

gallery^{JSY}



140
the TIME issue

SONY

**The new multi award
winning Xperia XZ Premium**
Everything becomes Wow

XPERIA XZ Premium

**Available now for
only £40 per month***



Ask in store for more details or visit www.sure.com

FREE Sony
SRS-XB20
speaker
worth £100



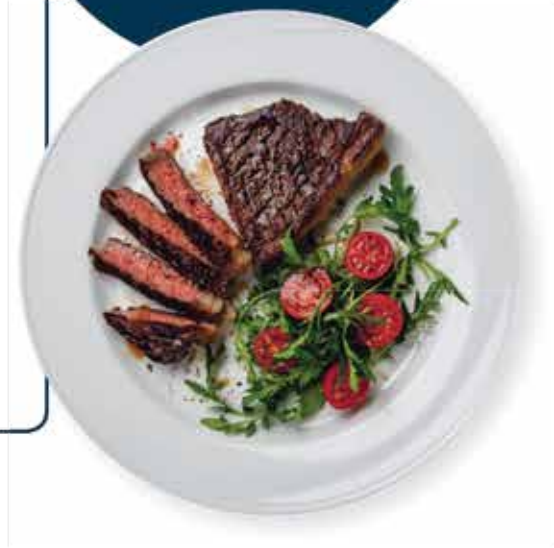
*Price based on a 2GB plan over 24 months. Other plans available. All prices exclude GST where applicable. Available while stocks last. Terms and conditions apply. See sure.com for details.





HURRY!
Come in store to get your voucher with one of our great value mobile, broadband or JT One plans today.

FOR THE
Foody
Co-op, Iceland, M&S,
Checkers Express, Wine Warehouse,
Boat House Group, Tiffin Group,
Hotel Chocolat, Liberation Group,
or Food Halls



THERE'S SOMETHING

Enjoy up to **£100 of FREE vouchers** to spend with **great brands** like **Amazon, De Gruchy, M&S, Jack Wills, and Flybe**; the only thing you need to decide is where will you spend yours? Whether you're a **new or existing customer**, there's something for everyone at JT. Now that's a deal you can't ignore.

www.jtgglobal.com/deals



FOR THE
ISLAND HOPPER
Flybe or Condor

T&Cs apply.





**FOR THE
SHOPAHOLIC**

Amazon, De Gruchy,
Moss Brothers,
Jack Wills, Ransoms,
George or Crew Clothing



**FOR THE
luxury
seeker**

St Brelades Bay Hotel
or Royal Yacht Hotel



FOR EVERYONE AT JT



**FOR THE
ADVENTURER**

the Weekender Festival
or Tamba Park



JT 
JOIN TOGETHER

Orbit Cufflinks



Satin finished sterling
silver Orbit cufflinks,
set with blue sapphires
and black diamonds



Tel. +44 (0) 1534 736182
sales@aurumjewellers.co.uk

www.aurumjewellers.co.uk
2 Charing Cross, St Helier, Jersey, JE2 3RP

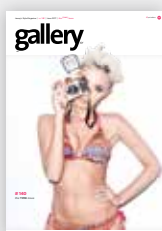
 Follow us
on Facebook

© Aurum Jewellers. All rights reserved

edito

#141

[TIME]



COVER CREDITS

MODEL
AbbieCLOTHES
Bikini by Le Pel
from De Gruchy

Social networking shizzle

Be our friend
and we'll tell you
secrets



[WWW.FACEBOOK.COM/
GALLERYMAGAZINE](http://WWW.FACEBOOK.COM/GALLERYMAGAZINE)



[WWW.TWITTER.COM/
GALLERYMAG](http://WWW.TWITTER.COM/GALLERYMAG)

paparazzi
gallery

ARE YOU IN?

You can also view
paparazzi photos on
our facebook page.

Learn more >

www.gallery.je

In 2016 in a lecture at the University of Cambridge, Stephen Hawking (he of theoretical physics fame) shared his prediction for the fate of humanity, specifically the time we have left on Earth. Among the reasons he cited for this prediction were climate change, autonomous weapons enabled by A.I, pandemics as a result of antibiotic resistance and enhanced nuclear capabilities. All sounds pretty bad right? I mean it's all our fault. All those things are within our control to prevent or manage in the way we see fit as a species. Unless you're a climate change denying POTUS of course. The real kicker is that Stephen's had a rethink this year and he's just dropped his prediction to 100 years. 100 years!

The thought that mankind only had 1000 years left to party was depressing enough. Considering that we're living in a time that's halfway between the Battle of Hastings and the end of the world seems to make our place in existence a very short timeframe indeed, particularly as we're living longer. The average life expectancy is expected to break the 90 barrier by 2030. It stood at 71.4 in 2015. There have been 7500 generations of human and 500 since we started civilisation. We discovered electricity and then created the lightbulb just 3 generations ago. Stephen originally gave us 11, and now less than 2 more generations until doomsday. I guess we were safer in the dark. It also begs the question of where *Busted* were in the *Year 3000* meeting 'your great great great granddaughter'. Seemingly they either know something we don't or that song was a complete fabrication. The 300 years per generation thing always bothered me.

Whether we have 100 years, 1000 years or more if we sort our shit out, in any case time is precious. In a study of 4400 people in the journal *Social Psychological and Personality Science* people it was found that people actually value money more than time, but it was the people that value time were on average happier and more satisfied than the people that valued money. So, if you want to be happy, chances are you should consider time as much of a part of your success as money.

This month we meet people that have made the most of their time, people that do and we also suggest ways that you can spend yours more wisely, getting the most out of the island this June. Whether it's learning from the thoughts of a near centurion, taking alternative rambles around the island, slowing down for yoga on the beach or combining time with a bit of money to buy yourself a lovely new timepiece. Something to keep an eye on your time with. It's ticking by, so make the most of it.

As the modern day philosopher *Ferris Bueller* put it; 'Life moves pretty fast, if you don't stop and look around once in a while, you could miss it'. Get out there folks and slay your June.

B



#141

[TIME]



gallery

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

THE PEOPLE THAT HELPED WITH THIS ONE...



EDITORIAL CONTRIBUTORS

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

PHOTOGRAPHERS

Danny Evans
Jason Masterman

ILLUSTRATORS

David Grimes

YOU'D LIKE TO BE IN GALLERY? GREAT!

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.

ADVERTISE

AD@GALLERY.JE

We understand that the medium is the message. The quality of a magazine reflects on the businesses that advertise within it. Gallery is Jersey's highest quality magazine and premium print media option for stylish and progressive brands. If you have a business or strategy to promote to Jersey's forward thinking consumer, get in touch. Call us on 811100 or drop us an email...

FEATURE

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.

ENTERTAIN US WITH JOKES, IDEAS, VIDEOS OF CATS AND BOOTS TO... EVERYONE@GALLERY.JE



Disclaimer.

All rights reserved. Any form of reproduction of Gallery Magazine, in part or whole is strictly prohibited without the written consent of the publisher. Any views expressed by advertisers or contributors may not be those of the publisher. Unsolicited artwork, manuscripts and copy are accepted by Gallery Magazine, but the publisher cannot be held responsible for any loss or damage. All material, copy and artwork supplied is assumed to be copyright free unless otherwise advised. Contributions for Gallery should be emailed to editorial@galleryje. Names have been changed to protect the innocent and no penguins were harmed in the manufacture of this magazine, you can't prove nuffing. Why are you still reading the small print? How about researching what really makes the best paper aeroplane? Test them with your friends or colleagues, add a picture to our Facebook and we'll send you some doughnuts...

Recycle.

Gallery recycles all its storage and packing materials, boxes and any old magazines that are returned. We don't get that many fortunately. We love to know our readers hang on to previous copies but when you move or find that they're taking up too much space, drop them down to the recycling bins in the car park off the Esplanade. If you want to find out more about recycling, call **01534 448586**. We put this on the green strip to look eco innit... That's **smart!**

published by



factory

10 Minden Street
St Helier
Jersey
JE2 4WR

WHO DOES THIS?

SALES / ACCOUNT DIRECTOR

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

DESIGN DIRECTOR

Russ Atkinson
DD: 870268
russ@factory.je

EDITORIAL CO-ORDINATOR

Sara Felton
sara@factory.je

EDITORIAL ASSISTANT

Abigail Ali
abi@factory.je

DISTRIBUTION

DD: 832072
distro@factory.je

ACCOUNTS

DD: 870237
accounts@factory.je

PUBLISHER

Ben Davies
DD: 870185
ben@gallery.je

call us (baby)

00 44 1534
811100

hi@factory.je

WWW.FACTORY.JE

OMEGA

"...and OMEGA is the watch
that went to the Moon."



Speedmaster

GEORGE CLOONEY'S CHOICE

#moonwatch


HETTICH
JEWELLERS SINCE 1900

1 King Street, St Helier JE2 4WF
www.hettich.co.uk


OMEGA

CONTENTS

PICKS



14 FEATURE Omega Speedmaster



20 FEATURE A Brief History of Time Travel

THE REST

UPFRONT

Listings.....	12
Omega Speedmaster Feature.....	14
News in Numbers.....	16
Giving Something Back to the Givers.....	18
A Brief History of Time Travel.....	20
Misc.....	22
Pet of the Month.....	24
No Time to Waste.....	26
Heroes of Our Time.....	28
Bright Sparks.....	26

GIVE

Our Community.....	30
--------------------	----

EVENTS

Peas & Glove Permanent Olly Day.....	34
Boxin Business White Collar.....	34
The Parlour Launch.....	35
Matthew Jukes Wine Tasting.....	35
Paper Talks Exhibition Opening.....	36
Liberty Bus 'Make a Difference'.....	36
Nude Food's First Birthday.....	37
Leadership Development Celebration Event.....	37
Sunseeker & Alfie Buoy Summer Launch Event.....	38
Katherine Jenkins.....	38

TRAVEL

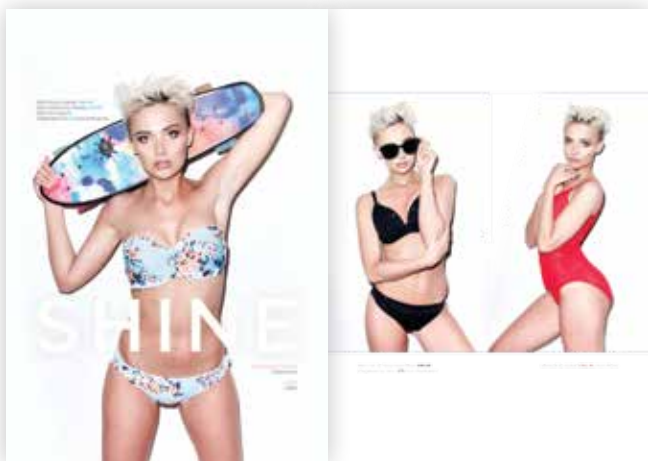
Yoga on the Move.....	40
Alternative Rambles.....	42

CULTURE

Culture News.....	46
The Monthly Upload.....	48
Oli Nightingale's Ma(hoo)ssive Drawings.....	50
Ashburton Sunset Concerts.....	52
A Sharp Intake of Breath: Nick Romeril.....	53
Exhibitions.....	54

BEAUTY & WELLBEING

Beauty News.....	56
Psychotherapy Column.....	57
The Lifting, Firming, Skin Tightening Facial.....	58
Beauty Products.....	60



62 FASHION: Shine



115 SPORT Trials and Tribulations

FASHION

Bikini Shoot: Shine.....	62
Brand News	68
Watch Shoot	70
Trend News.....	72
Shoot: Put a Spring in Your Step	74
Style Stalker	78

APPETITE

Time is of the Essence.....	80
The Power Hour.....	82
Celebrate World Gin Day	83
The Genuine Articles	84
No.10 is One.....	86
Chefspeak	87
Appetite News.....	88

PLACES

Property Profile.....	91
Finishing Touches.....	98
Featured Properties	100
Interior News: Bringing the Brochure to Life	102

BUSINESS

Business News.....	104
On the Sofa: Tupper Loans.....	107
Movers & Shakers	108

SPORT

Sportsperson of the Month.....	112
Trials and Tribulations	115
Sport News.....	118

HARDWARE

1000 Miglia	120
Gadgets: The Retro Revival.....	124
Phone Home	126

NIGHTLIFE

Sure Big Gig Weekend	128
Weekender.....	130
Nightlife Listings.....	131
Paparazzi	132

Directory.....	136
Boardom.....	138

ON THIS JUNE...

IN JERSEY



THE RUBIS JERSEY INTERNATIONAL MOTORING FESTIVAL

Various locations

1-4 JUNE

This the largest annual motoring event in the Channel Islands, comprising competitive sprint and hill-climbs for classic and vintage cars and motorcycles. With a full programme of events for touring cars and motorcycles and the largest static motor show in the Channel Islands there is something for all petrolheads!



COUNTRY CINEMA SEASON

Secret location Mourier Valley

THURSDAY 1 JUNE

Following on from their incredibly popular Coastal Cinema series last year the National Trust for Jersey this time brings us cinema in unusual country locations around the island. Thanks to the support of Mourant Ozannes a different film will be shown on the first Thursday of the month in a different location. Jean de Florettes is a 1986 French period drama film directed by Claude Berri, based on a novel by Marcel Pagnol. To book tickets go to www.nationaltrust.je It costs just £10 to include a glass of wine.

SUMMER COUNTRY FAIR

Royal Jersey Showground

SATURDAY 10 & SUNDAY 11 JUNE

All the fun of the countryside! Cattle Show, Flower Show, Dog Companion Show, Horses, meet the animals at Animal Farm, fairground rides, bouncy castles, local stalls, face painting and lots more - lots of country fun for everyone. Plenty of refreshments. Open 10.30 - 5 both days, Entry £5 for adults, £3 for children. Plenty of free parking.

JERSEY MOONLIGHT WALK

St Brelades Parish Hall, 21:00hrs

SATURDAY 10 JUNE

This night time walk will be raising funds for both Jersey Hospice Care and Jersey Cheshire Home. Choose between the 'Full Moon' which is 10 miles or the 'Half Moon' walk of 5 miles. Fancy dress whilst not obligatory is always welcomed, the brighter the better. There will be face painters and a great atmosphere is always provided before the walk starts by local group Run for Cover. You can register online www.jerseymoonlightwalk.co.uk or on the evening from 20.00 or contact 07797774749.

JERSEY SINGS!

Fort Regent

TUESDAY 13 & WEDNESDAY 14 JUNE

1,400 young singing stars will present a new show with a great selection of new songs, medleys, songs from the shows and ballads that will appeal to all generations from Henry Mancini to Bob Dylan, Pixar & Walt Disney favourites, Abba, Queen and Coldplay! Directed by David Lawrence, this awesome choir will be supported by the fantastic 7-piece Jersey Sings! band & will include showcase performances from Tom Billington and Joanna L'Estrange.

OPEN GARDEN

St. Ouen's Manor, St Ouen

SUNDAY 18 JUNE

Guarded by impressive ramparts and dating from the 15th century, the Manor will delight lovers of history, art and gardens alike. Its chapel contains beautiful stained glass windows by local Victorian artist, Henry

Bosdet. Its delightful grounds are a mixture of woodland, water and landscape containing many mature trees and shrubs, including a fine avenue of native trees (ash, beech and oak). Open by kind permission of The Seigneur and Mrs Charles Malet de Carteret, all proceeds go towards JAYF (Jersey Association for Youth and Friendship). Delicious Jersey cream teas will be served in a walled rose garden.

CLUB CIRCUS FAMILY RAVE

The View, Fort Regent

SUNDAY 4 JUNE

The island's original 'sober raving' event for revellers, The Awakening Club - a family focused, wellbeing wonder that invites all ages to get up and dance and gives guests a chance to try out a host of other feel good factor treatments and entertainment. Jersey's finest DJs will create a top class soundtrack alongside massage therapists, circus themed crafts area, play area, Sita's Circus Workshop, glitter, face painting and tattoo transfers station as well as bubbles and giant balloons, parachute dance and Photo Booth all bringing the circus theme to life with the breathtaking backdrop of the St Helier rooftop scape... A real breath of fresh air!



DANDARA COLOUR RUN

West Park Slip, 17:30hrs

SATURDAY 17 JUNE

This is the 2nd Dandara Colour Run, along St Aubins Bay, starting at West Park Slip. A great family day out, supporting Family Nursing & Home Care. The Dandara Colour Run is a five-kilometre, un-timed run in which participants are doused from head to toe in different colour powder at each kilometre.

SUNSET CONCERTS

Mont Grantez, St Ouen

FRIDAY 23 & SATURDAY 24 JUNE

The National Trust for Jersey's Sunset Concerts supported by Ashburton are enjoyed annually by more than 4,000 music lovers. They provide the perfect excuse to pack a picnic and a bottle of wine and listen to music whilst the sun sets. On the Friday evening you can enjoy The Word on the Street and The Little Black Dress and on Saturday the excellent Toploader will have you dancing in the moonlight (or as the sun sets!). Site opens at 5.30pm and the music starts at 7.15pm. Whilst entry is free there is a charge of £5 per car for parking.

ONE-DAY TEXTILE WORKSHOPS

The Harbour Gallery

SATURDAY 24 & SUNDAY 25 JUNE

Join UK textile artist Cas Holmes for two one-day textile workshops. The cost is £55 per workshop, to include specialist materials, each workshop takes place between 10am - 4pm. Booking essential.

STATE STREET AROUND ISLAND WALK

Around the island

SATURDAY 24 JUNE

Whilst it has had many names one thing remains the same, the tough challenge along with the beauty of the route that passes along Jersey's beautiful coastline, sandy beaches, dramatic cliffs and stunning countryside makes this a fundraising event with a difference. This is the 27th event of its kind and for those brave enough to take on the challenge, good luck!



CHANNEL ISLANDS WORLD WRESTLING

The Merton Hotel

SATURDAY 24 JUNE

Super slammin' wrestling action. Come and enjoy the fun and excitement of CIW wrestling at The Merton Hotel's Star Room entertainment venue. Channel Islands World Wrestling shows are super slamming fun for the whole family. Expect serious amounts of sports entertainment goodness, so bring plenty of 'boos' and 'cheers'! Meet some of the wrestlers during the intermission.

JERSEY HORSE RACING

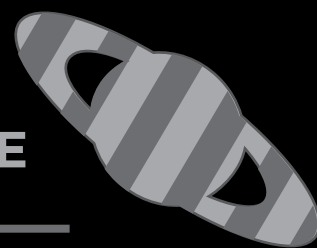
Les Landes Race Course, 18:30hrs

FRIDAY 23 MAY

This is a fantastic evening out for family and friends of all ages, then look no further. With a full card of racing, a fully stocked bar and a variety of cuisines on site. Once you have had your fill of food and drink head out onto the viewing bank for the racing action. There are also on course bookmakers and Tote available for those who like a flutter. For more information visit www.jerseyraceclub.com

BECAUSE QUALITY MATTERS

ELSEWHERE



RED ROOSTER FESTIVAL

SUFFOLK, ENGLAND

1-3 JUNE 2017

Launched in 2013, this fledgling festival transplants the slow-drawling American Deep South lifestyle to idyllic Euston Hall. Owner Harry Grafton, the 12th Duke, used to live in Nashville and toured with The Rolling Stones. The food is finger-licking good - gumbo, ribs, award-winning wings - and MEATliquor burgers are washed down with moonshine cocktails. At Red Rooster, RnB means authentic strumming, soul-stirring rhythm and blues, where bands have names that sound as good as their music (Big Boy Bloater, King Size Slim and Smokey Angle Shades have all been on the lineup in the past).

WWW.REDROOSTER.ORG.UK

VEGAS FRINGE FESTIVAL

LAS VEGAS, NEVADA

JUNE 9-18, 2017

The Vegas Fringe Festival is a celebration of theatre that it claims features an exciting roster of emerging and established theatrical performances. The festival produces multiple plays, each less than an hour and a half, which showcase the talents of actors, designers, directors and companies. With everything from family-friendly productions and musicals to improv shows and edgy debuts, the Fringe Festival has something for all fans of theatre. I mean come on now, this could be a decent break from all the gambling..

GLASTONBURY

PILTON, SOMERSET - UK

21 - 25 JUNE 2017

Yes, we know getting tickets was as difficult as getting out of town and out west in less than 30 minutes during Jersey rush hour. But that doesn't mean that you can't enjoy all the action via the constant stream provided by licence fee favourites the BBC. Why not stage your own gathering, smug in the knowledge that you've got a flushing toilet and a warm and dry bed to look forward to at the end of the night. Whilst of course we'd never wish rainy weather on those lucky enough to secure tickets (yes I'm bitter) what's the point of acquiring this season's must have festival wellies if it doesn't?

WWW.GLASTONBURYFESTIVALS.CO.UK

THE WINE BATTLE (BATALLA DEL VINO)

28 - 30 JUNE 2017

HARO - SPAIN

Spain's annual Batalla de Vino, or Wine Battle, must be one of Europe's most unique and underrated annual festivals. Each year in the small village of Haro, thousands of revelers emerge to a hill just after sunrise to wage war on each other using red wine as their weapon! Water guns, insect sprayers, and buckets are all filled with the deep red liquid that leaves attendees stained from head to toe. The party gets started the night before so be prepared for a marathon session mixing with the locals. Tradition of San Vino calls for everyone to wear a white shirt and a red scarf.

WWW.WINE-FIGHT.COM

TIME TO LEARN THREE THINGS YOU DIDN'T KNOW ABOUT THE OMEGA SPEEDMASTER...

CHANCES ARE IF YOU OWN A CHRONOGRAPH WATCH, YOU CAN TRACE ITS HISTORY BACK TO THE ORIGINAL OMEGA SPEEDMASTER DESIGNS. SIXTY YEARS OLD THIS YEAR, THIS LEGENDARY WATCH HAS JUST BEEN REISSUED IN AN ORIGINAL 60TH ANNIVERSARY DESIGN - AVAILABLE TO SEE AT HETTICH JEWELLERS. HERE ARE THREE THINGS YOU DIDN'T KNOW ABOUT WHAT SOME SAY IS THE MOST FAMOUS CHRONOGRAPH OF ALL TIME...

01 The Omega Speedmaster was the first to have a tachymeter scale bezel. These days every sports watch worth its salt has some sort of tachymeter - but back then the Speedmaster's engraved bezel was a trailblazer. The watch enabled speed to be read off by timing a fixed distance and was a whole new innovation. It even got its own name - the Tacho-Productometer. Save that one for the pub quiz...

02 The Speedmaster was the first watch on the moon. During the 1969 moon landing, Neil Armstrong left his watch inside the lunar module as a back up, so Buzz Aldrin's Omega Speedmaster became the first watch to be worn by an astronaut on the moon. He's quoted as saying: 'Few things are less necessary when walking around on the moon than knowing what time it is in Houston, Texas. Nonetheless, being a watch guy, I decided to strap the Speedmaster onto my right wrist around the outside of my spacesuit.'

03 It's NASA approved. The Omega Speedmaster, or the Moonwatch as it's known has been on every single space mission. The Speedmaster's precision timing is also known for saving lives... during the 1970 Apollo 13 'Houston, we have a problem' mission when all electrics except the radio had to be shut down, the crew's Omega Speedmaster watches were the critical element in timing the precise stop and start of the 14-second rocket burns, allowing them to get back to earth safely.

Sixty years old and showing no sign of slowing down, the Omega Speedmaster is a watch designed for adventure. Hettich Jewellers is where you'll find all the latest models. Where will you take yours?

233.32.41.21.01.002
41mm Stainless Steel Omega
Seamaster 300m Master Co-Axial
Automatic Watch with Black Dial
on Brown Leather Strap
£3,780



215.92.46.22.01.001
45.5mm Black Ceramic Omega
Planet Ocean 600M "Deep Black"
Co-Axial Master Chronometer
GMT Watch with Black Dial on
Black Rubber Strap
£7,280





304.33.44.52.03.001
44mm Stainless Steel Mega Speedmaster
Moonphase Co-Axial Master Chronometer
Chronograph Watch with Blue Dial on
Blue Leather Strap
£6,580



311.93.44.51.99.001
44.25mm Grey Ceramic Omega
Speedmaster Moonwatch "Grey Side
Of The Moon" Co-Axial Automatic
Chronograph with Sand Blasted
Platinum Dial on Grey leather Strap
£7,350

127.25.27.20.55.001
27mm Stainless Steel and
18ct Rose Gold Omega
Constellation Co-Axial
Automatic Watch with white
Mother of Pearl Diamond Set
Dial and Diamond set Bezel
£6,860



311.30.42.30.01.005
42mm Stainless Steel
Omega Speedmaster
Moonwatch Manually
Wound Mechanical
Movement with Black Dial
£3,080



311.10.39.30.01.001
38.6mm Stainless Steel Omega
Speedmaster- part of Omega 1957 "Trilogy
60th Anniversary"- Manually Wound
Mechanical Movement with Black Dial
£4,690

130.33.41.22.06.001
41mm Stainless Steel Omega
Globemaster Co -Axial Master
Chronometer Annual Calendar Watch
with Sun Brushed Grey Dial on Blue
Leather Strap
£5,460



Hettich Jewellers
1 King Street, St Helier

www.hettich.co.uk
Tel: 01534 734491

NEWS IN NUMBERS

83,000

pounds of extra funding for West Park substation deal allegedly reneged on

200

cycle helmets were given away courtesy of Intertrust in partnership with local charity Headway

29.5

mm of rainfall recorded on 17th May makes it the wettest May since 1935

22

percent of local liquid waste is produced by non-households and has sparked controversial new proposed charges

33

year old silverback gorilla Ya Kwanza dies during operation

3

percent price rise in local property noted compared to last year



Win Weekender Tickets!

Time to put down your highlighters and flashcards we want to help you celebrate the end of exam season with a big give away, up for grabs are **2 weekend tickets for you and a friend to the Weekender Festival**. Visit our Facebook page to enter.

fb.com/ParkJobs



Park

www.park.je

Work Happy :)

GIVING SOMETHING BACK TO THE GIVERS

PHOTO Danny Evans



Anita Brown has spent a long time working within the hairdressing and beauty industry. This month she's celebrating the 25th anniversary of opening her first salon Bonita Sandy Brook back in 1992. A few years later she opened a second salon in the East of the island.

It had always been her dream to own her own salon having managed one in St John for a few years before getting the keys to her own. In 2002 she made the decision to consolidate the two salons and opened the much larger Bonita at Les Ormes in St Brelade. She now boasts an incredible client base of around 1,500 and credits her dedicated team for Bonita's success and longevity.

To celebrate this incredible milestone Anita wants to treat 25 women, one for each year of trading, to the chance to come along to the salon and have a total transformation. Anita explains "I'd like people to think of someone they know who deserves a real treat, that doesn't normally spend money on themselves, that works really hard and maybe doesn't have time to put them first. Maybe they're a carer, the lady who serves you in the supermarket or just one of your friends who's having a tough time. We'd love to hear from you. We've put the nomination process up on our website www.bonitahairandbeauty.com so please do get involved."

Not one to rest on her laurels Anita is about to embark on a two -year course to train as a Trichologist, the study of diseases and disorders of the hair and scalp. This will mean that she can help people with alopecia and hair loss here on the island. Bonita also provides a service for cancer patients here in Jersey through the Friends of Oncology charity, whether that's before or after their treatment that could result in hair loss.

"To celebrate this incredible milestone Anita wants to treat 25 women, one for each year of trading, to the chance to come along to the salon and have a total transformation."

Besides her incredible staff, Anita also credits June Summers Shaw for providing her with the confidence and inspiration to start out on her own. "She was my boss after I'd finished my apprenticeship. Although she didn't teach me she was the head of hairdressing at Highlands. She was an incredible lady and

gave me the skills and knowledge and of course the confidence I needed to set up on my own. I really don't think I'd have done it as quickly without her support."

Thanks to the development at the resort at Les Ormes having flourished over recent years Bonita not only offer hair and beauty services but they also have a gift shop too, perfect for finding those presents for loved

ones whilst you're being pampered. This year Anita is also looking to expand her business even further to bring you Bonita Home, this online store will bring you a variety of different gifts and homewares.

**Bonita Hair and Beauty, Les Ormes Le Mont A Lane Brune, St Brelade
T: 01534 720081**

Nominate your unsung hero for a total transformation package with Bonita Hair and Beauty www.bonitahairandbeauty.com



Renaissance

BOUTIQUE

TEL: 01534 617386 • ADDRESS: 26 Hillgrove St, Jersey

MARCCAIN

FABIANA FILIPPI

CURRENT/ELLIOTT
JEANS

Kate Moss
EQUIPMENT

TISSA FONTANEDA

PR
RIANI

DtIm don't label me

EQUIPMENT

HALE BOB

annette görtz

HEMISPHERE
CASHMERE

MAX&MOI
PARIS

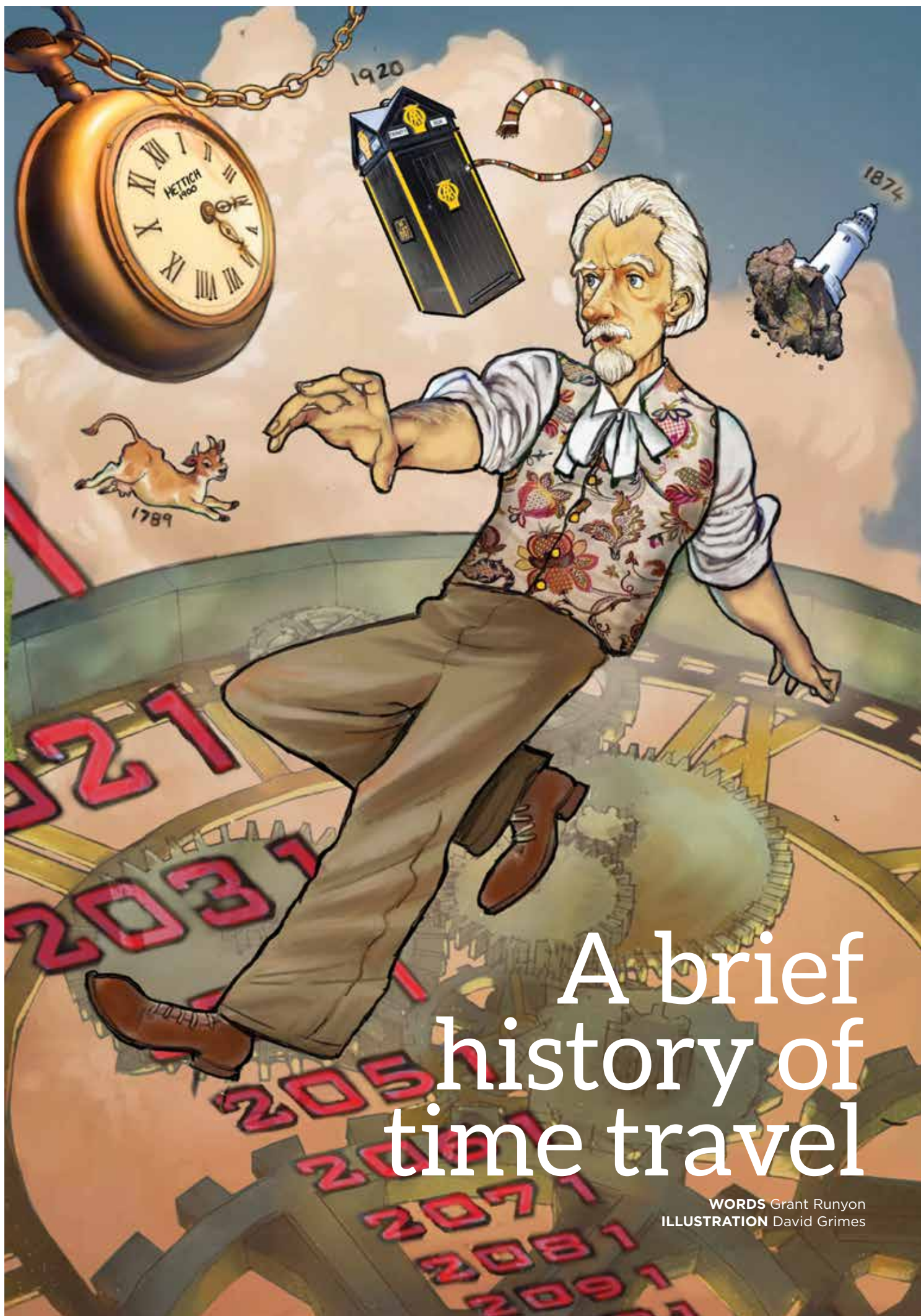
chinti and parker

ANNECLAIRE

goat

MARKUS LUPFER

CHIARA BONI



A brief history of time travel

WORDS Grant Runyon
ILLUSTRATION David Grimes

There are many superpowers I fantasise about having, some of which are mean, many of which are weird, and a couple of which are completely unprintable, but the one fantasy I return to again and again is having the power to travel through time. Super strength and the ability to fly would have limited uses, and being immortal or indestructible would become boring after a few hundred years, but the power to travel through time would allow you to constantly manipulate your normal life for the better, like a teenager cheating at video games.

Time travel is potentially the ultimate fictional power, offering total mastery of events to the most average and unremarkable human being. However, the way it has generally been employed by storytellers says more about humanity's mundane, everyday concerns than any number of dramas where the fate of the universe hangs in the balance. Perhaps I lack imagination but 90% of my time travel powers would be used to spend a few more hours in bed each morning, and then maybe the other 10% spent cheating at casinos or appearing to be very smart on University Challenge. Maybe you're more the type who would kill Hitler, hunt a T Rex, hang out with Jesus or go on a date with Marilyn Monroe - but it's likely that one of these fictional time travellers has, somehow, captured your innermost desires.

HG Wells' The Time Machine: social policy in 80,000 years

The first true journeyman of the fourth dimension, HG Wells' time traveller was a typical Victorian in that his movements across temporal impossibility illustrated his people's worries about the inevitable degeneration of human society. Wells, a committed socialist, used time travel as a metaphor for the long view of history, warning of the fate that could befall humanity's idle leisured class. So in that respect his time traveller is somewhere between Jeremy Kyle and Jeremy Corbyn - returning late to a dinner party to warn his companions that their descendants risk being farmed like cattle and devoured by subterranean apemen if they don't, presumably, wear less comfortable shirts and take greater numbers of cold showers. So for HG Wells, father of modern science fiction and notable diabetic, time travel is a means to definitively prove what can go wrong if you don't take enough bracing walks and eat too many lollypops. I'm a massive fan, but it says a lot about Wells and his understanding of human nature that the Invisible Man didn't just hang about watching ladies unbutton their corsets.

Doctor Who: an egomaniac at the centre of the universe

I loved the vintage, wobbly corridor, rubber monsters Doctor Who era, but find it impossible to warm to the new high-budget version. The old Doctor was a mad grandad/uncle who just happened to have

the power to travel through time and space at will, whereas the reboot has transformed him into an irritating superhero who has some kind of divine destiny to be the most important being who has ever lived - and knows it. It says a lot about modern Britain that our preferred Doctor Who has evolved from a time travelling David Attenborough / Patrick Moore hybrid to several incarnations that swing between Russell Brand and a 1990s children's TV presenter. Be wary of anybody who would use the power of time travel to appear witty at dinner parties and go clothes shopping in the Victorian era, or who maintains an irrepressible enthusiasm despite having presumably watched everybody they know die of old age.

"All he has to do is travel backwards with a pocket full of rationed Dairy Milk and Pretty Polly tights, blag girls into thinking he wrote 'When I'm 64' and 00-Rodney is knee deep in blitz-scarred bloomers."

Goodnight Sweetheart: time travelling sex tourism

Ah, this is a bit more realistic. This 1990s BBC sitcom is remembered fondly by mums everywhere, but if you think about it the premise is essentially that Rodney from Only Fools And Horses can use the power of time travel to cheat on his wife by making women in the 1940s think he's a dashing secret agent. All he has to do is travel backwards with a pocket full of rationed Dairy Milk and Pretty Polly tights, blag girls into thinking he wrote 'When I'm 64' and 00-Rodney is knee deep in blitz-scarred bloomers. He even manages to impregnate women in both time periods, which is more than a little creepy. It is highly likely that married men, granted the mind-blowing possibility of defying the fundamental laws of the universe, would simply abuse the power to both go to the pub and get their end away without being caught.

12 Monkeys: time travel to avert a terrible disaster

Time travel is a fascinating concept to us because the human brain often learns through the benefit of hindsight, and the power to revisit our own bad decisions is such a tempting prospect. Sometimes these decisions affect the entire planet, as in that Star Trek movie where they rescue the

whales, or in the ever increasing mess that represents chronology in the Terminator films. The problem with these narratives is always that essential paradox of time travel: what if killing baby Hitler stops you from ever being born? Terminator has tried and largely failed to address this concept, but it is best expressed in Terry Gilliam's bleak and claustrophobic masterpiece 12 Monkeys, where the seeming freedom to dramatically alter the events of the past sets off a chain of reactions which ultimately push the main character into the mousetrap of his own personal destiny. I'm telling you, don't mess with the past - just spend an extra hour in bed and nobody gets hurt.

Back to the Future: get rich or die trying

Marty McFly has become a cultural icon for ripping off Chuck Berry and dating his own mother, but the real star of this time travel narrative isn't the fresh-faced midget, or even the mad scientist who invents time travel. No, the most realistic use of time travel is employed by Biff Tannen, the crass, thuggish villain of the piece who the authors admit was inspired by a certain orange-skinned, wig wearing, New York property tycoon. Biff doesn't take too many

risks messing around with chronology, or even doing his own homework, he simply limits himself to exploiting other people's hard work to become comfortably rich, powerful and also to date Marty McFly's mother. It's the perfect low-risk approach - if Biff was from Jersey he wouldn't mess about killing Hitler, in case it altered recent history and made his banking father a potato picker, he'd just nip back to the 1920s with some gold coins and buy a handful of farmhouses in the then-unfashionable parish of St Ouen. The more I think about it, the more I am now convinced that time travel has already been perfected in a hidden lab in St Lawrence, and that our society is in fact dominated by a secretive alliance of all-powerful estate agent time lords. My proposed solution is to master theoretical physics, rip asunder the fabric of time and space, and sneak back to the 1800s to buy the seabed under the Waterfront before going back to sleep.



AN AIRLINE FIT FOR A KING



Whilst it wasn't a particularly well kept secret that the Netherlands' King is a keen aviator, he recently revealed to Dutch newspaper De Telegraaf that he's been flying KLM Fokker F70 jets on commercial routes a couple of times per month for the past 21 years. Well, I guess they are called KLM Royal Dutch Airlines after all.

King Willem prefers to keep a low profile whilst onboard, so there's no red carpet treatment during any of his flights and he never mentions his name on the PA system although people have been known to recognise the voice of their king whilst onboard. When flying, he always assumes the role of co-pilot but I've heard a rumour that he *never lands*. See what I did there? *Never lands*. He's the Dutch king. King of the Netherlands. Get it?



Quoted:

"I think you can't repeat the first time of something"

Natalie Imbruglia



Doing time

When a perpetrator actually gets away with a crime, he must have an overwhelming sense of relief and the urge for a bit of celebration. After all, he's just pulled off an illegal act and left no evidence behind that could tie him to the act. Imagine the relief he must feel upon getting away with murder. And now imagine how dumb he'd need to be, after having gotten away clean with a murder, to have the crime scene permanently tattooed to his chest.

That's what happened with Anthony Garcia, a Los Angeles gang member who committed a murder during a liquor store robbery and got away with it for four years, until he was picked up for driving on a suspended license and the police noticed his unique tattoos when taking his mugshot.

It didn't take them long to connect the dots, considering the crime scene was recreated in pretty exhausting detail. Bravo Mr Garcia, Bravo!

Great timing

Check out some of these impeccably timed photographs...





**We're celebrating 25
years in business and
would like to thank all
our clients old and new**

Here's to the next 25!

Les Ormes Resort,
Le Mont a la Brune, St Brelade,
Jersey, JE3 8FL

01534 720081

enquiries@bonitahairandbeauty.com
www.bonitahairandbeauty.com

Bonita
hair & beauty

Summer Euros SALE€

10 JULY - 22 JULY 2017

Next month we'll be offering special rates on our Euros. So, if you're off to Europe during the summer holidays or perhaps later in the year, think ahead and grab your travel money at a great rate during next month's sale!



016616
customerservices@jerseypost.com
www.jerseypost.com/foreign-exchange

**Jersey
Post**

Jersey Post Limited is regulated by the Jersey Financial Services Commission in the provision of Money Service Business.



Sizzlin' Summer Friday Night

at Radisson Blu Waterfront Bar & Terrace!

The perfect way to start your weekend at The Waterfront Bar and south facing Waterfront Terraces.

Simply stunning views over the marina and Elizabeth Castle allows you to relax and enjoy the weekend wind down with your friends or colleagues.

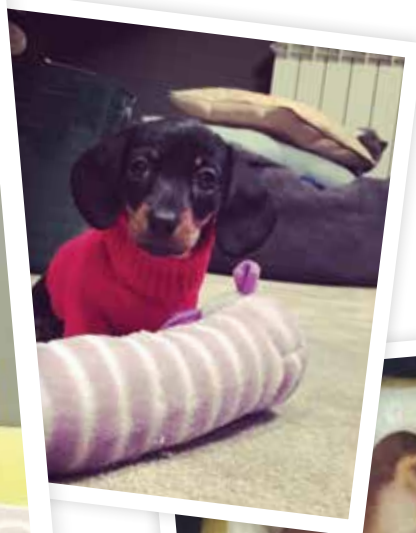
Sizzlin' summer cocktails, a glass of bubbles, a cooling beer or a delicious mocktail, just the tonic for a fun filled Friday evening.

The super new Bar and Terraces menu offers great dishes to start off your weekend off perfectly.

**To book your Friday 'Weekend starter' table or
to make an enquiry for your Friday BBQ:**

Call 01534 671 100 or email
Jacqueline.mcdermott@radissonblu.com

Radisson **BLU**
WATERFRONT HOTEL
JERSEY
www.radissonblu.com



pet
OF THE
month



Marie-Christine Dix

Breed: Human

Age: 35

Likes: Good food, cooking, and eating it of course! Travel and going to cool destinations. My job as I get to meet so many interesting people and get to help them feel better and most importantly learn about health and staying healthy.

Hates: Laziness and people who are cruel to animals

If I was an animal I would be: A big fat ginger cat (although I would have to change sex admittedly as they're all male!) but only if I was pampered and well fed like my two are!

Wants: To help the next generations understand more about health and what it actually is (not just the absence of disease!), so that they make better choices now and thus help themselves in later life and our island as a whole.

Interesting facts: I applied to join the air force on a scholarship before I decided to study Chiropractic!

Most impressive thing you've ever done: Started my business as a sole trader nine years ago and grew it to the 16 person fab team it now is at Align Health Agency.

Lexie Matthews (Lady Lex)

Breed: Miniature short haired dachshund

Age: 5 months

Likes: Chasing Hendricks the cat around the garden, cheese of any variety, Mummy cuddles, pulling loo roll from the holder all-around the house, my second family at Align, sunbathing, hanging out with my brother-from-another-mother Chopper.

Hates: Going for walks (I try and hide when I see the lead), The rain and especially....walks in the rain!

If human I would be: Audrey Hepburn as I'm super cute, dinky and can bend anyone to my will with my big brown eyes!

Wants: to hang out with Chopper all day every day and play, play, play.

Interesting facts: Dachshunds were originally bred for badger hunting....so I feel a bit short changed living here in Jersey!

Most impressive thing you've ever done: Chased a very large black Labrador down the beach and I came back in one piece!

NEW DISPLAYS JUST ARRIVED



WESTMINSTER
GARDEN FURNITURE



**BEAUMONT
HOME CENTRE**



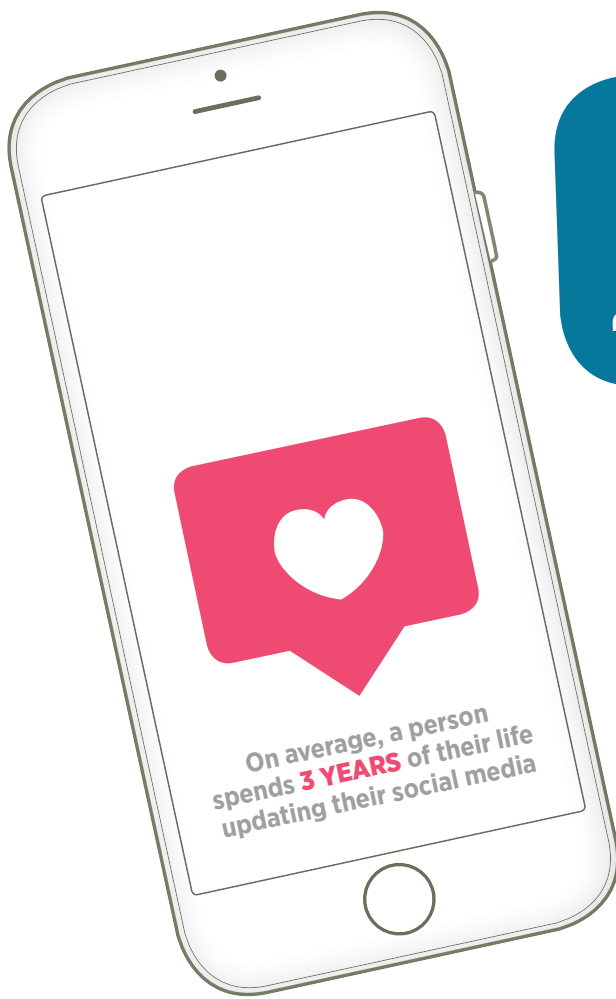
FIND US ON FACEBOOK:
BeaumontHomeCentre

www.beaumonthomecentre.com

Rue du Craslin, Beaumont, St. Peter JE3 7BU
Telephone: 822822 • Established 1974

Opening times: Mon to Thu 9.00am to 5.30pm
Fri 9.00am to 4.30pm Sat 9.30am to 1.30pm

KITCHENS | BATHROOMS | BEDROOMS | FURNITURE | TILES



A study showed that children born in 2013 have already spent **AN ENTIRE YEAR OF THEIR** life looking at a screen by their **7th BIRTHDAY**



That's the equivalent to **1095 DAYS**, or **26280 HOURS** of your lifetime updating an online platform that serves no purpose besides letting the world know what kind of person you are

No Time To Waste

WORDS Ria Wolstenholme

Exam season is upon us. Many, like me, will be stressfully revising whilst longing for the 4 weeks of torturous study to pass, so they can spend their time being carefree and happy again. But is that a valuable way to spend our time?

Is a month of near sleepless nights, strenuous library sessions and anti-social behaviour worth the few months of care free frolicking, only to go back to square one and do it over again? In this month's issue we're looking at the concept of time,

and I'm intrigued to know just how much time we are all wasting on the mundane things in life.

I'll start with myself. I've been writing for this magazine for coming up to 9 months.

I produce on average 1 article a month, which takes me roughly 20 hours in total to write; if you include the interviews, research and drafting that goes into them. So far, I have spent 7.5 days of my life just writing these articles. It doesn't sound like much, and I genuinely love writing these pieces, but it's strange to think that I've already spent that long writing for one magazine.

The average age life expectancy in the U.K. is 79.5 years. That's the equivalent of 954 months, or 29037 days. So I've already spent a quarter of one of those 954 months just writing these articles.

We let our work control a lot of our day to day lives, which in retrospect is understandable. Our jobs put food on the table and a roof over our heads. So putting in the hours and making sacrifices in your personal life to excel at work is something many find themselves doing as a way to better their future.

Studies show that the average person in the 20-65 age bracket, working 9-5 for 40 hours a week, will spend 10.5 years of their life working. That's without including the late nights you stay behind, the overtime that goes unrecognised, or the days you take the office home with you and don't have time for dinner.

This commitment or obsession with excelling in the work place can cause areas of your personal life to crumble severely. If you're always in work mode, your mind and body have no time to wind down and relax. It affects your social skills, your love life and your relationship with everyone around you if you become incapable of putting work to one side. There's a difference between being there, and being present in the moments you spend with your family and loved ones.

Being present in the moment is, I think, something the younger generation have forgotten how to do. Time is locked up for us it seems, as we live vicariously through what we view online. There's a lack of depth to some of our understanding as to what it is to truly live in the moment, and not just take a picture to remember it in the future. We have no concept of time passing, because we are on a constant loop of documenting and updating our lives online, becoming somewhat distanced from our 'real life'.

The under 40's of our world have been dubbed the 'always-on generation'. Our phones, laptops, tablets and televisions are never all off at the same time unless we're asleep. We work long hours, have countless social events pencilled or typed in every week, and are physically and mentally glued to multiple devices at a time on a daily basis.

A study showed that children born in 2013 have already spent an entire year of their life looking at a screen by their 7th Birthday. Children are growing up in a world where technology is advancing at an alarming rate, offering endless possibilities and opportunities. But this reliance on tech has meant that kids struggle to differentiate between their online and offline lives. Their worlds are formed and kept alive through online platforms.

On average, a person spends 3 years of their life updating their social media. That could be anything from sending a tweet, posting on Instagram or sharing something on Facebook. That's the equivalent to 1095 days, or 26280 hours of your lifetime updating an online platform that serves no purpose besides letting the world know

This is all well and good if your goal in life is to be a walking robot. But if you're like me, and want to make an attempt to live in the present and experience the world in all its glory, it's time to start making use of the minutes, hours and months you have left to enjoy what is on offer to you.

I know this may all seem a little too heavy for a sunny June issue, but it wasn't until I really looked into this topic whilst writing this piece that I realised how precious our time is, and should be. I'm coming up to the end of my second year of university, and the thought that this time next year I'll have finished 16 years of full time education and have the world at my feet makes me determined to make the most of my time.

Think about it. Make your time here count.

“Studies show that the average person in the 20-65 age bracket, working 9-5 for 40 hours a week, will spend 10.5 years of their life working. That's without including the late nights you stay behind, the overtime that goes unrecognised, or the days you take the office home with you and don't have time for dinner.”

what kind of person you are. And, in reality, who's going to look at it and see who you truly are once you're gone? Surely it's far more important to create friendships, relationships and a name for yourself to allow people to remember you for who you are rather than let them judge you as a person through your twitter and Instagram account?

However, it seems that this disconnect from what we see as reality is doing some small amount of good. As we grow into a generation who find it harder and harder to switch off, our brains are adjusting. It's making us better at multi-tasking, and making it easier for us to process, analyse and manage information.



HEROES OF OUR TIME

WORDS Abigail Ali
PHOTOS Danny Evans

On May 9th, Jersey celebrated 72 years of Liberation from World War II. In that time, our islanders battled against oppression, violence and the regime of the Nazi's costing the lives of hundreds.

During these difficult times however, there were those in resistance, sabotaging German efforts, sheltering and protecting escapees and risking their own lives to protect those whose fate was otherwise hopeless. Indeed, many of these stories are shared by our museums, galleries and societies dedicated to preserving our heritage however, I set out to discover the lesser known, quiet heroes who risked their lives despite the cruelest consequences for the good of others. I did not however, expect to hear these stories first hand from a man whose efforts during the occupation were so exceptional, he was knighted by Her Majesty the Queen.

This is how the story goes through the eyes of Sir Bob Le Sueur, MBE, then a 22 year old office clerk and German resistor.

I dialled in the number passed onto me by Société Jersiaise in much anticipation of the man who was to hopefully answer on the other side, "Good afternoon this is Bob

Le Sueur". After a brief and most courteous introduction, it was his obvious realisation that I had the most eager questions and Sir Bob invited me to his home. His book laden bungalow overlooking La Rocque beach which he bought in 1956, served as the perfect setting for wartime tales. "I was born on the 3rd October on a gloriously sunny late afternoon in 1920 - I assume you're wondering how old that makes me? Some may say it's with deplorable antiquity that I am approaching my 97th birthday." His presence, humour and wit is second to none, it is clear to see why Bob is celebrated for his years as a teacher amongst his many deserving accolades.

"It was with great honour that I was awarded an MBE by Her Majesty the Queen. I received the phone call and answered as I always do, "Good morning, this is Bob Le Sueur", the reply came that it was John McCoy the Lieutenant-Governor. Well at first I thought who is having me on here as

I have a friend quite capable of such a hoax! But the Governor went on "I have news for you- would you be prepared to accept the award from Her Majesty the Queen for services to the community?" Bob had been put forward for his services to the island as he is a member of the archeological society, has great knowledge of local history, for his activity in the National Trust for Jersey and The Trees for Life Association, for his services to Hautlieu school and for his efforts for escaped prisoners of war and slave workers during the occupation.

"But I truly believe that others had done so much more deserving things than I had, but all of whom have now passed." It is believed there were around 200 people in Jersey who provided material and moral support to escaped forced workers, including over 100 who were involved in the network of safe houses sheltering escapees. The story of Louisa Gould and the escapee she hosted, Russian Bill, is a well known one in the island and although full accounts of which can be found in The Occupation Tapestry and The Underground Hospital, nobody knows the story quite like Bob does: "I introduced Russian Bill to Mrs Louisa Gould. The Soviet slave worker had escaped from the concentration camp on Jubilee Hill and

was brought to me when he could no longer stay with the family that had briefly hidden him." He closes his eyes as he slips back to the past "There was a filing room in the office building which I worked, it was a long weekend so I hid him inside the little room and could bide myself an extra day to find Bill a trusted full time 'host'."

Between 1942 and 1945, 5,300 Organisation Todt workers (civil and military engineering group named after Fritz Todt, an engineer and senior Nazi) were brought to Jersey to build the defensive fortifications, bunkers, air raid shelters and gun towers as ordered by Hitler. They were from France, Ukraine, Russia and some Spanish who had meagre rations, threadbare clothing and suffered enormous deprivation at the hands of their German 'masters'. It was a horrific sight to see the forced marches between camps and work sites, there was also public brutality and beatings. "They treated them like they were sub humans only good as slaves treated worse than you could possibly treat any animal."

Those discovered harbouring slave workers were sent to war and slave camps on the continent so it was understandably hard to find somebody that could be trusted. "I had heard about the terrible fate of Louisa's eldest son, Edward. He was an impeccably smart young man who had been schooled at Les Landes, Victoria College and went on to Oxford under a scholarship and graduated in 1939 with a degree in modern languages." Bob points to his bookshelf where the publishings of Edward Gould sit. "He taught French and Spanish during the war but enrolled in the army where he obtained a commission for his intellect. However, a 25 word message arrived with the news that he has been killed just two weeks after being drafted in - a devastation for his mother." And so, when Bob approached her to keep Russian Bill her reply came "I have to do something for another Mothers son", which has gone on to title the movie about her life which was released earlier this year.

They compiled quite the backstory for Bob complete with the right papers which stated that he was a Polish man had come to the island to work prior to the occupation, but the outbreak of war had kept him here. Although she took the utmost care of her new son altering her deceased boys clothes to suit, tending to his wounds and feeding him, she did not take the same precautions as other 'hosts' which ultimately led to her becoming denounced. "She was bringing Bob out into the open and taking him to church so that everybody in the parish knew what was happening. Not the usual behavior of somebody hoping to survive. Although Bill escaped to Louisa's sister's house, the Germans found a Russian to English dictionary, a rifle and radio - she was caught on 22nd June 1944 and sentenced to two years imprisonment which meant she was deported as any sentence longer than two months ended you up on the continent. She was sent to Ravensbruck camp, such a positive name for a place where

terrible things happened. It was quite the surprise that she received this magnitude of punishment as Ravensbruck was where they sent known Jewesses and discovered spies. My theory is that they mistook the name Gould for the common German Jewish name Gold, and she received the penalty for their mistake in August 1944. The news that she had been sent to the gas chamber was passed to the family by a French Jew who had survived the concentration camp with her and came to the island to pass on the news." Within two months of her death, Ravensbruck was liberated. In 2010 Louisa Gould was awarded the honour of British Hero of the Holocaust and her plaque can be found on the war memorial in St. Ouen. A total of 570 prisoners from the Channel Islands were sent to continental prisons and camps, and at least 22 Jersey men and nine Guernsey men did not return.

"Russian Bill was unable to stay with Louisa's sister as she was already hosting an escaped prisoner of war so I assisted him in finding salvation. He was in a garden shed then the office, a garage, a crusty old bachelors

the artist was terminally ill and bedridden so was unable to meet anybody and had to draw from photographs! We put the portraits in a salon shop window on columbine to get some publicity and the requests came pouring in. I kept all the money he made in my account and after the war, returned a healthy sum to Bill. Of course at the time he couldn't sign the back of this beautiful portrait he had gifted me so his hosts Michael and Rene did. After the liberation I made sure Russian Bill could finally sign it for me."

Following the Liberation Bob went on to travel the world. He pulls down a well loved hardback from his extensive library shelf and brought it back to the sofa where we sat. On the front in script handwriting read "South East Asia via Siberia". He turned to the page without hesitation and pointed to the fading picture of two men and a woman standing by a tree in the garden. "Myself, Russian Bill and his wife - Moscow 1992" I decided to take the old Kenny train from St. Malo as one does, to meet the man some 40 years after."

"HOSTILITIES WILL END OFFICIALLY AT ONE MINUTE AFTER MIDNIGHT TONIGHT, BUT IN THE INTERESTS OF SAVING LIVES THE "CEASEFIRE" BEGAN YESTERDAY TO BE SOUNDED ALL ALONG THE FRONT, AND OUR DEAR CHANNEL ISLANDS ARE ALSO TO BE FREED TODAY"

WINSTON CHURCHILL - 8TH MAY 1945 AT 1000HRS

house and finally, I found Rene Franoux and Michael Fraud a pair of friends who lived together." Bob walked over to the wall near the living room entrance and took down a beautiful sketched portrait of his 20 year old self and turns it over. On the back are three signatures by Rene, Michael and Bill. "This was how Bill made his money in Jersey during the occupation but of course nobody knew it was a hidden slave worker drawing these incredible portraits, we said

His diaries, so well typed out complete with slide photographs stuck inside are a time vessel of the years he spent travelling from the Central and South Americas to Serbia and beyond meeting friends from the past in much happier circumstances. On May 8th, 1945 Russian Bill finally walked free as his true self, Feodor Polycarpovitch Burri, a survivor and a life long friend of Sir Bob Le Sueur, whose self sacrifice and compassion makes him, a true hero of our time.



GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Family lives transformed through unique Brighter Futures programme

Ocorian is continuing its support of Brighter Futures for another year, with ongoing funding of its unique range of personal development, educational, second chance learning programmes alongside key worker support.

Brighter Futures is a Jersey charity that support parents, carers and children who are facing a range of challenges and difficulties. Brighter Futures works in partnership with a range of agencies and support groups including health and parent support services. One of its programmes entitled 'Circle of Security' assists parents in their relationships with their children, addresses family health and promotes well-being within the family environment. The programme focuses on how parent/child relationships can be strengthened in a unique way, teaching parents to understand children's needs and behaviours.

Over the past six years, more than 150 families have been able to benefit from the course and Ruth Brunton, Brighter Futures CEO, expressed her thanks for the part played by Ocorian. She commented:

"We carry out pre and post evaluations to assess the effectiveness of the course and we ask parents to rate their relationships, understanding and affection towards their children. Following our last course in 2016 we saw increased scores by the end of the programme in every category - some of the most striking results were 100% of parents telling us that if their children were sad that they now had a better understanding of why, 88% of parents said that they now have a better understanding of their child's needs and felt better able to listen to their child and 75% of parents said that following this course playing with their child comes more easily to them."

Would you like to name a new guide dog puppy

Following on from their successful wills initiative in 2016, the Wills and Probate Department at Le Gallais and Luce has continued its support in 2017 by donating 10% of its will writing fees to the local branch of the Guide Dogs for the Blind Association.

Partner, Marianne Shaw, head of the Wills and Probate Department at Le Gallais and Luce, commented "My team members are passionate about the work that we do and continue to spread the message about the importance of making a will, and the fact that this has led to the firm being able to support our local community has given the team a real sense of achievement. In 2016, and to date in 2017, the firm has raised almost £7,000 for the charity and we will continue to support it through our wills initiative until 30 June 2017. I am very proud of what we have achieved."

Le Gallais and Luce has been given the opportunity to become a part of Guide Dog history by being able to name their own puppy. Partner, Marianne Shaw, welcomes this opportunity: "We are very excited to become part of Guide Dog history and have decided to invite our clients and staff to take part and to give their suggestions to name our own puppy." If you would like to take part please email or telephone Le Gallais and Luce as per the details below with your suggestions. The winning name will be selected by the partners of the firm in early July 2017.



Intertrust helmets in support of Road Safety Week

Intertrust supported the UN Global Road Safety Week, last month by giving away a total of 200 cycle helmets to help keep Jersey's young people safe on the roads.

Since 2014 it has been the law in Jersey for all children under the age of 13 to wear a helmet when cycling on the island's roads.

The helmets were not only be given out to members of the public - they are also being donated to Headway Jersey, the States of Jersey Police for use in their Bikeability courses and children of Intertrust employees.

Philip Sturgess, chairman of Headway Jersey, said: "We're excited to be working alongside Intertrust to support Road Safety Week. Brain injuries caused by accidents on the roads can be very severe so making sure you wear a helmet, are aware of what is happening around you and know your highway code is extremely important and can dramatically reduce the risk of injury."





Stay safe in the sun!

C. I. Travel Group has announced that their chosen charity for 2017 will be the Donna Annand Melanoma Charity (DAMC). This small Jersey-based charity aims to educate islanders and island visitors about the dangers of sun damage, how to spot the early signs of melanoma and crucially to support and assist sufferers and their loved ones.

Donna Annand sadly passed away at just 29 years of age following a long and brave battle with stage four malignant melanoma. Donna's wish was that this disease be highlighted to allow early detection and treatment of melanoma in order to improve survival prospects.

In answer to this wish a dedicated group of friends, family and other volunteers formed the DAMC in June 2011. Kerry Petulla of DAMC said "We are very grateful and delighted to be working with C. I. Travel Group, helping to raise awareness of skin cancer and how to enjoy the sun safely. It was Donna's wish that there was more awareness of malignant melanoma and this is a fantastic initiative, benefiting our Islanders traveling away on holiday and also visitors to Jersey, who may not realise how strong the sun can be on our beautiful island."

Commenting on C. I. Travel Group's involvement with the charity, Robert Mackenzie, managing director said "C. I. Travel Group is delighted to be supporting DAMC as our chosen charity for 2017. As a holiday provider welcoming thousands of visitors to the sunny Channel Islands this summer, along with waving off many more to warmer climes in France and Spain, the opportunity to work alongside DAMC to promote essential sun safety to our clients is an exciting one."

The partnership was officially launched on Wednesday 17 May to coincide with the Group's first FlyDirect departure to Majorca from Jersey Airport. Departing passengers were treated to a visit from Alan the Mole, mascot of DAMC, along with goodie bags containing sun safety items and educational material.



Le Rocquier School football supported by Oben

Since September 2016 Le Rocquier School has been delighted to secure significant sponsorship for the ever developing football programme at the school. This season the specific need for corporate sponsorship was identified to allow a particularly gifted Year 7 side to enter the prestigious English Schools Football Association National Cup. Having met with the team of directors at Oben Law and Regulatory they were equally excited to support the entry into this competition to allow these young players the opportunity to test themselves at the highest level against new opposition in the UK.

The team went on to shock many much larger schools from the UK in reaching the last-16 of the National Cup, only losing eventually to a team directly linked to a professional club's academy. To put this in to perspective, the competition began with almost 300 schools entered. In addition to this the Le Rocquier side also reached the National 5-a-side Finals in Birmingham, having been crowned Jersey and then Anglia Region Champions, where they finished 7th against some exceptional teams featuring countless Premier League Academy players.



HSBC Channel Islands Senior Manager plays key role in national transgender initiative

A senior manager at HSBC in the Channel Islands has played a key role in a trailblazing initiative rolled out by the Bank nationally to enhance its services for transgender customers.

Stuart Barette, who works at HSBC in Jersey, is the Trans Lead of HSBC's UK Pride Network and his efforts recently saw the Bank launch a number of new facilities aimed at offering transgender customers a better, more personal service.

These services include streamlining of the experience for those who wish to change their gender on their bank account and the introduction of ten new gender neutral titles, which will be applied across a customer's account including bank cards and correspondence.

Details of the initiative were announced to coincide with the recent International Transgender Day of Visibility, when Stuart was the official spokesperson for the Bank.

The Channel Islands Co-operative Society gives more than £18,000 to charities in islands

The Channel Islands Co-operative Society is donating more than £18,000 to charities, youth clubs and sporting associations in Guernsey and Jersey this year through its Helping Hands fund.

More than 30 organisations have been chosen to receive a share of the fund, which was set up in 1995 to provide financial support to good causes in the Channel Islands. During its 22-year history, the fund has provided more than £250,000 to help groups in Jersey and Guernsey.

This year, £18,179 was split between 33 charities – 18 in Jersey receiving £9,229 and 15 in Guernsey, which were given a total of £8,950.



GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Les Amis to develop Nursing and Complex Needs Unit

Charity Les Amis is partnering with Jersey Homes Trust (JHT) to open the island's first elderly and complex needs nursing care unit for Islanders with learning disabilities. The unit will be built at Evelina Court, a new JHT development in St Clement and is expected to open at the end of 2018 if planning approval is achieved this year.

Jersey dementia nursing facilities are currently full and the Island faces an increasing older population, with a projected rise of 35% between 2010 and 2020.

Approximately 7% of older adults will have dementia. Jersey has very limited capacity in long-term care for adults with complex needs; these individuals are often delayed in hospital because there is no appropriate long-term care for them in the Island.

The new unit will provide long-term residential accommodation to adults with learning disabilities who have nursing needs and may have also developed complex needs or dementia. Les Amis staff and registered nurses will provide 24-hour care.

The unit's construction will be funded by JHT but Les Amis will be fundraising to furnish and equip it. It will include en suite bedrooms, a sensory room, an atrium and garden, and will be suitable for high-dependency, end-of-life care. The project has the full support of the States of Jersey Health and Social Services Department.



Young Autistic Man first recipient of unique mediation course sponsorship

A 21 year old who struggled at school because of undiagnosed autism has become the first recipient of a sponsorship award that will give him the skills to help others with similar conditions resolve conflict in their lives.

In three short years since being diagnosed with 'autism spectrum disorder without disability' at the age of 18, Jonathan Channing has set up his own coding business and seems to have a great future ahead of him. And now he has the opportunity to become the first autistic accredited mediator in the Channel Islands after being selected as the initial recipient of a new sponsorship programme run by Jersey-based mediation specialists the Resolution Centre.

The sponsorship will also include helping Jonathan develop his leadership skills, and buddy him with a coach and mentor through a new 'Resolute Leaders' programme being launched by the Resolution Centre.

Liz Le Poidevin, the chairman of the Association of Jersey Charities, confirmed Jonathan's award at a short ceremony with Howard Le Cornu CEO The Resolution Centre at the Barclays Jersey Boat Show hosted by the Royal Navy.



Game, set, and match

Logicalis is celebrating a decade sponsoring the Jersey Tennis Team, by helping send island players to the next NatWest Island Games in Gotland.

The Channel Island based IT solutions and managed services provider has supported Jersey Tennis through the past 10 seasons, providing funds to help players with equipment, training, and travel costs, sending Jersey players to six Island Games.

The Jersey Tennis Team won a record haul of medals at the NatWest Island Games in Jersey in 2015 and the team is now one of the biggest medal winners, boasting a total of 13 Men's Singles titles, including three gold; nine Men's Doubles titles, including four gold; and nine Men's Team titles including three gold.

Eight players - four men and four women - and the team manager, will be going to the Island Games in Gotland at the end of June. The Men's Team includes previous Island Games gold medal winners Jeremy Cross and Stuart Parker, and semi-finalist Scott Weaver, while the Ladies' Team will include silver medalists Natasha Forrest, Rebecca Edwards and Eva Hurst. Gotland will be the first Island Games for Mike Watkins and Antonija Sokic.

Dandara Colour Run sets the pace for one islander's passion for fitness

One young islander is looking forward to taking part in the second Dandara Colour Run after the first event last year spurred on her passion for running and raising money for charity. Mollie Chalmers, 18, is a keen football player and wanted to increase her fitness to improve her sporting performance.

Ahead of the inaugural Dandara Colour Run, Mollie saw the event as the perfect opportunity to motivate herself to take up running whilst also raising money for Family Nursing & Home Care (FNHC). Mollie's running and fundraising efforts for FNHC have gone from strength to strength. So far, she's raised a total of £820 for the charity through the Dandara Colour Run, the Mourant Ozannes Relay Race and other fundraising activities. Mollie's even inspired her friends to start running because of her achievements.

Canaccord Genuity Wealth Management named as new sponsor of Run Jersey Half Marathon

Canaccord Genuity Wealth Management is the new sponsor of the 2017 Run Jersey Half Marathon on Sunday 11 June. It is the largest single running event in Jersey and attracts around 400 runners each year.

Organised by Run Jersey, the race raises money for the Jersey Sports Association for the Disabled (JSAD) which provides sporting opportunities for local residents with disabilities. JSAD's own wheelers team will be taking part and racing the final section of the course from St. Aubin to the finish line.

The race is open to those wanting to run to full distance as individuals or as part of a four person team; otherwise, people can share the run in a relay team of two, each tackling approximately 10km.

The Run Jersey Half Marathon is open to participants from age 16 and upwards and runners can enter the event here: <https://race-nation.com/run-jersey-half-marathon-2017>



EVENTS



PHOTOS Danny Richardson

**Peas & Glove
Permenant Olly Day |||
WATERSPLASH JERSEY**
SATURDAY 13TH MAY

The festivities of the annual Peas & Glove event attracted a sea of tie dye beach dwellers to the Watersplash with beach games, live music, art displays, a bouncy castle, a break dancing workshop and live fire show all topped off with a suckling pig and a skate ramp! They raised almost £8,000

towards the recovery of local surfer and skater Olly Newman following an accident on the 5 mile road that left him in a critical condition. A huge thank you to all those involved especially BLP Productions and Raw Audio on behalf of the friends, family and supporters of Olly and Peas & Glove.



**Boxin Business White Collar
ROYAL JERSEY SHOWGROUND**
SATURDAY 13TH MAY

Last month saw 22 intrepid individuals take part in the 10th edition of organiser Ben Murray's White Collar boxing event at the showground in Trinity. After enduring ten weeks of relentless training the 16 men and 8 women chosen to participate stepped in the ring for three, two-minute rounds in front of a

crowd of 700 supporters. Guests at the black-tie event enjoyed a three-course meal and drinks on arrival before settling down to watch the action. This incredible event not only tested the wits of those fighting but also raised a heap of money for local charities.



The Parlour Launch
NO.2 COLOMBERIE PARADE
 SATURDAY 6TH MAY

It was a night of double celebration for the fantastic Parlour; the launch of their stunning new space happened to coincide with the second anniversary of the original salon opening at Colomberie! Family, friends and clients got to see the first glimpse of their

fantastic new salon which has been created by talented salon owner Lauren Layzell and the brilliant Emily Musker from Waddington Interiors. Drinks flowed as guests admired the stunning new space and chatted about all the fabulous hair treatments on offer.



Matthew Jukes Wine Tasting
THE TOWN HALL
 THURSDAY 27TH APRIL

Canaccord Genuity Wealth (International) Ltd recently sponsored Gorey Wine Cellar's flagship event. Matt Barnes owner, secured the service of international wine writer and broadcaster Matthew Jukes. He has over nine million readers and tastes 40,000+ wines a year. At this event he brought his 100 Best

Australian Wines Roadshow to Jersey for the first time. The ability to taste top wines was a natural opportunity for Canaccord to be associated with. The evening was such a success that Matthew has said that he will return in 2018.



Paper Talks Exhibition opening
BERNI GALLERY,
JERSEY ARTS CENTRE
 MONDAY 8TH MAY

'Paper Talks' showcases a body of paper-cut work from artists Abi Overland, Anna Shipley, Ben Robertson, Joanna Brown, Karen Le Roy Harris, Lizi Hill and Maria Tarrant who have taken inspiration from last November's 'Paper Dialogues' exhibition at the Town Hall. The results

are an impressive array of art works in different mediums, reflecting the diverse backgrounds of each of the artists involved. From Monday 15 May - 30 June, a large 3D paper dragon installation will be flying its way into Jersey Library, created by artists and the community - don't miss it!



Liberty Bus 'Make a Difference'
ACADEMY RESTAURANT, HIGHLANDS
 THURSDAY 18TH MAY

To launch their first Social Impact Report, LibertyBus hosted an event to share the results with their stakeholders. The guest list included local politicians, charities, schools, authorities and bus users who heard from Kevin Hart, director of Channel

Islands at LibertyBus and service users Eyecan, Jersey Brain Tumour Charity and Jersey Mencap spoke about their experiences. Catering and hospitality at the event was provided by Academy students.



Nude Food's First Birthday

NEW STREET

FRIDAY 12TH MAY

Things got pretty wild at Nude's first birthday party... in a good way! It's only what you'd expect from a fresh new food destination that's shaken up the lunchtime salad bar scene and picked up an entry to the 2017 Restaurant & Bar Design Awards

along the way. Family and friends turned out to celebrate at the New Street café - Nude's owner Lucy Morris said: 'I wanted to say a huge thank you to my staff and customers. We've made so many new friends, I'm delighted everyone came along!'



Leadership Development Celebration Event

GREAT HALL, HIGHLANDS COLLEGE

THURSDAY 27TH APRIL

To equip senior leaders with the necessary skills to transform public services and manage large-scale change, the States of Jersey has created a bespoke transformational leadership development programme, Managers to Leaders. This event was held to mark the first 90 leaders completing the programme.

Speakers included chief executive John Richardson, Senator Andrew Green and Dr Simon Hayward from Cirrus, the training partner for the programme. Course participants talked about their experiences of the programme and how it's changing their approach to leadership.



**Sunseeker & Alfie Buoy
Summer Launch Event
THE JERSEY BOAT SHOW**
FRIDAY 28TH APRIL

Sunseeker Channel Islands and Alfie Buoy launched into the summer season at this year's Jersey Boat Show, by throwing a party for valued clients and charter guests. The event was encompassed by four Sunseeker motor yachts - three brand new and one charter yacht. Alfie Buoy, the luxurious

73-foot Sunseeker, which is chartered throughout the Channel Islands and France, invited concert pianist, Georgina Sutton, onboard to perform, while drinks and canapés flowed from the luxury galley (a boat's kitchen). It was a boat show of its own, and the perfect way to "sea" in the summer.



**Katherine Jenkins
ROYAL JERSEY SHOWGROUND**
SATURDAY THE 20TH MAY

Famous Cow Productions presented guests with an intimate evening with Katherine Jenkins in aid of Jersey Hospice. With 600 people in attendance, the event was a huge success raising £64,000 for Jersey Hospice through the silent auction. The evening was full of entertainment, however, the highlight

was Katherine herself. She commenced her 45-minute performance by walking through the audience singing a stunning rendition of Hallelujah before making her way to the stage. Before leaving the stage she also picked out the winner of an amazing holiday which was the main prize on the night.

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 frame in various orientations, creating a sense of movement and travel.

TRAVEL

Yoga on the move

WORDS Meagan Jones

Time to slow down, tune in and find a piece of peace no matter where you are.

Taking time out and checking in with ourselves allows us to step away from the noise of daily life and find some clarity, no matter what is going on around us. I once believed that it would be very challenging to maintain a consistent yoga routine whilst travelling, but this winter I proved myself wrong. I discovered the many layers to the practise through my yoga teacher training and

incorporated a routine as a part of my daily life, finding benefits far beyond just the physical aspect of the movements. Yoga on the move allowed me to discover that no matter where you are, where you're headed or what's surrounding you, there is always time for yourself and some peace to be found within.

If you have a holiday coming up, it could be the perfect time to experiment incorporating yoga into your life so you can take it on the move. Likewise for those planning to flee this winter and travel to some exotic distant lands, now is an amazing time to start developing your daily routine and prepare your body for change and travel. Here are my suggestions for taking yoga on the road:

Make the most of your surroundings

You would be surprised at the small spaces it is possible to squeeze a yoga mat into, I have had it down the side of the bed, on tiny balconies, even in the aeroplane aisle ways!

After some cramped yoga practises I now like to look in advance online at the hostels or hotels social spaces, to see if they have a cool roof terrace or nice outside area. But I don't let a small space put me off, rather I try turn it into a positive. It can be even more reason to practise, it allows me to develop inner peace rather than relying on external factors. If you can find some peace and calm in a hectic situation, this will put you in great stead for experiences in life. Start practising now with your own living

space, can you fit a mat in your bedroom or have you a lovely little outdoor space for the sunnier days? Get creative.

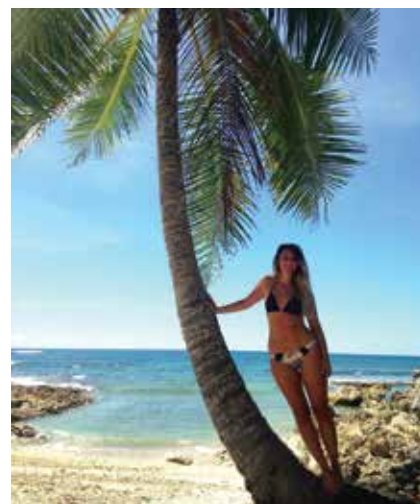
Finding Calm in the Storm

Busy cities, crowded buses, cramped dorm rooms, greasy heavy foods, long haul flights, days spent in airports and train stations; are all things that I had to endure most days during my 6 months travelling Central and South America. Rather than be deterred by the stresses that may come with crossing borders, I used yoga as a tool to improve overseas travel. I found a way of surviving and staying grounded in the changing environments by maintaining a daily yoga practise. In the hustle I found some clarity, in the exhaustion I was able to energise and

bring myself back to some clarity. There was always peace to be found within even if the outside environment was anything but peaceful!

Make it enjoyable and fun

Yoga Asana is NOT serious. It's all about exploring your body, listening to your mind and soul. It's all about you, and taking some time out to listen to what emotions are zooming around inside you. I have found that setting myself the intention of a modest 20 minutes every morning, (with exceptions for certain days) is a great way to not overload myself. There are some days when I start moving and flowing on my mat and it feels so good I stay there for an hour. There are other days when staying on my



mat for 5 minutes feels like a challenge. But that is the beauty of yoga, taking the time to listen to ourselves and learning to honour how we feel.

Experiment

It has become a part of my day that I look forward to, taking time out to myself, to listen to my body and honour how it feels. For me it works best to do it in the morning as soon as I wake up. This can be great if you have a travelling partner too as if they are still sleeping you can have some time to yourself to zone out and tune into your mind and body. So try an experiment with your practise; If you are new to yoga, get out there and into some of the great classes around Jersey, practise online, on your own or on your next holiday.

Mediate

If there simply isn't time and space enough, meditation is an incredible tuning in tool. My only advice for meditation is that there is no right or wrong way to do this. It should

"I once believed that it would be very challenging to maintain a consistent yoga routine whilst travelling, but this winter I proved myself wrong."

not be complicated, just keep it simple, comfy and practise stilling your mind. Even just for a few minutes, the benefits will inspire you to practise more.

Tailor your practise

The lovely thing about yoga is that it is all about YOU and you can make it fit into your lifestyle, not the other way round. You can even make up your own practise of yoga wherever you happen to be. It isn't just the physical yoga that is beneficial, meditation, mindfulness and breathing practice are all a part of the yoga too. Take some time out for you, you will reap the benefits, I promise!

Top Tips!

- Don't pressure yourself, just try 10-20 minutes every day and find classes to try out as an extra
- Keep it enjoyable and fun
- Explore with your body
- Download a short yoga audio you like, or use Youtube
- Do it first thing in the morning, it helps you wake up and ground
- You can take your mat anywhere, but you don't need one

Give it a Try

- Look up a simple Sun Salutation to do a few times each morning to wake up and connect
- Standing Forward fold, allow your head upper body to hang heavy (can even grab hold of your opposite elbows) feel the stretch in the back of your neck, hamstrings, calves.
- Tree Posture, (my favourite posture) Helps to ground you (after long journeys especially) Great in the morning to check in and see how you are feeling, are you centered or off balance today?
- Lying spinal twist, great to re align your spine and release tension in the glutes and neck
- Childs posture, Great posture to surrender physical and mentally, to whatever situation you are in.



ALTERNATIVE RAMBLES

(PART ONE)

WORDS & PHOTOGRAPHS

Will Lakeman

Jersey is a great place to explore on foot - it's often faster and undoubtedly more relaxing than using a car, and we are said to have the densest network of country lanes of anywhere in the world. Despite growing up on an Island (or perhaps because of it) I'm claustrophobic and dislike too many humans in one place, so I soon developed a love of sneaking around our calmer places on foot.

It continues to surprise me how easily you can find peace and quiet here just by setting off on your own to avoid main roads and places that sell beer. Being that the scenery is one of our key selling points, guides to the most picturesque walks are widely available, but I believe that you're missing out if you only explore the obvious routes. There's so much more to see here - some of it run-down, some of it covered in rubbish, but all of it is as important to our identity as the typical granite farmhouses or sandy beaches. Wear good shoes, carry your choice of refreshment and although it's nice to get lost, let somebody know

where you've gone if like me you enjoy wandering at night. I'm going to assume you can locate all the key locations on a map - otherwise this article would take up fifteen pages and I'd be selling copies in those metal spinning things at Pickwick's.

Both of this issue's walks centre on St Helier. You could do them both as one circuit, but you'll be walking over five miles with a fair amount of hills in parts. You could also break them up into smaller walks, maybe because you're lazy or enjoy being pushed around the sites in a shopping trolley.

Ramble #1: Monumental megastructures of the South Coast



"If you've timed it right, you should be able to watch the sunset reflected in the steaming, science-fiction glass frontage of the plant and then continue your walk by heading back towards town and hanging a left along Victoria Pier."

Locals love to complain about tall buildings, but this walk starts and finishes with some of my favourite structures in the Island. I recommend starting out with sufficient time that you can reach St Helier either at dawn or just before sunset. It's even better if there's fog but try not to get run over.

Hitch or catch a bus along the St Clement's coast road, but get off at the La Mare slipway. Ignore the beach, the ice-cream, the laughing children and head inland along Rue de Mapertuis, taking a right along Le Petit Marais towards Le Marais Estate, where you can admire the uncompromising concrete vision that dominates the St Clement's skyline. If there's ever a nuclear war these four towers, the German bunkers and the Bel Royal burger kiosk will be the only things left standing. Once you are suitably awed, loop back around onto the

coast road and begin a slow trudge towards St Helier. The beach is a prettier route, obviously, but I recommend staying slightly inland and loading up on salty corn snacks at the shops you encounter. Pass the time by thinking about your own insignificance when compared to the inevitable heat death of our universe.

Eventually you will reach the Dicq slipway and beyond that Havre des Pas bathing pool, which is nice enough, but you need to follow the promenade alongside the water past the Fort D'Auverne hotel, admiring the weird Victor Hugo seaside shelter, and towards the chimney at La Collette. Just before the chimney you can take a slight detour via steps on your right and explore the view from the gardens near the Jersey Field Squadron headquarters (80s playground rumour suggested they were

armed with one very small nuclear bomb) but your final destination is the small path that runs between the chimney and the energy from waste plant.

If you've timed it right, you should be able to watch the sunset reflected in the steaming, science-fiction glass frontage of the plant and then continue your walk by heading back towards town and hanging a left along Victoria Pier. If you manage not to be run over by a fisherman, the area around the old cranes is a relaxing (if odiferous) spot to watch the lights of town play over the water. On your walk back to what passes for civilisation (the Steam Clock), enjoy checking out the ruined La Folie pub and some discarded French boat shoes floating in the old harbour. If you did this walk early in the morning, Paco's kiosk next to La Folie does Jersey's best hot sandwich.



Ramble #2: Town top to town top



"Aside from The Energy From Waste Plant and the bunker at Grosnez, Fort Regent is Jersey's finest feature, offering spectacular views over St Helier, as well as Pier Road car park - a great place to chat to teenagers about car stereo technology."

Aside from The Energy From Waste Plant and the bunker at Grosnez, Fort Regent is Jersey's finest feature, offering spectacular views over St Helier, as well as Pier Road car park - a great place to chat to teenagers about car stereo technology. Since the funfair disappeared into our collective memories the ramparts are largely deserted and a great place to take a picnic or read existentialist philosophy. This walk finishes clear on the other side of town.

Before entering the Fort, walk up the glacis field and enjoy the graffiti on the side of the old swimming pool building, which is still haunted by the ghost of Pluto. You'll then need to head back downhill and into the Fort main entrance, going back outside via the steps near the Supplement Store, heading right and back up towards the pool tunnel, where you can still see some vintage 1980s chairs. Head anticlockwise around the ramparts and make sure you check out the

view from the area near the old miniature golf, there's a tucked away bit overlooking Snow Hill where some guy claimed to have pitched a tent for an entire weekend. Don't try and get to the cablecar station, it's rusty, boarded up and infested with pigeons. Take a sharp turn around past the weather/signal station at the narrow point of the Fort roof, head along enjoying the views and follow the rampart steps down by taking a right after the cannons near the rotunda bar. After leaving via the white gate, take the hellishly steep steps down to your right, or go via the car park. You are now on Pier Road and free to take whatever route you see fit riiiiiiight across town, past the entire waterfront, Jardin de la Mer and La Fregate cafe until you reach the large shelter at West Park - opposite the first layby on the avenue. Rest for a bit.

From here, carefully cross St Aubin's Road and take the paved path that runs between

the trees. You are looking to take the direction away from town, broadly uphill and parallel to the road towards First Tower. It's fun to get lost here, but eventually, slightly uphill before you reach the houses near St George's Cottage Homes, you should find a gate in the metal fence. This path leads up through the trees and eventually into a small secluded valley (Le Val Andre) on your left, which followed back up will bring you to the edge of Overdale Hospital. Be quiet and respectful, as people are recovering from illness. Finally emerging back onto Westmount road, you can wave to Fort Regent in the distance. Heading left there are some nice cemeteries and a hilly route down to Belozanne via Tower Road (more on that next time) or, heading right, you can walk down 'the mount', and through West Park to get some Portuguese pastries and coffee at Cheapside.

CULTURE

Paper Talks

THE DRAGON AND OUR STORY www.arts.je

JERSEY PAPER DRAGON, MONDAY 15 MAY - FRIDAY 30 JUNE
Jersey Library

A 9-metre 3D paper dragon installation, created by artists and the community as part of the Skipton Art Series initiative 'Paper Talks', is currently slithering its way through the Jersey Library - don't miss it.



Culture News



130 exhibits, 75 artists, 4 weeks all in one gallery

CCA Galleries International are set to launch their first ever Summer Exhibition this year. The exhibition is based on the successful model at the Royal Academy – exhibits are selected by a panel of professional artists and critics and shown in a group selling exhibition.

The shortlist includes a variety of well-known artists from the Island but there are also a number of emerging artists who are exhibiting for the first time. They range in age from those in their early twenties starting out in their careers to those who are now in their eighties and still developing phenomenal work.

Nearly 120 artists applied for the Summer Exhibition in January and after an initial shortlist in March, the final selection was made by gallery director Sasha Gibb, managing director Gillian Duke, journalist and art critic Mel Gooding and contemporary art legend Bruce McLean.

As well as exhibiting at a prestigious, international gallery, being selected for

CCA's Summer Exhibition is expected to help launch the careers of promising Jersey artists, as well as enforcing that of those already established.

CCA's gallery director, Sasha Gibb says 'We've been completely overwhelmed by the response to this event from both public, artists and partners. We have the crucial support of TEAM Asset Management who have committed to sponsoring the event for the next three years. The Arts Society are sponsoring nine student entries and JAT helped us to reach much of the emerging talent. I'm really looking forward to working with local artists again and taking their work to a new audience.'

Final Shortlist: Alastair Best, Alex Trevellyan, Alexander Mourant, Anne Frances Le Moine, Anthony Noel Kelly, Ben Robertson, Carol Ann Sutherland, Celina Borfiga, Christine Pemberton, Christopher Jefferies, Colin O'Hare, Daniel Porter, Dasa Wharton, David Bourke, Dean Porter, Diane Morley-Ham, Drena Collins, Eliza Colin Hodges, Emily Thomas, Gabrielle Radiquet, Gina Socrates, Graham Tovey, Helen Barnes, Ian Aitken Smith, Ian Somerville, Ian Rolls, Janet Meise, Jason Dodd, Jooj Duquemin, Jools Holt, Joy Langdon, Juliet St John Nicolle, June Gould, Kate Webber, Kathy Rondel, Lizi Hill, Marc Medland, Margie Guyer, Mark Guest, Martin McDowell, Matt Falle, Maureen Osborne, Melanie De Lacy & Cassie Leeuwenburg (Taking Part Making Art), Michelle Le Cornu, Mike Etienne, Neil Harvey, Nic West, Nick Parlett, Nicola Lucas, Oli Nightingale, Pauline Taylor, Penny Best, Pippa Barrow, Ray Banks, Sam Carney, Sandra Harris, Sergei Sogokon, Sharon Champion, Sharon Fraser Hall, Simon Bossy, Susan Crismas Wood, Taking Part Making Art, Tamarin Wilkinson, Thomas Norman, Tom Parker, Will Bertram, Will Lakeman.

Friday 30 June – Friday 28 July, 10.00 – 17.00, Monday to Friday and by appointment
At: CCA Galleries International, 10 Hill Street, St Helier, JE2 4UA



June at the Jersey Arts Centre

Whether you're a visual arts fan, want to learn a new creative skill or are wanting to spend the night at the theatre, Jersey Arts Centre has something for everyone this June!

Interested in acting and performing? Want to try something a little more experimental? From Saturday 24 June, theatre practitioner Jonny Liron will be running a 5-week-long Experimental Theatre Workshop on Saturday afternoons. These workshops will have both practical and theoretical elements, looking at techniques such as long form improvisation, object work, refusal in performance and the generation of political material. If you're interested in the different ways theatre can be made, and different ways it can be performed, this workshop is for you! These workshops are open to all experience levels and abilities. Spaces are limited so book early to avoid disappointment.

Finally, an ancient tale of love and revenge comes to Jersey Arts Centre courtesy of Jersey Arts Centre youth theatre's Medea from 29 June - 1 July. For the sake of her beloved husband Jason, Medea has left her home and now resides in exile. But when Jason casts aside his family for a new life, and a new wife, Medea faces banishment and separation from her children. Feeling trapped and without allies, she begs for one day's grace. One day is all she needs...Mixing both modern and ancient sensibilities, Ben Power's adaptation of Euripides' tragic classic is a tour-de-force of passion and rage. Known for pushing theatrical boundaries, Jersey Arts Centre's youth theatre present theatre that is anything but ordinary, and this latest production will be no different. Don't miss this version of one of the most arresting and moving pieces in the dramatic canon.

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

RAW TRUTH: PLASTIC. A Journey from Source to Solution

If you are heading over to London during the first half of this month then be sure to visit the Royal Geographical Society, where you can see an incredible exhibition of work from local photographer Alexander Mourant. His duo show features his work taken during a trip to Africa for the RAW Foundation, which we have previously featured in the magazine, alongside that of artist Andy Hughes MA RCA.

Alexander Mourant is a freelance photographic artist, graduating from BA (Hons) Photography at Falmouth University in 2017. He regularly undertakes commissioned work whilst pursuing personal projects. His practice revolves around the continuous nature of experience, largely in a response to his time spent with Raw Foundation in Africa.

This powerful photographic exhibition is hoping to challenge and educate a global audience about plastic pollution. Raw Foundation's mission is to eliminate single-use plastic by 2030.

**Royal Geographical Society, 1 Kensington Gore, Kensington, London.
Until June 14th**



JERSEY OPERA HOUSE



PAM ANN – TOUCH TROLLEY RUN TO GALLEY 20TH ANNIVERSARY TOUR

TUE 6TH JUNE | 8.00PM

TICKETS: £21.00- £28.00



LIZA SINGS STREISAND CONCERT

THU 8TH JUNE | 8.00PM

TICKETS: £20.00-£22.00



LIVE SCREENING: TAKE THAT WONDERLAND LIVE FROM THE O2

FRI 9TH JUNE | 8.00PM

TICKETS: £16.00 - £18.00



GRAEME OF THRONES

An original and un-authorized parody of Game of Thrones

FRI 23RD JUNE | 8.00PM

TICKETS: £19.50



MARTIN STEPHENSON & THE DAINTIES CONCERT

SAT 24TH JUNE | 8.00PM

TICKETS: £20.00

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

BOX OFFICE: (01534) 511 115

www.jerseyoperahouse.co.uk



THE MONTHLY UPLOAD

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

NEXT ISSUES THEME IS 'On A Boat'. EMAIL YOUR PHOTOS (4MB IS A GOOD SIZE) WITH THE SUBJECT 'UPLOAD' TO: **UPLOAD@GALLERY.JE** BEFORE THE DEADLINE OF **15TH JUNE** 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!



Alan Huelin



Jason Dodd



Jason Dodd



Phil Gordon



Denyse Hodges



Rohan Vandeborn



Jason Dodd



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



Scott Graham



Norma Molloy (x2)

Ian Hutton



Michael Dottore

Joanna Malyszko



Chantelle Arnold



Chantelle Arnold



Barney de la Cloche



Tori Morel-Orchard



We can't do the sheer detail in Oli's work justice on an A4 page without employing the effect of this simulated magnifying glass. The magnifying glass is not required in real life. Unless you're really blind.

Oli Nightingale's Ma(hoo)ssive Drawings

For the month of July the natty art gallery up at Fort Regent will be home to local freelance illustrator Oli Nightingale's first solo exhibition.

Oli's Summer Show is all fresh work and the exhibits will be mostly hand made drawings, fun and open concepts, produced in a big and detailed way. With a mix of ink, watercolour, spray paint and even some digital works.

Oli is best known for his illustration for local outfit 'Kartoon Faktory', with such works as the popular map "A Beginner's Guide to Jersey". He also has years of spray painting experience working alongside Jersey's best the 'IKM' and now combines these skills and experience into this display of artwork. He explains;

"Drawing is my biggest passion in life and has been for as long as I can remember. Through four years of in-house illustrating, I've developed a clean

graphic drawing style whilst also utilising digital techniques.

For this body of work I've been playing with magical mediums like watercolour and spray paint in order to improve as an artist and develop my illustration work. Most of the works so far are A2 and A1 (that's like the size of a window in a house) but with the detail involved in some of them they each take a few hours to produce!

The 'One Love' heart was my first mega drawing and it took around 100 hours of drawing and watercolour-ing in between. After all my years at the Kartoon Faktory where I've become used to drawing fast and small it brought me to want to create stuff like this on a much bigger scale."

If you'd like to see more of Oli's work then head to the Fort Regent Art Gallery (on the left as you enter near the pool tables) where his work will be on display for the month of July.



SATURDAY 15TH JULY 2PM - 5PM
+ BIG 80'S STYLE AFTER-PARTY



This year we are saying goodbye to the "sweatbox" as we relocate our ball-dodging to a fresh venue offering a new line-up and a unique after party venue. Get your team name, get your self signed up and start thinking about how to dress to ... dodge!

GALLERY & BHF JERSEY
DODGEBALL
CHAMPIONSHIPS
SUPPORTED BY ROSSBOROUGH HEALTHCARE

WWW.GALLERY.JE/DODGE



THE NATIONAL TRUST FOR JERSEY

SUNSET CONCERTS

FRIDAY 23rd JUNE

THE WORD ON THE STREET
THE KINGS OF SWING

SATURDAY 24th JUNE

toploader

GRANTEZ
ST OUEN

BRING A PICNIC!
SITE OPEN FROM 5:30PM
MUSIC STARTS AT 7.15PM AND
PLAYS UNTIL THE SUN SETS.

FREE ENTRY

Parking on site £5 per car

MORE INFO: 483193
www.nationaltrust.je

Like us: search for Sunset Concerts



National
Trust Jersey

In association with

ASHBURTON
INVESTMENTS

Proudly supporting the
Coastline Campaign for 9 years

SUNSET CONCERTS

Friday 23rd & Saturday 24th June

Platinum-selling band Toploader will headline this year's Sunset Concerts which are back once again on the headland above St Ouen's Bay.

The chart-topping group take to the stage on Saturday 24th June while local bands The Word on the Street and The Kings of Swing will get the party started on Friday 23rd. This annual two day festival run by the National Trust for Jersey is now into its ninth year of partnership with Ashburton Investments.

The family friendly open-air concerts have become firm fixtures in the summer calendar and are held over two evenings in the beautiful natural amphitheatre at Grantez as the sun goes down over St Ouen's Bay.

Tens of thousands of friends and families have enjoyed a mixture of local and international performers in the surroundings of Jersey's stunning west coast, raising nearly £60,000 to conserve vulnerable habitats.

The Sunset Concerts continue to help raise the profile of the campaign to help safeguard Jersey's natural and built heritage for future generations.

Since forming in 1997 Toploader have over two million album sales to their name and

a string of top 20 hits. Their debut album 'Onka's Big Moka,' sold over one million copies and remained in the Top 5 of the UK album chart for over six months earning them four Brit Award nominations. Their highly anticipated 4th album 'Seeing Stars' is scheduled for release in May and the band are heading out on a full UK tour

"Since forming in 1997 Toploader have over two million album sales to their name and a string of top 20 hits. Their debut album 'Onka's Big Moka,' sold over one million copies and remained in the Top 5 of the UK album chart for over six months earning them four Brit Award nominations."

and a host of festival appearances across Europe, now including Jersey!

Back by popular demand, The Word on the Street will be bringing the raw energy of brass rooted in the New Orleans tradition. Influenced by the likes of The Young Blood Brass Band they deliver hard hitting funk, Pop and R&B and will be taking their sound from the street to St Ouen!

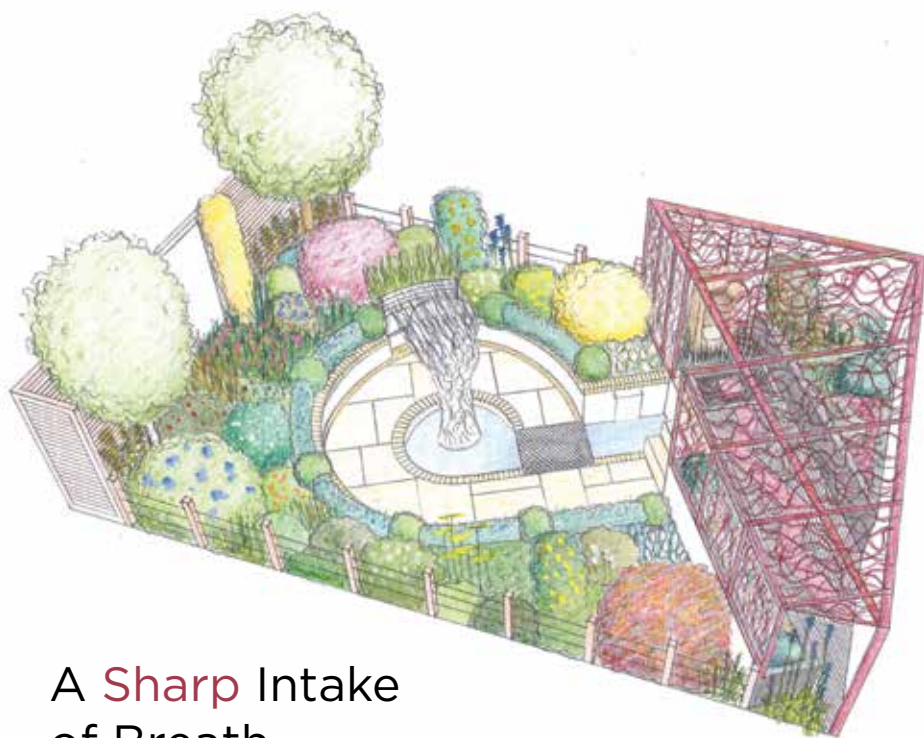
The Kings of Swing will be playing all the hits from the '40s and '50s including Frank

Sinatra, Sammy Davis Jr and Dean Martin as well as tunes made famous by the likes of Michael Buble and Robbie Williams. The Kings of Swing will be joined by internationally acclaimed vocalist Jessica Lloyd who commands the stage in an outstanding and memorable manner that belies her years.

The Sunset Concerts are a fun way for all ages to engage with and invest in our rich natural environment.

Attending is free with a £5 charge per car for on-site parking which goes towards the National Trust for Jersey's Coastline Campaign. Gates open from 5:30pm with performances starting at 7:15pm. Attendees are invited to bring a picnic and enjoy eating al fresco before the concerts.





A Sharp Intake of Breath

Local artist Nick Romeril is perhaps most well known for his stunning oil paintings and sketches of landscapes and livestock. But he also boasts an incredible series of stunning sculptures which are made out of industrial marine quality materials.

His latest sculpture 'A Sharp Intake of Breath' has been designed and made to take centre stage at a charity garden at the RHS Tatton Flower show in July 2017. The garden has been designed support the Crohn's and Colitis charity UK.

Nick began constructing the sculpture in October 2016 and has worked on the piece, which stands over two metres tall, with his son William since then. The work was finished at the end of April and this month will be shipped over to the UK in readiness for the show in Cheshire, which runs from 19-23 July.

The idea for the exhibition garden, in support of Crohn's and Colitis UK, was conceived by the projects manager Denise Shields in October 2015. Having herself seen first hand the devastating effects of the disease after her son, Callum, was diagnosed at age 13. Ten years later he had a severe relapse which nearly cost him his life. It took him another two years to fully enter remission and during this time the charity provided support for him, as and when necessary. It was because of this she was inspired to help raise the profile of the charity and the disease.

This 77 sqm show garden shares the story of an individual's emotional journey with Crohn's Disease, through illness and into remission. Denise has been a visitor to Jersey for around 15 years and has known Nick since purchasing one of his paintings via an Open Studio exhibition – around 10 years ago. Since then she has been a regular collector of his work and he was the first person she wanted to involve in the garden once she decided to embark on the project.

Nick's sculpture 'A Sharp Intake of Breath,' represents the inherent ambiguity of newly found optimism with the ever present possibility that the illness may return at any time. This sculpture will be the centrepiece in 'Finding Hope'. Voisin Law have kindly agreed to provide sponsorship to enable the sculpture to be transported to the show in Cheshire.



"Nick began constructing the sculpture in October 2016 and has worked on the piece, which stands over two metres tall, with his son William since then."



MADE WITH LOVE



At the end of March 2017 Jersey artists Ian Rolls, Maria Tarrant and Lizi Hill travelled to Camp Veria a refugee camp in northern Greece, to lead group art sessions with some of the residents. A large proportion of those they worked with are families with young children who have fled from the conflict in Syria.

The team spent their time working with refugees of all ages producing small artworks which will form half of an upcoming exhibition taking place at the Jersey Arts Centre in June, as part of Refugee Week. The other half of the exhibition are artworks made by Jersey artists and residents produced in response to their visit. Ian Rolls explained "The exhibition, as a whole, explores the contrast between the chaotic, transitory lives of the refugees and the settled and secure life most of us enjoy in Jersey. The contrast is embodied by a dual symbolism... suitcases and homes."

Overall the exhibition has a positive theme and presents colourful and creative optimism in the face of a tragic situation where "love" seems to be the only lasting solution. A Jersey-based filmmaker, Aurélie Boas, also travelled to Camp Veria with the artists and her short documentary on the project will be presented at the opening of the exhibition.

The artwork by the refugees and the Jersey artists in the exhibition will be available to purchase, with funds raised going to help the refugees via the aid agencies JCRA (Jersey Cares: Refugee Aid Group) and Bridge2, a Guernsey-based charity set up by Sarah Griffith (MBE) who helps to run Camp Veria. The artists travel and accommodation costs for the project were kindly funded by the Jersey Arts Trust.

The exhibition called "Made with Love" will be at the Berni Gallery, Jersey Arts Centre from Monday 5 June, with a preview that evening from 5.30 until 7.00pm, and will run until Saturday 1st July.



JERSEY'S PAPER DRAGON

A 9-metre 3D paper dragon installation, created by artists and the community as part of the Skipton Art Series initiative 'Paper Talks', is currently slithering its way through the Jersey Library.

Seven Jersey artists (Abi Overland, Anna Shipley, Ben Robertson, Joanna Brown, Karen Le Roy Harris, Lizi Hill and Maria Tarrant) who were selected for the Paper Talks project, have overseen the community outreach where over 600 students from over 22 schools, dozens of community groups, and the general public, created thousands of paper scales which has formed the sculptural installation.

The Dragon is a response to last year's hugely successful exhibition at the Town Hall 'Paper Dialogues - the Dragon and our Stories', brought to Jersey by the Jersey Arts Trust for its British debut. The artists selected for the project undertook paper-cutting master classes with the international artists behind the exhibition, artists Professor Xiaoguang Qiao from China and Norwegian artist Karen Bit Vejle, where they were trained in the art of paper-cutting.

Don't miss the opportunity to see this incredible paper beast before it makes its departure from the Library on 30 June! For more information, check out the Jersey Arts Trust website: arts.je

The Paper Talks project is part of the Skipton Arts Series, a programme for artists in Jersey, run by the Jersey Arts Trust and sponsored by Skipton International. The project is also sponsored by the One Foundation, Association of Jersey Charities and JEDFAS.

BEAUTY & WELLBEING



ESTÉE LAUDER
ADVANCED NIGHT REPAIR. 50ML

Advanced Night Repair reduces the look of all key signs of ageing

UK RRP £72
de Gruchy £63

de
GRUCHY
FOREVER INSPIRED

CLARINS
BEAUTY FLASH BALM. 50ML

This radiance booster helps eliminate signs of fatigue in a flash

UK RRP £31
de Gruchy £27.15



Beauty News

Return to health naturally with acupuncture



WORDS Lorna Jackson 1ST BSc (HONS), MBAcC, AFN

At Health Point Clinic we use a unique integration of sports medicine, traditional acupuncture and massage to rapidly release myofascial adhesions, elongate hypertonic muscles and increase blood flow to injured tissues.

Benefits include:

- Pain relief
- Fast recovery
- Improved injury resilience
- Improved sleep
- Stress reduction

How does acupuncture work?

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 un-noticable 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

- Many private health providers cover acupuncture treatment.
- Traditional acupuncturists have to complete a minimum of three years training at degree level in line with the World Health Organisation standards.
- Traditional acupuncture originated in China more than 2,500 years ago.
- 2.3 million acupuncture treatments are carried out each year by British Acupuncture Council members making it one of the most popular complementary therapies practiced in the UK.

Aftercare

At Health Point Clinic we are passionate about preventative care. A strong emphasis is placed upon maintainable lifestyle changes that will help you to take back control of your health and prevent further injury.

The average treatment is 1 hour, which is only 1.68% of your week, our goal is to provide you with the tools and support to navigate the 98.32% of your week with the confidence that you are on the right path.

www.healthpointclinic.co.uk



Meet The Expert

Sharon Milbank

*Hair Stylist and Owner of
Mélange Hair Design*

How long have you been hairdressing?

I've been a stylist now for 15 years. I started my training in Cape Town and have since gained international experience on three continents with all hair types. I'm currently the representative in the Channel Islands for an international best selling organic and Fair Trade brand called Alterna

What cut do you think is most current?

Shorter loose or natural waves will make their mark in 2017.

What colour trends are you seeing at the moment?

For paler complexions I'm seeing more of the subtle and natural tones that highlight and lift. Ultra dark brown tones for darker tanned complexions. Currently our most popular colour treatment is named 'The Hair Manicure' (a top coat for your hair) which is perfect for the first time you colour your hair, it prolongs your balayage or highlights and gives your hair beautiful shine and lustre.

Favourite product? To fix and fill broken, damaged and over processed hair, The NanoKeratin System is the best smoothing product on the market.

Which celebrity always nails it with their hair do?

Loads of celebrities are choosing to go natural over the last year - such as Alicia Keys - and the trend seems to be picking up even more. I have huge respect for anyone who is brave enough to journey towards a more natural look.

Therapy: what is it?

WORDS Christopher Journeaux,
Quiet Room Therapy



Perhaps one of the toughest questions a client can ask and not just clients. My counselling students often begin with that question; to start with a firm understanding of what therapy entails and what benefits it might bring.

Makes sense to me. My experience of fear is that frequently it is dominated by the unknown. We are fearful of what we don't know, what we have yet to experience. We fill those gaps with something we have read or heard from others and then, sometimes, with thoughts that can seem dark and foreboding.

My answer is often, initially at least, a disappointment: therapy is about the client so their experience of it is personal; in essence the client owns it. So disappointing because it fails to fully remove the unknown element. To step into the therapy room and not know what this might mean.

"Therapy, then is an open, quiet space into which you can walk and explore feelings, thoughts and experiences without the baggage of assumption."

It may help to hear that, as a therapist, I don't know either. At least I don't know what the therapeutic process is going to be with a new client. Working without expectations can seem daunting but once I was used to that aspect of the work I found it liberating. No client is indicative of any 'type', I can honour the truth and individuality that is the person sat in front of me.

That may seem to contradict all of the experiences we've had in the past and probably the way we often treat others. All those stereotypes we use to try and make sense of the world and the people we meet. In therapy, though, assumptions can cloud the truth of who someone is.

Therapy, then is an open, quiet space into which you can walk and explore feelings, thoughts and experiences without the baggage of assumption. Therapy belongs to the client and I think that might just be definition enough.

I AM VIBRANT.

PAUL MITCHELL

RIO

55 HALKETT PLACE
TEL 734458

BEAUTY SHOPPING
HAIRDRESSING



The Lifting, Firming Skin Tightening Facial.

The summer is almost upon us, honestly it is, which means that we really need to start considering bringing ourselves out of our winterised slump and get ourselves summer party ready. Well we've got a step that we think you can't run the risk of not adding onto your 'summer ready' preparation list.

The new 3D-Sk!ntech treatment brought to you by the team at Bonita Beauty, Les Ormes. This amazing treatment is offering a new dimension in non-surgical technology, bringing you a non-invasive, lifting, firming skin-tightening facial. Whether you need that super firming, lifting effect for a special occasion this summer or you're feeling fed up with congested/dull-looking skin then this is the facial for you!

The 3D-Sk!ntech is the only machine of its kind here in Jersey and with proven results in the treatment of signs of ageing, acne and pigmentation we recommend that you get yourselves booked in for a course of treatments as soon as possible. The team at Bonita have all undergone a thorough training programme and they have already seen amazing results with a real, visible plumpness to the skin being seen instantly after the first treatment, this facial is really special.

Depending on your specific goals, your customised 3D-Sk!ntech treatment programme will incorporate all of the following integrated technologies:

Diamond Peel Microdermabrasion

A non invasive mechanical exfoliation. It is used for facial rejuvenation and removal of the top layer of the skin to improve appearance of skin. This is the most effective and safest form on the market as it contains

no products and leaves no residue on the skin and is completely pain free.

Radio Frequency Skin Tightening

This treatment focuses in on an area of concern on the face or neck where collagen loss is present to help tighten the skin and reduce lines and wrinkles. Skin tightening uses a Focus Fractional Radio Frequency energy that is heat induced to penetrate deep down into the dermis of the skin. Promotes smoother, healthier and younger looking skin.

Mesotherapy

Traditionally this treatment was applied with needles but with this new technology they use an electrophoresis energy to penetrate active ingredients deep into the skin cells. Penetrating active ingredients deep into the skin cells.

LED Therapy

A non-invasive, safe method of light therapy that stimulates the skin's natural repair. The 3D-Sk!ntech technology uses a canopy of four different LEDs; red, yellow, green and blue which is combined with the other technologies or can be used as a standalone treatment.

At Bonita Beauty they have created the perfect combination of facials with these hi-tech treatments in mind.



Choose from 4 options:

LEVEL 1

Microdermabrasion & LED Therapy Facial
45 minutes £65.00

LEVEL 2

Microdermabrasion plus Mesotherapy
60 minutes £75.00

LEVEL 2+

Radio Frequency plus LED Therapy **60 minutes £85.00**

LEVEL 3

Ultimate 3D Skintech Facial
(all 4 technologies)
90 minutes £120.00

Courses of six treatments are available with a 10% discount when booked.

The 3D-Sk!ntech treatment is non-surgical, non-invasive and painless and whilst it is not intended to be a relaxing facial, most people find the treatment to be comfortable and totally worthwhile thanks to the incredible results achieved!

Opening Offer: For a full 90 minute, tailor-made 3D Sk!ntech Facial for the month of June £98 (usually £120). Plus they are offering a course of 6 x facials for the best result at this price! Getting ONE of your course facials completely FREE!

T&C: Offer available in June only, payment in full on first session, recommended one facial a week for 6 weeks/ course must be used consecutively/ No alternatives/ Facial will be completely tailored to your needs.

Bonita Hair & Beauty

Les Ormes, Le Mont A Lane Brune, St Brelade

W: www.bonitahairandbeauty.com for 24/7 appointment bookings

E: enquiries@bonitahairandbeauty.com

T: 01534 720081

Our Brilliant Bonita Beauty Team are ready to pamper you!

We have a range of bespoke 3D-Skintech, Murad & Monu Skincare Facials, Tailored Body Massages, Threading, Eyelash Extensions, Tinting, Gel Nails, Airbrush Make Up, Spray Tanning & Waxing including the amazing Hot Wax! Our team can have you looking radiant top to toe.

Check out our full range of treatments on our website plus our online booking system!

Bonita Hair & Beauty

Conveniently in the heart of St Brelade at Les Ormes Golf & Leisure Centre



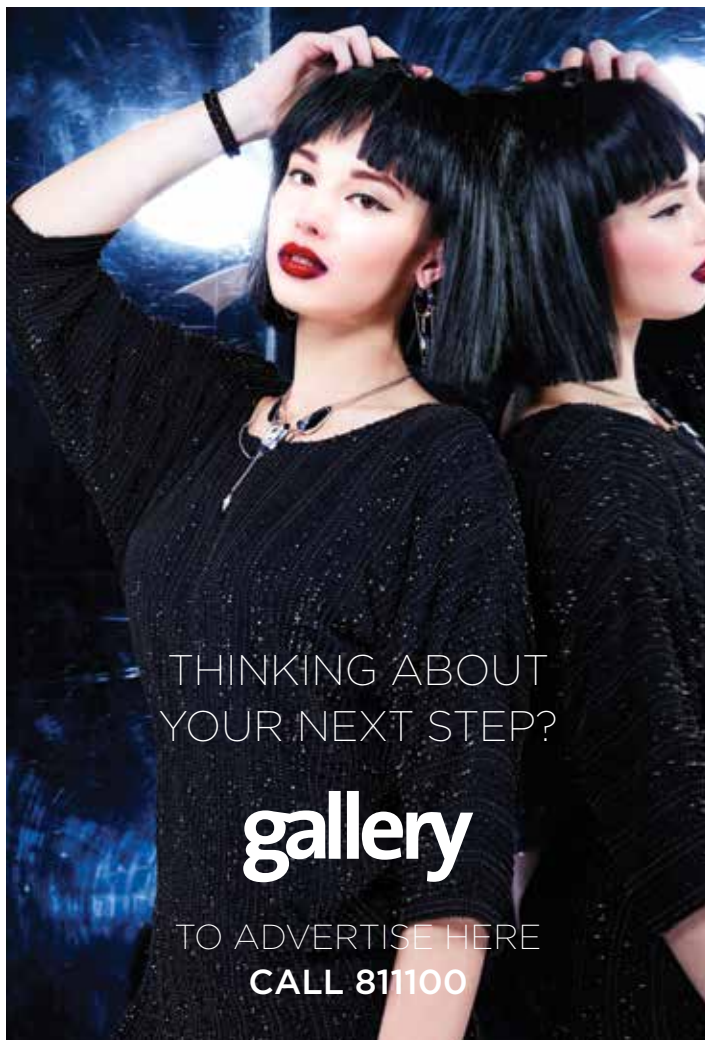
bonitahairbeauty
jessicatbonitabeauty



01534 720081

enquiries@bonitahairandbeauty.com
www.bonitahairandbeauty.com

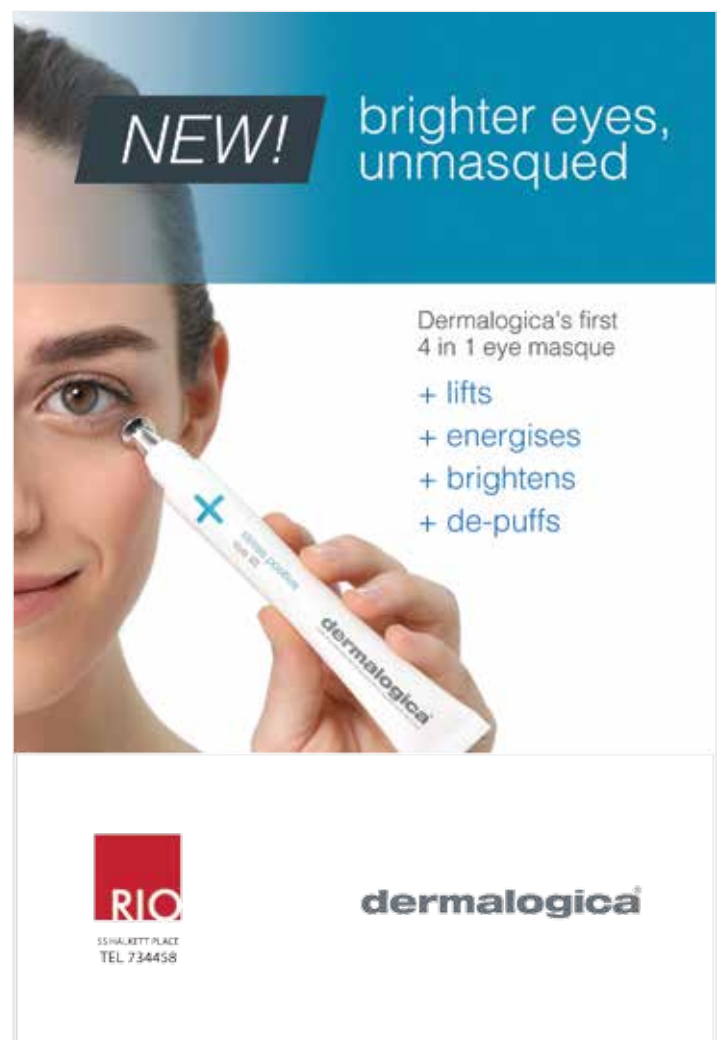
Bonita
hair & beauty



THINKING ABOUT
YOUR NEXT STEP?

gallery

TO ADVERTISE HERE
CALL 811100



NEW! brighter eyes,
unmasked

Dermalogica's first
4 in 1 eye masque

- + lifts
- + energises
- + brightens
- + de-puffs

dermalogica

RIO
55 HALETT PLACE
TEL 734458

Beauty Products

Turn back TIME with these market leading wonder products to tackle the signs of ageing!



La Prairie

Line Interception Power Duo

Available from de Gruchy

The mantra of this product is 'three types of wrinkles, one lineless future' - where do we sign up? With just 14 days and 14 nights of use this wonder product will dramatically plump out those pesky wrinkles.



Shiseido

Bio-performance LiftDynamic Eye Treatment

Available from Feelunique

This anti-ageing eye cream energises your skin's own natural reparative ability, sculpting skin around the eyes restoring elasticity and moisture for perfect youthful peepers!



Goldfaden MD

Needle-less Line Smoothing Concentrate

spacenk.com

To flawless infinity and beyond! 100% pure Hyaluronic Acid and anti-ageing hexapeptides work to plump, tighten and smooth. Nutrient-rich seaweed extract promotes a long-term, youthful glow.



Jo Malone

Vitamin E Moisturising Day Crème SPF 15

Available from Voisins

Nourishing and protective this gentle cream defends skin from the damaging effects of the environment, including cold weather, pollution and UV rays. Skin looks younger, clearer and radiant.



La Mer

The Hand Treatment

Available from de Gruchy

They say your hands give away your age - well not any more! This silky nutrient-rich lotion plumps out lines and its exclusive Skin Brightening Complex improves tone and clarity while diminishing the appearance of age spots.



Guerlain

Super Aqua Body Serum

Available from Voisins

This optimum-hydration serum combines intense hydrating and revitalising performance with a sublime satin finish. The softness and suppleness of even the driest skin are restored, and the signs of ageing fade.

FASHION



Tommy Hilfiger Byram Floral Shirt
UK £85, **de Gruchy** £76.50

DISCOVER THE NEW SEASON COLLECTIONS

HUGO BOSS | GANT | TOMMY HILFIGER | OLYMP
HACKETT | TED BAKER | RALPH LAUREN

de
GRUCHY
FOREVER INSPIRED



Hackett Core Stretch Shorts
UK £80, **de Gruchy** £72



Bikini top by Seafolly **£49.00**
Bikini bottoms by Seafolly **£29.95**
both from Voisins
Skateboard **£99.00** from Madhatter

SHINE

Photography & Styling
Danny Evans

Model
Abbie



Bikini Set by Tessy beachwear **£89.00**
Sunglasses by Vans **£75** from Madhatter



Swimsuit by Gottex **£162.95** from Plums



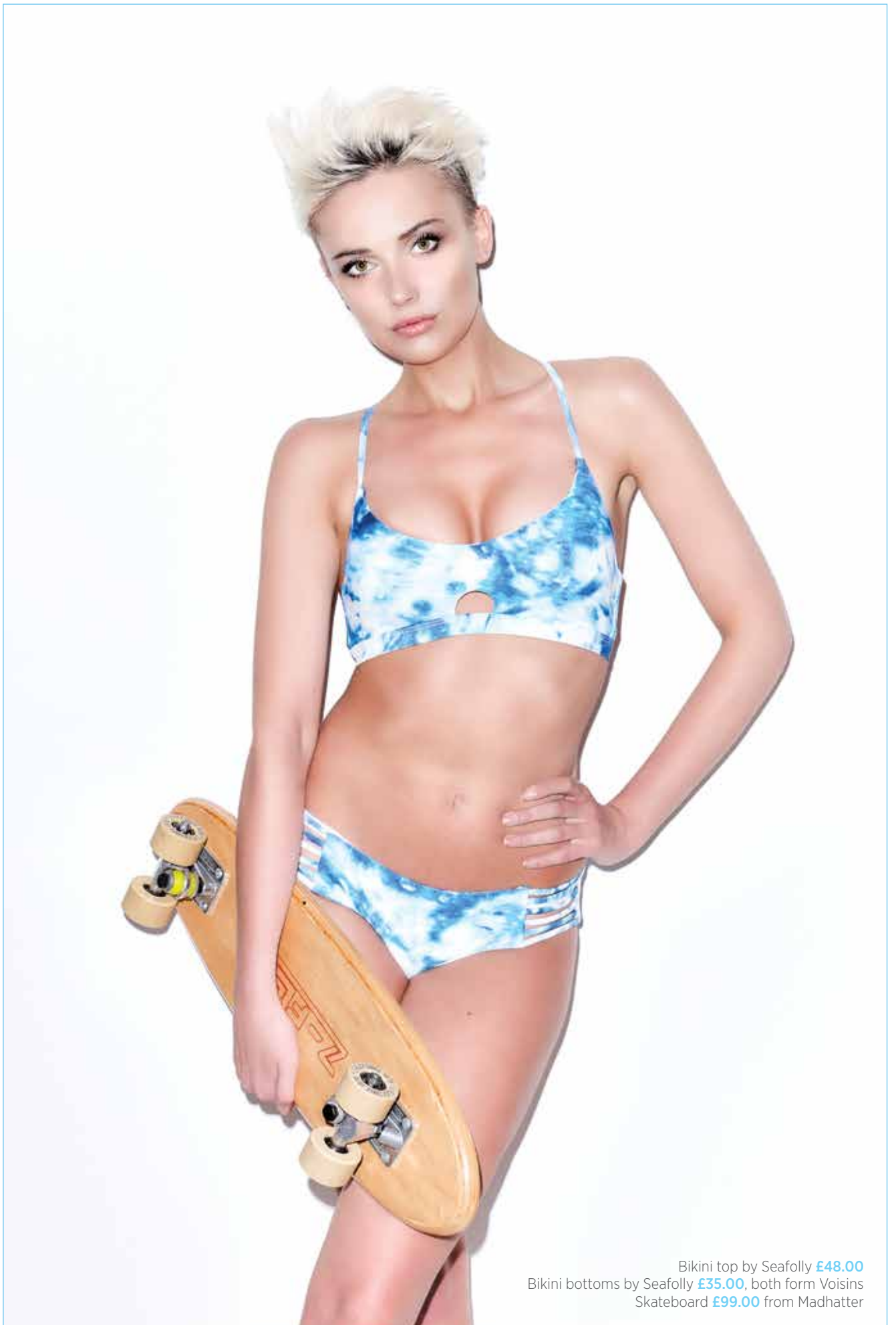
Bikini top by Lise Charmel **£99.95**
Bikini bottoms by Lise Charmel **£57.95** both from Plums
Sunglasses **£75** from Madhatter



Bikini top by Seafolly **£49.00**
Bikini bottoms by Seafolly **£35.00**
both from Voisins
Lomo Camera from Madhatter

Swimsuit by Jolidon **£82.95**, from Plums
Lomo Camera from Madhatter



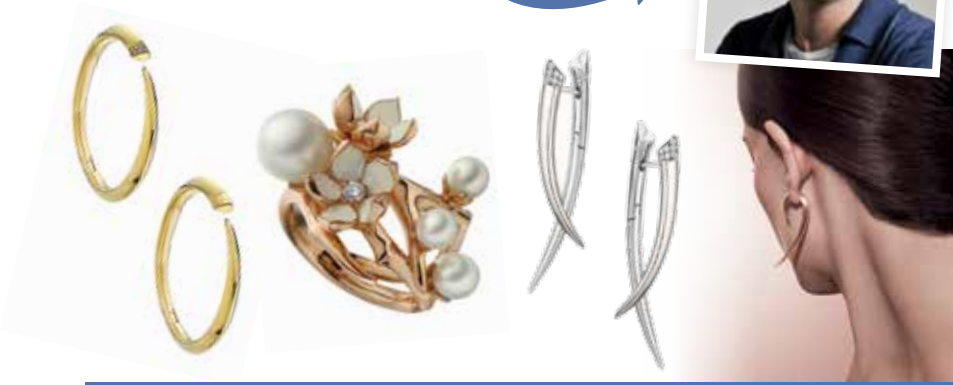


Bikini top by Seafolly **£48.00**
Bikini bottoms by Seafolly **£35.00**, both from Voisins
Skateboard **£99.00** from Madhatter

Brand News

SHAUN LEANE

The man behind one of the hottest British jewellery brands.



Celebrated world-wide for his modern romantic jewels that push the boundaries of contemporary design, Shaun Leane began his career training at the bench in London's jewellery quarter, Hatton Garden.

While working as a goldsmith, Leane began a long-standing collaboration with the late Alexander McQueen, creating provocative catwalk jewels that have become iconic milestones in the art of couture jewellery. This high-profile collaboration acted as a catalyst to Leane's burgeoning desire to blend technical perfection with creative freedom, and in 1999 he launched the first collections of Shaun Leane Jewellery.

Since then, Leane has been responsible for creating a new genre of jewellery; precious, poetic, with a sense of eternity, yet relevant to today's world.

The powerful, emotive and often poignant beauty of Shaun Leane jewellery is underlined with sentiment, stories and meaning, tapping into the history and

heritage of jewellery. Alongside his award-winning collections, Shaun Leane has worked on one-of-a-kind projects with, among others, artist Sam Taylor-Johnson, fashion house Givenchy and Parisian master jeweller Boucheron.

His creations have been described by Sotheby's as "antiques of the future" and have seen the House of Shaun Leane receive recognition across the globe including Winner of U.K. Jewellery Designer of the Year, on four occasions, Walpole Best British Luxury Craftsmanship and most recently, Best International Jewellery Designer at the 2015 Andrea Palladio Jewellery Awards.

As his themes, inspirations and impeccable hand-crafting skills are continually evolving, liberating creativity, so Shaun Leane Jewellery is evolving from an individual artist-jeweller into one of the world's most exciting and trailblazing luxury jewellery houses.

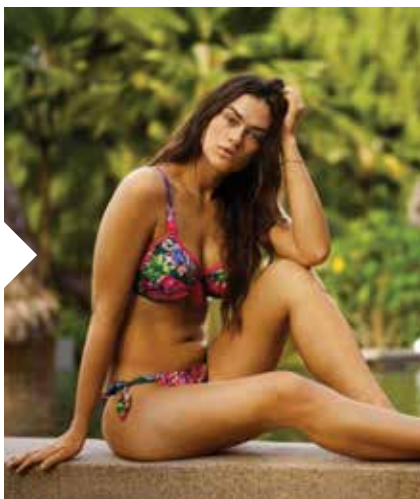
Visit [Rivoli](#) to see his latest collection.

The ideal fit

Give yourself a head start to looking fabulous on the beach this summer by visiting Plums Lingerie on Colomberie, where the PrimaDonna Swim collection awaits you!

The tops and bottoms are all sold separately so that you can get something that actually fits you perfectly and most importantly flatters your specific figure!

The bikinis are available up to an H cup and there are lots of pretty and different designs available. Having a great fitting, brilliant quality bikini will take you a long way to looking gorgeous in the sunshine!



Summer lovin'

Developed by friends Lucy and Corinne (who is a Jersey girl!), thriving new brand Harper Scout has your beach attire needs covered! "Understanding the benefits of travelling 'light,' whether off on a girls weekend or packing for the family in search of sun, we wanted to design a collection that one could wear on the beach or by the pool but that was also sophisticated enough to wear for lunch or a drink at the bar."

In 2014, whilst on holiday together in Provence, a poolside conversation led the two friends to realise they had an opportunity to create an exciting, new resort wear brand for women like themselves seeking something different from the high street offerings that could also challenge the luxury brands.

Working with print designers in London and sourcing the Harper Scout fabric in Italy they have produced a beautiful collection of beach wear to suit every shape; nothing too short or too sheer, just perfect! Visit www.harperscout.com to see more of their stunning, and very flattering, designs!





BY
MALENE BIRGER

EXCLUSIVELY AT MANNA IN JERSEY

MANNA

7 WEST CENTRE 619985

TICK Tock!

TIME FOR A TREAT

Make a statement with your wrist wear!



Chanel J12 Mirror
White ceramic and steel, mirrored dial
£3,281

Ebel Gents 100 Watch
Steel with black strap
£1,575



Chanel Boy-friend Tweed
Steel set with diamonds
£7,088



Frederique Constant Gents
Horological Smart Watch
Follow your activity and sleep
£940

Frederique Constant Horological
Ladies Smart Watch
Follow your activity and sleep
£665



ALL AVAILABLE FROM AURUM



Gucci Dive Quartz
Extra Large in Blue
£568



Longines Sports
Conquest Automatic
£735



Rotary GMT
£335



Raymond Weil
Freelancer Automatic
£1,483



Tissot PRS516
Chronograph
£455

ALL AVAILABLE FROM RIVOLI

Trend News



Preppy perfection!

Tommy Hilfiger's latest menswear collection has hit the nail on the head for relaxed summer wear. The new range provides lots of versatile layers, ideal for our unpredictable climate. Their legendary cuts and fits are still present in the cool loose tees and comfy relaxed-fit jeans, which have made Tommy so many guys go-to brand.

What we love most is the easiness of the whole collection as you can throw different pieces together and it looks great with whatever combo you are going for. The colours, patterns and fabrics all sit so well together. Looking good has never been so easy!

Tommy Hilfiger is available in de Gruchy



We're liking what we see!

Led by creative director Christina Exteen, the Danish brand By Malene Birger creates clothes that are relevant and effortless to wear.

Beautiful fabrics and intricate, handcrafted details define each collection. We love the relaxed silhouettes that are the label's signature.

Defined by their clean lines, sharp tailoring and bold details, By Malene Birger's timeless collections are award-winning and the latest collection is true to this mantle!

By Malene Birger is available from Manna



The modern urban - Set Clothing

Their tag line says 'when street culture meets haute culture' and their latest stunning collection is created from inspiration around the words; Casual / Elegance / Edgy / Sexiness / Tough / Femininity / Raw / Romanticism. Isn't that an awesome selection of words?

This truly fantastic range is sexy, chic and abundantly cool, calm and collected. Soft leathers sit on pretty sheer shirts and prim skirts are funky up with luxury baseball jackets and cleverly cut strappy tops. The designers are clearly geniuses! We want every piece!

Set is available from Manna





STAND TALL

gallery

TO ADVERTISE HERE
CALL 811100



Plums Lingerie, 7 Colomberie, St Helier
731302 • www.plumslingerie.com



Rivoli 18ct White Gold, Sapphire
and Diamond Ring
£2995

RIVOLI
Jewellers & Silversmiths

41/43 King Street St Helier
01534 801930 www.rivolijewellers.com

PUT A Spring IN YOUR STEP

Photography & styling Danny Evans
Model Robyn

Jumper by Marc Cain **£219** from Marc Cain
Shorts by Calvin Klein **£28.75** from Voisins
Shoes by Riani **£279** from Marc Cain





Jumper by Essentiel Antwerp **£150** from Manna
Bikini bottoms by Calvin Klein **£34.25** from Voisins
Shoes by Woden **£72** from Manna



Swimsuit by Calvin Klein **£85.50** from Voisins
Jacket by Marc Cain **£449** from Marc Cain
Shoes by Woden **£72** from Manna

Swimsuit by Calvin Klein **£72** from Voisins
Jacket by Marc Cain **£255** from Marc Cain
Shoes by Woden **£72** from Manna



Hooded Top by Calvin Klein **£71** from Voisins
Bikini bottoms by Calvin Klein **£40.50** from Voisins

Top by Marc Cain **£209** from Marc Cain
Bikini top by Calvin Klein **£34.25** from Voisins
Bikini bottoms by Calvin Klein **£34.25** from Voisins



StyleStalker

WORDS
Lauren Burnett



Dominique Harris

All black seemed to be the theme of The Parlour opening night where I was style stalking and Dominique rocked it. The low hanging cold shoulder detail on her "LBD - Little Black Dress" is totally on trend and she accessorised is so well with black shoes, gold earrings and black nails!



Lauren Layzell

As the brains behind The Parlour Lauren looked every inch the #Girlboss that she is!! From her flowing blonde locks to her leather look off the shoulder LBD she led from the front of the all black vibe from the Parlour girls! Her dress was paired perfectly with black skyscraper heels!!



Mae Gabriel

Mae looked perfectly smart casual with her great black jeans paired with a stunning white blouse with an incredible layered shoulder detail. She'd teamed the outfit with a stunning Gucci bag and black shoe boots! Looking every inch the Instagram blogging (@maegabriel) queen that she is!



Jillian James

Jillian really caught my eye as I thought she looked radiant wearing the most perfect outfit for the occasion! Her black Bardot floral monochrome top just pulled your attention to it, paired with more of that black it was ideally styled!



Nanda Fernandes

Nanda looked comfortably styled and bang on trend with her ripped jeans adding extra sass, teamed with a casual tee and grey blazer, which dressed up the outfit! She finished the look off with her side plait detail, which is one of my favourites!



Nathan Thomas

Nathan looked totally rocking. I loved the stony heather grey fabric which he matched from blazer to shirt! Paired with black jeans and accessorised perfectly with a Hermes belt. Nathan looked like he knew his style!

APPETITE

SIGN UP TO THE **INNDULGENCE CLUB** TODAY AND EARN REWARDS ON YOUR FOOD & DRINK

Register today for your card at www.inndulgenceclub.com

Earn points every time you eat or drink at our pubs, bars & eateries. Redeem them for FREE food and drink on a future visit



Receive 25% off your food bill every Wednesday



Receive a special gift throughout your birthday month



Be the first to see all our latest deals and offers



Register online now and we will credit you 500 points... that's £5 FREE for use on a future visit*



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



Time is of the essence

WORDS Hannah Carolan

Did you know that the average person will spend a total of seven years of their life watching TV? Social media channels account for just over five years, while cooking and eating is equal to nearly three-and-a-half years. That's a *lot* of EastEnders episodes, Facebook updates and boiling pasta.

My point is, our precious free time is under constant threat of depletion as we try to balance work with life, keep up-to-speed with what's going on in the world, and spend quality time with family, friends and on social/extra-curricular activities.

But for me, the love and cooking of good food needn't be a tedious time-consuming chore - therefore allowing some of your three-and-a-half years to be spent on other productive activities.

So, where do you go if you're out in the car and fancy a quick bite to eat? Or, what do you create if you're a keen home cook? Here are some of my favourite spots on the island if you're out and about and don't fancy doing the washing up, as well as some of my go-to recipes for quick and tasty meals that can be created from the comfort of your own kitchen - just be sure to have a partner, friend or child on standby for washing up duties...

Breakfast

Out *Big Vern's, St Ouen*

In my opinion, one of the best*, and speediest breakfasts on the Island can be found here. It's the perfect spot for a post-brekkie stroll to shake off the cobwebs and watch the surfers at play. And who doesn't like breakfast by the sea!



The Big Vern's breakfast is served with all the usual components of a classic fry-up, with the addition of toast and either tea or coffee. Despite having a big appetite, I'm usually struggling to finish the huge portions that are served up, so you get value as well as a hearty meal for your money. The service is normally super speedy too, so you won't have to wait long before you're tucking in.

**I'm always open to bribery of the breakfast sort*



Home

Not only are these rolls ridiculously quick to do, and are essentially a mini full English thrown into a hard-on-the-outside-yet soft-in-the-inside 'Papo Secos' (aka Portuguese roll), but they're also championed by the 'Lean in 15' award-winning author, Joe Wicks.

Ingredients (serves two people)

Four Portuguese rolls
A jar of pesto
Twelve rashers of prosciutto ham
Four eggs
(and any added extras such as cheese, vine tomatoes or mushrooms)

Method

To create these egg breakfast rolls at home, slice off the top of a roll, hollow it out, spread some pesto inside, layer in some prosciutto ham, crack an egg in it and then pop it in the oven. Bake at 220/200 fan for 10-15 minutes or until lightly browned. The great thing about these rolls are that variations are easy to do, so remove the prosciutto if you're a vegetarian, and reach for the mushroom or vine tomatoes if you want to mix it up.

Lunch

Out

Ormer, St Helier

Available Monday – Friday, Ormer has now delighted the lunch crowd by introducing an ‘Express’ option to their offering.

Comprising of one course, a glass of wine and all served within one hour, for the very reasonable price of £19, lunch out at Ormer needn't feel like an expensive treat.

Lunch lovers can enjoy the delightful Ormer Fish Pie or feast on Jersey crab served on saffron linguini, with basil, tomato and tempura claws... to name just a couple of the choices available. Washed down with a glass of Pinot Grigio/ Pinot Nero Mavum, Veneto Italy 2015 or Domaine Belle Mare (Cab. Sav, Merlot, Grenache), France 2015, this is understated lunch sophistication at its very best. Just be sure to stick to the one glass that's included if you're heading back into the office after....

Home

With a prep time of just five minutes, and cooking time of eight minutes, you'll be hard pressed to find another dish that is as quick, as well as tasty and healthy, than spicy chicken and avocado wraps. Perfect for both during the week and the weekend, and just the right shape to fit nicely in your thermos lunchbox!

Ingredients (serves two people)

One chicken breast (approx. 180g), thinly sliced

A generous squeeze of lime juice

½ tsp mild chilli powder

One garlic clove, chopped

One tsp olive oil

Two seeded wraps

One avocado, halved and stoned

One roasted red pepper from a jar, sliced

A few sprigs of coriander, chopped

Method

Mix the chicken with the lime juice, chilli powder and garlic.

Heat the oil in a non-stick frying pan then fry the chicken for a couple of minutes until cooked. Meanwhile, warm the wraps following the pack instructions or, if you have a gas hob, heat them over the flame to slightly char them. Do not let them dry out or they are difficult to roll.

Squash half an avocado onto each wrap, add the peppers to the pan to warm them through, then pile onto the wraps with the chicken and sprinkle over the coriander.

Dinner

Out

Pizza Express, St Helier & St Brelade

Open seven days a week, and helpfully located both in St Helier and St Brelade, the clue is in Pizza Express' title at how quick your dinner turnaround can be at one of their restaurants.

Not just for the Pizza preoccupied, Pizza Express' new spring and summer menu includes mouthwatering additions such as seafood rigatoni and risotto primavera to tempt all tastes. Pizza Express are also well-known for their great range of Gluten Free options, from starters to desserts, and even beer. Stay town-side if you're local or finishing work and wanting somewhere quick and close-by to dine, or take a trip out west and try to get a table by the window so you can gaze out to sea whilst grazing down on your Soho 65 pizza.



Home

Two of my favourite foodie things: Prawns and curry. Put together, you get Jamie Oliver's Malabar prawn curry. The coconut, curry leaves and kokum used in this dish are all flavours characteristic of Kerala. As well as being absolutely "pukka" (sorry...), eating foods rich with spices is said to help improve blood cholesterol levels, as well as providing a range of other health benefits. A trip to the shops or market for ingredients might be required for this one, so get your shopping list ready.

Ingredients

3 cm piece of ginger

Two small red onions

150g ripe tomatoes

Vegetable or coconut oil

½ tsp black mustard seeds

¼ tsp fenugreek seeds

12 fresh or dried curry leaves

One tsp of chilli powder

One tsp of ground coriander

¼ tsp of ground turmeric

1 tbsp kokum or 20ml tamarind pulp

12 peeled king prawns

1 x 400 ml tin of reduced fat coconut milk

Two dried red chillies

Method

Peel and finely chop the ginger and onions. Chop the tomatoes.

Heat 3 tablespoons of oil in a frying pan, and when it's almost smoking, add half the mustard seeds, the fenugreek, ginger and half the curry leaves.

Stir-fry for a few seconds, then add the onion and cook over a medium heat until it's dark golden.

Add the chilli powder, coriander and turmeric, and stir for a few seconds. Add the tomato and kokum or tamarind. Simmer until slightly reduced and you can start to see oil separating from the sauce.

Add a few tablespoons of water to get the sauce back to the consistency it was before, season with sea salt and add the prawns. Simmer until the prawns are cooked and the sauce is quite dry. Add the coconut milk, bring back to boil and turn the heat down to low.

In another pan, heat 1 tablespoon of oil, the chillies and remaining mustard seeds and curry leaves. Fry for 10 seconds or so, then tip into the curry. Serve with steamed rice.



Learn a language

Turn your lunch into 'déjeuner' with the help of the Jersey Arts Centre's language programmes. Enrol on their Speak in a Week courses and you could learn enough French or Spanish to help you navigate through that upcoming summer holiday. Weekly lunch time sessions are held in a fun and relaxed environment, allowing you to feed your brain as well as your body.



Take a nap

No longer reserved exclusively for students a lunchtime snooze could be just the ticket to clearing out those cobwebs. We experience a natural dip in energy around 2pm, so a late lunch is the perfect time to catch some much needed zeds. An optimal nap time of twenty minutes will leave you with a much improved memory along with calmed nerves, improved alertness and creativity.



Have a cuddle

The JSPCA are always on the lookout for 'cuddle volunteers' to interact with their animals before they are homed. Stroking a furry friend has been known to lower your blood pressure and relieve stress hormones plus helping give these animals the vital interaction they need and deserve. Pop in to complete a volunteer form and you could be patting a Pomeranian in no time!



Give something back

Use your lunch productively and give back to one of the many charities operating in the Island who are always welcome of a helping hand. Wash dishes for an hour or provide some company for the residents of care homes such as Glanville Home. Alternatively, donate your lunchtime to sorting out donations at one of the many town charity shops including Oxfam, Headway or Mind Jersey.

No one knows the value of time quite like a parent. It's nothing short of a military exercise to get the family packed and out of the house in the morning and any personal time you find for yourself is so rare, it needs to be planned to precision to ensure you squeeze that last drop out of it! But you needn't be a parent to comprehend the importance of making each moment count and lunch breaks are no exception. A lot can be achieved within the confines of a single hour and with life so short it's important to make the most of what you've got. Here's a few ways to enrich your life over the space of your lunch.



Float away

Few places in the world offer access to sea swimming 365 days a year, so embrace the island mentality and hotfoot it down to Harve De Pas bathing pool. Sea swimming offers mental benefits from a combination of exercise and exposure to nature, as well as boosting your immune system. The weightlessness sensation from floating also has a calming effect on the body so you can return to work with that Zen (and slightly moist) feeling.



Do nothing

With trying to squeeze in all that we can in a day, sometimes the best thing you can do is absolutely nothing! If you struggle to switch off from the daily grind, try some guided meditation to recharge your body and soul. Awareful now offer lunchtimes sessions in mindfulness and meditation every Thursday from 1:15pm at Kalimukti yoga studios. The thirty minutes sessions can help increase your productivity and set your intentions for the rest of the day.

An hour may not sound like a lot, but add up those week day lunches and that's 260 hours of the year that could be applied to bettering yourself, helping others or soothing the aches of pains of the other 2,220 we spend at our desks! Commit an hour a day to living life more fully and see what a lunch break could really be adding to your life.

Celebrate World Gin Day!

WORDS Kevin Metcalfe, Spirits Expert At Love Wine

Gin generally falls into seven flavour categories; dry, floral, citrus, savoury, sweet, spiced and aromatic. The botanicals that are added during the distillation process have a huge impact on these flavour categories. To be classified as Gin the main botanical ingredient used in the spirit must always be Juniper, without Juniper you have flavoured Vodka! So here are Love Wine's top trending Gins for 2017. Smash one of the below in a massive glass and welcome in the summer! Try them all, let us know your favourite!



Williams Chase Extra Dry Great British Gin

More than just distilled spirit. Juniper buds and berries are added to Chase Vodka for the driest finish, then wild botanical infusions of cinnamon, nutmeg, ginger, almond, coriander, cardamom, cloves, liquorice and lemon give our one-of-a-kind gin its distinctive flavour.

*Paired with Fever-Tree Mediterranean Tonic.
Garnish with slices of orange and ginger.*



Blue Bottle Gin

Traditional juniper is here but doesn't dominate. Astute drinkers will appreciate the tropical scent of local gorse flowers, be cosseted by the sweetness of nutmeg and luxuriate in a hint of savory cubeb pepper.

*Made in our sister island, Guernsey.
Great paired with Fever-Tree Indian Tonic.
Garnish with pink grapefruit.*



Eden Mill 'Love' Gin

From Scotland, this pink gin is infused with berries and flowers, has exactly the delicate, sweet and fragrant flavours and beautiful pink hue tones, is a pale pink when neat, and dilutes to sweet vanilla and floral notes.

*A perfect summer Gin
Pair with Fever-Tree Aromatic tonic.
Garnish with pink grapefruit.*



Tarquins Gin

This Gin is distilled in a flame fired copper pot still called Tamara, goddess of the Tamar and comprises of earthy textures and floral notes on the nose. A contemporary take on a classic London Dry, what makes this Gin so unique is the use of Devon picked violets.

*Paired with Fever-Tree tonic.
Garnish with classic lime.*



Deaths Door Gin

Great name, created in Wisconsin USA. You can taste all three botanical's in this gin: loaded juniper berries up front; spicy, citrusy notes from the coriander seeds in the mid-palate; and a soft, cooling finish provided by the fennel seeds.

To be enjoyed on the rocks, as a dry martini or with Fever-Tree tonic and a slice of blood orange.



Brockmans Gin

Becoming a classic and still our best seller. This unusual gin is made with Bulgarian coriander, blueberries and blackberries as well as bittersweet Valencia orange peels.

*Pair with Fever-Tree Ginger Ale.
Garnish with blackberries and orange.
Also perfect in a Bramble!*



Jensen's old Tom Gin

Brilliant Old Tom gin from Christian Jensen. This was made to a recipe from the 1840s, and is naturally sweetened with larger quantities of botanical's.

Wonderful with Fever-Tree tonic and a sprig of rosemary, but also as an essential base for classic cocktails such as Martinex, Tom Collins and Ramos Gin Fizz.



Hoxton Gin

There is a subtle rather than overwhelming presence of juniper on the nose; on the palate a variety of botanicals vie for prominence, including coconut and grapefruit, with grapefruit winning out in the end. This is a superbly well balanced gin with a silky, mouth-filling range of flavours.

*Bored of tonic?
Swap out for Fever-Tree ginger beer!*



Aviation Gin

Distilled in Portland, Oregon Aviation explores the rich, floral and savory notes of lavender, cardamom, and sarsaparilla to capture the lushness, spice, creativity, and freshness of the Pacific Northwest. A Rye Gin, this packs a punch!

*Pair with Fever-Tree Ginger Ale.
Garnish with mint and lime. Also great in the classic Aviation cocktail.*

• THE • Genuine Articles



Mark Pinnick

The Little Jersey Biltong Company

Biltong and Droëwors (dried sausage), as with other cured meat products, have been around for a very long time.

Raised in South Africa I loved biltong from a very young age. My weekly treat from my father for accompanying him to the supermarket on a Saturday morning at 7am (before the supermarket officially opened its doors to the public. That is another story though...) was a pack of sliced beef biltong. Needless to say, I happily tagged along every Saturday.

Whilst in South Africa I never tried my hand at making biltong. It was only when I moved to Jersey in 1997 and not having it readily available that I considered making it for myself.

The first large batch was made of Kangaroo fillets. Don't ask... Over salted and bone dry it was awful but I ate it. Over time I started to understand the process better and I got much better at making it.

A work colleague (at my day job) with a love for biltong railroaded me into stepping things up. Over the past 18 months demand grew and I have now imported four industrial drying cabinets from South Africa setting up the business proper to keep up with demand.

Biltong is a lot like steak. Everyone has their preference so you can't really pin it down to a specific drying period. After slicing and spicing the meat it is left to marinate overnight. This is followed by a hot curing for a couple of days and cool curing for anything up to another week. I don't like it too dry and it seems neither do most people in Jersey.

I love the interaction, meeting customers who love biltong and Droëwors, seeing their enjoyment and receiving their feedback.



Naomi Renouf

Textile Art

In my artwork, I use a variety of techniques to produce unique, detailed textile pictures and hangings.

My work includes seascapes and landscapes which owe much to my painting background and love of the natural world. The coastline of Jersey has, in particular, been a constant source of inspiration for my textiles.

The process I use is time consuming and involves many hours sitting at my sewing machine. I am often asked how long each picture takes but this is always very difficult to work out as the time I spend on a piece is often very broken up and stretches over several weeks or sometimes even months. I don't like to add up the hours.

I have worked in different ways over the years, using a range of different materials, but the process that I use to produce the majority of my work involves the layering of small pieces of assorted fabrics onto calico. I build up the layers so that each successive layer leaves more of what is below exposed. This is done by leaving gaps and by cutting or burning back into the surface. Each layer is machine stitched before applying the subsequent layer.

I use a lot of silk in my work; some of which I hand dye in order to create the textures that I need. I also use techniques such as appliqué, machine embroidery and occasionally hand stitching to create surface details.

My work can be seen at the Harbour Gallery or by appointment at my studio at Mont à l'Abbe.





A Taste of Summer

Ormer and Don Street Deli have lined up the perfect ingredients so you can indulge in the finest flavours of summer.

Don Street Deli:

If you're hitting town for a spot of summer shopping, then Don Street Deli is the perfect place to recoup with freshly baked flatbreads from the wood fired oven, nutritious-rich salads and refreshing fruit juices. When the sun is shining you can head next door and enjoy the deli's delicious delicacies on Ormer's front terrace - the perfect place to soak up warm summer vibes and watch the world go by.

Ormer:

For a truly special summer spot, make sure you check out Ormer's roof garden. Tucked away from the hustle and bustle, it's the ideal location to unwind and indulge. Why not treat yourself to an express lunch amidst a busy week of work, or stop by on Saturday and savour flavours from the brunch menu. Just make sure you don't miss out on 'Al Fresco Fridays' when you can pre-book a prosecco, champagne or craft beer table on the roof garden and receive a selection of complimentary flatbreads. With the sun shining and blissful beats playing in the background it's a sublime way to end the week.

To indulge in a Taste of Summer at Ormer or Don Street Deli, please contact Dominic at Ormer:

**T: 01534 725100,
E: dominic@ormerjersey.com**





THE BOAT HOUSE
BAR & RESTAURANT

T: 744226
W: theboathouse.je
Social: @BoatHouseGroup
1 North Quay, St Aubin, JE3 8BS



The Boat House is the flagship venue of our group, a contemporary bar & restaurant offering modern, stylish & local cuisine across two floors.

Our sun terrace is a favourite amongst locals & visitors alike, enjoy our extensive menu whilst taking in the views of the harbour. We look forward to welcoming you! - The Boat House Team




EST. 1998

SALTY DOG

- BAR & BISTRO -

OUR MENU

Our food is always BIG on flavour, freshness and spice. We focus on using as much locally sourced "Genuine Jersey" produce as possible and our menu offers an eclectic selection of classic dishes with a contemporary twist. Proud to be a favourite with locals, definitely the hot spot in St. Aubin's Village.





OUR AMBIENCE

Stylishly informal with great music, relaxed atmosphere, professional friendly service, fun al fresco dining in the summer, cosy in winter.

It's all about feeling GOOD inside and out!

We get busy so reservations are a must!

LE BOULEVARD - ST. BRELADE - JERSEY - JE3 8AB

TEL: 742760

WWW.SALTYDOGBISTRO.COM

INFO@SALTYDOGBISTRO.COM






No. 10 is **ONE.**

No. 10 the small, family run neighbourhood restaurant from Annie, Jolyon and Joseph Baker is celebrating their first anniversary this month. It's amazing to believe that only a year has passed since this beautiful little restaurant opened its doors. In so many respects it feels like it has always been a part of our foodie landscape and in others, it seems like only yesterday we first stepped through the doors to be delighted by the decor and food on offer.

The Baker family's passion for good food, drink and company informs the way everything is done at No. 10 and for those that haven't been yet their food has a European focus and highlights the best, seasonal produce available, cooked in a vibrant, unfussy manner.

Joe and his head chef Tomas Varsanyi, Hungarian by birth, work tirelessly to bring something to the table which they hope will delight their diners. Their lunches focus on a regularly changing menu of small plates designed to share. Dinner consists of a concise à la carte menu where Joe and Tomas's food becomes slightly more complex and expressive. Their plates are simple reflections of the ingredients they contain, most importantly full of flavour and with respect for the best produce of Britain and Europe

A typical day in the life of a chef is so much longer than I think many of us appreciate. Starting early with a visit to the central market, where Joe and Tomas look for produce to inspire their ever changing specials. They and the team will then spend the morning prepping for lunch service spending the time in the kitchen talking about food and dishes that they would like to try. It's this time that allows them both to bounce ideas off each other and consider what the changing season may mean to dishes coming up on their menu.

Joe's cooking reflects time spent working in London, San Sebastian and Margaret River along with a deep connection to Jersey. Tamas too has a strong affinity with the island having lived and worked here for more than five years now. They both have an incredible passion for food and this shows in the dishes they serve at No 10.

"A typical day in the life of a chef is so much longer than I think many of us appreciate."

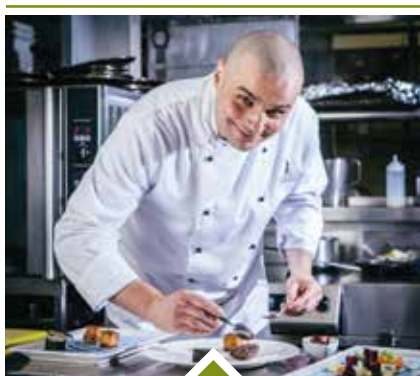
Of course, No. 10 isn't just a restaurant, downstairs there is also the warm, copper panelled basement bar which is an excellent place for a pre/post-dinner drink, serving seasonally inspired cocktails, along with a great wine list, draught and craft beers.

No.10 Restaurant & Bar
10 Bond Street, St Helier, JE2 3NP
T: 01534 733223



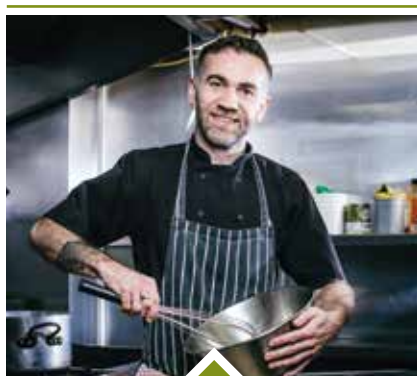
Chefspeak

Chefs, like many of us, are notoriously busy people. Working long hours every day to ensure that we are fed and watered whenever we head to their eateries. So we wanted to know “If you’re short on time what would you cook for yourself to eat?”



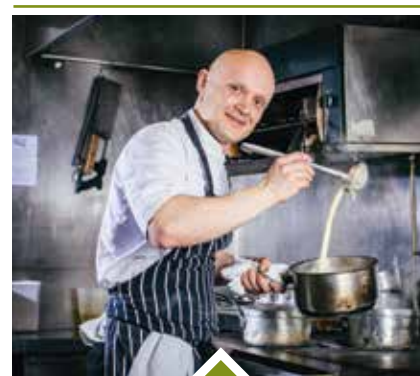
Lucasz Pietrasz
Greenhills

Delicious and super simple Jersey Crab linguini it's ready from start to finish in around 20 minutes and will impress any visitors that may be coming round too. The kick of the chilli and the zesty lemon juice make for a great combination along with the amazing local crab meat.



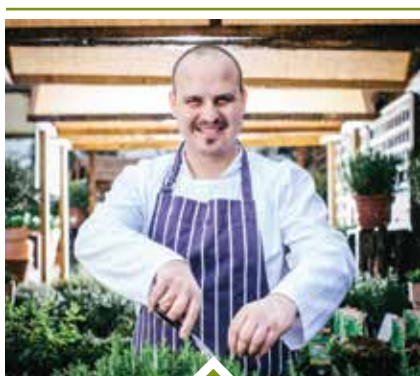
Bede Corr
Lazin Lizard

When I'm in a hurry I like to have Dahl with spinach topped off with a couple of poached eggs it's really easy to make, quick and incredibly tasty.



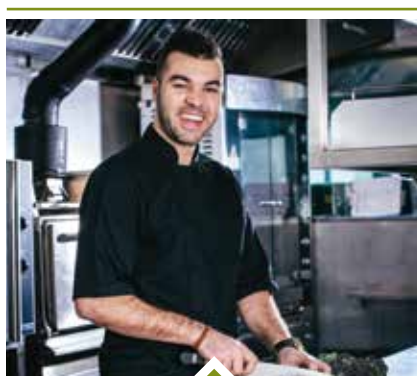
Marcin Ciechomski
La Chaire

I cook at home a lot so there's always plenty of ingredients if I've not got much time. I've a bit of a sweet tooth so a pancake with fresh berries, Chantilly cream and a touch of chocolate sauce is a favourite, with a scoop of homemade vanilla ice cream followed by a trip to the gym!



Stefan Valkov
Ransoms

Raw food, no cooking required, super healthy and so delicious. My favourite is an Avocado, cashew nut cheese salad which I have on our menu. This gives a me huge boost of natural nutritious energy when I need it most!



Elson Castro
The Boat House

If I am pushed for time after a busy service I go for fresh fillets of local fish, seasoned beautifully, served with bowl of Jersey Royals in butter with some chopped chives and a simple lemon butter sauce served with a side of seasonal veg. Simple, healthy, tasty and quick.



Nuchanart Brooks
Spice of Life

The very best thing about Thai food is that most of it is really quick to cook and very healthy too! If I had to choose just one thing it would be Pad Ka Prow - a simple tasty chicken stir fry with oyster sauce.

Appetite News



The delicious and varied menu at the Radisson Blu Waterfront Hotel is brought to you by Executive Chef Nadeem Akhter. Nadeem has been with the group for over 14 years. He has created fabulous dishes all over the world, working with teams in Dubai and Moscow, the Middle East, UK and now brings his experience and fusion of international dishes to the Radisson Blu Waterfront Hotel Jersey.

What have you enjoyed most about working on the island so far?

I love working with the producers and suppliers here in the island. When I knew I was moving over I started to work with them before I even arrived so that I knew that I would be getting the very best ingredients. For me it was really important to continue to work with fresh and locally grown ingredients as far as possible.

Have you faced many challenges?

Working in a new place, with a new team is always challenging but I enjoy that. I've been having to get to grips with Jersey's employment laws which has been

interesting with the different licences and restrictions. Also my family are still in Edinburgh so that means that I am travelling between the two places often but that isn't unusual for us as I've done it before when working in other places.

What changes can people expect to see on the menu?

Fresh and seasonal produce, these are the most important things to me. I have been working with the chefs in the kitchen and teaching them new techniques to add to and enhance our already excellent and varied menus and dishes. This is where the joy of cooking and eating comes from. I love

working with the local seafood too and I promise that if you order our seafood platter you will not be disappointed, it is absolutely incredible. For me it's always about making things taste the best they can whilst making it very good value for our guests.

What should we be looking out for on the menu?

In the Waterfront Bar and Terrace we serve up a delicious light menu from 10:30 until 23:00. Here you'll be able to try my Indian Sandwich which has been inspired by my family at home in Pakistan. My sister used to always get us some bites ready to eat before dinner later in the evening, like your afternoon tea I guess, and this sandwich is my take on this. It's delicious and like the other dishes on the menu everything is cooked fresh to order.

What are you looking forward to?

Right now, with the summer approaching I can't wait to see guests enjoying the alfresco south-facing terrace. It's the perfect spot to soak in the sunshine, next to the yachts in the marina and of course enjoy our delicious food.

Radisson Blu Waterfront Hotel
Rue de L'Etau, St Helier, JE2 3WF
T: 01534 671 100

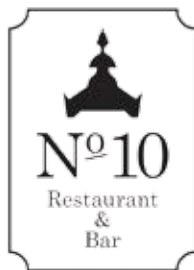


No 10 Restaurant offers a modern approach to British and Mediterranean cuisine.

Lunch - vibrant small plates and daily specials.

Dinner - seasonal à la carte using the best of local ingredients.

Dine upstairs or downstairs.



Restaurant open Tuesday to Saturday 12.00pm to 2.30pm and 6.00pm to 9.30pm.

Find us at **No 10 Bond Street, St Helier** and for reservations or to view the menu www.number10jersey.com

No 10 Bar serves fine wines, craft beers & lagers, interesting gins, classic cocktails and bar tapas.

Bar open Tuesday - Saturday 12.00pm to 11.00pm.

number10jersey@gmail.com
01534 733223

Thank FUNK its Friday!

**The ultimate after works drinks party!
5pm - late every Friday**

Start your weekend off right at our Waterfront Bar and Terrace, and unwind with cocktails and live entertainment!

Enjoy our free Photo Booth, Beer of the Week, Wine and Prosecco Wheel of Fortune and order some of our street food options from the kitchen.

Don't forget to bring your details for our Business Card Bowl! Every time you visit leave your card in the business bowl and we will draw one company on the last Friday of the month for a prize.

**Street Food Menu
(£5 per dish)**

I wish they were long ribs
Korean short ribs served with steamed rice, kimchee, coriander

Chef's daughter calls them yummy pockets
Lamb doner Kebab served with pitta bread

Greek feta heaven in a bowl
Greek salad served with lettuce, tomato, cucumber, olives and feta cheese

A Cracking Start
Pork crackling

Imposter prawns
Scampi served with skinny fries and mayo

The one that didn't cross the road
Thai chili chicken, lettuce, jalapeno and chili sauce

Call The Fire Brigade
Chicken Tikka Masala, served with rice and cucumber raita

Indian & Asian mash up
Spring roll and samosa on a bed of iceberg lettuce

the Waterfront

To make your reservation or for more information,
Call 01534 671 100 or email waterfront.jersey@radissonblu.com

Radisson BLU
WATERFRONT HOTEL
JERSEY

Appetite News



Fresh new menus

Tides at the Somerville has a fresh look and a delicious new menu to match. Gone are the days of the five course marathon set menu, now you'll find an inspired new menu utilising the best produce available. "Modern British is all about simplicity and showcasing the best produce the area has to offer." Explains Tides head chef Chris Witham "Quality ingredients speak for themselves but Modern British is also about introducing an element of fun and inspiration too. We've all had a great time developing the new dishes." Don't worry, they haven't changed the views, they are still stunning!

Visit www.somervillejersey.com or call 741226 for menus and to book.



It's Summer Time.

That time of the year when the sun, the sea and the earth are at their most productive.

Herbs - basil, coriander, dill and rosemary explode with flavour. Crab, scallops and plaice are perfect at this time of year. Gooseberries, strawberries and peaches are at their plumppest and sweetest. Jersey Royals, beetroot, aubergine and runner beans are bursting with the goodness of the earth.

This is why The Boat House Group have chosen June as the perfect time to launch their new seasonally influenced menus in all four of their island restaurants. Taste the time of year, enjoy the sunshine, visit The Tree House, The Farm House, The Spice House or The Boat House for a wonderful meal made using seasonal produce.



Summer's arrived at the Merchant House

Make the most of the summer sun at the Merchant House Brasserie. With a fully heated terrace and indoor dining, the Great British Summer is looking even more inviting! Their terrace is open for coffee from 10am, lunch from midday, dinner from 6pm and drinks until 11pm with food served throughout the day. Outdoor tables book up quickly so be sure to reserve your space.

Table bookings for drinks are now being taken so call 510069, visit the website www.merchanthousejersey.com or e-mail merchanthouse@dolanhotels.com to book while you still can!



Wahey for Wayside!

Whether you're out on their sun bleached deck basking in the sunshine and enjoying a cool drink or wrapped in a jumper and one of their warm blankets having a hearty dinner with friends; The Wayside Cafe is the perfect setting for a delicious meal.

Now that summer is on its way they have new longer opening hours seven days a week for breakfast, lunch and dinner from 9am - 8:45pm last orders.

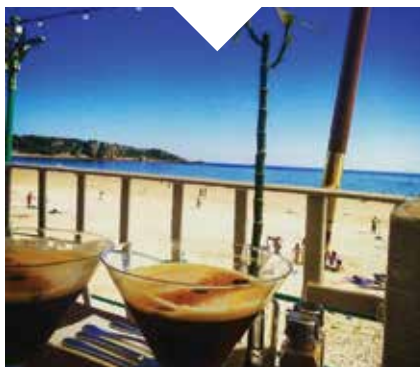
Full brekkies, locally picked crab sandwiches, afternoon teas, sampling some of owner Maggie's, legendary homemade cakes or a casual dinner, they can do it all, and they do it all so so well! Relaxed dining at its best in the most beautiful setting. See you there!

Suga By Day Suga By Night!

Sugareef in St Brelade's Bay is now open seven days a week from 12.00pm to 11.00pm!

They've also just launched a very tasty and tempting summer menu serving light lunches such as sushi bowls, salads and locally caught crab sandwiches, as well as delicious dinner choices like local lobster, sticky ribs, hearty steaks and traditional fish & chips.

Being barely two meters from the picture perfect white sand and sea of St Brelade's Beach, Sugareef has to be one of the most picturesque spots to enjoy a drink and some tasty food which is freshly prepared by their team of chefs.



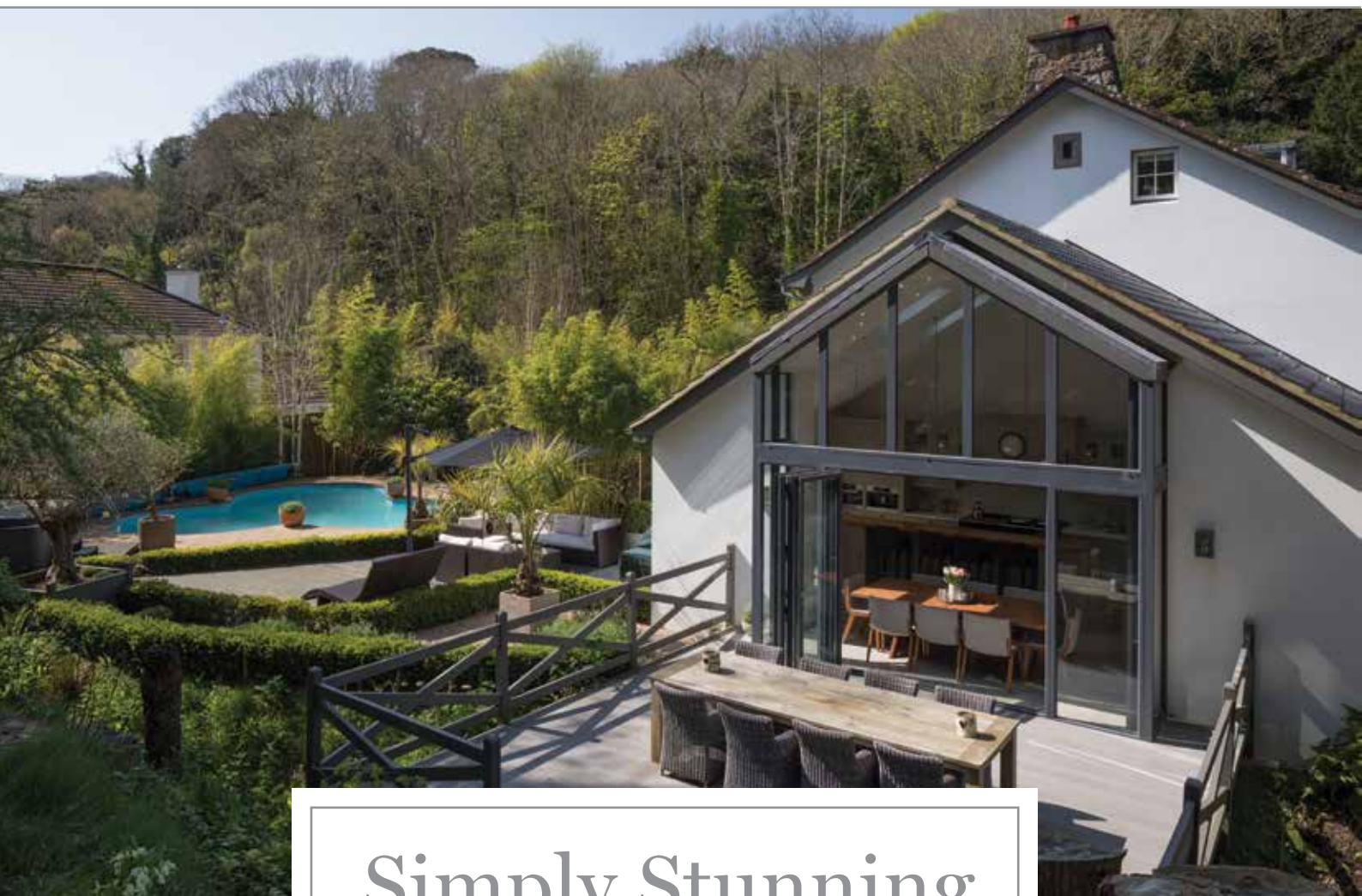
places



DELIVERED DIRECT TO 1000 PROPERTY FOCUSED BUSINESS AND PREMIUM PROPERTY ADDRESSES

WWW.PLACES.JE

We feature properties from these great agents and homebuilders



Simply Stunning

Le Fond du Cotel is a fantastic privately located family home nestled in beautifully landscaped grounds. Whilst the house is only a very short drive from the centre of town, in close proximity to the War Tunnels in the parish of St Lawrence, as soon as you enter through the electric gates off a leafy lane it feels like you are a million miles away from civilisation.



WORDS Sara Felton

The house provides spacious accommodation throughout as the present owners have made several changes to the layout and added an extension during the years they've lived here. They have cleverly brought in modern touches whilst retaining the traditional feeling of the house. The entire property has been upgraded to a very high standard, large windows flood most rooms with ample sunlight, creating light and airy spaces regardless of which room you choose to be in.

It would be remiss not to wax lyrical about the incredible family kitchen, which was once a simple lean to and now instead stretches over eight metres in length with a vaulted ceiling and a large central island and plenty of room to host a large dining table too. A glass feature wall means you can enjoy the vista of the beautiful surrounding gardens and, with the help of bi-fold doors, this space opens up bringing the outside in. The kitchen is fitted with luxurious custom-made Paul Haslam cabinets and furnishings, complemented with high-specification integrated Miele appliances and a triple Companion Aga. Here the flooring is limestone flagstones with under-floor heating so it's warm underfoot. This kitchen alone would be enough to make me want to move into Le Fond du Cotil it is simply stunning.

Of course there is so much more to this house than just a kitchen. The grounds surrounding the property are truly enchanting with well-designed areas and colourful planting work that has all been carried out by the current owners during the 11 years they have lived here. There are interesting lawned areas, a babbling brook at the back of the house, cotil woodland, several decked terraced areas, a sheltered swimming pool area with private seating, an al fresco dining area off the kitchen and a jacuzzi area shaded from view, perfect for any family; there are many areas for children of all ages to play, be it football, making camps or even tree houses, or hosting parties with their friends



"It would be remiss not to wax lyrical about the incredible family kitchen, which was once a simple lean to and now instead stretches over eight metres in length with a vaulted ceiling and a large central island and plenty of room to host a large dining table too."



...CONTINUED

...CONTINUED



Set over three floors the versatile living and entertaining space on the ground floor is provided by two large reception rooms, which can have open access through double doors between them. There is access into the garden here and also a real fireplace in the living room making this the perfect sanctuary whatever the season. Furthermore there is a large snug which has been fitted with a wood-burning stove, the current owners say this is the perfect room for teenage children to host their friends as far enough away from the bedrooms which means you don't need to worry about hearing them. This end of the house could easily be turned into self-contained accommodation should you wish to have a two generation option.

There is an adjoining bathroom, access to the garage (there is another garage at the end of the garden too) and there is also an additional entrance too.

Three bathrooms serve a total of five double bedrooms on the first and second floors. This includes the master bedroom, which has its own en-suite bathroom as well as a dressing room which was again fitted out by Paul Haslam. No expense has been spared in the fittings and furnishing of Le Fond du Cotil with louvered timber shutters on the windows, oak flooring in many rooms and subtle paint shades from the palettes of Farrow and Ball and the Little Greene Company. One thing you are never going to be short of at Le Fond du Cotil is storage,

each of the bedrooms has built in wardrobes and throughout the house there are clever additional storage options, honestly they've thought of everything.

Whether you are a car enthusiast, gardener or love entertaining at home this property certainly fits the bill. Three garages provide ample storage for your vehicles, and all rooms in the property are spacious, entertaining areas are meticulously kept and presented and the property is presented in 'walk-in' condition. You need not employ a decorator, or any trades as everything has been done tastefully and without concern for price you just simply need to unpack and crack open the Champagne and enjoy your beautiful new home.



Le Fond du Cotil

St Lawrence

Guide Price
£2,695,000

Hunt Estates
www.huntstates.co
T: 860650

- 5 Bedroom
- 4 Bathroom
- Swimming pool
- Large entertaining terrace
- Beautiful mature gardens
- All mains (no gas)
- Oil fired central heating
- Parking for 20+ cars



Looking to get a move on with your mortgage?

Find out how much you can borrow in 10 minutes

Pop into any branch and speak to a member of our team

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE



NatWest
International

- 📍 Visit your local branch
- 🌐 View natwestinternational.com/mortgages
- ☎ Call us on 01534 282828

The Jersey Market

There is evidence that the high level of activity that we saw at the beginning of the year and indeed throughout the first quarter has slowed down since Easter. This is giving all those professional businesses involved in the process some time to manage transactions and get their paperwork in order, so it's not such a bad thing! However, keenly-priced property still seems to be "flying off the shelf" as soon as it is released onto the open market.

Whilst asking prices are frequently being achieved, there is still scope to negotiate a modest discount in certain cases, particularly for those buyers who have already sought advice on their mortgage and obtained Approval in Principle, have their deposit in the bank, or have found a buyer for their existing property.

For those people, particularly First Time Buyers, who are perhaps putting down a deposit to secure an apartment, due for release in the next year or so, then it is vitally important to check how much you can borrow before parting with a holding deposit – better to be safe than sorry!

Best Rates - Pick of the Bunch
(% loan to property value/price)

60%	Tracker	1.18%*
60%	2 Year Fixed	1.14%
60%	5 Year Fixed	1.70%
85%	Tracker	1.84%
85%	3 Year Fixed	1.89%
85%	5 Year Fixed	2.24%
90%	Tracker	2.50%
90%	5 Year Fixed	2.74%
100%	5 Year Fixed	4.74%
60%	BTL 2 Year Fixed	1.69%
60%	BTL 5 Year Fixed	2.49%

*Just reduced from 1.39!
Rates correct as at 4th May 2017

BTL = Buy to let mortgage.

MORTGAGES IN JERSEY

Three of the rates in our chart have fallen this week, due more to market forces in the UK rather than any influence from the Bank of England. In what has become a settled lending climate, more of our clients are now preferring to choose a tracker rate for several years rather than the security of a longer term fixed rate, which is a move away from the trend that we have seen for some months, where everybody was insisting on taking five year fixes.

Recent claims in the national media that interest rates are likely to rise in the mid 2020's might be correct, although they might also be totally wrong – economists have got interest rate predictions spectacularly wrong since the start of the financial crisis and there is no reason to believe that the current forecasts will be any more accurate.

Cash to spare?

If you have surplus funds available, perhaps from an inheritance, or the sale of a property, why not consider becoming a landlord? We can help you with Buy to Let mortgages in the Channel Islands and in the UK mainland. With interest rates starting from 1.69%, prices still very competitive and evidence of demand for quality rental property, now might be an ideal opportunity to start building your portfolio!

To be added to our monthly bulletin list please send your request to: kerrie@mortgageshop.je

Visit www.mortgageshop.je to find out more.



the mortgage shop

Tel: **789830**

A great time to make that first step.

Let the mortgage shop take the strain out of buying your home.

Book an appointment, you won't be disappointed.



the mortgage shop

Telephone: 789830

Email: info@mortgageshop.je

Website: www.mortgageshop.je

Find us: 31 Broad Street, St Helier

Registered with the Jersey Financial Services Commission.

Your home is at risk if you do not keep up repayments on a mortgage or other loans secured on it.

IFCAWARDS

Private Bank of the Year
Channel Islands

Citywealth
2017 WINNER

PRIVATE BANK OF THE YEAR CHANNEL ISLANDS

The latest accolade in over 15 years of award-winning performance across all our office locations. For outstanding UK and international banking and investment services, visit www.nedbankprivatewealth.com.



PRIVATE WEALTH
SINCE 1834

JERSEY | ISLE OF MAN | UNITED KINGDOM | UNITED ARAB EMIRATES | SOUTH AFRICA

Nedbank Private Wealth is a registered trade name of Nedbank Private Wealth Limited. Nedbank Private Wealth Limited is licensed by the Isle of Man Financial Services Authority. Registered office: St Mary's Court 20 Hill Street Douglas Isle of Man. The Jersey branch is regulated by the Jersey Financial Services Commission. The London branch is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registration No: 313189. The UAE representative office in Dubai is licensed by the Central Bank of UAE. Licence No: 13/191/2013. Representation in South Africa is through Nedbank Limited. Registered in South Africa with Registration No 1951/000009/06, an authorised financial services and registered credit provider (NCRCP16).

Vintage

FINISHING TOUCHES

Style that stands the test of time

Edwin Jagger 2 Piece Razor Set
de Gruchy
£83.10



Loving Pouf Seat
The Loving Chair Company
£95



Rosie Lee Tea Pot
Ted Baker
£54



**Prices Heritage Vintage
Lavender Candle**
Le Lievres
£4.99



Queen Bee Cushion
Joules
£31.50



Retro Home Phone
Voisins
£45



*“Building upon our
vast experience,
knowledge and
contacts
in the property market,”*

WILSONS

CONTACT US | +44 (0) 1534 877977
www.wilsons.je

FEATURED SELECTION

Grouville £235,000



1 bed 1 bath 1 car ✓

Ground Floor Apartment
Open plan living space
Parking for 1 car plus visitors
Located on main bus route
Direct access to Grouville Bay

01534 877977

WILSONS

St Ouen £540,000



3 bed 2 bath 1 car ✓

Country location
Rural outlook
Granite barn conversion
'Upside down' accommodation
Balcony & double garage

01534 620620



St Brelade £875,000



4 bed 3 bath 1 car ✓

Detached family home
Select development
Safe, secure, sunny garden
Garage & parking for 4 cars
Quiet location

01534 620620



St Brelade £975,000



3 bed 2 bath 1 car ✓

Detached bungalow,
Superb open plan living space
Close to St Ouen's Bay
South facing garden & terrace
Quiet corner site location

01534 880544



Grouville £985,000



4 bed 3 bath 1 car ✓

Detached modern house
3 spacious receptions
Gardens and parking
Impeccable order throughout
Short stroll from the beach

01534 737293



St Helier £1,195,000



4 bed 3 bath 1 car ✓

Superior eco-friendly new build
Large and uniquely designed kitchen
Superior specification
Low maintenance
Within walking distance of town

01534 722227



Moving in the
right direction

877977

3 CHARLES ST ST HELIER JE2 4SF

WILSONS

Review our current portfolio
www.wilsons.je



McCarron
and Company

Available exclusively at:

Bauformat Burrard Street St Helier JE2 4WS

Tel: 869111

info@bauformat.co.je

bauformat.co.je

 **bauformat**
Kitchens + Bathrooms + Bedrooms

Interior News



“They really have thought of everything.”

Bringing the brochure to life



Home improvements are something that many of us want to do but don't know where to start. Perhaps you'd like to add some extra space to your home by building a conservatory or orangery, or maybe you'd simply like to spruce up your existing home by replacing your windows or doors.

Well lucky for all of us the team at Style Windows are on hand to provide us with both expert advice and a stunning new showroom where you can see for yourself the range of different options available to suit both your home and your budget.

The new family friendly showroom based in St Peter, behind the Marks and Spencers food store, is the perfect place to begin the journey to improving your home. Rather than simply sitting you in an office surrounded by copious amounts of brochures Style Windows have instead brought the brochure to life and built a top of the range orangery for you to sit back and appreciate just how amazing the end product can look.

This particular bespoke timber orangery is from high-quality supplier David Salisbury, available in the Channel Islands through an

exclusive partnership with Style Windows, and would add the 'wow' factor to any home. Of course, they have gone all out and shown you the top of the range option here but there are all sorts of different solutions waiting to be discovered up in St Peter. Beyond the beautiful orangery there is another area where you can go and see a variety of doors and windows all of which have been 'installed' so that you can once again look and feel the products on offer.

They really have thought of everything. Having furnished the orangery with beautiful accessories sourced locally they included a large dining table, perfect for showing you the plans for your own project once they've been designed. There is also a lounge area with a large plasma screen installed, perfect for showing you 3D visualisations of how your planned conservatory or

orangery will look. It can also be linked up to the teams iPads so, after an initial site visit to take pictures and measure up, they can show you in real time how your property will look with the products you've chosen. There are also tables and chairs built specifically for the little members of your family so that they can be kept entertained whilst you're talking.

Style Windows showroom is also open until 1pm on Saturdays, the perfect option once you've finished your weekend shopping in Marks and Spencers. They'll happily make you a coffee and give you a tour or talk you through any plans you may have.



BUSINESS

Business News

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



CONTINUED STRONG GROWTH FOR NEDBANK PRIVATE WEALTH

Impressive new business flows and client satisfaction levels drive continued strong growth at Nedbank Private Wealth.

Nedbank Private Wealth, the multi-award-winning private bank and wealth manager, has once again announced strong growth in new business flows and profits, this time for the financial year ending 2016.

Jersey based Cameron Walker, who is Head of Relationship Management at Nedbank Private Wealth, said: "It has been another remarkable year of growth and the Jersey operation alone has had its strongest year for some time with growth in total client wealth of over 20% year-on-year. This has been led by growth in both deposits and assets under management and administration of 23%, as well as growth in lending of 7.5%. Walker added that the Jersey business had also seen a strengthening of its team with the addition of five new recruits during the year and was excited to record that this strong growth had been reflected right across the group. "It was wonderful to round off the year by receiving the award for Private Bank of the Year – Channel Islands at the Citywealth IFC Awards," he concluded.

Another impressive performance across the board and exciting times continue for this multi-award-winning business whose reputation as a top-rated private bank and wealth manager that focuses on applying sound business morals continues to grow.



STRONG YEAR FOR STANDARD BANK SUPPORTS STRENGTHENING JERSEY ECONOMY

The international division of Standard Bank, called Wealth International, which is headquartered in Jersey with offices also in the Isle of Man, Mauritius, London and South Africa, has announced a positive set of results for 2016, reflecting an encouraging year for the business.

The strong performance of the bank supported the boost to Jersey's economy which, as measured by Gross Domestic Product, grew by 2% in real terms on an annual basis, totalling £4.1 billion, according to the latest States figures.

Headline Earnings for Standard Bank Wealth International were £27.9 million for the full year – an 18% increase on the previous year's results.

Further demonstrating Wealth International's robust performance, the business achieved a return on equity of 15%, with a 20% increase in deposits to £4.8 billion, and Assets Under Management of £2.2 billion at 31 December 2016.

Standard Bank Wealth International, which this year celebrates the 25th anniversary of the business in Jersey, is 100% owned by Standard Bank Group, the largest bank in Africa by assets.



'SPLENDID' YEAR FOR RAVENSCROFT LIMITED OUTLINED IN ANNUAL REPORT

Ravenscroft Limited saw a 52% jump in revenue to £17.36m and grew assets under administration by 21% to £2.87bn, according to its latest annual report.

The group, which is the only Channel Islands' based independent stockbroker and investment management business, saw revenue rise by nearly £6m year-on-year. Gross profit increased by 58% from £9.52m at the end of 2015 to £15.08m at the end of 2016 and operating profit increased 89% from £2.19m to £4.15m.

Shareholders will receive a total annual dividend per share for 2016 of 14.25p, which is up from 12.25p per share in 2015 – excluding a 5p special dividend paid in October 2015 that related to the early vesting of staff share options.

"The Ravenscroft Group had another splendid year in 2016, continuing to provide investors with positive returns in what has been an unsettled global environment, where the perceived impossible became possible. That's a testament to our client base, shareholders and staff. We're looking forward to continued growth in 2017," said Ravenscroft non-executive chairman Andy Stewart.

JT WINS BEST CLOUD SERVICE OF THE YEAR AWARD

Jersey Telecoms has won the top category at this year's Telco Cloud Forum Awards – the leading awards ceremony for telecoms companies offering cloud-based services. It is the second year of success for JT: last year, at the inaugural awards, it won the Best Go-to-Market Cloud Strategy Award for its eGaming Cloud Platform.

This year, JT has gone even further: winning the flagship Best Telco

Cloud of the Year Award for its ground-breaking Cloud Private Network Connection (CPNC) and shared-platform service, both launched during 2016.

JT added CPNC to its cloud offering in response to client demand for dedicated private network connectivity to enable clients to access their cloud services using an efficient, dedicated connection rather than over the internet.

-BIG- LOAN SALE NOW ON!

Our 2017 loan sale is now on. Don't miss out, apply now!

SALE applies to all NEW personal or business loan advances; perhaps you need money to pay for a dream holiday, plan a home improvement project, consolidate your existing debts or take your business forward? You can take advantage and spread the cost over fixed monthly instalments to suit your budget.



Anna Le Brocq

dd. +44 (0) 1534 713708
e. alebrocq@closefinanceci.com



Claire Owen

dd. +44 (0) 1534 713711
e. claire.owen@closefinanceci.com



Marie Booth

dd. +44 (0) 1534 713706
e. mbooth@closefinanceci.com



Business News

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



ISLE-FLY LAUNCHES PRIVATE AIR TAXI SOLUTION FOR CHANNEL ISLANDERS

Jersey Jet Centre Ltd, a locally-owned and operated Jersey company, has launched a private air taxi solution, Isle-Fly, based at Jersey Airport. Providing simple, quick and reliable charter solutions to business and leisure travellers, Isle-Fly is the first new air taxi service in the island for over 30 years.

Jersey Jet Centre has launched the Isle-Fly service, available to fly from today, with an eight-seater multi-engined Cessna aircraft. With the option to fly to destinations up to two hours from Jersey or Guernsey, the service is the perfect choice for both corporate and leisure groups. At a time when inter-island travel is proving increasingly expensive, Isle-Fly provides a flexible, cost effective and dynamic solution to the market.

Isle-Fly founders Colin Wright and Paul Sabin have a collective wealth of knowledge and experience in the aviation industry. Colin's background in operations, maintenance and finance coupled with Paul's commercial pilot expertise and his previous role as MD of Blue Islands ensures Jersey Jet Centre and Isle-Fly are offering a reliable and professional service to Islanders. As the service establishes itself, additional aircraft will be added to the fleet offering a combination of jet and propeller charter options.



OI WINS MAJOR GLOBAL MARKETING AWARD FOR VISIT JERSEY CAMPAIGN

Leading Channel Island creative and digital agency Oi has been awarded one of the most prestigious marketing awards in the world for its Visit Jersey summer 360° campaign.

At the Chartered Institute of Marketing "Marketing Excellence Awards" in London on Thursday, the agency picked up the Best Brand Building Campaign for SMEs Award. It was also short listed for Best Integrated Campaign. The Chartered Institute of Marketing, based in the UK, is the largest professional marketing body in the world, with more than 35,000 members.

Launched last May, alongside the new Visit Jersey brand and website, the innovative campaign was the first UK-focused virtual reality tourism activity of its kind. It featured ten 360° videos of Jersey produced by Oi and was successfully marketed through social media, online display advertising, on demand video advertising, direct mail, email and included an event where a Jersey sunset was streamed live in to a London venue.

Peter Grange, Chief Executive Officer at Oi, said the award win was testament to the bravery, hard work and determination of the team at Oi and Visit Jersey.



ESTERA MARKETING TEAM SHORTLISTED FOR PRESTIGIOUS AWARDS

Estera, a leading provider of fiduciary and administration services, has been shortlisted in an impressive four categories in the prestigious Citywealth Brand Management & Reputation Awards 2017; Brand of the Year, Best Rebranding Campaign, Marketing Team of the Year. The Groups' Head of Marketing - Leanne Harker, has also been shortlisted as Marketing Director of the Year.

The Brand Management & Reputation Awards highlight the best brands emerging in a consolidating financial industry. They also recognise the ever-important business services function, teams who are supporting business profit and navigating reputational risk for their organisations in the digital world. Each category finalist is selected by a judging panel and a public vote, which carries the weight of one judge.

The Estera brand was launched in 2016 following the management buyout of Appleby Fiduciary Business from the Appleby Group.

CEO Farah Ballands commented: 'This recognition is testament not only of the expertise and quality of our marketing team but also the dedication of our teams across the group, who have worked extremely hard to raise the profile of our new brand with both our internal and external stakeholders'.

She continued: 'As a group we are transitioning through a period of growth and to receive this accolade highlights the strength and depth of our global team, who should be proud of their achievement.'

The Citywealth Brand Management & Reputation Awards are due to be held in London on 15 June.

AZTEC GROUP ESTABLISHES THE FIRST JERSEY PRIVATE FUNDS

Leading independent fund and corporate services provider, the Aztec Group, has successfully established two new Jersey Private Funds (JPFs), the first funds to be formed since the regime's inception on 18 April 2017.

Introduced last month, by the Jersey Financial Services Commission, the new JPF product has been designed to rationalise and consolidate Jersey's private fund regimes for funds offered to up to 50 professional investors.

The Aztec Group worked closely with law firm Mourant Ozannes to establish the first new fund structures approved under the new regime. The first, a private equity fund, required a closed-ended limited partnership managed by its general partner company situated in Jersey. The second JPF set up by the Group was a co-investment real estate fund investing in the UK private rented sector that also used a Jersey limited partnership.

Aztec Group has also converted three existing Very Private Funds to JPFs since the regime came into effect and has a number of applications for further JPFs in progress, as its clients use the popular JPF product for their fund structuring solutions.



Tupper Loan Company are a friendly finance company based in St Helier, run by David Tupper and Steve Moore. If you are looking for personal loans, business loans or marine finance then Tupper Loan Company are just who you are looking for. David and Steve can source funds to provide you or your business with a tailored financial solution to suit your needs. They offer bespoke finance, as well as private loans, mortgages, asset finance, marine mortgages and pride themselves on their honesty and integrity. We caught up with them on the sofa to find out a little bit more about them and their business.

David Tupper

Place I was born: Nairobi, Kenya

Marital Status: Married

School: Victoria College

First Job: Picking Raspberries (in Scotland).

Car: Trendy Fiat Panda

Book: 'The Husband' a Ladybird 'How it works' book. Makes me realise what my wife must put up with.

Song: You're so vain by Carly Simon.

Film: Slumdog Millionaire. Funny but thought provoking.

Gadget: I hate to admit it but probably my mobile phone followed by a DAB Radio.

Last holiday: 'Weekend' in IKEA near Rennes in France

Enjoy: Racquetball, Radio 4 and one double shot of Malt Whisky.

Steve Moore

Place I was born: Born in Leicester but grew up in Luton

Marital Status: Married with two beautiful daughters.

School: Ashcroft High School, Luton

First Job: I was a chef at The Waldorf Hotel in London.

Car: Super-Charged 998cc Smart Car with low profile wheels

Book: Being a Fan of Norman Wisdom so it would be his Autobiography "Don't Laugh at Me"

Song: Madness. It must be love.

Film: Blue Brothers

Gadget: Sorry to say my Iphone.

Last holiday: A week in France but looking forward to going to Florida this year

Enjoy: I love going to the theatre in London to a show or a musical.

What was the most challenging part of setting up your business?

D: Letting people in Jersey know we had set-up.

S: And making sure that people know as independent brokers that we have really competitive rates and sometimes we are actually cheaper than going direct. We have access to so many different sources of funds plus the knowledge and experience to facilitate most deals.

What is it you enjoy most about what you do?

D: Being able to provide individuals with inventive solutions to financial problems.

S: Every day is different and brings you new challenges which I love to get to grips with. I also love meeting people and trying my best to get the best end result for the client.

What sets you apart from others in your industry?

D: It would have to be our flexibility coupled with a personal service.

S: We are a small independent local company with over 65 years experience in the lending field within the team and want to go that extra mile for our clients

Where can we find you?

Our office is at 17 New North Quay, down by St Helier Marina, we're just behind Kufra's the shop on the way towards the Maritime Museum.

Although you can save time and start your application online now at www.tupper.je We like to make things as easy as possible so it's up to you how we do things.

Movers&Shakers

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



WAVES DOUBLES SIZE OF TEAM

The Channel Islands' newest airline has made a number of key appointments.

In January, the company, headed by locally-based entrepreneur Nick Magliocchetti as CEO, announced plans to launch a tech-led, demand-led air taxi service between the Channel Islands and to the south of England and Northern France.

Software entrepreneur Barrie Baxter has joined as deputy CEO and Alan Bryon has taken on the CFO role. Jim Rouse joins the team as technical co-ordinator with 17 years' experience designing and building bespoke IT systems. Having spent 20 years in Sydney, Emy De La Mare brings a wealth of client service-focused experience to her role as Wave's PR and marketing manager. Simon Crook continues as aviation adviser and is joined by technical adviser David Raskino and former CEO of Airtel-Vodafone Ian Campbell.

SENIOR APPOINTMENTS AT CAPITA ASSET SERVICES

Capita Asset Services has made recent additions to its senior team as James Bryant, Natalie Milroy and Lisa Hyde have all been promoted to director level.

James joined Capita in 2008 and first worked in Private Clients before moving to the funds team in 2013. As director of fund services, James is now responsible for a number of key client relationships as well as being actively involved in business development, working across a series of new fund opportunities.

Natalie took on the head of compliance role in July 2015 and has demonstrated strong technical and organisational skills required for a regulated business.

Lisa joined Capita in 2007 as a manager in the client accounts team. As head of client accounting, she has responsibility for the client accounting function and oversight of tax administration compliance.

In addition the following people have also been promoted to senior roles within the business. Gabrielle McLaughlin in Corporate services, Tony Simao, Katie Deuchar in Private client services, Denise Sitch in Fund services, Tae Biggs in Family Office services, Hannah Luce and Caroline Rive in Governance, Lisa Hamon in Compliance and Caroline Baptist in HR & Learning and Development.



NEW DIRECTOR APPOINTMENTS AT SANNE

SANNE has appointed three new directors to its Corporate & Private Client (CPC) businesses. Anton Seatter as Director - Corporate & Private Client, Mark Fleming as Director - Private Client and promoted Daniel Pringle to the position of Director - Private Client.

Anton, Mark and Daniel bring more than 50 years of industry experience to SANNE's CPC businesses and add further expertise to our service offering. Based in SANNE's London office, Anton will represent all of SANNE's CPC divisions, namely corporate & institutional, executive incentives and their ultra-high net worth (UHNW) private client business.

SANNE has bolstered its CPC business with the appointment of Mark Fleming in its Private Client division. Named as one of Jersey's future leaders by Citywealth, Mark is well known for his deep expertise in overseeing complex trust and other fiduciary structures for global cross-border UHNW families and their family offices, with a particular focus on the UK and Americas.

Daniel Pringle, having joined SANNE in 2015 from Royal Bank of Canada (RBC), was promoted this month from within SANNE's Private Client business to director. Daniel has over 16 years' industry experience in managing trust and other fiduciary structure of global UHNW families.

Mark and Daniel will report to Phil Le Vesconte (Head of Private Client at SANNE).



VIBERTS MAKES TWO SENIOR APPOINTMENTS

Advocate Rebecca Morley-Kirk, a litigation expert well known for handling complex civil cases, has been appointed as a partner in the litigation team where she will work alongside Advocate Christina Hall. Rebecca frequently handles demanding prosecution and regulatory work and has a keen interest in trust and fiduciary law. Besides acting for private and commercial litigants she has developed a strong human rights and mental health practice, both areas where Jersey law has seen significant changes in recent years.

Advocate Hiren Mistry has joined the commercial team. Like Viberts' other commercial lawyers he remains very much in touch with contentious work, believing that understanding how disputes arise and play out enhances the advice given in a non-contentious context. Hiren practiced as a Barrister in London and has worked in private practice in Jersey.

Managing partner of Viberts, Zoe Blomfield, said: "Viberts is well known for the quality of its dispute resolution work. Our advocates have appeared before the Royal and Appeal Courts in a number of cases breaking new ground for Jersey law.

"Rebecca and Hiren make excellent additions to the team. By adding their depth and experience we aim to cement Viberts' reputation for offering first class dispute resolution and astute, cost effective commercial advice."



ROWLANDS RECRUITMENT ANNOUNCES COMPANY RESTRUCTURE

Rowlands Recruitment has remodelled and strengthened its company structure by promoting three team members into leadership positions to meet the evolving demands of the local employment market.

Georgina Moehle (nee Mills) has been promoted to Client Services Manager, Claudia Sutton to Brand Manager/Senior Recruitment Consultant and Jennifer Littlemore has been appointed Operations Manager.

Rowlands' Managing Director, Jeralie Pallot said: "Following a very successful 2016, I'm delighted that Georgina, Claudia and Jennifer have taken on these additional responsibilities and joined the senior management team. The significant change within the company structure has been a strategic response to reflect current employment demands and evolving recruitment methods. The promotions support the Rowlands strategy to pro-actively develop and enhance our client and candidate experience. Their enthusiasm for the industry and contribution to client services, marketing and operations will be invaluable as we continue to develop our business and meeting strategic objectives around client and candidate service levels and innovation."

NEW APPOINTMENT IS SET TO HELP 'TUPPER LOAN COMPANY' EXPAND ITS BUSINESS

Tupper Loan Company Limited (TLC) has appointed a new business development manager. Georgina Diniz is joining TLC in a newly created role that will help expand the company over the coming years.

Georgina has been brought in to build TLC's position as the island's "go to" personal finance provider and is taking up the role at an exciting time for the finance industry as it adapts to changing customer buying patterns.

Having worked in the personal finance industry for over 16 years and having previously worked for major credit providers in Jersey, Georgina brings a wealth of experience to the role.

In her new position, Georgina will play a key role in supporting our clients with all their lending requirements, helping to develop new products and welcoming new clients on board.



Movers&Shakers

EMAIL YOUR NEWS TO BUSINESS@GALLERY.JE



EQUIOM STRENGTHENS CLIENT SERVICES TEAM WITH NEW APPOINTMENT

International professional services provider Equiom, has announced the appointment of Jo Gorrod as Client Services Director. Jo will be joining the client services team in Jersey.

Jo has over 20 years' experience in the trust industry in Jersey and is an Associate of the Chartered Institute of Secretaries (ICSA). At Equiom, she will be responsible for supporting the administration teams while providing guidance on technical issues and acting as the relationship lead for key clients.

Equiom Jersey Managing Director Nicola Gott added: 'Jo's appointment is a welcome addition to our solid team of client services professionals. Her experience and knowledge of the sector will support us in providing the best possible service to our clients while strengthening key relationships and fostering new ones. As Equiom continues to expand into new jurisdictions and service lines, we are fortunate to be able to tap into the expertise of professionals like Jo.'



FINANCE PROFESSIONAL JOINS DIRECT INPUT

Laura Morel has joined public relations company Direct Input (DI) as an Account Manager.

Laura joins DI after over 14 years working in the finance industry in Jersey and brings with her a wealth of technical knowledge having held senior roles in funds, trust and corporate services throughout her career.

Working as a freelance writer alongside full time employment Laura said: "I have always been a writer at heart and am excited to be combining my experience of Jersey finance with something I am hugely passionate about. Coming from industry, I hope to make DI best placed to fully understand exactly what our finance clients wants and needs are."



FIRST NAMES GROUP ATTRACTS UNDERGRADUATE OF THE YEAR TALENT TO JERSEY

Following the culmination of this year's TARGETjobs Undergraduate of the Year awards, First Names Group is pleased to announce that 'One to Watch' winner Alex Stickler will be joining its Jersey team as an intern this summer.

Now in its eighth year, the Undergraduate of the Year is a high-profile annual awards competition recognising the UK's best undergraduate students, with 12 prestigious awards each sponsored by a prominent graduate recruiter. New for 2017, First Names Group created the 'One to Watch' award category, which looks for undergraduates who are not only high achievers but have the characteristics that suit the Group's unique internal culture: they must be entrepreneurial, resourceful, collaborative and generally not afraid to shake things up.

In return, the winner receives a paid internship with the international trust, fund, real estate and corporate services business.

The first ever Undergraduate of the Year 'One to Watch' was Alex Stickler, an economics and finance undergraduate studying at Cardiff University. Alex will join the Group's Jersey head office this summer for a structured internship that will also include a week in Hong Kong working with the local team in the vibrant Central district of Hong Kong Island.

NEW APPOINTMENT AHEAD OF INCOMING DATA PROTECTION LEGISLATION

The Office of the Data Protection Commissioner has appointed an executive officer ahead of new legislation coming into force in the Channel Islands.

In his new role, Lawrence West will help provide guidance to the public and organisations on data protection legislation as well

as work on investigating complaints and alleged breaches.

His appointment, as businesses and organisations are being urged to be prepared for incoming data protection regulations around how personal data should be handled, is in line with EU requirements.



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

SPORT

SPORTSPERSON OF THE MONTH TYLER JOHNSON

Age: 25

What sport do you do: Athletics

What do you do for a day job: Project Manager at Lloyds

You're about to head off to the NatWest Island Games what events are you competing in: 100m, 200m, 4 x 100m relay and the 4 x 400m relay

Have you always had an interest in running: No, my old PE teacher got me into it midway through secondary school. It was a relief to find something I excelled in after being average at football and rugby for a few years!

What's your preferred distance: 200m

Do you participate in any other sports: The occasional five a side at Haute Vallee in the Wednesday night league with the Lloyds boys. Got sacked after one game in 11 a side football management though, disgrace.

School attended: St. Bonifaces College (Plymouth)



Favourite ice-cream flavour: Mint chocolate chip

Favourite animal: A sloth, would love to be one.

Favourite food: Fish and chips, Mexican, or anything that is cooked for me.

What would you wear to a fancy dress party: Power Ranger

Favourite song: Hair - Little Mix

How often do you train: Four times a week

“I really want to walk away from Gotland with four medals, if I can get near any of my PBs that would be a very big bonus. And then a very big night out afterwards.”

Where has been your favourite place in the world to compete so far: The Olympic Stadium in London.

Where and when was your favourite moment in your racing career so far: Running the 4 x 400m relay in the Olympic Stadium was mental. 40,000+ randomers cheering you round in the 4x4 made me very dizzy, it was amazing.

How can people get involved in running in Jersey: Head to FB fields on a Tuesday or Thursday evening and on weekends - the more the merrier! Failing that Gemma Dawkins has some cracking running classes away from the track through her Born to Run programmes, check out her Facebook. The Parkrun at Les Quennevais is run by a great bunch of people too and a great place to start.

What should we be looking out for on the racing calendar: Right now all roads lead to Gotland at the end of June!

What does the future hold for you: I really want to walk away from Gotland with four medals, if I can get near any of my PBs that would be a very big bonus. And then a very big night out afterwards.

Do you have a top tip for other aspiring sports people particularly those looking to follow in your footsteps: 1) There is a difference between training to get better and training to get tired. Know this distinction and always get quality over quantity and 2) If you're close to sacking off a session, adopt the mindset that your rivals, whoever they are, never have a bad day in training.



Time to get fit

Align Fitness will be offering Personal Training from their new Training suite on Gloucester street. We will be educating clients along their training journeys whilst offering classes to enhance the training experience.

Classes will be based inside and out the gym, showing clients that you do not have to be a gym goer to get fit. Classes on offer will include Circuits, Yoga, Pilates, Mobility Education and Ko8 Class for which we are the first to bring to the Channel Islands.

“We believe that allowing the client to understand ‘why’ they are training is the best way for them to develop their health and fitness.”

We believe that allowing the client to understand ‘why’ they are training is the best way for them to develop their health and fitness. This may be through adjusting an exercise so they can get the most from it, or by teaching them new habits that can be used on a daily basis to improve function at work and at home. We speak to a lot of clients who have good habits, but don't seem to be progressing, making small adjustments to clients training they can reach their training goals faster.

Working in alongside the practitioners at Align Health agency, clients risk of injury is also reduced as they are receiving chiropractic and massage support, getting rid of those aches and pains. We believe the client is the most important person in our relationship and together we can get you to your goals faster.

Tel: **789367** or Email: **info@align.je**
Website: **www.align.je**



TRIALS AND TRIBULATIONS

WORDS Sara Felton
PHOTOS Jason Masterman

Along with a great many of the island's athletes, the Jersey ladies triathlon team are headed to Gotland for the NatWest Island Games at the end of this month. Five out of the six-strong team compete with a reserve travelling too, in case of injury. All of the women in the team are self-funded. They all have day jobs and between them, they have fifteen children. This is a team of determined, talented, busy ladies who have to train up to nine times a week to remain competitive at this level.

They will compete as individuals in the Olympic distance triathlon covering first a 1,500m swim in a lake, followed by a 40km cycle and finish with a 10km run. The ladies will be looking for times around 2hrs 10mins with each team member having set themselves a specific time goal.

Along the way there is also a team medal up for grabs. Their staunchest rivals are the Isle of Man, a team which boasts a professional athlete, who at 22 is 13 years the junior of our youngest competitor... At least two of the ladies have a chance to claim

an individual medal and they're all looking to secure a GB spot to compete in their age group at the World Championships in September.

For those who are keen to get involved the Triathlon club in Jersey is really welcoming and they have a range of options for all levels of ability. On June 26th there is a Try-a Tri event which has just 100 places (when we went to print there were only seven spots left) and is a great entry level event.

Katie Silva

Age: 35

Job: Teacher at De La Salle College

Favourite discipline: Running as that is where I started as a child. Although I have a growing love of the bike (which I hated to start with!).

How long have you been competing:
I did my first Olympic distance triathlon in May 2016.

How do you fit triathlon in around work and family: You get to be very creative with your time management, running and cycling to get to places is a great way to squeeze a session in, my colleagues all think I mad as I run up and down Wellington Hill by my work on my lunch hour!

Why triathlons: I gave up running on the track in 2015 and wanted a new challenge and soon became hooked on trying to develop in all three disciplines and then learnt to put them together and now I love it.

What inspires you when things get tough:
My family and friends are so supportive so I think of them when it gets tough - your mind will quit before your body does so you can always push that bit harder!

Jo Gorrod

Age: 46

Job: Trust director at Equiom Group

Favourite discipline: Bike

How long have you been competing:
About four years in triathlon but before that I was a distance runner.

How do you fit training in around work and family: Fitting it all in is always a challenge as you have to juggle three disciplines, once you add work and family life into the mix it becomes even more difficult. You have to learn to make the most of your time, which unfortunately means quite a few early morning sessions. I am also lucky that my husband and our youngest daughter compete in triathlon so it's just a way of life in our house.

Why triathlons: I love a challenge, a few years ago I was struggling to motivate myself to just run and was frustrated that age was starting to slow me down. The switch to triathlon gave me a new set of goals.

What inspires you when things get tough: I like to push myself and the thought that anything is possible and nothing should hold you back.

Melissa Messervy

Age: 46

Job: Physiotherapist at the Jersey Sports Medicine Clinic

Favourite of the three disciplines: I love sea swimming even though it is my weakest discipline and cycle training is probably my least favourite but the thing I'm strongest at.

How long have you been competing: I competed in triathlon from 2001-2003 and after a break got back into it again last year when I did the Jersey Triathlon in July.

How do you fit in training around work and family life: I work for myself which gives me flexibility, my step mum and my dad are a massive help and my eldest daughter and my husband are far better at cooking than I am.

Why triathlons: I enjoy the variety of the three disciplines and the social aspect of training with lots of different groups of people from different sports.

What inspires you when things get tough:
My friends and family who have been hugely motivating and other people's (often my patients) incredible life stories.



JERSEY IS THE IDEAL TRAINING GROUND AND WE ARE SO LUCKY TO HAVE THE OPEN WATER SO ACCESSIBLE.

PHILIPPA WORTH

Philippa Worth

Age: 42

Job: Doctor - GP

Favourite of the three disciplines: I'm a 'jack of all trades and master of none!'

How long have you been competing: I completed the London triathlon in 1997 whilst still a student (I can't believe that is 20 years ago!), but I didn't do another triathlon until 2007 after having two of my three children. Jersey is the ideal training ground and we are so lucky to have the open water so accessible.

How do you fit in training around work and family life: I have learnt to make use of small 'snippets' of time. I make sure I always have kit with me and if I have even 20 minutes before a school pick up - I can utilise the time. Fortunately, my husband loves the sport too, and although that means we have to timetable his training in too, at least we have a mutual understanding of our 'madness!'

Why triathlons: I really enjoy keeping fit, I love being outside and it is great to be part of the Jersey Triathlon Club, seeing so many people taking up the sport and achieving great results.

What inspires you when things get tough: My children train and race with the Aztec Junior Triathlon Club - the children are a great inspiration - they never give up and push themselves so hard.

Louise Bracken-Smith

Age: 44

Job: MD of Fairway Group

Favourite of the three disciplines: The bike

How long have you been competing: 2015 was my first race

How do you fit in training around work and family life: I have an amazing family with four gorgeous children who support me and I make the best use of my training time to think about business strategies.

Why triathlons: It all started when I completed my first triathlon in aid of the Oscar MacLean Foundation and I fell in love with the sport and so I haven't stopped since.

What inspires you when things get tough: I feel lucky to be able to spend time challenging myself especially when so many cannot.

Claire Kybett

Age: 37

Job: Accountant

Favourite of the three disciplines: Swimming

How long have you been competing: 3 years

How do you fit in training around work and family life: I couldn't fit in my training without the support of my husband, he takes the children to school so that I can train before I start work at 8am. Getting the right balance is difficult, working and ensuring I am there to watch my children do their sports clubs, help with homework and still do fun things together like family bike rides are not easy.

Why triathlons: As a teenager, I swam competitively. After having my children I fell back in love with swimming and I also started running as it was easy to just pop out for a run whenever I got the chance. My friend was going to do his first triathlon back in 2014 and asked if I wanted to give it a go, so I bought a road bike and began my wobbly journey into triathlons.

What inspires you when things get tough: My family, they are so proud of what I have achieved so far. Seeing my children's faces when I cross the finish line, it really spurs me on.



Sport News



DATE FOR YOUR DIARY

EL Tico Heritage Paddle Races 2017 on Sunday 3rd July

This race recreates the original challenge from the fifties, when Lifeguard's raced on their heavy old Longboards from St Brelade's bay to EL Tico. It is an event not to be missed! It was serious stuff back then, not just for the boards they used, but made doubly tough by a lack of wetsuits. Even today with summer suits and much lighter boards, the president of the Jersey Surfboard Club, Dave Ferguson, describes the Heritage Paddle Races as a "mighty challenge".

With support from EL Tico, Dave has brought the race back to life, and has firmly established it, not just as a fantastic sporting challenge, but as an important showcase for Jersey's surfing heritage. With 6 categories, including men and women - SUP, Rescue Board, Outrigger Canoe, Longboard, Kayak and Racing Ski, check-in is on the day, 3rd July at 11.45 Wayside Slip, St Brelade's.

Prize giving and a few beers, will be after the event at EL Tico, but if you are thinking of entering, it is an extreme event, and as the saying goes..."paddle hard or go home" Entry is only £10 with proceeds of funds raised on the day will go to the Donna Annand & the RNLI Lifeguards

Contact David Ferguson for more info 07797 726 496
paddle@elticojersey.com



Sun, Sand and Rugby

Beach rugby returns to St Brelade on Saturday 22nd July.

Organised by the JRA, the festival is now in its 7th year and once again will comprise Children's Touch Rugby, Touch Rugby and Contact Rugby. JRA Chairman Kevin Lemasney is hoping to welcome at least eight men's teams for the contact tournament and 16 teams for the touch rugby tournament that runs alongside. There are also a number of ladies teams enquiring about entering teams and organisers will create a Ladies Contact Section or Ladies Touch Section if the demand is there, so come on ladies now's the time to sign up and get involved.

Once again three local charities will be promoted on the day and visitors are asked to support their raffle to help raise valuable funds. Holidays for Heroes, Beach Ability and the Women's Refuge do fantastic work in the community and representatives of all three will be present throughout the day to meet members of the public.

Last years victorious team Alfie Buoy are hoping to return and retain their Cup this year but there will be some serious challengers to be beaten on the day.

To book a place for your team (or to have any questions answered) contact Ian Henderson on:
ian_m_henderson@hotmail.com

Get your kids to try something new



Futsal is a format of five-a-side football. The term Futsal is an abbreviation of the Portuguese 'futebol de salão' or the Spanish 'futbol sala', both of which translated literally mean indoor football. It is played on a pitch the size of a basketball court with a ball which is smaller and heavier than the outdoor football and has a reduced bounce.

The ball forces a player to use their skill rather than the ball's bounce to propel it. As a small sided game, players are constantly placed in situations where they must receive or play whilst under pressure or in confined spaces.

Will Partington, Owner and Director of Brazilian Soccer School here in Jersey

To find out more visit www.braziliansoccerschools.co.uk/jersey

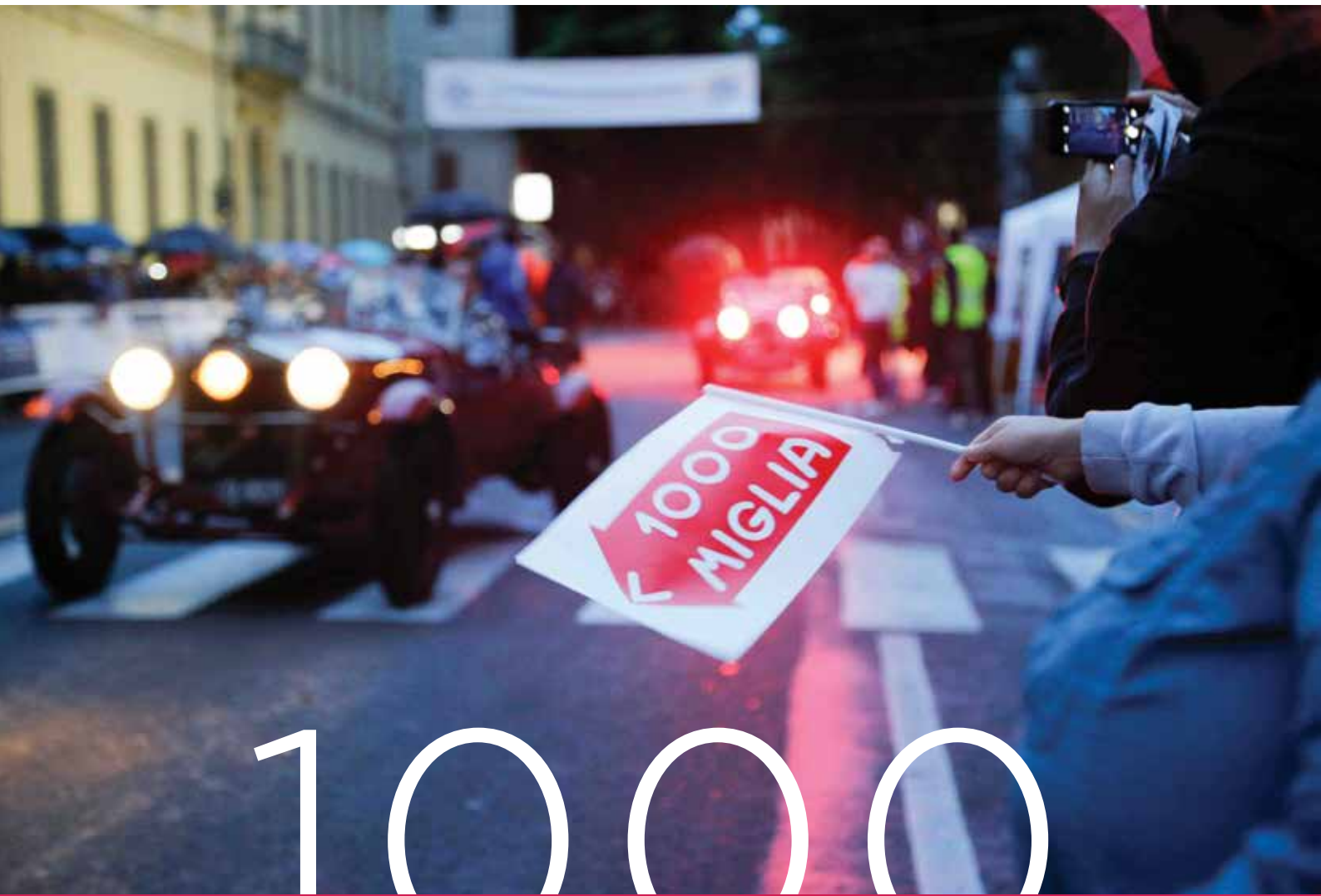
teaches Futsal; "Football is our passion, we teach Futebol de Salão as it's not only enjoyable but it more importantly produces winning footballers."

Playing Futsal allows you to touch the ball nearly twelve times more than playing football. The game places considerable demand on technique, movement, tactical awareness and fitness. Futsal is a great skill developer, demanding quick reflexes, fast thinking, and pinpoint passing.

Famous professional football players like Ronaldo, Maradona, Rivelino and even the great Pelé all played Futsal in their childhoods.



HARDWARE



1000

Last month saw the 90th anniversary of the Mille Miglia, an event that is now a homage to the former open-road endurance race held between 1927 and 1947. As is the case with the demise of most motorsport events or classes, a series of fatal accidents involving both teams and spectators put an end to this thousand mile marathon event.

Tracing its traditional route through Italy, the event is now held over the course of four days to include stopovers along the route but the fastest time was set in 1955, never to be beaten in the final two events that followed, by none other than British racing legend Sir Stirling Moss and his navigator Denis Jenkinson in their factory Mercedes-Benz 300 SLR in a time of 10 hours, 7 minutes and 48 seconds. That's an average speed of a smidge under 98 miles per hour over the 992 mile course that year, don't you know old boy!

The vehicle that they took to victory shared more in common with Mercedes' Formula 1 car than their SL range of sportscars at the time and was essentially a hybrid of 300SL roadster coachwork and the W196 F1 car chassis with a footprint that sat somewhere in between the two. Very few non-Italians managed to achieve podium finishes during the 1950s, making the Moss and Jenkinson victory even more significant in motorsport history.

0



CLOCKWISE FROM ABOVE LEFT: Sir Stirling Moss' 300SLR, owned by Mercedes-Benz, on display at this year's event, the unique BMW 328 Buegelfalte Roadster and stunningly streamlined Bugatti Type 37 in their trademark shade of blue.

In stark contrast to other rally events, historically the vehicles taking part in the Mille Miglia were released from the starting line slowest first in order to reduce the amount of time that marshals would need to be on duty for as well as the amount of time that road closures would be necessary, although I've no doubt that it made the racing a lot more involving for the drivers too by adding an extra element of danger!

Surviving from 1977 up until the current day as a regularity race for classic and vintage cars, 450 vehicles took part this year - all vehicles produced no later than 1957 that had either attended or were registered to one of the original races. Due to the historical significance of the original events, many of the vehicles produced specifically to make a decent attempt at securing a class victory have since become incredibly sought-after and therefore incredibly costly to acquire, restore and maintain. To put this into perspective, the price seen at the drop of the hammer for the very BMW 328 Touring that raced in the event the last time it changed hands was a little over five and a half million dollars and a more commonly produced 328 Roadster would set you back close to a million dollars, with a Bugatti Type 37 coming in at around half that cost

as just three examples of vehicles that'd be eligible for the event. That suddenly makes the entrance fee of £7,000 seem comparatively cheap.

Beginning and ending in Brescia, day one saw entrants driving to Padova, then on to Rome via San Marino for day two before heading back up north for a long leg to Parma on the third day, leaving just a short leg back to Brescia to finish. It really is a

the technology simply didn't exist at the time for them to communicate via headsets in a racing car, that was the stuff of aviation, not rallying. Still drawing in the crowds all these years later it's fantastic that the owners of these pieces of history aren't intent on keeping them perpetually hidden away but ensure that they're properly used as well as pampered, to the benefit of enthusiasts at all levels. Bravo, ladies and gentlemen, bravo.

“The fastest time was set in 1955, never to be beaten in the final two events that followed, by none other than British racing legend Sir Stirling Moss”

testament to the engineering of the original vehicles as well as their maintenance that machinery of such vintage can still negotiate long days on the road, albeit at a more relaxed pace than the near 100 mile per hour average that Sir Stirling managed to achieve in 1955 as his navigator Jenkinson waved, pointed and wildly gesticulated in an attempt to translate their pace notes into something of use - after all,

It's time to make your choice...*



Extend your summer and spend four days taking in the sights of Europe, solving clues and making memories with us in September.

For our ninth rally we're going somewhere we have never rallied before; through the Italian Alps to Milan, Italy - Europe's fashion capital.

Pick your partner and reserve your space.

* you can come in any vehicle really, it's all about raising money for charity!



galleryrally⁹ **THE**
ITALIAN
MILAN 20TH - 24TH **JOB**
SEPTEMBER 2017

BROUGHT TO YOU BY
gallery

RAISING FUNDS FOR



Jersey Hospice Care

Sign up at www.galleryrally.com

THE RETRO REVIVAL

WORDS Rebecca Evans

Here we are in 2017, surrounded by technology that would have been unimaginable just a generation ago, and yet there seems to me to be something of a revolt happening. Perhaps the uncertainty of our future is making us nostalgic for simpler times.

This month for the time issue I've looked back to the future, with classic gadgets and tech from the past that have been given a refresh for the 21st century.

NES Mini

Back in the late 80s and early 90s, leisure time changed forever with the explosion of the games console.

Children retreated from the streets and parks into their bedrooms, and hours were whiled away bouncing, spinning and skipping across those crude 2D platforms, squishing mushrooms, collecting coins and hoping that this time, you would finally beat Bowser. They were happy times. Vitamin D deficient times, but happy nonetheless.

In the intervening years technology has moved apace, and games have become more complex, more immersive, and dare I say more niche. Great news for serious gamers, but I can't be the only one who pines for a simpler time?

So I was delighted to learn that Nintendo have released the Classic Mini. It looks and feels like the console of my childhood including the original simple controller, and comes complete with 30 classic games including Donkey Kong, Pacman and Super Mario Bros. Plugging directly into your HD-TV via a supplied HDMI cable you're all ready to relive your youth. Added features include four suspend points in each game to save your progress, and a choice of display options.

Tricky to get hold of due to high demand, but search Ebay and Amazon to pick one up for around £150.



Nokia 3310

With a staggering 126 million handsets sold worldwide in the early 2000s, chances are that you owned a Nokia 3310 at some point. Popular on account of its reliability, durability and such high-tech features as a calculator, 35 built in ringtones and of course the addictive Snake II game. So iconic was the 3310 that it was included in a set of national emojis issued in 2015 by Finland, home of Nokia.

It can't come as much of a surprise then, that in this current revival of nostalgic tech, Nokia are about to release a rebooted version of this classic, 17 years on. The new 3310 was due to be released in the UK around the time of going to press. Updates include a larger 2.4 inch screen, this time in colour, a sleeker more hand-friendly body, and a 2MP camera with LED flash.

Not everything has been changed however. No 3G capability means this is strictly a phone for talking and texting, the battery is promised to last up to a month on standby (a month!) and of course, Snake comes as standard.

The Nokia 3310 was released on the 24th May at £49.99. Jersey stockists were not confirmed at the time of going to press.



Mattel ViewMaster

Originally introduced in 1939, there can't be many people who haven't at some stage gazed in wonder through the lenses of the iconic red ViewMaster. Whether your chosen cardboard reel contained a comic strip or 3D images of a far off land, generations have enjoyed what must be considered the precursor to virtual reality.

Having waned in popularity due to the rise in more engaging entertainments, the ViewMaster is now firmly back in the game, after Google joined forces with Mattel to bring it straight into the 21st century. Download one of the many available ViewMaster VR

apps to your smartphone, pop it inside the sturdy viewer and find yourself instantly immersed in vivid 360 degree environments. The cardboard film reels themselves are gone, but the satisfying clicky side lever to switch between viewing options remains.

In the spirit of the original, this version is suitable for the whole family (recommended from seven years and up) with a wide range of available apps striking a balance between education and inspiration.

The Mattel ViewMaster is available from amazon.co.uk from £22.99. Experience packs sold separately.



USB Cassette

Was there any gesture more romantic in the 1980s than creating a mix-tape for your crush? Patiently sitting beside the radio during the Sunday night chart show, fingers hovered over the stop and record buttons in a more often than not fruitless attempt to edit out Bruno Brookes.

Then it was a best handwriting job to scratch the track titles and artist names onto the unfeasibly small lines supplied on the cardboard insert, before presenting it to the object of your affection, heart filled with hope that just like Rick Astley, they're Never Gonna Give You Up.

Sure kids these days can make each other Spotify playlists, but it's not the same; tapping away at your phone for a few minutes just doesn't require the same level of sweaty-fingered dedication.

Instead, ramp up the nostalgia for your beloved with a USB Mixtape. Whilst fundamentally a carry case for a 1GB USB stick (holding up to 900 minutes of their favourite music) this cardboard cassette tape, complete with the insert to list your sentimental tracks on, is guaranteed to evoke pleasant memories of carefree times.

The Suck UK USB Mixtape is available from prezzybox.com for £14.99

Rivoli Diamond Trilogy Ring, 1ct.
£4995

RIVOLI
Jewellers & Silversmiths

41/43 King Street St Helier
01534 801930 www.rivolijewellers.com

PHONE HOME

On-Screen Innovation – the Sony Xperia XZ Premium

If you feel that the pace of smartphone innovation has slowed in the last year or so, then you're the type of person that Sony wants to wow with the release of its Xperia XZ Premium - a phone of three firsts!

Knowing very well that video is vital to the success of any handset, Sony has added two really exciting features to the XZ's camera and 5.5 inch screen.

The XZ Premium is the first phone in the world to boast a 4K HDR display that records images with an incredible, lifelike quality. The firm has also partnered with Amazon to make sure there's content for proud XZ Premium owners to enjoy.

On top of that, film makers everywhere will love the XZ Premium's super-slow motion camera; the first in the world to record at 960 frames per second (fps). Sports fans and wildlife enthusiasts alike, will be delighted with new possibilities this level of technology creates.

On top of all this, the Xperia XZ Premium joins the Samsung Galaxy S8 in being among the first handsets on the market to be powered by Qualcomm's extremely fast Snapdragon 835 chipset.

Words don't do it justice. The Sony Xperia XZ Premium has to be used to be appreciated, so head to the Sure Store to try it out today.



A premium handset in every sense of the word!

Airtel-Vodafone's Marketing Officer, Faith Joyce, reviews the Samsung Galaxy S8.

Samsung have really shaken up the smartphone industry with their newest flagship, the Galaxy S8. The innovative end-to-end 5.8-inch, curved-glass display is a real turning point in smartphone design, prompting rumours that Apple will follow suit later this year with a re-design of the iPhone 8.

A big feature launched with the S8 is Bixby, the brand's AI voice assistant rivalling Siri, Alexa and Google Assistant. Samsung have made some big promises, pledging that Bixby will soon be able to do things contextually, for example turning your heating on when you're 20 minutes from home, or reminding you to get milk when you're near a shop. On testing, Bixby seems to be a bit of a work in progress but as the technology advances I can see it becoming invaluable.

With new biometric security, the S8 is one of the most secure phones around - you can unlock it with your face, a fingerprint or an iris scan, or even a PIN if you're feeling retro.

Samsung has also delivered on everyday performance - the sharp, slick camera is better than ever in low light, the battery lasts all day, and the clean, crisp interface is insanely easy to use. I could write all day about the brilliance of the S8, but don't just take my word for it - pop in-store and give it a spin!

The Samsung Galaxy S8 is available in Midnight Black and Orchid Grey 64GB, with prices starting from £26 per month with no upfront costs when you take out an airtime plan. Price correct at time of print.

Airtel-Vodafone's top app for...

MAKING REALLY COOL VIDEOS

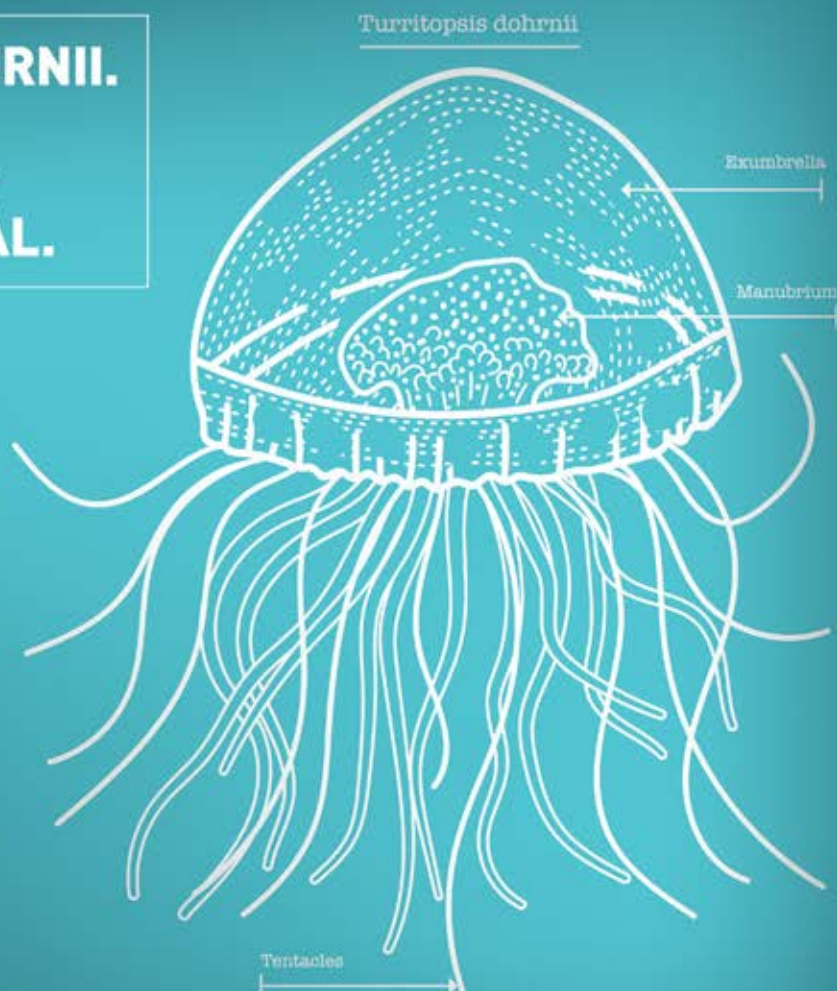
Apple's new Clips video app is a seriously cool all-in-one package for taking and sharing short, fun video clips.

Clips comes with loads of great editing features such as Live Titles, where you can add captions or subtitles onto your videos just by talking. You can also apply a variety of slick filters, from comic book to Instagram-style, with loads of effects to give your video that expert feel. On top of these, there's more nifty extras like animated speech bubbles and emojis. You can even add animated backgrounds, and music from your own library. Trust us - you'll have hours of fun with this.

Available for free from the App Store - on iOS only.



TURRITOPSIS DOHRNII. THE JELLYFISH THAT EVOLVED TO BECOME IMMORTAL.



SUBARUSENSE

Over the years, we've retained a relentless focus on perfecting the engineering of our cars. It's no surprise then that Subaru vehicles have a reputation for longevity and resilience.

In fact, 99.3% of Subarus sold in the UK in the past 10 years are still on the road, with the average Subaru clocking up around 200,000 miles in its lifetime. Our unique approach to engineering puts Symmetrical All-Wheel Drive and a Boxer engine at the heart of every Subaru¹. The result? Resilient, capable vehicles with standout safety credentials.

At Subaru, functionality comes before anything else. To us, it just makes sense. Find out more at Subaru.co.uk/sense or call or visit your local dealer:

BAGOT ROAD GARAGE, BAGOT ROAD, ST SAVIOUR, JE2 7PG.
CALL US ON 01534 815 120.



SUBARU
Confidence in Motion

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 Lineartronic priced at £31,995 plus special paint finish at £550. ¹Excludes Subaru BRZ sports coupe.



Will you be at the 'Right Place, Right Time' for the Sure Big Gig Weekend?

One of the most successful charity events in Jersey, 'Sure Big Gig Weekend', will be lighting up Howard Davis Park for the eighth year running on Friday 14 and Saturday 15 July.

Kicking off with 'Sure Legends in the Park' on Friday, headline act Holly Johnson, the number 1 solo artist of legendary 1980s pop group Frankie Goes to Hollywood, will be joined by a fantastic line up of 80s artists including Kim Wilde, Five Star, Go West and the critically acclaimed Björn Again, who will be performing ABBA's hits.

Saturday will see X-Factor finalist and cheeky Essex boy Olly Murs take to the stage as headliner to perform hits from his chart topping albums 'Right Place, Right Time' and '24Hrs' in a night of spectacular entertainment for Sure Big Gig in the Park.

Sure Big Gig in the Park is renowned for performances from some of the biggest names in the music industry including Jess

Glynné, JLS and Will Young. This year it's continuing with that tradition and Olly Murs will be joined by X-Factor's youngest ever winner Louisa Johnson who featured on Clean Bandit's top five single 'Tears', Calum Scott and 2016 X-Factor finalists 5 After Midnight for a truly unmissable event.

The event is an eight year success story that has attracted not only some of the largest artists in the music industry, but has brought thousands of music fans from the UK, France and Guernsey, to Jersey's shores all in the name of great music and raising money for local charities.

The Big Gig weekend was created to raise money for local children's charities and under the umbrella charity, 'Helping

Jersey Charities' the event distributes funds to a number of chosen charities each year. This year's chosen charities are Help a Jersey Child, which supports local disadvantaged young people, and Brighter Futures, which assists parents, carers and young people in Jersey by providing a number of free programmes and services that encourage personal development and support family life.

Over the past eight years the event has raised more than £100,000 for nine local charities for specific projects which have helped make a huge difference to the lives of young people living in the island. The charities are also invited to host a stand at the festival promoting a variety of fundraising activities as well as raising vital awareness about the local causes.

Caroline Strachan, event owner and organiser, said: "The popularity of the Sure Big Gig Weekend has grown year on year

“The event is an eight year success story that has attracted not only some of the largest artists in the music industry, but has brought thousands of music fans from the UK, France and Guernsey, to Jersey’s shores all in the name of great music and raising money for local charities.”

and we are pleased to still be delivering a spectacular entertainment event eight years on.

“Every year the Sure Big Gig Weekend aims to bring islanders an outdoor concert experience with top artists from years gone by and current chart toppers that they love all in the name of local charity.”

Sure has sponsored the Big Gig events since 2012. The local telecommunications company is committed to supporting local causes through sponsorships of events such as this and has set up its own Community Foundation to assist even more local charities and community initiatives.

This year Sure has teamed up with Sony for the Sure Big Gig Weekend to give two lucky islanders the chance to win a ‘money can’t buy’ prize. The competition, which is running on the Sure Jersey Facebook page until 29 June, is now open to win two VVIP tickets

for Sure Big Gig on Saturday 15 July, as well as the chance to meet Olly Murs backstage. They will also receive a Sony XperiaXZ Premium handset in Deep-sea Black.

Louise Burrows, head of marketing at Sure said: “Caroline and her team do an outstanding job in bringing together a production like no other. We are pleased to support one of the most successful music events in Jersey that attracts such big names to the island.

“The Sure Big Gig Weekend is set to kick off the summer holidays in style and we can’t wait for the event in July.”

PICTURED RIGHT, TOP TO BOTTOM:

5 After Midnight, Olly Murs, Calum Scott, Louisa Johnson



Tickets are available to purchase via the event website www.biggigjersey.com

Clockwise from right; Circa Waves, Two Door Cinema Club, Blossoms, Wilkinson, Frank Carter and the Rattlesnakes, Pendulum, Lethal Bizzle, Happy Mondays, Showhawk Duo.



WEEKENDER

Save the date for the first weekend in September and...

WEEKENDER

Jersey's new end of summer festival

Announced only two months ago, Weekender Festival already appears to have quite some following. The event, set to close out the Jersey summer season on the 2nd and 3rd September, is a newcomer to the Jersey festival scene but seems to be coming in hot!

Although the event is being billed as much more than just music, they've certainly pulled in some serious contenders for a Jersey festival lineup. Here's who Jersey's festival crowds will be enjoying this year in the Trinity sunshine.

Pendulum

(headlining Saturday evening)

The festival timing was great for those that love live music as 2017 sees the return of the mighty Pendulum to live performance. They'll be bringing Propane Nightmares to Jersey, taking us on a journey into the minds of the guys who took drum'n'bass and rocked it in every direction, their incendiary sound a breakneck mix of DnB and metal. Taking influences from a wide range of musical styles to deliver albums from the seminal *Use Your Colour* through the thrashing *In Silico* to the collaborative diversity of *Immersion*, the band have built a reputation for owning the sound that fused the anarchy of a rave with the intensity of heavy metal, wowing festivals across the world in the process as one of the most impressive live acts around.

Two Door Cinema Club.

(headlining Sunday evening)

Mixing electronic polish with guitar-driven hooks à la Phoenix and the Postal Service, Northern Ireland's Two Door Cinema Club skipped going to university to focus on their band. Fortunately, the gamble paid off — the band's debut EP, *Four Words to Stand On*, released in January 2009 by the hip French label Kitsuné to positive reviews and music blog buzz, kicked their success off with "Something Good Can Work."

The group's remixes of Phoenix's "Lasso" and Chew Lips' "Salt Air" also appeared that year. Another single, "Undercover Martyn," arrived in January 2010, shortly before the band's first full-length *Tourist History* was released. In 2012, Two Door Cinema Club returned with its sophomore album, the Jacknife Lee-produced *Beacon*. Generally well-received, the album hit the number one spot on the Irish album charts, and number two in the United Kingdom. It featured the two singles "Sleep Alone" and "Sun," and preceded a short documentary about the band, entitled *What We See*. Arriving in summer 2016, *Gameshow* featured the lead single "Are We Ready? (Wreck)" as the band undertook a string of high-profile festival appearances. 2017 sees them on the road again and this time coming to Jersey!

"With a foodie proposition in the pipeline for the daytime and five other stages of world class global and local entertainment, it's set to be the island's largest festival event. Get yourself a ticket, it looks like a sellout!"

And that's not all...

Alongside those two stellar acts are musical styles to please all. From the harder, in the guise of Frank Carter and the Rattlesnakes to the more mellow, such as the guitars of ShowHawk Duo and Sundara Karma along with some great up and coming bands such as Blossoms and Circa Waves. Add in a bit of grime from Lethal Bizzle and back it up with the iconic sound of the Happy Mondays, playing in the event's 'Icon' slot, and it's really some lineup.

Embracing the past but building for the future.

We've all been to a big event at the Jersey Showground before and history means there are some big boots to fill. Never the less the Weekender team tell us they'll be presenting an event that's more than music with experiential tents dedicated to giving festival goers some real stories to take home. With a foodie proposition in the pipeline for the daytime and five other stages of world class global and local entertainment, it's set to be the island's largest festival event. Get yourself a ticket, it looks like a sellout!

Weekender takes place on 2nd and 3rd September at the Royal Jersey Showground in Trinity.

Tickets are released the last weekend of the month each month until the event with earlier tickets giving a saving on the full ticket price. Standard, 'Lounge' Class and Youth tickets are available along with coach tickets from town.

For information follow @weekenderjersey or visit www.weekenderjersey.com



FRIDAY 2 FORT REGENT PASSENGER

Support: Lucy Rose

A lot has happened since Mike Rosenberg, the British singer-songwriter who records and performs as Passenger, signed to IE Music aged just 17. Having originally emerged fronting a band, his re-invention as a solo performer began with years of busking, largely in Australia. Then came a number of shows supporting Ed Sheeran. And then, in 'Let Her Go', a tune that topped charts in 20 countries around the world. Those who know only that single, which won an Ivor Novello and has clocked up a 1.4 billion Youtube hits and now you've your chance to see him here in Jersey, supported by singer and songwriter Lucy Rose.

Tickets: Eventbrite // Fort Regent



SATURDAY 3 ROJO LAUREN LO SUNG (LoLife/Circus)

Support: Carl Scott & Pete de Momme

Best known for her dub techno sound layered with grooves influenced by the best of Chicago and Detroit house, whilst keeping a UK underground feel. Lauren's career is fuelled by the success of her established club night LOLIFE, which launched in 2009. Fast forward five years and she is now a regular at headline events such as; The Warehouse Project, Yousef's CIRCUS, Parklife Festival, Sankeys, EGG London with a highlight being selected by Carl Cox to play at his Space Ibiza residency 'The Revolution' in his final season last year.

Tickets: www.ticketsource.co.uk/cliq // Rojo // 18+ // R.O.A.R // Photographic ID



FRIDAY 9 HAVANA TCTS!

Support: Bradley Welsh, Sam Tumkaew, Robbie Brown & Bird (The Crib)

2017 has been a huge year for TCTS, his track 'Icy Feet' was one of the breakout club anthems of the year, gaining huge support and airplay from the biggest names in the game before recently being remixed to feature the vocal talents of RnB legend Kelis, and hitting the number one spot on the Radio 1 Dance Chart. One of the artists to watch in 2017! Support on the night is provided by two of Jersey's finest young DJs Sam Tumkaew and Bradley Welsh. Top notch house music from start to finish!

Tickets: Eventbrite // Havana // 18+ // R.O.A.R // Photographic ID



SATURDAY 24 ROJO OUTLOOK LAUNCH PARTY with BREAK, DLR, ANT TC1, MC GUSTO

Support: Vanguard Residents

Vanguard team up with Outlook Festival in Croatia and present the Jersey launch party inviting one of the most important artists this decade in DnB, BREAK shall be making his Jersey debut alongside DLR and ANT TC1 for a night of the purist breakbeat music. Also for all those buying tickets you have a chance to WIN 2 tickets to the main Festival in September in Croatia which is also the 10th anniversary of this Bass orientated gathering known as one of the hottest festivals on the European circuit. Tickets are already flying out for this event so be sure to grab them while you can.

Tickets: Eventbrite // Rojo // 18+ // R.O.A.R // Photographic ID



FRIDAY 30 THE ROYAL YACHT 10TH ANNIVERSARY WEEKEND

Support: Marx, Andre B, C-Phonics, MC Wildee, Lee Pinglaux

The Royal Yacht is turning 10 and to celebrate will be hosting a weekend of jam packed entertainment. There will be a whole host of celebrations all weekend starting on Friday 30th June. The festivities are set to include live bands and performances and international guest DJs, check out their social media to find out more. They're inviting everyone to head down and celebrate with them. We're told that you can expect a nautical vibe and a very good time! Join in the fun #TheYachtTurns10

Tickets: FOC // The Royal Yacht // 21+ // R.O.A.R // Photographic ID



FRIDAY 30 HAVANA BLKOUT present: BAD COMPANY UK - Hosted by Messy MC

Support: Spim, Romano, Andre B & Wildee

Havana continue their run of huge drum and bass shows with arguably their biggest guest act to date, in the form of drum and bass legends Bad Company UK! Formed back in 1998 by DJ Fresh, D.Bridge, Maldini and Vegas - Bad Company were at the forefront of the drum and bass scene, producing iconic tracks such as 'The Nine' and 'The Pulse' which, amongst others are widely regarded as some of dnb's finest works. After a string of sell out shows already this year, this is guaranteed to be one of the biggest dnb nights of 2017!

Tickets: Eventbrite // Havana // 18+ // R.O.A.R // Photographic ID



JERSEY VIP

ONLINE EVENT PHOTO GALLERY





TO VIEW MORE NIGHTLIFE
PHOTOS LIKE THESE VISIT:
WWW.JERSEYVIP.CO.UK





Calm, Caring & Gentle

Based in St Helier, Jersey, we are one of the leading dental practices in the Channel Islands, offering a wide variety of affordable treatments for naturally beautiful smiles.







CALL TODAY
745467
www.at-smile.co.uk

- Cosmetic Dentistry
- Braces / Orthodontics
- 0% finance
- Convenient opening times



FULL COLOUR ANNUAL ADVERTISING FROM £46 PER MONTH CALL GALLERY ON 811100



Manna

Manna is a relaxed laid back store that stocks the hard to find fresh designer labels that have been selected for their individuality and fashion forward design including: By Malene Birger, American American Retro, Ba & Sh, American Vintage, 360, Ganni, Velvet and new for 2012: By Zoe, Stop Staring! And Bastyan.

Manna

Tel: 619985
7 West's Centre

MANNA



Rivoli Jewellers

Situated in the heart of King Street, Rivoli Jewellers stocks a wide selection of wedding rings. Whether you are looking for a plain or diamond set ring, in platinum or gold, Rivoli will have the perfect ring for you. A shape to fit service is also available to ensure that your engagement ring fits perfectly against your wedding ring.

Rivoli Jewellers

41/43 King Street, St Helier
Tel: 01534 601930
www.rivolijewellers.co.uk

RIVOLI
Jewellers & Silversmiths



Luminosity Laser

Nestled in a quirky tattoo parlour within central St Helier offering Laser Tattoo removal, IPL Hair Removal, Skin Rejuvenation and Acne treatments in a relaxed and comfortable atmosphere. Owner Olivia Wintour is a friendly, fully qualified and registered Laser Tattoo Removal and IPL technician. Free consultations and patch tests available.

Sanctum Tattoo Studio, 102 Halkett Pl.

www.facebook.com/luminositylaser
Instagram: Luminositylaser
Tel: 07829 852 773
Email: luminositylaser102@gmail.com



RIO • HAIR • BEAUTY

Rio conveniently situated in the heart of St Helier, this dynamic salon has something for everyone, quality hairdressing and beauty services in modern contemporary surroundings. A great retail shop for all your hair/skin cleansing and conditioning needs, our knowledgeable staff have the answers.

RIO • HAIR • BEAUTY

Tel 734458
55 Halkett Place, St Helier



Move Yoga & Pilates

Vinyasa Flow - Mat & Reformer Pilates - pre and Post Natal - Yoga for Children
At home, in the studio or office.
Private and group classes.

INTRO OFFER: £20 for 1 month (unlimited group classes)
4 classes per week, book by texting Ashley.
Suitable for all levels, mats provided, shower facilities, oil infused studio on Stopford Road.

T: 07797795827

E: ashleytcummins@hotmail.com

W: moveyogapilates.com

F: Move Yoga & Pilates



The Club Spa

Restful Resolutions Spa Day:
Rasul mud experience for two, Stress Busting Back, Neck and Shoulder Massage, Fresh Essence Facial, Full use of spa facilities for the day, One course Spa lunch in Bohemia Bar, Glass of Prosecco

£95 per person

The Club Spa

Green Street, St. Helier, JE2 4UH
01534 876 500
www.theclubjersey.com
e-mail spa@theclubjersey.com



The Gooseberry Bush is a unique Clothing and Lifestyle store!

Our Lagenlook clothing brands are comfortable, natural fabrics from France, Greece, Italy and the UK! Organic babywear and blankets, gifts and keepsakes from East of India, home Interiors with a Scandinavian/contemporary look. 'Service with a Smile!'

Opening hours: Tues - Sat 10-5pm & Sunday 10-2pm
Out of Town shopping experience with plenty of parking
At Ronde's Farm (oppos. Union Inn)
Tel: 726224 or Find us on Facebook.



Paul LeVerdier Professional Sports Therapist

Paul has been one of Jerseys top Sports Therapists for over 20 years working with professional sports people, club athletes, the Jersey Island Games Team and people from all walks of life. He is part of the team at the Jersey Sports Medical Centre.

You can contact Paul on:

07700 748748

plvsportstherapy.com




iQ, your local Apple experts - now with iPhone!

The only Apple Authorised Service Provider for iPhone and everything Apple.

Pop in today for iPhone, iPad and all Apple computers. Training, home callouts and full tech support available.

10-14 Beresford Street
St Helier, JE2 4WN
Tel: 01534 769320
shop@iQJersey.com



- | | | | |
|---|--|--|--|
|  fashion |  appetite |  business |  hardware |
|  beauty |  culture |  travel |  sport |



Tech-Zone

Tech-Zone is your only zone for all your technology needs. Our highly experienced team are here to help, late night every Thursday. We offer repairs and training for all devices, laptops, consoles, phone unlocking, one to one repairs and consultations and 4 month guarantee with all our repairs. All of our services are available in house, at your home or office and proudly the first to offer Micro-Electronic repairs. For more information visit our website www.tech-zone.je

Tel: 811999

info@tech-zone.je

Mon - Fri 8.30am to 5.30pm, open late on Thurs. Saturday 9am to 5pm



Harbour Gallery

The largest contemporary art and craft gallery in the Channel Islands: exhibiting and selling work of over 800 local exhibitors. Stockists of art and craft materials, textile materials in the shop "Sew and Sew" and knitting yarns and accessories in "Knit Wits". The Harbour Gallery is home to "Evolve" showcasing one off fashion designs from Jersey.

Harbour Gallery

Open 7 days a week

10.30am - 5.30pm

Tel: 743044



Complete groundwork solutions

JB offer all aspects of ground works including: drainage, excavation, landscaping, slab formation, concrete foundations, brick paving & concrete works. We offer reliable, efficient and affordable machinery hire using the most up to date equipment. For free estimates and competitive rates, call James to discuss your requirements.

JB Groundworks Ltd

01534 482108

07797 818032

james@jbgroundworks.com





.....

get your business in the directory

from just £9.49 per week

.....

CALL 811100

TO GET YOURSELF INCLUDED!



@Smile... Calm, Caring & Gentle Dental Care

We offer great care from our team of expert clinicians together with the use of the latest equipment and techniques. We are considered as one of the leading dental practices in Jersey offering a full range of treatments from Cosmetic makeovers, Specialist Orthodontics and General care. Your dental needs will always be affordable with many payment options available to give you the great smile you deserve. Open 6 days a week with early and late evening appointments.

@smile dental clinic

14 Gloucester street

(OPPOSITE THE OPERA HOUSE)

CALL 745467 www.at-smile.co.uk FB: smilejsy

www.instagram.com/smileclinicaljy/





Orchids

Nail & Beauty Academy

Orchids Nail & Beauty Academy

Orchids Academy is a UK based independent training provider that offers exclusive training within the nail and beauty industry in Jersey. We offer training for beginner to therapists that want to update their skills for this fast moving industry.

Contact details:
www.orchidsacademy.co.uk
 07895490405
natalie@orchidsacademy.co.uk



In its 22nd year Bonita is one of the most beautiful salons on the Island.

Set in the picturesque grounds of Les Ormes Lodge and Leisure Club, Bonita is the perfect place to relax and be pampered. We have a wide range of hair and beauty services, and treatments on offer in our state of the art salon. We are stockists for L'Oreal, Wella, Paul Mitchell, TIGI Professional, Kerastraight Brazilian Blowdry and Aftercare, GHD Hairdryers and Straighteners.

Bonita Hair and Beauty

Tel 720081 / www.bonitahairandbeauty.com

Facebook: Bonita Hair and Beauty

Instagram: Bonitahairandbeauty

Email: enquiries@bonitahairandbeauty.com



Jersey Brace Clinic

Enjoy straight teeth with orthodontic treatment by our Specialist Orthodontist and Dental surgeons who can offer a full range of treatment options at great affordable prices. From Invisalign to all types of modern orthodontic treatments, we can offer you any option to suit. We offer great painless treatment, fantastic cost effective solutions within your budget and there's no waiting list for treatment. Open 6 days a week with early and late opening times.

@smile dental clinic

14 Gloucester street

(OPPOSITE THE OPERA HOUSE)

CALL 745467

www.jerseybraceclinic.com



boardom

“If you had all the time in the world what would you do with it...”



Abigail Ali, 26
It's complicated...



Cliff da Silva, 35
Finance



Lazy V, 29
Trainee Architectural Tech



Lucy Barron, 24
Administrator



The Donald
Ruler of the free world



Fred, 33
Graphic Designer



Jacques Le Breton, 24
Administrator



Harriet de la Cour, 20
HR Administrator

With over 150 years of knowledge, we'll get you moving in 2017



Savills Jersey
19 Halkett Place
St. Helier
Jersey JE2 4WG
+44(0) 1534 722 227

savills.je



what can we do for you?

Be smarter with your smartphone

Our Mobile Health Check service provides expert advice to get the most out of your device.

Visit our New Street store today for your **FREE** Mobile Health Check

Airtel | Vodafone
Power to you

**FREE
SERVICE**



- ✓ Optimise your smartphone
- ✓ Understand data usage
- ✓ Smartphone tips and tricks

airtel

vodafone