business is the core of the brand Rivoli experience and us what helps us stand apart from our competitors on and offline."



Collas Crill associate named Junior Lawyer of the Year

Collas Crill associate Julie Harrigan has been named 'Junior Lawyer of the Year' by The Law Society of Jersey, chosen from a very strong list of candidates that showcased the bright future of Jersey's legal industry.

The awards recognise the contribution of young island lawyers to the legal profession in Jersey, in a number of criteria including within their own firm, within the local community and for innovation in the provision of legal services in Jersey.

Julie joined the firm nine years ago as a legal assistant and has day to day responsibility for the Jersey arm of the pan-island will and estates and private client services team.

She specialises in all aspects of succession law and advises on, and drafts, wills for local and non-local clients as well as HNW individuals. She also deals with the administration of deceased's estates for local and non-local clients and assists individuals with the probate process in Jersey.

In addition to her focus on succession law, Julie regularly advises on mental capacity issues, including Jersey curatorships and the registration of foreign powers of attorney/guardianship orders in Jersey. She also advises on and assists with the creation of tutelles for local clients.



Prestigious speaker line-up for first Benest Corbett Renouf Trusts Law conference in April

Jersey law firm Benest Corbett Renouf will welcome a stellar line-up of speakers from the world of trusts law at a conference it is hosting at the Hotel de France this April.

On Thursday 20th April, the theme of "Where Has the Trust Gone? Managing Trusts and Trustee Relationships", will be examined for an audience of trust industry professionals, with a keynote speech by Elspeth Talbot-Rice QC of XXIV Old Buildings. Other well-known presenters will include Jenny McKeown, Partner at London law firm Stephenson Harwood, dual qualified Jersey and English lawyer Emma Jordan who is a partner at Taylor Wessing, and barrister Kathryn Purkis of Serle Court, who is also Jersey qualified. Advocate George Pearmain from the government of Jersey will complete the line-up and the conference will also hear from the partners of Benest Corbett Renouf on a diverse range of trust law topics.

The conference will be chaired by the firm's managing partner, David Benest. Advocate Benest said: "Our inaugural trusts law conference will draw on the expertise of practitioners from the world of Jersey and English trust law. We are particularly fortunate to welcome a speaker of Elspeth's calibre and to have insight from lawyers who are dual qualified. The conference will enhance trustees' knowledge of best practice and give them the opportunity to hear from some first-class speakers, without leaving the Island. The idea for a conference grew from our successful series of breakfast briefings which are always well attended. We are looking forward to hosting a successful event for the industry."

Anyone interested in attending can book via www.bclawjersey.com or call 760860. The conference costs £250 per delegate and attracts 6 hours CPD time. The cost includes lunch and a post-conference drinks reception.

STEP Jersey 25th anniversary bursary

The Jersey branch of STEP is to fund a bursary to mark the 25th anniversary since the organisation was established in the Island. The bursary, in the sum of £12,000, will give financial assistance to three students studying in Jersey for a Financial Services degree for the academic year commencing September 2017.

There are currently two financial services degree courses available in Jersey – the BA (Hons) Financial Services offered by University College Jersey (Highlands) and the BSc (Hons) International Financial Services offered by Jersey International Business School. But there are currently no bursaries specific to students studying for those courses.

Explaining the thinking behind the award, Oana Crisan STEP Jersey's Student Liaison Officer said: 'Successful students are the future of the wealth management industry in Jersey. STEP is committed to providing professional development so we felt that supporting students in this way would be a fitting way to celebrate the branch's silver anniversary. Furthermore, we hope to encourage students to join the fiduciary services industry in the Island on completion of their studies.'

The bursary will be divided into three awards of £6,000, £3,500 and £2,500. To apply, students will be asked to submit an essay and a personal statement. Further details and an application form can be obtained from step@stepjersey.org

Top marks for Senior Associate at Voisin

Daniel Walker, Senior Associate in the Commercial Department at Voisin Law, has been awarded the Law Society of Jersey prize for obtaining top marks in the Civil & Criminal Procedure paper in the 2016 Jersey Law examinations. This follows on from his success in 2015 when he was awarded the Law Society prize for obtaining joint top marks in the Company Law paper.

At Voisin, Mr Walker advises on all aspects of Jersey corporate, security and banking law and has particular expertise in acting for real estate developers in relation to real estate finance, restructurings and property acquisition. He has worked on a number of significant projects recently including advising on a multi-million pound refinancing of a leading local care home provider.

Double Exam Success for Brooks Macdonald Channel Islands

Two investment professionals at Brooks Macdonald in the Channel Islands have celebrated recently having passed leading industry qualifications.

Isobel Whalley, an Investment Manager in Brooks Macdonald's Guernsey office, has obtained one of the highest levels of qualification available to wealth management and investment professionals, the Level 7 Chartered Wealth Manager through the Chartered Institute for Securities and Investment (CISI), to become a Chartered Wealth Manager.

In addition, Andy Prosser in the firm's Jersey office, has passed the Level 1 Chartered Financial Analyst (CFA) qualification through the CFA Institute's development program. Designed to assess ethical and professional standards in the investment industry, the qualification had a global pass rate of only 45% according to CFA figures. A Trainee Investment Manager, Andy joined Brooks Macdonald early last year having qualified locally as an accountant with one of the 'big four' and is already studying for the CFA Level 2.

After Graduation, What's Next?

WORDS Maggie Meiklejohn,
the Graduate Recruitment Specialist at
Rowlands Recruitment

Decisions, decisions! Graduation is only a couple of months away and if you are reading this you are likely to be amongst the large proportion of graduates who aren't sure what direction to take. Remember knowledge is power. The more information you have, the more prepared and relaxed you'll be about taking the first step into your professional career. Here are a few initial tips to get you on track:

Find out what opportunities are available

If you aren't sure where to start, come and have a chat with us about the different career options for graduates and school leavers in Jersey. We currently have 55 live entry level jobs so there are lots of opportunities available to you!

Update your CV & write a great cover letter

Make sure you capture all the new skills you've acquired, and don't forget to list extra-curricular activities or soft skills. Remember that voluntary work is looked upon very favourably by employers, so if you've done it, talk about it!

Spring clean your social media

Employers are increasingly checking social media to get a feel for the 'real you' and you'd be surprised by the number of people we've seen lose out on job offers because of inappropriate photos and statuses. Check your privacy settings and delete anything you wouldn't want an employer to see.

Still feeling lost? Get advice! As a recruitment consultancy, we're here to help.

Supporting you every step of the way, call us today on +44 (0)1534 626777 or email our graduate specialist Maggie@rowlands.co.uk to discuss our trainee, temporary or permanent opportunities.

Life at Ogier



Michael Evans

Managing associate – banking and finance team

Tell us about your role and how you fit into your team

I am a managing associate in Ogier's Jersey banking and finance team. Along with the partner responsible for a deal, I lead the team working on a variety of finance transactions.

What do you enjoy most about your job?

No two days are ever the same and every day teaches me new things and brings new challenges, meaning I am never bored. I get to work on a huge variety of high profile transactions, working with a great team of people.

What makes Ogier different from other firms?

From the first day I joined, it was clear that Ogier is not a firm of egos but of dedicated professionals working together, constantly challenging themselves to innovate and improve, and to remain at the top of their game. Unlike other firms I had worked at, at Ogier there is not a feeling that ideas will only be listened to if made by a senior member of the firm. Here, every member of the team, no matter what their level, is encouraged to make a contribution (however small) on how the firm can improve and that contribution is valued and respected.

If you could go back in time and give yourself one piece of advice after graduating from university, what would it be?

Never be afraid of change. Embrace it and make the most of the opportunities that it brings.



Liana Pallot

Associate – dispute resolution team

Tell us about your role and how you fit into your team

I am a Jersey-qualified Advocate and an associate in Ogier's Dispute Resolution team. We offer services in corporate and commercial litigation including local and cross-border trust disputes, restructuring and insolvency and regulatory matters. My main area of work is trust disputes where we often team up with our non-contentious trusts team.

What do you enjoy most about your job?

The diversity of work means that no two days are the same and I get the opportunity to work with a variety of clients ranging from professional trustees/directors to individual family beneficiaries. There is a real element of problem solving and finding the right solution that works best for each client.

What makes Ogier different from other firms?

There is a real buzz around Ogier with a lot of change and innovation taking place. With this comes great opportunities, for example, I recently took part in an exchange with a top London law firm with the objective being to develop the relationship between our respective organisations and from which I built some great contacts. Ogier listens to us and actively encourages us to come forward with ideas to make life easier, ultimately providing a more efficient service to our clients.

If you could go back in time and give yourself one piece of advice after graduating from university, what would it be?

Knowledge is power – never stop reading.



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Crestbridge promotes talent across jurisdictions

Crestbridge, has made a number of senior and management level promotions across its Jersey, London and Luxembourg offices.

The firm's growing real estate team in Jersey has seen a number of promotions: Sylvie Pierre and Erin Moffat have been promoted to director, Michael Pankhurst to senior manager and Nicola Wilson and Neale Butler to manager.

Meanwhile, within the firm's corporate services team in Jersey, which was named 'Corporate Services Team of the Year' at the Jersey ICSA awards last year, Ben Durbano has been promoted to the position of senior manager and Zoe Botterill to manager.

Crestbridge also made a number of promotions within its real estate and family office services administration teams in recognition of individual exam success and commitment to professional development.

Promotion at Baudains Executive Services

Baudains Executive Services (BES) is delighted to announce the promotion of Laura Daggett to associate director. Laura joined BES in November 2014 as a senior recruitment consultant and has played an important part in the growth and success of the business during this time.

Prior to BES, Laura had been in the recruitment industry for over six years and had also worked for one of the island's leading fiduciary businesses. She is a chartered accountant, having trained with EY in Glasgow.

Andrew Baudains, managing director commented "Laura has excellent recruitment and industry knowledge and she has been a significant asset to the BES team. We are delighted that Laura has progressed to the next level and will maintain her role as a highly regarded recruitment professional in addition to assisting with the development of the consultancy arm of the business."



Three Bedell Cristin lawyers sworn in as Advocates

Three advocates from Bedell Cristin, Rebecca McNulty, Laura Hendrick, and Richard Laignel were recently sworn in at Jersey's Royal Court.

Rebecca McNulty, a senior associate at Bedell Cristin, advises local and international clients on a range of high value domestic and cross border commercial, trust and regulatory matters and insurance issues.

Jersey born Laura Hendrick, an associate who joined Bedell in 2014, has a wide range of experience in corporate and finance transactions with particular experience in structuring and financing real estate investment structures.

Associate, Richard Laignel, is also Jersey born and was educated at Victoria College. He advises professional trustees, both in Jersey and internationally, on all aspects of Jersey trust law and on related company and commercial matters.

Bedell Cristin managing partner, David Cadin, congratulated all three on their success: "Passing the examination to qualify as an advocate requires unstinting commitment on the part of individual lawyers and I'm delighted for each of them."

Career Inspiration & Support
when you need it.





Three senior hires for Zedra

Paul Nayar has been appointed finance director, Joe Donohoe as client director and Mark Cleary as head of relationship management and funds, Guernsey.

Paul Nayar and Mark Cleary have pan-island roles working across Jersey and Guernsey. Mr Nayar is responsible for all financial procedures, policies, controls and reporting systems. He works alongside the managing directors and the CFO. Mr Cleary is managing the relationship management of bespoke fund services, ensuring high quality service is provided to clients and he will also act on a number of fund boards.

As client director, Mr Donohoe has responsibility for a global portfolio of high net worth families and developing new relationships. This new role reflects the recent growth in the company's Jersey business and will further strengthen the breadth and depth of experience within senior management.



First Names Group continues to grow corporate services team

First Names Group is pleased to announce the appointment of Lauren Harzo as assistant manager within its corporate services team in Jersey. This appointment, which is effective immediately, is the latest in a series of key hires over the last 18 months which have seen the team more than double in size following a period of strong organic growth.

Lauren joins First Names Group from another fiduciary service provider in the island, having previously progressed from junior administrator to assistant trust manager with Barclays. Her appointment follows several other strategic additions to the team including manager Sophie Wade, who brought with her a wealth of corporate administration and capital markets experience, and Carol Keenan, an experienced corporate lawyer who joined as a director having previously spent 12 years with the Ogier Group. Before moving to Jersey, Carol worked in both Hong Kong and London for Magic Circle firm Linklaters.



Moore Management appoints Scott Madden as funds director

Based in Moore's head office in Jersey, Scott brings with him a wealth of operational and technical experience including significant skills in organic and inorganic build-outs. Prior to joining Moore he headed up the integrations team at Sanne, having joined through the acquisition of State Street's Jersey corporate business in 2014. Recently he spent six months in South Africa integrating an acquired hedge fund administration business in Cape Town.

Commenting on his new role, which will see him lead a number of global strategic initiatives, Scott said:

"I'm thrilled to be joining the Moore management team. Moore is going from strength to strength and my role promises to be dynamic and exciting; I can't wait to get involved. I look forward to working closely with my new colleagues to drive the business forward on an international scale in line with Moore's strategic direction and objectives."

Robin Troy joins Le Gallais & Luce

The Partners of Le Gallais & Luce are pleased to announce that Mr Robin Troy has joined the practice with effect from March 1 2017. Robin has joined the firm's commercial department bringing a wealth of experience and knowledge to the role and will be a great asset to the firm in a variety of areas.

Robin was called as a solicitor of the Royal Court of Jersey on June 16 1992 and in May 1993 commenced his own firm practising as Robin E Troy Solicitor and quickly built a successful practice covering general law but with an emphasis on

residential and commercial property, corporate and residential loans and corporate law.

Robin commented "I feel the move to Le Gallais & Luce will be good for my clients as it will open up more opportunities to access a wider range of legal services and specialist expertise". Recently Robin acted in the purchase of the site for what is arguably the largest and most expensive house in Jersey and has acted in the purchase and amalgamation of one of the largest portfolio of commercial and residential property in Jersey.



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Two new appointments at Logicalis

Daniel Obryk (left) has joined Logicalis as a senior systems technician, helping plan and implement platform development projects to ensure its iConnect service is performing at optimum levels for customers.

Daniel has over eight years' experience in IT, managing teams of technicians, and leading new projects. His new position with Logicalis will see him support, manage and update the iConnect platforms, for clients across a variety of industries.

Meanwhile Paul Johnson (right) joins Logicalis as a new security operations manager. Paul's role covers responsibility for the operational management of the security team, as well as the development of staff mentoring and coaching. Paul has over 14 years' experience with the prison service; carrying out investigations and auditing local departments, training and developing staff. He also researched and developed the new digital apprenticeship run by the States of Jersey Trackers department.



English solicitor joins Benest Corbett Renouf Family Law team

Jersey law firm Benest Corbett Renouf has welcomed a new lawyer to its family law team. English solicitor Tara Lee has joined the firm following the completion of her training contract with Stewarts Law in London. She specialised in family law after first completing seats in Stewarts Law's Commercial Litigation and Clinical Negligence departments.

Ms Lee specialises in all aspects of family law, with a particular focus on resolving complex financial issues for high net worth individuals, often with an international element. She also has experience in resolving children disputes between married and non-married parents, as well as assisting with "leave to remove" cases and cases brought under the Hague Convention.

Educated at The University of Surrey, Ms Lee then completed the Legal Practice course at the University of Law. She qualified as an English Solicitor in September 2016.

Advocate Barbara Corbett, head of family law at Benest Corbett Renouf, said: "We're delighted that Tara has joined the family law team. Her arrival brings even greater strength to the department and means that we are able to offer our clients a better service than ever to meet their diverse requirements."



New change management consultant for BDO Greenlight

BDO Greenlight has appointed Carlos Rebelo to join its team of change management experts, working across clients in the financial services sector.

Carlos has over 20 years' experience in retail and commercial banking and alternative investment operations, specialising in business performance, operational and transformation management.

He said "Joining BDO Greenlight is an exciting opportunity for me. The ever changing regulatory landscape is increasing the demand for change managers skilled in supporting the financial services sector to develop systems and solutions to maintain and advance their customer experiences."

Carlos joins BDO Greenlight from First Names Group where he held the position of senior manager, Group Business Development, after relocating back to Jersey from Luxembourg.



Brooks Macdonald adds to Jersey Investment Team

Brooks Macdonald has appointed James Surcouf as an investment manager in its Channel Islands offices, based in Jersey.

At Brooks Macdonald, James will be responsible for building client relationships and managing discretionary portfolios for the firm's range of globally diverse intermediary clients, including professional advisers and trustees, and high net worth private clients.

With over 15 years' experience in the international financial services industry, James joins from HSBC Global Asset Management (International) in Jersey, where he worked for more than 12 years and most recently held the position of discretionary wealth manager.

Got something to
SHOUT ABOUT?!

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The background is a solid green color with a repeating pattern of tennis rackets. The rackets are oriented diagonally and are rendered in a lighter shade of green, creating a subtle texture. In the center, the word "SPORT" is written in a large, bold, white, sans-serif font. The letters are slightly transparent, allowing the racket pattern to be visible through them.

SPORT



FOOD AFLOAT

Jerseyman Phil Sharp is one of Britain's most competitive offshore skippers achieving podium results in some of the most challenging events to date.

Most recently, a last minute entry in the 2016 Class 40 Championship saw Phil take podium position in The Transat Bakerly, where he finished the grueling race with a destroyed mainsail and a serious boat leak. He then went on to score 2nd in the Normandy Channel Race, missing out on 1st place by less than three minutes. In his first full season of Class 40 Phil took podium, narrowly missing out on 2nd place by just two points.

At the end of 2016 Phil was awarded a Guinness World Record for establishing a new World Speed Sailing Monohull Record, single-handed across the English Channel from Cowes, Isle of Wight to Dinard, France. A record time of nine hours and three minutes, Phil averaged a speed of 15.3knts, smashing the previous time on a yacht twice the size by almost three hours. It's our Eat issue, so of course we wanted to know how a sailor of Phil's calibre keeps himself fuelled at sea.

"Eating the right food on the ocean is critical in a long distance race. Maintaining strength and weight in an extreme environment over a long period of time can be very tricky. Sometimes, in very rough and wet conditions, meals can be the only highlight of the day, so having something that you like, and can look forward to that

gives you a morale boost, is enormously important. Since I started ocean racing about 12 years ago I have tried most things from pot noodles to tinned ravioli, and from multivitamins to protein shakes, and I've had some pretty bad experiences. In the past, I've had chronic stomach cramps or have been totally sapped of energy and lethargic for days.

On one double-handed Atlantic race I did, where I joined another boat, the food shopping for 20 days was done by the skipper's fiancé who, being a model, weighed about six stone. She said she had packed "more

"She said she had packed 'more than enough food' but it was only after we started the race that we realised she had assigned just two smalls bags of nuts and dried fruit for each day – about enough to satisfy a garden sparrow."

than enough food" but it was only after we started the race that we realised she had assigned just two smalls bags of nuts and dried fruit for each day – about enough to satisfy a garden sparrow. Needless to say we didn't have a very nice time for the next three weeks, constantly dreaming of food, and every flying fish or squid that landed on the deck got savaged instantly. ●●●

- In terms of calorie intake I tend to aim for about 3500-4000 calories per day, depending on the race, and even if things are not too physical you still use a lot of energy since you are awake for longer with sleeping times reduced to 3-4 hours.

To race across the Atlantic on a Class 40 takes between 12 and 20 days, depending on the route distance and weather, and even on a boat weighing 4,500 kg, the weight of food and water really adds up over this time. The key to driving weight down is to rely on a

desalinator for making water, and then carry mostly dehydrated food. A lot of this expedition food is available in camping shops and provides a good mix of nutrition, but relying on this as a stable diet can really make you bloat and feel tired so it is important to balance this with fresh food early on in the race, while it lasts. There is nothing worse than a step change in diet to something drastically different that you don't particularly like, so it is important to continue to include something normal in the diet, at least for the first week, like cheese sandwiches!"



ATLANTIC RACE GALLERY

Porridge: A great way to start the day and give you some good stodge and is a really quick and easy meal to make. Although you can buy the small pre-packaged instant oats, I am proud to say I have my own concoction consisting of standard porridge oats, dehydrated milk powder and brown sugar to which I simply add boiling water and leave for 5 minutes. I can then mix in some nuts and dried fruits if I want. The ingredients, since they are dried, is super light yet the porridge tastes as good as making it on the stove. It also compacts really well in food bags for space efficiency and great to help warm you up after a cold night.

Freeze-Dried Meal Packs: Available in most good camping shops and you simply pour boiling water into the packets and leave for 10 minutes to hydrate. These account for half of my calorie intake, and depending on the brand, can taste really good. There are usually lots of meal varieties, such as pasta carbonara, chicken casserole, beef dumplings and vegetable hotpot. Obviously, they don't taste anything like this in reality. I tend to avoid the meals with meat, as the

dried meat chunks might as well be rubber and hence difficult to digest.

Biltong: Very tasty way of getting protein and some key vitamins into you, with 50-60% protein content which is key for aiding muscular recovery. You can snack on this at the helm even when sailing in the most hellish of conditions.

Cereal Bars: The Nature Valley Crunchy bars taste 100 times nicer than any other cereal bars on the supermarket shelf and good for a healthy calorie boost during the day and night between meals, or when there is simply no time to boil water and make a meal. During the Cross-Channel Record, it was really full-on and the only food I had time to eat was two of these bars during the 9-hour passage from Cowes to Dinard.

Fresh Fruit: Sounds pretty crazy to take onboard when weight is a big driver, but eating an apple or orange a day, at least for the first week, is worth its weight in gold. It keeps you feeling fresh and healthy and

with crucial Vitamin C intake to minimise any threat of scurvy that haunted so many expeditions in the past.

Cheese Sandwiches: A simple sandwich is great for maintaining some normal eating habits and getting some bulk down in the way of long-life sliced bread and hard cheese. The cheese lasts the longest, provides some much-needed fat as well as protein, although it has a tendency to sweat heavily in the tropics!

Multivitamins: I like going for multivitamins tablets that are very Vitamin C heavy, and way over the theoretical RDA which is always too low.

English Tea: For me, a diet is never complete without copious amounts of tea, something so effective for getting through long, cold nights, and boosting morale on board. When there is an important strategic decision to be made, or a problem to be solved, I like thinking about things properly over a good brew.

Sport News



"Whilst there may be some new rules surrounding eligibility, it remains a raw local rugby derby, passionately played with no quarter given"

The Siam Cup

The Siam Cup is the second oldest rugby trophy in the world (2nd to the Calcutta cup) and its existence is steeped with an interesting and chequered history.

It is the annual challenge trophy played for between Jersey Rugby Football Club and Guernsey Rugby Football Club at the end of the season at alternating venues between the islands. This years Siam cup game takes place on Saturday 6 May at St Peter's Rugby Club here in Jersey.

The original cup is now displayed in the museum at Rugby HQ in Twickenham and a replica that was made by renowned Guernsey jeweller, Bruce Russell, will be kept in the trophy cabinet of the successful island.

Results to date are 59 wins for Jersey, 15 wins for Guernsey and one draw respectively with Jersey as the current holders ahead of this year's fixture. It is

always a fiercely-contested match, and the form book may not always be an accurate guideline for this game.

That said, in recent years with Jersey having been promoted through the leagues, it had become more apparent with one squad fully professional (Jersey) and the other not, that there was increasingly an imbalance in the strength of the two sides and so measures have been introduced to keep the match principally safe, and also competitive. Last season it was decided that any player representing Jersey had to have been part of the squad for three seasons, and for this year's tie the rules have been further tightened to also state that there can only be six professionals in the match day squad and

only five on the pitch at one time.

Whilst there may be some new rules surrounding eligibility, it remains a raw local rugby derby, passionately played with no quarter given and can at times, be very difficult to referee which is why an independent, highly qualified official is flown in from the UK to officiate.

It's not just about the Siam Cup on May 6th, as this great day of rugby will also see teams battle it out for the Fallaise (2nd XV), Nash (Vets) and Women's Siam cup. All of the teams will be hoping to hold aloft their respective trophy at the end of their 80 minutes on the pitch. It's the perfect day for supporters to head along and see some quality rugby played all whilst supporting their local club.

**Saturday 6 May
Jersey Reds, Rugby Club, St Peter.**



Medal haul for kickboxers

Two Jersey fighters have brought home a whole stack of medals and national titles after competing at both the WAKO British Championships and the WAKO World Cup Irish open, competitions held within two weeks of each other.

Bernardo Garcia and Monika Markowska from Gracie Barra Channel Islands BJJ & MMA Academy and Jersey Taekwondo Club have also both secured a place in the GB squad for the World Championships to be held later this year in Brazil and Hungary.

Monika defended her title as number one in the UK for full contact, a title she has held since 2011, she also won gold in the K1 division, and then followed this up with a further two golds in Dublin, an event that attracted 4,250 registrations representing over 300 clubs from 37 countries.





HARDWARE

Tweet Tweet



WORDS Russ Atkinson

Another year has sped by in the motor industry (at a speed limited to 155mph in accordance with a gentlemen's agreement, of course) and whilst some of the staples remain on the menu with a few little twists and fresh ingredients, people recently flocked from far and wide descending upon Geneva to dine out on the latest offerings from a smorgasbord of manufacturers last month.

Just a few steps from the airport itself, the Palexpo centre can be an almost overwhelming place whilst the motorshow doors are open. Not just because of the sheer volume of different stands occupied by both the biggest names in automotive as well as outfits that you've never even heard of (and wonder how they stand to make a

single penny in profit) but predominantly because it's just so hot in there. There's beer on tap to be had from strategically placed bars though so you can easily quench your thirst before so easily becoming undeniably dehydrated all over again. The sheer size of this internationally recognised event could never be done justice over a mere two

glossy A4 sized pages of Gallery magazine, so instead I'm going to share with you my star of the show: the 2017 Ruf CTR *Yellowbird*.

I was about to write that you could be forgiven for thinking that this is just another 911 backdate clone at first glance, but if I'm honest there might be no forgiving that. This isn't a G series or a 964 that's been butchered, shaved and dressed up in old clothes for fashion purposes and it isn't one of Nakai San's wide wheelarched RWB abominations either - it's history rewritten.

If you're not familiar with the original Ruf CTR then you'll probably not have heard of Ruf (pronounced *roof*) either. Recognised as a manufacturer in their own right, all



Ruf vehicles carry their own type approval and serial numbers but are based on *body in white* unstamped chassis acquired from Porsche, which is a sure fire way to guarantee exclusivity. The original CTR from 1987 accelerated straight into first place as the fastest car in the world at the time, passing Porsche's 959 and Ferrari's F40 before reaching a terminal speed of 213mph thanks to a focus on aerodynamics (Ruf even removed the roof gutters and smoothed the bumpers to lower the drag coefficient) as well as sheer horsepower. Officially rated as both 469bhp and 469PS, Alois Ruf commented at the time that the horsepower figure was the lowest achieved by any of the 29 *Yellowbirds* manufactured before adding that 'they have very big horses in Pfaffenhausen (which sounds like an inoffensive term for a lady's intimate area to me but I've checked on Google maps and it's definitely a town in Germany).

The original *Yellowbird* became a cult classic at the hands of test driver Stefan Roser thanks to a video of him exhibiting what can only be described as a heroic display of driving prowess whilst taming a CTR around the Nurbürgring Nordschleife. If you haven't seen it, type this into your web browser and ride along with him as he slides sideways past sportsbikes for two of the most impressive laps the notorious *green hell* has ever seen: <http://bit.ly/1NeNqrJ>

So why have they decided to re-make the CTR and what makes this one so special? I think that part of the answer to this is purely just because they can and partly because they know they'll sell. In fact, rumour has it that all 30 units have now been sold at a cost of €750,000 each, many of which had been claimed as soon as the rumour mill began to grind and long before a single vehicle had even been produced. With many of the 29 CTRs manufactured afresh in

Pfaffenhausen in 1987 (rather than the twenty to thirty subsequently converted customer cars) now changing hands for upwards of a million pounds apiece the 2017 *Yellowbird* is doubtlessly a competitively priced future classic. Or should that be 'was'?

It's the world's first rear engined vehicle sporting a full carbon monocoque chassis (presumably only by virtue of the original model's legacy rather than any form of technical advantage, given the application of the rules of physics) and according to Alois

seventies or eighties that's a complete pig to drive (call me a masochist) this new version looks too much like a computer generated image for me; too accessible, polished, almost impossibly perfect. A modern feat of engineering disguised as a ghost from the past. But I suspect that's exactly what they were aiming for.

So who's buying these? I've a strong suspicion that the answer is the same as to who's snapping up the rest of the formerly affordable classic cars such as every single

“With many of the 29 CTRs manufactured afresh in Pfaffenhausen in 1987 now changing hands for upwards of a million pounds apiece the 2017 *Yellowbird* is doubtlessly a competitively priced future classic. Or should that be ‘was’?”

Ruf shares nothing in common with the original other than the colour and silhouette. Oh, and possibly the rear view mirror, although he isn't certain, apparently.

In a carbon-fibre nutshell? Putting down 710 horsepower from a 3.6 litre twin turbo flat six (anything else would surely be sacrilege, although to get them approved for the US market, where fifteen of the thirty being produced are heading, the engine is water rather than air cooled this time around) and reaching 223mph the reassuring part is that it boasts a braking setup that works far better than the under-braked original and up to date inboard suspension that's less likely to spit you backwards into the notoriously expensive three-high sections of Armco on the Nordschleife when you kid yourself that you've got what Roser had in the late eighties. If I'm honest, as a stickler for anything manufactured in the

model of Porsche 911 up to the 993, E30 BMW M3s and first generation Honda NSXs; the kids who grew up with posters of these cars on their walls aspiring to own them one day who have now become financially successful grown ups, a far cry from their early days yet the memories from car magazines long before the internet was available in every home still remain. These are the people who spent countless hours driving the *Yellowbird* behind the controller of a Playstation playing Test Drive II or Gran Turismo, with over 20 million virtual owners compared to the 29 individuals who possessed the actual production cars. These new owners are my generation. Whilst these resin infused masterpieces won't be afflicted by rust it's sad to say that they certainly won't be around forever, so let's enjoy playing with these toys before there's no petrol left and those who've earned it on only have money left to burn.



~~DON'T~~ PLAY WITH YOUR FOOD...

WORDS Rebecca Evans

“Don’t play with your food”. It’s probably fair to say that most of us grew up regularly hearing that mantra around the dinner table, and many of us will now be repeating it to our own kids. But have you ever stopped to question why?

Eating is a necessity and cooking every day can soon become a chore, but it’s also one of life’s greatest pleasures, and in a busy and often stressful world we should all use mealtimes as an excuse to stop and relax, share a laugh with friends and family, and just enjoy ourselves.

Once again this month I’ve scoured the length and breadth of the interweb to bring you a selection of gadgets and gizmos designed purely to introduce some good old fashioned fun into your food.



Gourmet Gadgetry Candy Floss Maker

Roll up, roll up! Evoke all the fun of the fair in your own kitchen with a retro-styled candy floss maker. Create fluffy clouds of deliciously sweet cotton candy in just a few seconds, simply by dropping a scoop of granulated or caster sugar along with your choice of food colouring or flavouring into the central bowl and start it spinning. A measuring scoop and 2 paper cones are supplied.

Easy to use, maintain and clean (the bowl itself is dishwasher safe), non-slip rubber feet keep it firmly in place and the halogen heating system delivers more floss in less time. Potential for flavour and colour combinations are only limited by your imagination, so this is bound to be a talking point at your next family get together.

The Gourmet Gadgetry candy floss maker is available from johnlewis.com for £30.

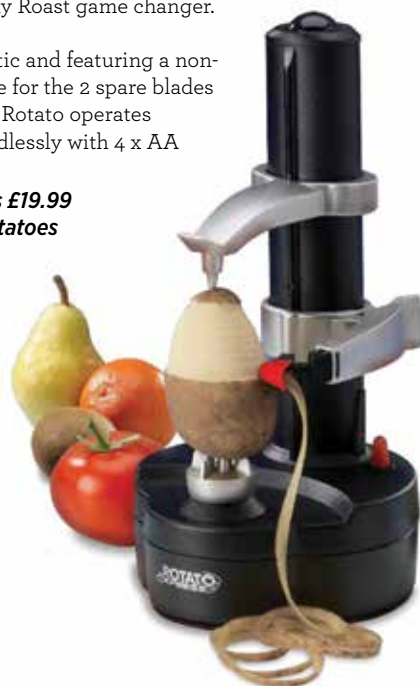
Starfrit 93209 Rotato Express

Of all the food preparation jobs, peeling potatoes has to be the most tedious, so it’s hardly surprising that someone has come up with a completely frivolous but brilliantly named answer to this first world problem.

The Starfrit Rotato Express does away with pesky potato skins in seconds at the simple touch of a button. Not just for spuds, the adjustable cutting arm can adapt to just about any size or shape of vegetable or fruit. So sensitive that it can take the skin smoothly from a tomato or zest a lemon, the blade automatically stops when peeling is over. No more cut fingers or arguments about who peeled last week, it’s a Sunday Roast game changer.

Made of durable plastic and featuring a non-slip base with storage for the 2 spare blades that are supplied, the Rotato operates via 6V adaptor or cordlessly with 4 x AA batteries.

The Rotato Express is £19.99 on amazon.co.uk. Potatoes not included.



Condiment Gun

If you've ever sat there trying to shake the last of the ketchup from the bottom of the bottle, and thought that there must be a better, or at least more entertaining way, well there is. Let me introduce the Condiment Gun, guaranteed to delight the little kids (and not so little kids) at your next BBQ.

Supplied with 2 reusable cartridges each holding around 100ml of 'ammo', just fill them up with your favourite sauces, pop one into the chamber and you're ready to take aim, squeeze the trigger and shoot. Ketchup, mustard and BBQ sauce are recommended; chunkier chutneys and pickles may cause a backfire.

So get that hotdog in your crosshairs, shoot from the hip and then bite the bullet. Nice shootin', Tex.

The condiment gun is available from findmeagift.co.uk at £14.99.

Sauces not included.



BBQ Branding Iron

The perfect gift for the steak lover or BBQ chef in your house, the BBQ Branding Iron from findmeagift.co.uk offers endless opportunities to entertain your dinner guests with personal messages printed right on to their food.

From laying claim to the juiciest cut of meat by branding your name on it, to sending a tongue in cheek note to your significant other (nice rump?) what you write is up to you. The iron comes complete with 52 letters and 8 spaces, and twin locks hold your message firmly in place so you can sear with confidence. This item will become extremely hot when in use and should be kept away from children at all times.

The BBQ Branding Iron is available from www.findmeagift.co.uk for £11.99

Lego Silicone Moulds

If you're going to play with your food, what better way than to model your food on the world's most popular toy? I don't know anyone that doesn't love Lego, and I don't know anyone that doesn't love food, so combining the two seems like a no-brainer.

Create your own edible Lego bricks with these fun and versatile silicone moulds, and mealtimes will only be limited by your imagination. Make an igloo from Lego ice cubes, or fill with melted chocolate and build yourself a factory that Willy Wonka himself would be proud of.

The first loyal reader to create the Batmobile out of raspberry jelly wins bragging rights, and my lifelong respect. It probably won't be so painful to accidentally step on either.

Silicone moulds are available from www.shop.lego.com/en-GB/Home from £6.99



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PHONE HOME



Form and Function at its Finest – Samsung Galaxy A5

‘Elegant, reliable and secure’ isn’t a list of relationship must haves, it’s a list of some of the Samsung Galaxy A5’s finest qualities.

Designed to be sleek and elegant, the A5 is a well-priced, well-thought out smartphone combining the must-haves of an easy to view, bright and colourful 5.2 inch screen and superb 16MP front camera, with the great-to-haves of 256GB expandable storage and an always on display cutting out the hassle of pressing buttons to see the most basic time and date information we always need.

The Samsung Galaxy A5 uses a powerful 1.9GHz Octa-Core CPU to power its Android operating system, more than enough for smooth use whether you’re watching videos or playing games.

Importantly, the A5 comes with the added security of Secure Folder which keeps selected apps and sensitive data locked down and separate from the regular content on your device. It also saves you from having to log in every time with one-time authentication.

Your digital security is amplified by the physical security that comes with the A5’s IP68 rating. This means it’s dust proof and freshwater resistant to 1.5 metres for 30 minutes, so you can safely take it out on any occasion.

The Samsung Galaxy A5 is available in three great colours from the Sure Store.

Get motivated, and smash those fitness goals!

Airtel-Vodafone’s Marketing Officer, Faith Joyce, reviews the Fitbit Charge 2.

Spring has finally sprung, which means it’s not long until summer! Like most of us, I seriously overindulged over Christmas, and with the non-stop miserable weather since, my diet has consisted of comfort food and carbs, carbs, carbs.

So, three weeks ago I decided to finally shake myself out of my fitness slump, squeeze into some old sports leggings, and hit the gym with my brand-new Fitbit. It has five-day battery, always-on activity tracking, OLED display, and comes in a range of great

colours. The easy-to-use Fitbit app tracks my progress and gives me all the information I need to stay motivated: with stats on standing, stair climbing, weight loss, calories burned, nutrition, water intake, heart rate, exercise, sleep...and oh yeah, steps!

All of this easily accessible info has kept me going, through the early morning workouts and the ‘I want to give up’ days. If you struggle with motivation like me, then a Fitbit Charge 2 is the accessory for you.

The Fitbit Charge 2 is available in a range of colours and sizes in our New Street store now, for only £99. Pop in-store today. Price correct at time of print.



Airtel-Vodafone’s top app for...

PHOTOS!



Step aside, Instagram!

The sensational Prisma app is all you need to transform your everyday snaps into artistic masterpieces!

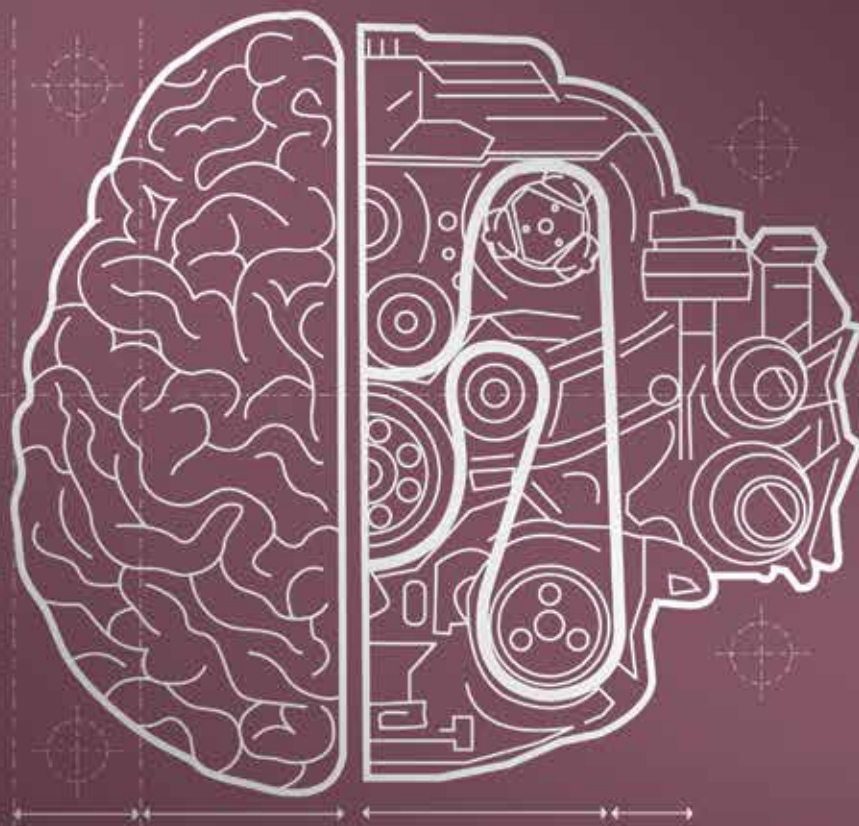
The app uses artificial intelligence coupled with stunning, artsy filters in various styles, from famous artists such as Van Gogh, Munk and Picasso, as well as stunning photo effects. You can even turn your 15-second video clips into works of art!

Apart from the cool filters, it’s super minimalistic, clean, and easy to use. This one’s a no-brainer for anyone wanting beautiful pics at the touch of a button.

Available for free on the App Store and Google Play.



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SUBARU RANGE Fuel consumption in mpg (lit/100km): Urban 25.2-41.5 (11.2-6.8); Extra Urban 40.4-61.4 (7.0-4.6); Combined 33.2-52.3 (8.5-5.4). CO₂ Emissions 197-141g/km. MPG figures are official EU test figures for comparative purposes and may not reflect real driving results. Model shown is Forester XT priced at £31,295 plus special paint finish at £550. *Excludes Subaru BRZ sports coupe.



Local promoters, TogetherParties and Vanguard DNB, are coming together to bring you the first ever MASS Festival on Saturday 27 May at Val de la Mare (subject to Bailiff's panel permission, of course). This unique music event being hosted in a most idyllic setting is their most ambitious large-scale dance event to date.

The all-day dance party will bring together the very best of house and drum and base and as it runs on a Bank Holiday weekend there's no need to worry about work the next day! We caught up with two of the organisers, Warren Le Sueur and Robin O'Toole, to find out more about the latest event to join the island's festival line-up.

Firstly, Warren, why did you choose Val de La Mare as your setting? The location is known to me from my FOLKLORE festival operation days. It's a beautiful space and as I work on so many events at the Watersplash, and live at the top of the hill above Val De La Mare I'm well acquainted with the area too. It's fantastic to have been given the opportunity to stage this new event here.

And why now for a MASS Festival? MASS was initially conceived back in 2010 when we ran an all night dance event on Easter Sunday at Fort Regent, back then we delivered a huge cutting edge line-up that included; Nero / Example (Live) / Audio Bullys (Live) / Pendulum (DJs) / Dirty

Phonics and Beardyman. A line up yet to be matched, I believe. So we've always been looking to continue MASS and take it to the next level in an interesting space. As I've got more time, after the demise of Jersey Live, it felt right to bring MASS back to the MASSES.

As this is a new festival what can people expect? An event targeted at like-minded people held in a beautiful space. It's going to bring together the magic of the old Elizabeth Castle events and the best of the Fort all-nighters, coupled with the musical knowledge and connections of the organisers. It's set over three stages with us at TogetherParties bringing you the very best in the house music scene and Robin over at Vanguard DNB looking after the drum and bass lovers. We will also introduce a special 'Inn On The Park' tent, to pay homage to the greatest club events that Jersey has ever staged. Of course, we also have a vast array of the best local artists from both Jersey and Guernsey bringing everyone together for a historic and amazing day/evening out.

Our TogetherParties Tent is set to play host to a forward thinking line up of DJ producers, and we'll proudly be headlining with German mysterios ... CLAPTONE.

Also confirmed to play, we have Route 94, Camelphat, Detlef and Latmun. Craig Alder, Steve Ferbrache and Bradley Welsh will all be in support mode for the big guns.

This is going to be really special!

Robin, how are you feeling ahead of the festival? This really is just a dream come true! Being able to present such an incredible array of the most talented artists from a genre of music we are immensely proud to have been involved in since its inception. We're ready to deliver a line-up to the crowds in St Ouen's that will blow your minds, just thinking of Camo and Krooked and then Nosiato close the show, I don't think it can get any better?!

We've also got some of the biggest UK DJ's such as Franky who is signed to Andy C's Ram Records and Jersey favourite Etherwood, making his fourth appearance for us. Memtrix is making his Jersey debut, at just 19 he's set for huge things after recently signing for Spor's label. To finish our overseas line-up we have secured the services of Zerozero from Holland and feature a local lad Sam who is making huge strides within the scene.

Mass Festival, Val De La Mare | Saturday 27 May, 2pm
Tickets: www.massfestival.eventbrite.co.uk

APRIL MUSIC & NIGHTLIFE: WHAT'S ON...



REASONS Present: BARELY LEGAL

Support: Yama & Mezu

SATURDAY 08 APRIL
@ ROJO 9PM - 2AM

Reasons had a pretty special launch party back in February with Tom Findlay and The Reflex, and are throwing another to coincide with the next release of artists for this summer's festival. This party leans towards bass heavy sounds, with pint sized selector Barely Legal playing garage, grime and D&B in the club, with The Mango Tree hosting the bar playing their trademark Reggae and Dub flavours. Expect all manner of bass heavy treats ranging from garage to grime to D&B. They'll also be announcing the rest of the acts playing at this year's RTBC - they promise there's plenty for fans of D&B, house, techno, reggae and ska to get excited about.

Tickets: www.reasonsfestival.com//ROJO // 18+ // R.O.A.R. // Photographic ID



BLKOUT Present: CHASE AND STATUS (DJ SET) + MC RAGE

Sub Focus + MC I.D., Calyx & Teebee
+ LX ONE, P Money, Devlin + more.

SATURDAY 15 APRIL
@ FORT REGENT

If you're fans of the Blkout brand then you will already know everything there is to know about this stellar event (which is great because we couldn't find much more than the line up online). This year they're celebrating their fifth edition of Blkout and have once again pulled out an incredible line up which is sure to blow your socks off. We don't doubt that you'll already have your tickets but if you don't get in quick as this is bound to be a sell out. Need we remind you that this is also Easter weekend, which means you've four days off and at least two to recover from this night out!

Tickets: Eventbrite // Fort Regent // 18+ // R.O.A.R. // Photographic ID



PHILOSOPHY OF HOUSE Present: 9th BIRTHDAY SUNDAY 16 APRIL

@ ROJO 8PM - 2AM

Calling all house heads! Philosophy of House turns '9' this year and they want you to dust down your dancing shoes and join them at Rojo to celebrate. They'll be providing a night of top quality music across three floors and have enlisted the help of some of the islands best talent to ensure it's rocking from start to finish. Expect nothing less than a 'journey through house music' with everything from soul and funk on the ground floor to the full spectrum of house across the terrace and club. It's the first bank holiday of the year so no excuses. It's free to get in to the terrace and ground floor and for just £5 you'll get into the main club and be able to grab a beer or glass of Prosecco on the POH gents!

Tickets: Main club £5 OTD // ROJO // 18+ // R.O.A.R. // Photographic ID



SUNDAYS @ CE SOIR Present: PABLO CONTRABAND

Support: Ben Newman + Sorin

SUNDAY 16 APRIL
@ CE SOIR

Ce Soir's Sunday social is going from strength to strength, frequented by industry workers and music lovers alike, expect great cocktails, a massive selection of beers and wines and underground house and techno week in, week out. Sundays are free entry, and always will be. Ce Soir welcome Pablo Contraband for a guest appearance. Pablo is a resident at Brighton's Patterns nightclub and regularly plays alongside acts as diverse as Andrew Weatherall, Dinky, Midland, Mike Servito and Detroit Swindle. Expect house and techno of the finest calibre. Free entry.

Tickets: FOC // Ce Soir / 18+ // R.O.A.R. // Photographic ID



MASS Present: LOW STEPPA & DJ AMC MC PHANTOM SUNDAY 16 APRIL

@ THE WATERSPLASH

Together parties and Vanguard DNB unite as MASS Project to present your MASS Festival 'Launch #2'. This time they're bringing you an Easter Sunday event at Jersey's spiritual home of dance music. In just a few short years, Low Steppa has become synonymous with bass house to such an extent that it's near impossible to mention one without the other. From his explosive bootleg of Route 94's My Love to playing BBC Radio 1's Big Weekend, from Sankeys Ibiza residencies to his Rinse FM show and all-conquering Simma Black imprint, Low Steppa is about as relevant and in-demand a DJ and producer as it's possible to be.

Tickets: Eventbrite // The Splash // 18+ // R.O.A.R. // Photographic ID



CLIQUE Present: NICK CURLY (8 Bit/ Drumcode/Trust)

Support: Carl Scott & Pete de Momme

SATURDAY 22 APRIL
@ ROJO

Clique return with yet another special guest as they present one of the leading players in the modern era of house music. Since making his major breakthrough in 2008 which was cemented by his residency for Kehekuma at Space Ibiza, Nick has refined his signature groove based sound through his relentless DJ schedule at premier clubs and festivals all over the world, as well as through his productions on his own 8 Bit label or labels such as Adam Beyers Drumcode and Truesoul. Don't miss this chance to see him in the intimate surroundings of Rojo for what promises to be another epic night.

Tickets: ticketsource.co.uk/clique or OTD // ROJO // 18+ // R.O.A.R. // Photographic ID



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