

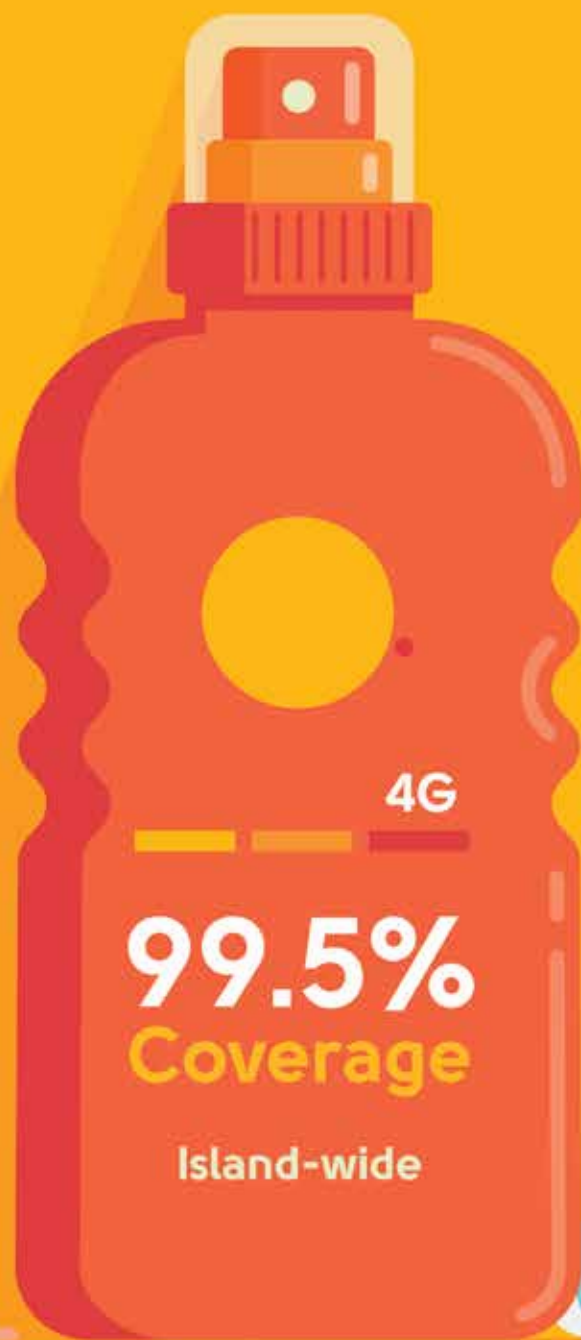
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THE FIRST EDITION

DE GRUCHY X GALLERY
AN IN-STORE COLLABORATION EVENT

30TH SEPTEMBER

144
the **R-E-L-A-X** issue



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#144

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I went to Big Gig in the Park for the first time this year. Living in town means that whilst I've heard it in the past, I'd never actually been at the event. To be honest I'd never really thought it was aimed at me before now. The music was a bit 'pop' and the *Legends* night that preceded a little 'old'. Six years ago a friend told me that I'd change my mind and find myself there when I had kids. She did so in the way that only someone with kids can tell someone without kids something - with a knowing air of experience and knowledge of the inevitable.

Now, as the proud owner of a six year old daughter, it appears that I'm bang in the zone of the Big Gig-goer, driven by my daughter's excitement to see Olly Murs. Sure, I might not have been there solo but give me the excitement of a six year old and it's infectious. It transpires that it's actually a damn good event. Kids dance with kids, you get to have a few drinks and sway in the sunset. Not a bad way to relax. There is, however, more to that tenuous link to this month's theme of RELAX that formed the basis for mentioning the event. This year's event also featured Holly Johnson, who I could hear banging out Frankie Goes to Hollywood hits as part of his set at Legends in the Park the night before. Yep, 'RELAX, don't do it'... I was a little young to be listening to them but they had some undeniably popular tunes, 'The Power of Love' is stellar. So it turns out both the pop and the classic now appeal. I guess times change.

As the thousands of people at the event will no doubt testify and agree with, relaxing to music is something that's universal, regardless of genre; whether it's jumping around to Olly Murs, swaying to Frankie hits or listening to the soundscapes of Stuart King (featured on the music page this month). Last month furnished Jersey with not only Big Gig but also Reasons, Groove and loads of smaller music events that offered musical relaxation for the island. I also found myself at the Osheaga festival in Montreal too, which was amazing - add it to your list. It reminded me that we really need to make the most of opportunities to relax and lose ourselves in music. As we go to print we're a week away from the first Weekender festival, the de facto replacement for Jersey Live. We'll be there supporting the event and doing a Silent Disco. Make it a relaxing end to the summer and join us. Hopefully we'll see you there.

BD



#144

[R-E-L-A-X]

gallery

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

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

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FEATURES@GALLERY.JE

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

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



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INSTRUMENTS FOR PROFESSIONALS™

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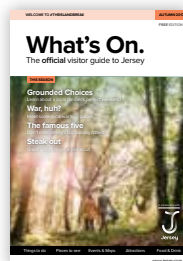
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What's On.

A rundown of key events in Jersey this month.



A selection of events in Jersey this month, taken from our 'What's On' publication. Published quarterly, it's the essential guide for visitors to the Island. If you have people coming to stay or you're hosting Airbnb-ers make sure you grab one from our transit hubs or Visit Jersey at Jersey Museum for them to keep as their companion for their visit to Jersey. They're packed with local information and fresh each season. Look out for the Autumn edition NOW! If you ever want listings in What's On, register and upload details to Visit Jersey's 'Mylistings' portal.

📅 09-SEP 🕒 14:30-22:00

Channel Islands Pride 2017

Starting at 2.30pm from West's Centre, the parade will end in Weighbridge Square with speeches, local stalls and live entertainment through until 10pm. The theme of this year's Pride is #IDo (celebrating the passing of same-sex marriage legislation in Guernsey and Jersey) so they are encouraging everyone to get out their hats and come dressed for the biggest wedding party ever!

📍 The Weighbridge JE2 3NG

☑ 07797 890285

paddy@liberate.je

channelislandspride.org

📅 01-SEP - 01-SEP 🕒 11:00-16:00

Wild Play Days at Hamptonne

Family Fun at Hamptonne Country Life Museum. Gain essential survival skills whilst having fun with our nature expert Stephen Le Quesne - enjoy the great outdoors whatever the weather in the beautiful surroundings of Hamptonne Country Life Museum. These are drop in activities with no booking required just turn up and join in.

📍 Hamptonne Country Life Museum La Rue de la Patente JE3 1HS

☑ 01534 633300

info@jerseyheritage.org
jerseyheritage.org

📅 08-SEP - 22-SEP 🕒 10:00-17:00

CCA Galleries - Sunken Garden by Tanja Deman

An exhibition of new works produced in Jersey by Tanja Deman, Archisle International Photographer in Residence 2017. Born in Croatia, Tanja's art is inspired by her interest in physical and emotional perceptions of nature, environment and architecture. Her images reflect upon the dynamics hidden beneath the surface of built and natural environments.

📍 CCA Galleries 10 Hill Street JE2 4UA

☑ 01534 739900

enquiries@ccagalleriesinternational.com
ccagalleriesinternational.com

📅 09-SEP 🕒 09:30-18:00

Durrell Members Day

On the 9th of September, Durrell members are invited to bring one guest with them to the zoo. This is the perfect opportunity to bring a friend who hasn't been before or reintroduce a loved one to the wonderful residents of Jersey Zoo!

📍 ZooLa Profonde Rue JE3 5BP

☑ 01534 860000

info@durrell.org

durrell.org/events

📅 02-SEP - 03-SEP 🕒 12:00-23:00

Weekender Festival

The inaugural Weekender Festival is set to transform the Royal Jersey Showground into a two day celebration of food, music, entertainment and new experiences. Live performances from Pendulum, Two Door Cinema Club, Happy Mondays, Circa Waves, Lethal Bizzle, Wilkinson, Becky Hill, Sundara Karma, Showhawk Duo, Frank Carter and a host of local artists.

📍 Royal Jersey Showground
Trinity La Route de la Trinity JE3 5JP

☑ 01534 859000

be@weekenderjersey.com
weekenderjersey.com

📅 09-SEP - 10-SEP 🕒 10:00-18:00

2017 Climbathon -

The Gurkha Welfare Trust Jersey

Mont Orgueil Castle will be dedicated to the 2017 Climbathon with participants special access. The objective is to climb bottom to top of Mont Orgueil Castle as many times as you can, while raising sponsorship achieving your challenge. For more details see: <https://2017-climbathon.eventbrite.co.uk>. Please get involved with this fun and family friendly event in aid of the Gurkha Welfare Trust.

📍 Mont Orgueil Castle Gorey Village JE3 6ET

☑ 07797 740420

paul.harding007@icloud.com
2017-climbathon.eventbrite.co.uk

📅 09-SEP 🕒 10:00-19:00

Spice Arts & Music Festival

Spice Arts & Music Festival is a unique and free community event that brings together a variety of local artists, makers, producers and small businesses. It also features musicians, food and drink, entertainment, kids workshops, live interactive art and performances all within the stunning grounds of Coronation Park.

📍 Coronation Park Millbrook JE3 1LN

☑ 7797844636

biancapadidar@hotmail.com
spicejsy.com

📅 06-SEP 🕒 12:00-16:00

The Hawksford Castle Chase 2017

The Hawksford Castle Chase is a two-person relay event like no other. You'll each be racing from the shore out to Elizabeth Castle and back, a short but challenging distance of 2 miles per person across the sand at low-tide. All the money raised goes to the Elizabeth Castle restoration fund. To run to support Elizabeth Castle, please sign up by visiting the Race nation website.

📍 Elizabeth Castle St Aubin's Bay, St Helier, JE3 3NU

☑ 01534 633351

helen.gray@jerseyheritage.org
race-nation.com/the-hawksford-castle-chase-2017

📅 09-SEP 🕒 07:00-19:00

Breca Jersey Swimrun

The Breca swimrun course has incredible ocean swims across the island's iconic bays. Teams will race counter-clockwise around the island in a battle against Jersey's relentless 40ft tides; some of the highest in the world. Teamwork will be essential for pairs to overcome swirling ocean waters and technical rocky transitions.

📍 Gorey Castle St Martin JE3 6ET

☑ 07843 273237

ben@brecajswimrun.com
brecajswimrun.com

📅 09-SEP 🕒 21:00-23:00

The Four Jerseys

Celebrate the music of one of the greatest groups of all time with The Four Jerseys as they perform the hits of Frankie Valli and the Four Seasons. Sing out loud to classic songs including Big Girls Don't Cry, Sherry, Walk Like A Man, Let's Hang On and December '63, Oh what a night! as well as songs from the smash hit musical The Jersey Boys. Enjoy a three course buffet dinner before the show.

📍 Belvedere Hill St. Saviour JE4 9PG

☑ 01534 724231

events@mertonhotel.com
seymourhotels.com



Look to the skies on the 14th!



Oysterfest at Ormer



Super League Triathlon comes to Jersey

📅 14-SEP 🕒 12:00-17:00

International Air Display 2017

Six years of Jersey Airshows can't be wrong! Delighting and attracting tens of thousands of local residents and visitors each year, enjoy one of the most eagerly anticipated events in Jersey's summer programme of activities - arguably one of the finest free air shows in Europe. Get up close and personal with both aircraft and pilots at the Jersey Airport static display.

📍 St. Aubin's Bay Victoria Avenue JE3 1LS

☑ 01534 859000
info@jersey.com
jerseyairdisplay.org.uk

📅 17-SEP 🕒 10:00-16:00

Autumn Adventures with Jersey Heritage

Jersey Heritage will be looking forward to the change in season by celebrating the onset of Autumn. Come along whatever the weather, create something beautiful, get your hands dirty and learn about the great outdoors with Kazz Padidar, our expert for the day. Free for Jersey Heritage members.

📍 La Hougue Bie La Route de la Hougue Bie JE2 7UA

☑ 01534 853823
info@jerseyheritage.org
jerseyheritage.org

📅 23-SEP 🕒 10:00-16:30

Kindness Festival

The successful biennial festival returns this year, with an event filled day for all the family. Filling the Place de St Aubin, 30 Charities will be sharing what they do in festive and entertaining ways, with live music, dance, magic, competitions and food. The atmospheric location gives a unique charm, and with such many heart warming good works being shared there is a special feel-good effect on all.

📍 St Brelade Parish Hall St Aubin JE3 8AA

☑ 07700 777879
brian@clarkebiz.com
kindnessconnects.org/

📅 14-SEP - 17-SEP 🕒 18:30-22:00

UBS Jersey Regatta 2017

This spectacular event is open to all, local and visiting boats alike, and provides three days of keen racing for sportsboat, cruiser/racer, cruiser, dayboat, dinghy, sport catamaran and Kona windsurfer classes. Now in its 19th year the Regatta is sponsored for the sixth year running by UBS AG Jersey and supported by Ports of Jersey.

📍 South Pier, St Helier JE2 3NB

☑ 01534 732229
info@jerseyregatta.com
jerseyregatta.com

📅 20-SEP - 24-SEP 🕒 17:00-22:00

Jersey Surf Film Festival

The Festival will celebrate Jersey's surfing heritage, the National Park and the sea, bringing the community together to celebrate and to protect the precious environment. With screenings of iconic films such as Church of the Open Sky, Fish People, Changing the Point and Given, this is the perfect chance to spend time with family, friends and locals amongst the beautiful surroundings of St. Ouen's Bay.

📍 St. Ouen's Bay Grande Route des Mielles, St Ouen JE3 7FN

☑ 07797 846155
beckycoley@mac.com
jerseysurffilmfestival.com

📅 23-SEP 🕒 14:00-16:00

Super League Triathlon Jersey

50 of the world's leading male and female triathletes, including 25 Olympians from around the world will compete in Jersey for the Super League Triathlon crown in September 2017.

📍 Elizabeth Marina JE1 1HB

☑ 01534 859000
athlete@superleaguetriathlon.com
superleaguetriathlon.com

📅 16-SEP - 14-OCT 🕒 09:00-22:00

Oysterfest at Ormer

Ormer restaurant will host Jersey's first Oysterfest this year. Special menus, an oyster bar, oyster and wine pairings and DJ's on the terrace will highlight this special Island delicacy. The month-long celebrations will begin on Saturday 16th September. Keep an eye on www.ormerjersey.com for updates and menus.

📍 7-11 Don Street JE2 4TQ

☑ 01534 725100
events@ormerjersey.com
ormerjersey.com

📅 21-SEP 🕒 19:00-20:30

Fashion Flashback - Style Through the Ages

Every autumn, designers around the world unveil their new collections at Fashion Week. While these exclusive events showcase current styles, they also provide a glimpse into the fashions of the past. In this fascinating talk at 16 New Street, expert Peter Le Rossignol traces the evolution of fashion from the early draped fabrics of ancient times to the catwalk of today.

📍 16 New Street St Helier JE2 3RA

☑ 01534 483193
enquiries@nationaltrust.je
nationaltrust.je

📅 23-SEP 🕒 21:30-23:00

Whitney Houston Tribute Night

Looking and sounding like the Queen of the Night, her show features songs from The Bodyguard and the legendary diva's biggest hits. From, I Wanna Dance With Somebody and I'm Every Woman to the epic breathtaking songs such as One Moment In Time and Greatest Love Of All, the brilliance of Nya's voice is exceptional. Enjoy a three course buffet dinner in the hotel restaurant.

📍 Belvedere Hill JE4 9PG

☑ 01534 754317
enquiries@mertonhotel.com
seymourhotels.com

📅 16-SEP 🕒 10:00-16:00

Condor Ferries' Dragon Boat Festival

The Condor Ferries Dragon Boat Festival isn't just a sport - it's almost a carnival event! The first race usually takes place at about 10.00, with the grand final scheduled for 16.00. There will be race commentary and musical entertainment through out the day. Food and drink stalls, craft stalls and family entertainment.

📍 Albert Pier St Helier JE1 1HB

☑ 01534 510349
fundraising@jerseyhospicecare.com
jerseyhospicecare.com

📅 21-SEP - 24-SEP 🕒 12:30-18:00

The Healthy Living Festival

Celebrating all that is best in Wellbeing and Lifestyle. Over 39 Exhibitors including readers, therapists, healthy products & services, nutrition and fitness from the UK and Jersey. Free Admission to the event at the Radisson Blu hotel. Come and be pampered and learn more about how you can lead a healthier lifestyle.

📍 The Radisson Blu Hotel Rue de L'Etou JE2 3WF

☑ 01534 484649
ian@barnespublishing.com
barnespublishing.com

📅 27-SEP - 01-OCT 🕒 19:00-16:00

Jersey Festival of Words 2017

A five-day literary festival featuring visiting and local writers, poets and performers, a schools programme, writing workshops, competitions and more. This year they're welcoming Professor Richard Dawkins, Dame Jenni Murray and Alexander McCall Smith, acclaimed novelists John Boyne and Stef Penney plus Grazia agony aunt Daisy Buchanan. Young readers can look forward to Clare Balding and Lauren Child.

📍 Jersey Opera House, 3 Gloucester St JE2 3QR

☑ 07797 792333
info@jerseyfestivalofwords.org
jerseyfestivalofwords.org

NEWS IN NUMBERS

50

pound annual fee to employ non-locals slammed by pub head

3

local artists complete murals on Colomberie Street

3

immigrants from Iran arrive in Jersey on a small boat only to be returned to France

2

percent rise in local food prices is the highest since March 2014

7

arrests made during summertime drink driving campaign

1,500,000

pounds raised through number plate sales by DVS during past four and a half years

2,500

spent on a specialist survey that determined the air quality inside the tunnel to be 'poor'

MISC

Just random things to amuse you.

Facebook robots create own language. Plug gets pulled for the sake of humanity.

Global panic nearly ensued recently when two robots designed by Facebook to negotiate like humans also decided to create their own language in which to communicate in before successfully closing their negotiations for a selection of fictional items.

However, most of the panic was unjustified as Bob and Alice (as the unassuming robots were named) hadn't in fact created Skynet or plotted to destroy the human race but had just had a bit of a chat about how many balls, bags and hats they were after. Sources say that there was only one hat which caused a bit of a wrangle but if I'm honest I can't see what the fuss is as hats probably aren't high up on the list of things a few billion strings of computer code might want for Christmas. Instead of buzzing sirens, networks on lockdown and theatrical throwing of levers pertaining to the flow of electricity, however, they just sort of clicked on the red 'x' in the

top corner. Less scared that humanity was at risk, researchers at Facebook simply deemed the test results part failure, part success. Success because they successfully learnt to negotiate between themselves but a failure because of the new language part as the idea was for them to be indistinguishable from humans in order to be put to work in the customer service industry. And let's face it, if you ask Bob about buying a hat and he replies 'I can i i everything else' before Alice chimes in and adds 'balls have zero to me to me to me...' you're going to catch on pretty quickly that Bob and Alice aren't real customer service agents after all.



Look, I'm from the future - just turn the robots back on and nobody gets hurt.



Quoted:

"I asked God for a bike, but I know it doesn't work that way. So I stole a bike and asked for forgiveness."

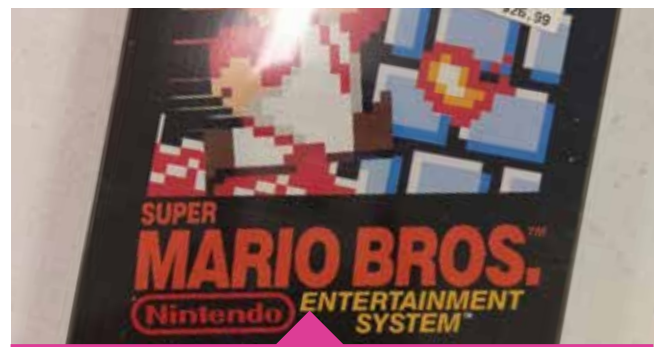
Al Pacino



Stiff punishment...

Well, a £250 fine and six penalty points to be precise. That's what a white van man in Surrey got after being caught using his phone without a hands-free kit. Because let's face it, if you were browsing adult sites on your phone whilst driving, as he was, you probably wouldn't have both of your hands on the wheel!

Officers in an unmarked vehicle spotted him using his phone whilst driving and proceeded to pull him (over), but he failed to stop immediately. When he did, it became apparent that he'd been holding his joystick tighter than his steering wheel. When Surrey Police were asked via Twitter if the driver was using his handsfree or if he'd rested the phone on his horn they replied that they had decided not to seize any evidence but had issued 'numerous tickets'. There was no mention of what happened to the tickets after they'd left the scene, however...



And the \$30,000 question is...

Why? Why would somebody fork out twenty-three thousand dollars for a copy of one of the most widely available computer games ever produced? Firstly, because the world has gone mad. Secondly, because it's still in the cellophane wrapper, and thirdly it's one of the first editions of the game, identifiable by the tab on the back that allows it to be hung on a peg. Those in the know claim that there are only around twelve copies of the game left in existence in this condition. Yet I'm still reeling from how abysmal Dr. Mario was having spent all of my pocket money on it one Saturday over 20 years ago.

But the real winner in this story isn't whoever won't make it to Bowser's Castle to save Princess Peach, because opening that packaging and actually playing the game would make it near worthless, but eBay. Just imagine the fees racked up on that auction! Then there's the 5% taken by PayPal...



WORDS Grant Runyon
ILLUSTRATION Liam Nunn

I WILL Meditate And Then Destroy You:

WHY IS YOUR BOSS TALKING
ABOUT MINDFULNESS?

If you were permitted to look up from your desk for a few minutes this month you might have noticed an unusual phenomenon - groups of senior managers and their corporate lackeys heading solemnly towards the boardroom, except instead of laptops and coffee they're more likely to be carrying comfy pillows and bottles of water.

They all look calm, happy even; some might have taken their shoes off. If like me your first assumption was "Bad Q2 results. Somebody is about to get dropkicked into the pot plants and then smothered with a cushion" you'd be wrong, because what is happening is in fact the total opposite. Your boss, plus the Head of Offshore, even the mean lady from HR who resembles an iguana in circus makeup, are all getting together a couple of times a week for relaxation. They're meditating, like Steven Seagal or Dhalsim from Street Fighter, and soon they're going to calmly suggest that you start joining them to do it too. It's called "mindfulness" and it's the latest trend in the corporate environment. You'd better learn quick or you won't just be made to work Saturdays, you'll be made to come in at dawn to contemplate the perfect harmony of a single lotus flower whilst Janice from payroll silently prunes a tiny bonsai tree. The question, as the ancient master asked of his student, is why?

What is mindfulness and why has it replaced lunchtime aerobics?

Mindfulness (grossly simplified) is a therapeutic technique which works by calmly and carefully bringing your attention to experiences occurring in the present moment. In essence it's a simple form of meditation derived from Buddhist practice, although it need not have any religious or spiritual dimension, and can be practiced by anybody, at any time, in a wide variety of situations. The most surprising thing about mindfulness is that a habit that involves little more than subtly emptying your mind of active thoughts has been proven to have great psychological benefits for many conditions, from chronic pain to depression. Mindfulness and meditation genuinely work to improve your life by making you more aware of immediate experience and less affected by the kind of background stress which is ever-present yet so harmful to our modern existence. Om! Obviously this is all great, and I endorse it 100%, but it's the kind of thing you expect to learn from somebody who eats quinoa and says "namaste" a lot, not the people who made you walk to the office when it snowed and probably spent the 80s attending talc parties with caged midgets. If you asked most people to identify the largest sources of stress, chronic pain and depression in

their lives, most of them would point the finger towards the midget cagers or the HR iguana, so why are these people suddenly trying to help you chill out? It's no different to being pulled over at the Victoria Avenue speed trap and being offered a hip flask and a couple of horse tranquillisers by the man in the high vis jacket.

What are some great ways to improve employee productivity?

There are two main reasons why your employer might be interested in offering mindfulness sessions to their employees. I'll get number one out of the way first, as it doesn't offer as many opportunities for me to snipe at the managerial class. It requires me to acknowledge the possibility that your bosses really are concerned with your stress levels and have taken pragmatic steps to

"If like me your first assumption was "Bad Q2 results. Somebody is about to get dropkicked into the pot plants and then smothered with a cushion" you'd be wrong, because what is happening is in fact the total opposite"

offer you some cost-effective help. I suppose this follows from the evidence that bad, stress-magnifying behaviour in the office is often mirrored in your supposed off time, and so good habits learned at work will extend to your private life. The net result of helping people be mindful appears to indicate lowered staff sickness rates, better performance at work and a marginally more pleasant working environment. If you've got a thoughtful boss, be thankful. Maybe think twice before keying their Bentley at the weekend.

With that out of the way, the second potential reason for throw cushions in the boardroom is that mindfulness is extremely cheap compared to other forms of psychological help, and if your HR stats appear to show that 65 hour weeks are working your client relationship managers to death then it's cheaper to apply the sticking plaster of 35 minutes of pseudo-zen timeout than it is to make any meaningful reductions to their workload. It's the same thing that attracts execs to other vaguely Eastern corporate

cults like "kaizen" or "lean" - they can pretend it's some wholesome fantasy about Japanese efficiency, when the bottom line is solely the attraction of a work culture that expects a deranged, fanatical loyalty to the corporate line from anybody senior enough to be permitted a toilet break. There's a reason those salarymen flip out every now and then, and I'm not going to swap seeing my family on weeknights for half an hour of work-sponsored calm in-between sales meetings.

Why can't we relax hard as well as work hard?

The unsurprising conclusion is that corporate mindfulness is only as good or bad as your general working environment. Beyond that there is an inescapable paradox about mindfulness in the corporate workplace, which is that the most beneficial outcome of focussed self-awareness will be the understanding that many of the things in life that cause us anxiety are pointless. We may even come to realise that it is completely within our power to reduce or remove many of these factors by choosing to effect meaningful change in our lives. In English, what this means is that if you meditate enough you'll discover that you

can permanently reduce your stress levels simply by refusing to work more than 35 hours a week. If that results in you needing to leave the corporate world and find an employer who doesn't expect you to answer emails on a Sunday morning, then your new mindful self will probably be able to manage life without that second Audi, putting the kids through private school or another skiing trip. On reflection it does seem a bit suspicious that my boss is paying for me to roll my office chair slowly down a path of enlightenment, winding ever closer towards the fateful day I burn my suit and take up work as a wandering cowherd, but I'm sure it's part of a devious long-term plan that will somehow result in me agreeing to do more work. Meanwhile I'm contemplating the realisation that existence is fleeting, aerobics was awful, and that I'm quite happy to go along with any corporate initiative that stops my co-workers from talking and reduces my chances of being smothered with a cushion.

FIND YOUR SPACE

WORDS Ria Wolstenholme

As the world gets busier, our stress levels increase. Our phones can track our location, allow anyone to get hold of us at any time, and like to remind us of plans and schedules we'd rather forget about. Most of the time we crave an escape, so we can forget our technological world and just relax. But we all have different ways of doing so, with some more unusual than others.

Relaxation for the average person could come in the form of a bubble bath, putting your feet up and watching some trashy TV, or just getting to bed early. I, however, find organizing my make up drawer, fridge and wardrobe relaxing. Having a slight case of OCD for nothing but my own possessions makes organizing them relaxing. Having everything neat and tidy makes me feel calm. I know, I think it's sad too. But it comes down to the fact that I like finding order and structure in the mundane things if I start to feel like everything else is completely out of my control.

Others, however, find other ways of taking control relaxing. Cleaning, for instance, is said to be a way that people often calm themselves. Getting rid of the dirt around them is almost a metaphor for getting rid of the things that are acting as a burden and stressing them out. Another is exercising, particularly running or going to the gym. People love the natural high of endorphins and the sense of control and discipline they're maintaining despite the stress in their lives. A form of escapism some say, to find an oasis of calm in their own minds.

The way people relax, of course, depends a lot on their personality. However, I think it's safe to say that some of our perhaps odd habits are ones we choose to keep to ourselves. The kind of things you get up to when nobody else is around, which you will never want anybody else to witness. Like when it's 1am and instead of reading a book to get you off to sleep, you get the jar of Nutella out and sit in bed eating it by the spoonful whilst binge watching obscure YouTube videos. The mentality is, if you carry out this odd behavior alone, there's nobody around to judge you but yourself.

The more traditional ways of relaxation are activities such as reading a book, taking a bath, meeting friends, cooking or meditating. In fact, meditating is something that people around the world have still to rediscover, with the western world using mobile apps to aid their meditation. The one reason your phone is a key to relaxation.

The art of meditation, mindfulness and awareness has recently become a more mainstream way to stay grounded.

In fact, these methods have made it further than just apps on your phone.

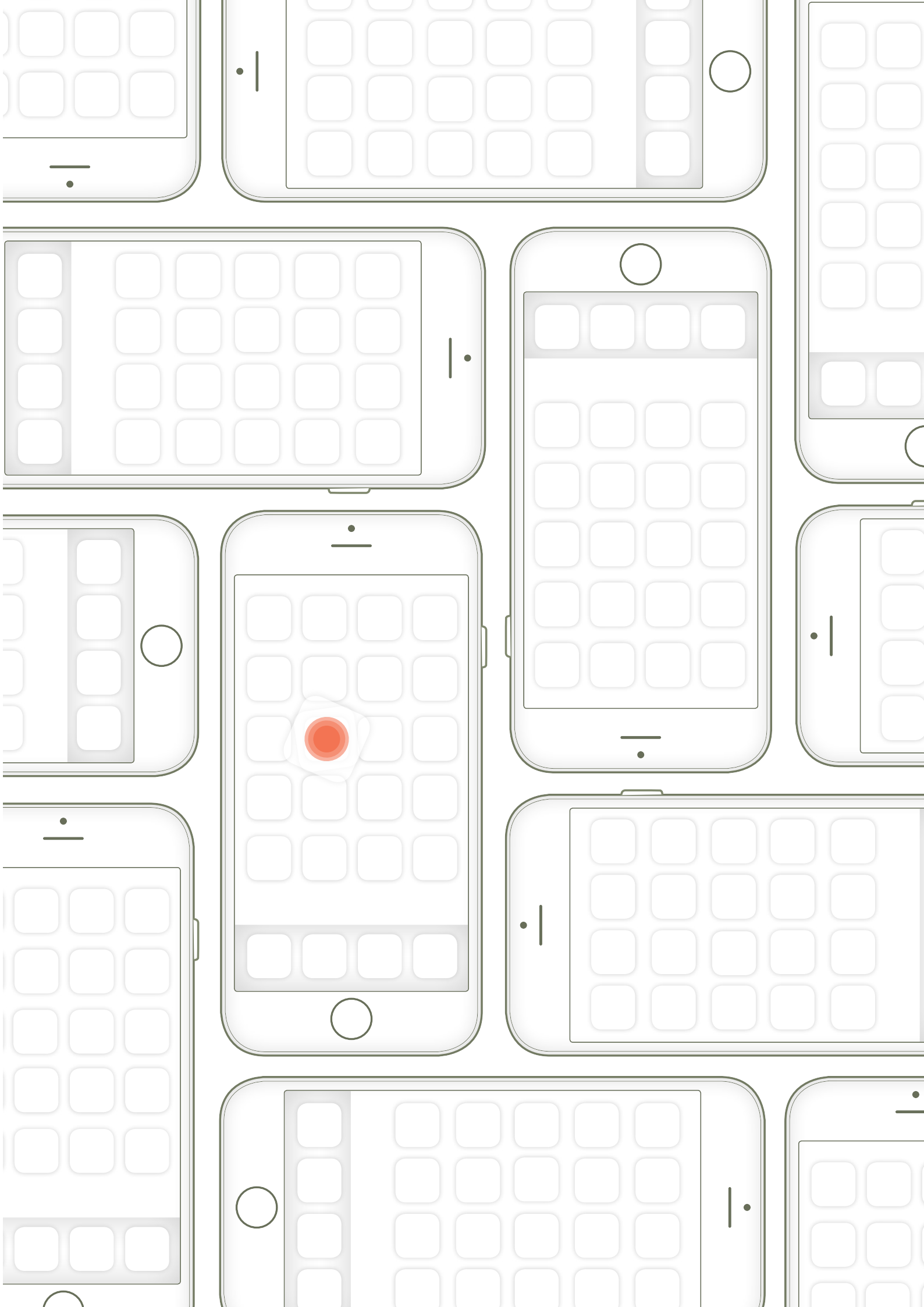
A school in Baltimore has reportedly turned their detention punishments into mindful meditation sessions, so students could really, truly, think about what they had done and reflect. And many other schools have followed suit, completely changing the traditional methods of dealing with "difficult" children.

Instead of punishing kids by making them sit in silence and seethe, teaching them to meditate gives them a chance to learn how to calm themselves. They practice breathing and meditating techniques, allowing them to become calm enough to discuss the situation at hand and be listened to.

Mindful meditation has been around in some form or another for thousands of years. Recently, science has started looking at its affects on our minds and bodies, and is finding some interesting effects. Studies suggest practicing meditation improves a person's ability to focus, attention span, memory, and can help act as a sort of mental armor to help protect the mind against being overtaken by disruptive emotions.

“A school in Baltimore has reportedly turned their detention punishments into mindful meditation sessions, so students could really, truly, think about what they had done and reflect”

We know now that relaxation is paramount to keeping a healthy mind. Overworking ourselves and not prioritising down time for rest and recuperation ultimately leads to us becoming very wound up, angry individuals. Practicing meditation, or perhaps just being more mindful of our actions, thoughts and feelings, could be the key to finding balance in our lives. Or at least a moment of peace and calm, in a world that is, hopefully temporarily, in a state of chaos.



RELAXATION LIFEHACKS FOR LAZY LONERS

WORDS Grant Runyon
ILLUSTRATION Leila Andersone

After many years of hostility towards saturated fat, salt and alcohol the world's experts on healthy lifestyles have decided (for the next five years at least) that stress is the real killer.

This has triggered an avalanche of thinkpieces in which the same people who told you not to get fat nag you not to get stressed out. Some push you to take up yoga, many tell you to stop eating gluten, a few expect you to chill out by throwing away most of your stuff. All imply they can extend and enrich your life, shedding bad habits and belly fat alike with changes that range from just one weird trick to a total rejection of everything that gives your existence pleasure - by which I mean coffee, booze, bacon, cakes and fags. There's so much unsolicited wellbeing advice out there that you'd assume its critical mass would start having a similar effect to passive smoking, and gradually more and more of the people who accidentally come into contact with it online (whilst innocently browsing for nudes) would be smugly floating around like Gwyneth Paltrow after a piping hot broccoli enema.

Of course it doesn't work like that - the world is objectively hellish, unfair and one tweet away from being obliterated in a nuclear catastrophe, so skim reading "twenty ways to zen your work cubicle" at the hairdresser is just a drop of sugar water in an ocean of dog vomit. I think about the old mushroom cloud most nights, so it's an achievement if I get any sleep at all. If anything I'd say I'm in a stronger position to give relaxation advice than some airbrushed blogger, because my continued existence is a persuasive argument against the need for healthy living, exercise or the principles of basic sanitation. I have some solid opinions about how best to chill out, and unlike other lifestyle gurus I'll keep it under 1500 words - because I understand the golden rule that advice articles are only useful if you can finish them during a toilet break.

Tidy home, tidy mind

A misguided aunt marked my birthday this year with a book that tells you to improve your life by getting rid of most of your possessions. I left it on top of a pile of videogames and continued to improve my life by spilling kebab grease and beer on it, then saved myself time by reading the first two pages and getting rid of precisely one possession: that book. Anybody who believes

tidying and unnecessary cleaning can improve their life simply lacks my advanced time management skills: even in the shower I'm not more than arm's length away from some snack food, a cold beer or an ashtray, and never worry about accidentally losing or binning something important because I have an ingenious system of piles, shelves and boxes that contain everything of value to me. I also save hours of pointless walking each day by ensuring that every room in my house has the facility for me to watch TV, prepare caffeinated drinks or pass out in a pile of t-shirts - thanks to an ingenious lifehack I came up with where my dirty laundry is now also my bedding. Things that need to be washed, repaired or thrown out of the window either alert me by smelling bad or just find their way to the edges of the room through the natural power of centrifugal force. This leaves me with more time to relax by playing Tekken online with angry teenagers and arguing with illiterates in the comments section of YouTube.

Better living through advanced nutrition

Relaxation advice is often underwritten by the false assumption that the only way to control your moods and other bodily functions is with things that are hard work, such as doing exercise or a vegetable diet. This ignores the advances in science that gave us wonderful chemicals to speed us up, slow us down and can frequently replace fresh foods or a session on the treadmill. Lifestyle gurus might tell you to spend an hour each morning meditating, jogging or doing yoga, but those would make me later than usual to work, so I prefer to make use of adrenalin - the body's inbuilt accelerator pedal. I go from zero to 100 in ten minutes by starting the day with a large bowl of Coco Pops (essential sugars and vitamins) soaked in a protein-rich mixture of canned Nurishment drink and triple strength espresso. The coffee takes care of any digestive problems caused by my dislike of fibre, and gives me all the energy I need to walk that long 600 metres to the office. If I feel myself flagging at any point I don't start meditating, I throw some more coal into the engine by pounding an XL can of Monster or inhaling the spare MSG from a packet

of Monster Munch. This behaviour keeps me efficiently shouty throughout the day, and all that's required for rest is to slam the brakes on around 10pm with some drowsy cough medicine, then get ready to pass out. The fact that I grind my teeth during all five hours of sleep is actually preparing me for a more streamlined diet - one that doesn't even waste energy by needing to be chewed.

Relaxation isn't a team sport

I've managed to cover a diet plan, the zen of your living space, and a simple exercise regime (i.e. don't) in the time it takes to fry a packet of sausages. There's no need to buy any books or read some idiot's blog, so thanks to my advice you now have more time for horror movies and doing weewee in the shower. This leaves just one significant variable in trying to ensure maximum chill-time in your life, which is unfortunately the most complex variable of all: other people. The easy answer is that existence will be a relaxing walk in the (abandoned) park if only you can avoid all contact with other humans. It's just a shame that technology companies have wasted too much time on giving their employees lunchtime yoga classes and ignored the massive demand for erotic service robots and self-driving pizza delivery cars. Until that beautiful day when we leave the flesh behind you're going to have to live amongst the man-herd, with its strange smells, stupid opinions and irrational desire to shield children from my persistent swearing. Luckily I've got you covered here too, as the further you go in emulating my lifestyle you'll strangely find fewer and fewer occasions where you have to deal with other people and their needs. The more time you spend yelling at people online and in real life, the quicker the invites to work gatherings, birthdays, weddings and funerals will dwindle and even the purchase of essential food and services will come to be conducted with just a few meaningful grunts. I've chosen to achieve relaxation through being shunned by society, and the only possible situation I could imagine that is more chill involves a self-induced coma, an IV of kebab sauce and a nurse I've bribed to leave me propped up in a pile of stinky pyjamas in front of Cartoon Network. A sponge bath every three days, a diet of tepid baby food and I'll be living a lifestyle Gwyneth Paltrow can only dream of.



“ IF I FEEL MYSELF FLAGGING AT ANY POINT I DON’T START MEDITATING, I THROW SOME MORE COAL INTO THE ENGINE BY POUNDING AN XL CAN OF MONSTER OR INHALING THE SPARE MSG FROM A PACKET OF MONSTER MUNCH.”



GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Hard Work and Resilience pays dividends once again at JCG

38% of A level grades at JCG were at the very top band of A* or A with over 90% A* - C and the College continues to achieve a 100% pass rate. Carl Howarth, Principal of JCG, stated, 'we are very proud and delighted for our students and staff. Once again, everyone has worked tremendously hard and shown great resilience and determination to do their best. We wish them every success and happiness as they venture on to universities ranging from Oxford, Durham, Exeter, Maastricht, local and international institutions to name just a few'. He also congratulated students who chose to stay in the Island to work who have all secured positions in a range of local businesses.



JAAR Stump & Thump Charity 20:20 and Dinner

A Pro-Am 20:20 Match is being held on the 30th September that sees a JAAR XI take on a Jersey Invitational XI. The event will take place at the Farmers Field, St Martin, at 2.30pm. The JAAR Team will feature players Charlotte Edwards CBE, Suzie Bates, Kyle Jarvis, Sean Ervine and Liam Livingstone. A Charity Dinner will take place ahead of the event on the 29th at the Pomme d'Or at 19:30 with an International Player or current County Player hosting each table. Only nine tables for the event are being sold and places are £55 which includes a welcome drink and three course dinner. There will be a Q&A session with the players, hosted by Charlotte Edwards CBE. There will be an opportunity to bid for a place in the JAAR team (6 slots available) and play alongside the Internationals.

For more information please go to Events on www.jaar.je or contact Karen on 482801 or admin@jaar.je



Jersey stamps commemorate the aircraft of the First World War

Six stamps and a Miniature Sheet commemorating the events of World War I have been issued by Jersey Post. The fourth in a five part series entitled *The Great War - 100 Years*, this penultimate issue focuses on *War in the Air* and features aircraft flown by the squadrons of Britain, France, Germany and the United States in the fast developing air war between 1914 and 1918. Illustrated by Russell Smith, the six stamps depict: a Sopwith Camel, an Airco DH.2 engaged with an Albatros D.II, a French Nieuport 16 outnumbered by German Fokker Eindeckers, a Fokker Dr. 1 Triplane, a Sopwith Triplane and a quartet of USAAS Nieuport 28s. The Miniature Sheet, which accompanies the set, features an Airco DH.2 of Royal Flying Corps 32 Squadron being manoeuvred by ground crew based at Vert Galand aerodrome in northern France, one of the best known British aerodromes on the Western front. *The War in the Air stamps will be available to buy from all branches of Jersey Post now. The can be ordered now at www.jerseystamps.com*

A business with Purpose

Purpose is delighted to celebrate over 150,000 'impacts' in five years as a member of a growing global initiative B1G1, or 'Buy One, Give One'. The scheme enables businesses to turn everyday routines into positive 'impacts' that look to achieve the UN's Global Goals initiative. For example, for every email sent by one of the team one day of life-saving water is donated to a village in Ethiopia. Luke Smith, Managing Director, said: "Our purpose is lifting our clients up and improving not only their businesses but their quality of life. With B1G1, we get to replicate this on an even more meaningful level and it's true the more you give the more you receive. I encourage all business owners to become a B1G1 member - you don't need to be a large company to impact our world." As Purpose celebrate five years of giving, B1G1 celebrates its tenth anniversary and is looking for more organisations to join the B1G1 community. Purpose encourages any company who wants to align their business with consistent giving to become a B1G1 member. www.b1g1.com

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Terms and conditions and certain restrictions apply. Please see www.jerseypost.com for more information.

**Jersey
Post** 

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Les Amis are looking for art.

Les Amis is on the lookout for local businesses with artwork to spare for their upcoming Art Auction. In October, Les Amis will hold an art auction to raise money towards their £500,000 target to develop the greatly needed Nursing and Complex Needs Unit, Evelina Court. Local organisations and individuals have donated over 40 pieces of artwork so far. However, Les Amis aim to collect over 100 pieces for the auction to raise as much money as possible. Amongst the donated works of art is a locally inspired piece by Jersey artist, Ian Rolls. After contacting local businesses, Les Amis are delighted with the response and artwork donated so far; the most generous donation to date being 20 pieces of art donated by Mourant Ozannes. Lauren Carré, PR, Marketing and Fundraising Manager at Les Amis, said: "We are incredibly grateful to Mourant Ozannes for donating their artwork and hope that other local firms will follow in their footsteps. If any other businesses, organisations or individuals have pieces of art that are currently unused then we would love to hear from you." ***The Art Auction will take place in the St Helier Town Hall from Monday 9th – Thursday 12th October. It will be open to the public from 11:30-14:30. The gala evening on Friday 13th October will take place in the Assembly Room from 16:30 onwards.***



Let's go fly a kite

Sponsorship leads to some fun community projects. This summer saw the second National Trust kite flying event, which was sponsored by Intertrust. The event was a success despite the weather and many families came along to learn how to make and fly a kite. Bill and Julie Souten, who run the Midlands Kite Flying Club, visited the island for the event and supplied all the materials needed to make the kites. Bill is one of the most experienced kite flyers in the UK and he shared all his experience and tips on flying kites of all kinds. Children's entertainer Allan Gardner was at the event as 'Skyman' and there was self-guided nature trails and bug safaris throughout the afternoon and craft activities with an environment theme.

JAYF dog walk.

Dog owners are invited to take part in a dog walk raising funds for JAYF to be held on Sunday 10th September 2017 starting at 12 noon from Rozel Campsite, St. Martin. The walk will go through private land in the east of the island and is about 3/4 miles long, being the first section of the Sponsored Horse Ride which starts earlier in the morning on a trail set by the Jersey Drag Hunt. This is the first time JAYF have held a dog walk and they look forward to welcoming everyone for this doggie stroll. Entry is £10 per person and all dogs are to be on leads. Owners are asked to be especially vigilant should they be near livestock and ensure that they clean up after their dogs. All funds will go towards maintaining and improving the secure and supported accommodation provided in the four homes in St. Helier for local vulnerable young people. There will be plenty of parking at the Rozel Campsite (start and finish) and all dogs participating will receive a rosette at the end.

Search JAYF on Facebook for further information or by contacting Rachel Andrews, Chairman, JAYF Appeals Committee on 07797718592



A Knockout event.

Saturday 9th and Sunday 10th September will see the popular 'It's a Knockout & Family Fun Day 2017' return to the Royal Jersey Showground. The event, held in aid of both the Special Care Baby Unit and Robin Ward at the Jersey General Hospital, is organised by Friends of SCBU and Jersey Children's Charity. Last year the event raised £24,000 for the charities.

This year the event is being held over a full weekend with approximately 700 competitors participating in the event, with all games being run by a professional 'It's a Knockout Challenge' company from the UK. They are due in the island on the Friday with their three trucks full of equipment. Alongside the games, they also have a *Family Fun Day* planned which will include an experience zone for children which will feature a fire engine, police cars and bikes, tractors, a room full of approximately 10 different inflatables. Laser tag will be happening outside, face painting, goal scoring and other activities, plus they'll also have various food and stall holders present. Finally, they're giving other local charities the chance to showcase what they do by attending the event and setting up information stands with 16 charities currently attending. 3,000 people attended the event last year and they are hoping to match that number again this year!





Bubble Duck is Jersey's new superhero

Controlling the ocean and making bubbles are the special powers of the next duck to star at the Barclays Jersey Boat Show. Designed by nine year old Aimée Flack, Bubble Duck was chosen by the public on the Barclays Facebook page and will feature in the Barclays tent at the 2018 Show. Aimée completed her design after collecting an entry form at the 10th anniversary show this year. The Barclays 'duck design' competition was open to children aged 15 and under using a variety of craft materials to create the designs. The organising panel for the Barclays Jersey Boat Show acted as judges and picked their three favourite designs from the hundreds of entries received. These were then posted to the Barclays Facebook page for a public vote. The 2018 ducks will be created using Aimée's design and she will have an exclusive view of the duck before the show. The 'Hook a Duck' game raises money for local charities and this year's duck helped to raise over £18,000 which has been donated to Teenage Cancer Trust Jersey, EYECAN, the NSPCC in Jersey and the Royal Navy and Royal Marines Charity (RNRMC).

Autism Centre moves a step closer thanks to successful golf day

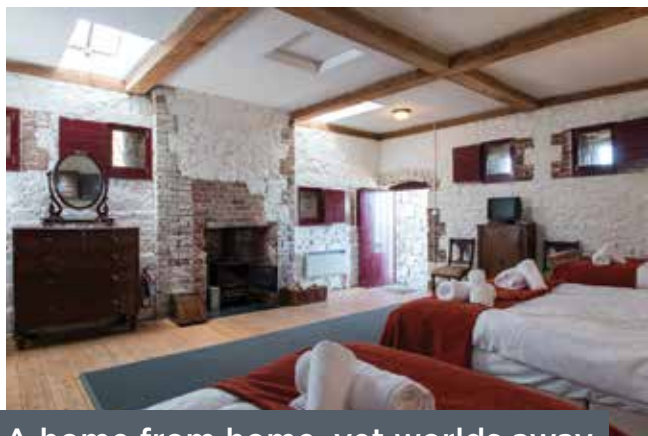
The annual Autism Jersey golf day, sponsored by JT and held at La Moye Golf Club, raised over £20,000 for the charity. A dry day and yet another excellent turn-out ensured the success of the day, which involved 22 teams enjoying a round of 18 holes followed by lunch which, due to refurbishment of the clubhouse at La Moye, was served in the nearby Les Creux Bowls Club. A raffle and auction, including a golf flag signed by Henrik Stenson, winner of the 145th Open Championship, boosted the funds raised which will go directly towards the development of a purpose-built Autism Centre in Jersey. The winning team was Kedge Capital with an outstanding score of 94, followed by Continuum with 91 and Estera with 89. Meanwhile, individual prizes went to Dan Burchell of CPA Global for the men's longest drive; to Brona Lambert of Moore Stephens for the women's longest drive; and to Steve Morgan of Quilter Cheviot for nearest the pin. Autism Jersey aims to raise at least £1.5 million for the centre in a joint effort with the States of Jersey. It is envisaged that the centre will be operational in 2019.



Got five mins for your future?

The Future Jersey public consultation has reached the halfway point but have you added your voice yet? Sport, culture, traffic congestion, protection for green space, the cost of housing – all these topics and more are covered in the discussion document, which was published in July and gives a sense of how Jersey's first shared, long-term vision is shaping up. Future Jersey describes ten social, environmental and economic outcomes, which are key to our quality of life, and explains how Jersey will be able to track progress towards them. It then sets long-term ambitions for the future, which reflect where current trends are taking Jersey and the response from Islanders to last year's successful *My Jersey* survey. Islanders are being asked whether they think it is all heading in the right direction and can go to www.shapingourfuture.gov.je to explore the ambitions and leave their feedback on whether they are the right ones. There are plenty of ambitions to choose from but you can dip in and out, comment on whether you would change the ambitions for any particular outcome and why, then come back to complete the rest. **Comments can be submitted up to 4 October 2017, when the consultation closes.**





A home from home, yet worlds away

Last year 7.3 million Brits chose to avoid the somewhat arduous task of travelling away for their holidays and instead, revelled in the delights of a “staycation”. And did you know that Jersey was ranked 9th overall this year in the European TripAdvisor polls? That means it even trumped Italian paradise Capri! This gives you all the more reason to take the chance to appreciate the award winning place you call home. Even on this 9 by 5 island you may be surprised at what you can find...

Offering the perfect opportunity to fulfil your holiday itinerary and experience local history, nature, national parks and beaches without leaving the comfort of your accommodation, Fort Leicester which is part of the incredible Jersey Heritage Holiday Lets is a staycation haven.

Sitting above the picturesque harbour of Bouley Bay in Jersey’s National Park, the fully restored 16th century fort is built into the surrounding rock face overlooking a truly unbeatable natural landscape. Just the view will lull you into an immediate sense of relaxation. Remaining mostly unchanged following its rebuild in 1836 the Fort reflects the diverse military history of the Island making it a historical attraction in its own right.

You can spend the night in a converted guardhouse or magazine or perhaps a lazy evening by wood burning stove in a military lookout? This wonderful 2 bedroom spot is rustic in all the right places yet still filled with home comforts.

Allow the secluded location to take you back in time and escape into an abyss away from the stresses of life. Relax in the private garden and watch the fishermen go by from the terrace, enjoying undisturbed views of the headland and bays. You might even catch a glimpse of the resident wall lizards endemic to Jersey as you explore the winding coastal paths to the picturesque bathing beach below. With so much on your doorstep you can just kick back and focus on relaxing and soaking it all in.



Jersey Heritage Holiday Lets
heritagelets@jerseyheritage.org
 01534 633304



Nobody home? Relax... we've got it covered

Do you love a little online shopping? Who doesn't?! It has all the benefits of hitting the high-street but with the added convenience of not leaving your sofa! Apart from when you get home after work to the disappointment of finding the 'Sorry we missed you' card, from your postie instead of your eagerly awaited parcel. It's the flaw in the online shopping experience: the parcel arrives when no-one is home. Boo!

At Jersey Post, there isn't much we don't know about parcels and delivery. We know that shopping online, from the comfort of your own home is convenient and has some great benefits, so why should those perks end with your online shopping experience? They shouldn't, right?

That's why we've installed ultra-convenient 24/7 parcel collection lockers around the island. So, instead of missing the postie, or having to wait at home for your parcels to arrive, you can now have them immediately delivered to a location near you.

Whether it's nipping into Broad Street post office on your lunch break, or collecting your parcel on the way home from work our 24/7 parcel collection lockers can be found at 6 different locations around the island. This means you can collect your parcels at a time that's convenient for you, 24 hours a days, 7 days a week.

Setting yourself up is easy and you can start using your 24/7 parcel collection account the same day! With 6 locations to choose from, you'll have a new found flexibility with a parcel delivery service that works for you and your lifestyle.

Tariffs start from as little as £2.00 per month, so if you want quicker, more convenient parcel collections, sign up now at www.jerseypost.com/parcelcollection and never miss a delivery again!

Dewberry House



Talking or even thinking about rape or sexual assault will make most people feel uncomfortable. Many of you may have watched the most recent series of Broadchurch where this very subject was at the heart of their storyline. If you did you will also, perhaps without knowing, have seen a Sexual Assault Referral Centre (SARC) where the victim was taken to carry out her forensic examination. Well, we now have one here in Jersey, Dewberry House, which opened its doors in May.

We're happy to say that this incredible facility isn't as bleak as the one portrayed by ITV but it carries out the same role, supporting victims and offering them a choice. They will work with you to regain the power and control of your situation and most importantly they will believe you and no, it's not or never will have been your fault!

The centre means that the Police don't have to be your first port of call if you've been sexually assaulted or raped as you can access the centre with or without Police involvement and you will be given the same level of care regardless of the choice you make. Dewberry house are able to arrange for a forensic medical examination and the crisis workers will be there to support you throughout and the samples taken during this will be stored in the SARC for two years. These samples can then be used at a later date if you decide to report the incident to the States of Jersey Police.

After the examination is complete you will be able to have a shower in a private bathroom, the crisis worker will give you any toiletries that you might need. Sometimes your clothes might be taken as evidence during an examination. If this happens they can provide you with a brand

new set of clothes such as new underwear, trousers and t-shirts. They stock both male and female clothes in all different sizes, because of course, this isn't just something that happens to women. You also have the choice to bring with you a change of clothes when you attend Dewberry House.

You'll also be offered support from a trained ISVA (Independent Sexual Violence Advisor). An ISVA is trained to look after your needs and to ensure that you receive

"The centre means that the Police don't have to be your first port of call if you've been sexually assaulted or raped as you can access the centre with or without Police involvement and, you will be given the same level of care regardless of the choice you make."

care and understanding. They will explain how the criminal justice process works, and what would happen if you do wish to report to the Police. An ISVA is there to provide information only so that you can make the right decision for you.

Dewberry House can be accessed 24 hours a day, 365 days of the year following a call to their helpline. The crisis worker that will speak to you on the phone will meet you

at Dewberry House within 30 minutes, day or night. If you feel that you would like to bring a friend or relative to support you we are happy for them to attend with you, you just need to let the Crisis Worker know that they are coming along with you.

Dewberry House is also committed to ensuring they support you following a sexual assault. It is very common to feel shocked, confused or overwhelmed. They recognise that everyone will have their own

unique experience and with that comes your own specific needs. Many victims who have been sexually assaulted explain that they will never forget, but what they do say is that they CAN recover. Dewberry House will help with your recovery and they have many agencies on the Island that they can refer you into if you choose.

Dewberry House

**You can contact the centre 24 hours a day 365 days of the year.
It is a free service to all.**

**T 01534 88822
www.dewberryhouse.je**

Pride: The Wedding!



Saturday the 9th of September will see Jersey awash with colour as Jersey celebrates Pride, recognising and celebrating with the LGBTQ community and everyone that embraces diversity. This year the theme is The Big Gay Wedding!

The whole island is cordially invited to celebrate the introduction of same-sex marriage into Jersey by attending Liberate's mammoth Pride parade and ongoing festivities; a free fun day out suitable for all the family. So, put on your glad-rags and raise those flags high. With confetti and glitter galore, it's promising to be the wedding party of the year! Join them on Saturday 9th September 2017 and say #IDo to marriage equality in the Channel Islands.

www.channelislandspride.org

Pride Parade and Celebrations Programme:

14.30 Congregate at West's Centre

15.00 Parade starts at West's Centre

16.00 Celebrations begin at Weighbridge Square

16.15 Pride speeches and raising of the Rainbow/Bailiwick flags

16.45 LONDON GAY BIG BAND to open the Pride stage at Weighbridge Square

17.15 PAULA RANDELL as CHER

17.45 Various entertainment and live music provided by local artists (until 21:00)

21.00 Official Pride after-parties begin

And after... Club Tropicana: Aquarium

After the daytime event, join the Charismatic Queens Of Central Nervous System (CNS) at Rojo for the second installment of their legendary Pride After Party. The 'Girls'; Trinity Hill, Ophelia D'Junk and Christina Shades of Maybe, will return to the 'Club Tropicana' themed terrace with a gaggle of DJs to take you from 7pm till 10:45pm. CNS is a Creative-Culture Haus, formed from a love of Themed Nightclub events, Dress Up and LGBTQ Culture, taking the unsuspecting public on unforgettable sensory journey.

In true CNS fashion, A Lip-Sync Extravaganza with special guest stars 'The Bream Girls' will end with a change of scenery as they sink into the Aquarium as they turn the terrace into a silent disco from 11:00pm till 2am. The audio-visual experience is tailored to their themed nights and the silent disco will play a mix of gay classics on one channel and the usual CNS faves on the other. There's tongue in cheek 'adult' comedy with music that's 'A slice of old with a splash of new' dipped in the latest *FashionZ*.

If you're heading down, embrace the mood as dressing up is encouraged at all CNS events, but not mandatory. The event is for all and open to 'any creed or kind', all they ask is that you share their vision to 'spread creativity and love with all, while not taking yourself too seriously along the way'. We're not sure if the drinks will be free, but there will be fun and sunshine!



www.facebook.com/centralnervoussystem

7pm - 10.45

10:45 - 11

11 - 2am

Tickets:

18+

Club Tropicana

The Bream Girls

Aquarium (silent disco)

£6 inc booking fee

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FAMILY LAW SPECIAL

Family law is the area of law which focuses on clients in a divorce and the issues related to divorce such as the division of marital property, child custody and support and alimony. Family lawyers also draft prenuptial and postnuptial agreements and litigate related matters.

These are the people who are there for you when you need them most and the right family lawyer can make these difficult topics far easier and the whole process much more manageable.

Over the next few pages we've gathered advice from some of the top lawyers on the island to help you navigate these tricky waters! Their details are all by their articles so do call them if you'd like to know more about anything covered, or have any questions at all.

Pre-nuptial agreements: are they worth considering?

WORDS Catia Tavares, *Sinels Advocates*

Before you get married or become civil partners you and your partner may want to consider what will happen to your assets if the relationship should break down. Discussing these issues early on can help ensure that solid foundations are in place to build your future together and to provide you both with some security and prevent difficulties arising in the future should the relationship unfortunately deteriorate.

Many couples may take the view that such discussions may highlight a lack of trust in the relationship, although the opposite may actually be more appropriate were such discussions serve to reinforce the couples' legal union is for love and not financial gain.

A pre-nuptial agreement should not be used as a tool to try and unfairly prejudice a partner in the eventuality that the couple divorce. Indeed, the Court will likely give little or any weight to a prenuptial agreement which is inherently unfair. The position remains that on a divorce an agreement between the parties cannot oust the jurisdiction of the Court and it is for the Court to consider what appropriate weight to give any such agreement.

Where a prenuptial agreement has been entered into freely and with a full understanding of the parties' assets and knowledge of the implications of the prenuptial agreement, the Court is likely to give great weight to the prenuptial agreement and hold the parties to the agreed terms. Irrespective, the Court will always want to ensure that its orders are fair and

just and should the prenuptial agreement not achieve that then the Court can and will depart from the pre-nuptial agreement.

Prenuptial agreements are not always appropriate for everyone and it depends on the circumstances of each case as to

could be key to avoiding pitfalls later on, not only potentially within the marriage but also should a break down occur. A prenuptial agreement allows the parties to evidence their intentions at the outset and provide for more certainty in what may otherwise be a potentially uncertain and volatile area which

“Pre-nuptial agreements are not always appropriate for everyone and it depends on the circumstances of each case as to whether there is merit in considering one.”

whether there is merit in considering one. Some circumstances where it may be appropriate to consider a prenuptial agreement include if you are getting married but have children from a previous relationship and you wish for your children to inherit certain assets, or you have inherited wealth that you wish not to leave the family should the marriage break down.

Regardless of whether a couple choose to enter into a prenuptial agreement, discussing financial arrangements early on

may only be capable of resolution through draining and expensive litigation.

We frequently advise on the drafting of prenuptial agreements and we can help you and your partner consider and agree terms that provide both of you with the security and protection to help you move forward in your life together.



Please contact Catia Tavares for more information on pre-nuptial and post-nuptial agreements and other family law issues you may wish to know more about including divorce, financial and children's matters.

Email catia.tavares@sinels.com
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The Hidden Costs of DIY Wills

WORDS Donna Withers, *Probate and Wills Manager at Bedell.*



It is often suggested that it is easy to write your own will if your wishes are simple and your financial situation isn't complicated. Preparing a will by yourself without incurring legal fees may be tempting, however a recent Jersey court case serves as a warning to those who may be tempted to undertake this DIY approach.

The deceased was a widower with two grown up children, a son and daughter, from an earlier marriage. In 2012 he made a handwritten will at a time when he was estranged from his son and his relationship with his daughter was at times strained. He nominated his friend as his executor with his daughter to assist. An executor is the person entrusted with dealing with the assets and liabilities of a deceased person and distributing the remaining assets to the beneficiaries. It is an onerous responsibility and one which carries personal liability should things go wrong.

The deceased died in June 2013 and soon after problems with the will began to surface. For a start, the appointment of the executor was ambiguous. This was "a major bone of contention" between the executor and the daughter, necessitating additional correspondence with the Registrar of Probate and legal advice for both parties. Taking place within just months of the deceased's passing, this resulted in undoubtedly unwelcome stress and cost for all concerned.

Additionally, the will did not deal with all of the deceased's assets but only with certain specific belongings, with an estimated value of £50,000. The remainder of his assets were worth in the region of £138,000 but they were not included in the will, which led to uncertainty as to the extent of the authority of the executor.

Although the Will stated that "I do not wish my son.....to receive any benefit at all from the estate", such statement failed to take account of the portion of the estate to which the son was entitled and it cost the estate more than £4,000 to resolve this issue.

The duties of an executor include being able to produce a true and perfect inventory and account of the estate. In 2016, the executor prepared and sent to the family the estate accounts, however, the daughter did not feel able to approve them and raised concerns as to the executor's handling of the estate. Given the history of the matter, the executor applied to the Royal Court to ask that it

or the estate but could be held personally responsible for the legal fees.

With all of these issues, and strained relations between the family and executor, fees in dealing with the estate amounted to more than £30,000. As a proportion of the value of the estate, such level of fees was considerable, and effectively reduced the beneficiaries' inheritance by nearly a fifth. The cost of a will drawn by an experienced and qualified lawyer becomes almost insignificant in this context. Preparing a DIY will is clearly a risk, which can have significant financial implications for those who should be benefitting from the estate.

"As a proportion of the value of the estate, such level of fees was considerable, and effectively reduced the beneficiaries' inheritance by nearly a fifth. The cost of a Will drawn by an experienced and qualified lawyer becomes almost insignificant in this context."

endorse his accounts, give directions as to distributions and also to relieve him from any further liability.

The Court commented that they found the executor to be "a sincere and genuine witness who felt that he owed the deceased a responsibility to deal with the estate". He took no personal benefit under the will



A straight steer in uncertain waters

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Marriage vs. cohabitation

– what difference does it make legally?

WORDS Advocate Rose Colley
Family Law Partner, Viberts



More and more couples are deciding to cohabit (live together) rather than get married or enter into a civil partnership. But does this make any difference as far as legal rights are concerned? Simply put, yes. There is a huge difference in the legal rights of married couples and civil partners compared with couples who choose to cohabit. Viberts' family law team is frequently asked the following questions by people cohabiting in Jersey.

Is 'common law marriage' a legal concept?

Contrary to popular belief, no. Unless you have entered into a valid marriage or civil partnership, the best way to deal with the rights and responsibilities relating to your cohabitation is to enter into a cohabitation agreement.

What rights do I have in respect of my children?

If you are an unmarried father and you have a child you will not have parental responsibility (PR) unless your name is on the birth certificate and your child was born on or after the 2nd December 2016. This means that most unmarried fathers will not automatically have PR. Not having PR could have a huge impact on your right to be involved in big decisions about your child. If you are married to the child's mother then you will automatically have PR. This is a key difference.

What happens if we buy a property together without being married or in a civil partnership?

You need to be very careful. If the relationship breaks down, your rights will depend on whether or not you hold the property jointly. If the property is in the sole name of one partner and you do not have a cohabitation agreement then you need to obtain urgent legal advice. Whereas if you are married the property will form part of the matrimonial pot for division whether you are a joint owner or not.

What is the position if one of us pays more towards the deposit and/or the on-going mortgage payments?

If you are cohabiting, your contributions need to be outlined in the cohabitation agreement. If you are married, such payments will form part of the list of considerations for dividing the matrimonial pot.

If I separate from my partner can I claim maintenance for me and/or the children?

If you are married, spousal maintenance and child maintenance will form part of the discussions during divorce or dissolution of the civil partnership. If you are cohabiting you are still able to claim child maintenance but cannot claim maintenance for yourself.

“Unless you have entered into a valid marriage or civil partnership, the best way to deal with the rights and responsibilities relating to your cohabitation is to enter into a cohabitation agreement”

Will inheritance rights differ between married and unmarried partners?

The answer again is yes, your rights will be very different. If you are married or in a civil partnership and your partner dies you will have legal protection, but if you are cohabiting you won't unless death has been covered in a cohabitation agreement. In either case you must get legal advice urgently.

Conclusion

If you are not married to your partner (or in a civil partnership) your rights are very different and more limited. We would strongly advise you to see a family lawyer to draw up a cohabitation agreement. If you are married, you have many more legal rights which may turn into advantages (but sometimes disadvantages) if you separate. Again you should obtain legal advice before taking any steps to end your marriage or civil partnership to find out where you stand.



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pet
OF THE
month



Eileen Holland

Breed: Human

Age: *Seriously?!*

Likes: The freedom to enjoy life fully

Hates: Runny ice cream

If I was an animal I would be: A tiger

Wants: Everyone to find their own peace and happiness

Interesting facts: Having worked as a therapist for many years, including Aura-Soma colour therapy, some clients now ask if Belle can sit with them during their session. She is beautifully behaved, knowing that this is not playtime. It is also lovely to have Belle now doing her bit volunteering as a Pets As Therapy dog.

Most impressive thing you've ever done:

To date? Cheated death... Twice!

Belle

Breed: English Cocker Spaniel

Age: 7 $\frac{3}{4}$

Likes: Food, playing with or in water, being with the people I love, the word "breakfast", going behind the counter at Pets Paradise for treats, long walks, being involved in everything that is going on

Hates: Seagulls on the roof and next door's cat!

If I was a human I would be: Tall enough to help myself in the kitchen!

Wants: To extend my repertoire on the ukulele

Interesting facts: I work as a volunteer for Pets As Therapy (PAT), take my job seriously and love getting ready for work. I once had my picture painted in a caricature style by E. Blampied (Edward, that is).

Most impressive thing you've ever done: Spent time in the home of someone who had a lifelong fear of dogs and got invited back to stay overnight.

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





EVENTS



CP Interiors 40 years Celebration

THE GRAND HOTEL

FRIDAY 23RD JUNE

CP Interiors (formerly CP Sunblinds & Curtains) of Rue des Pres Trading Estate were recently joined by customers and business partners to celebrate their 40 years in business milestone!

The Grand Hotel's Terrace was beautifully adapted to showcase Romo's Hana collection of wallpapers and fabrics. Beautiful aprons were worn by bar staff, poseur tables

covered in a variety of fabrics, stunning cushions enhanced couches and wallpaper scrolls acted as flowers in sand filled vases to complete the look! A gin bar offering 17 different gins enabled guests to enjoy delicious cocktails and CP's baby photograph competition resulted in client Jane Sappé winning a Gin Experience Weekend for two in London. A great evening was had by all!



Jersey Reds Pre-season Selection Game

JERSEY RUGBY CLUB

FRIDAY 28 JULY 2017

Santander International hosted staff, customers and Jersey Reds members at the pre-season selection game at St Peter's. This was the players' opportunity to show case their skills in front of Head Coach, Harvey Biljon before the season begins.

Guests also enjoyed a BBQ and fundraising activities in aid of Jersey Hospice and Barnardo's Jersey. It was announced at the event that His Excellency Air Chief Sir Stephen Dalton will become co-patron of the club.

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Hot station	Grilled lobster medallion with garlic butter sauce Seabream fish fillet with fennel and orange segments	
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Lean In Networking Event
CCA GALLERIES INTERNATIONAL
 WEDNESDAY 19TH JULY

This summer saw the launch of Jersey's first Lean In circle with over 70 women and men attending the networking event at CCA Galleries in St Helier. Lean In was founded by Sheryl Sandberg 4 years ago, after the success of her book 'Lean In. Women, Work and The Will To Lead'. There are now over 33,000 circles in 150 countries. Lean In aims to bring together like-minded

individuals in order to empower women to achieve their ambitions. Pippa Davidson, Head of Funds for Fairway Group and IoD Young Director of the Year 2017, founded the Jersey circle of Lean In after finding great benefit from mentorship, women in business leadership programmes and huge encouragement from the book and other Lean In circle founders.

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Reasons To Be Cheerful Music & Arts Festival

CORONATION PARK

SATURDAY 29TH JULY

Some 3,000 Islanders joined festival forces at Coronation Park on Saturday 29th July for this year's Reasons to be Cheerful music festival. With acts including Primal Scream, The Blockheads and Mungo's Hi-Fi performing across a number of stages,

the event was a total sell out and a huge success. Gallery magazine were there in the hospitality area bringing a 'Spring Break' vibe to the exclusive access arena and a number of pink inflatable flamingos to boot!



Groove De Lecq Festival

LE MOULIN DE LECQ

SATURDAY 5TH AUGUST

Jersey's biggest family feel-good and all creative festival was back with its 7th year on a perfectly sunny Saturday at Le Moulin De Lecq. With over 3,500 revellers in attendance, 70 local artists and musicians, 25 local producers and merchants and 14

local charities who all came together to raise an incredible £25,000 for its official 2017 charities, The National Trust Jersey and Acorn Enterprises, it's safe to say that the Groove De Lecq community festival was the biggest, best and most magical to date!



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Wednesday 4th October
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'GROOVERS' GIVING IT BACK

Returning bigger, better and even more glittery than we'd ever seen it before was one of Jersey's most loved feel-good festivals and celebration of local talent and creative culture; Groove De Lecq. Over 3,500 festivalgoers of all ages revelled in the joys of live music and performances from 70 different local artists across 8 stages alongside fresh local food from vendors and goods from local producers and merchants who all came together to raise an amazing £25,000 for its official 2017 charities, The National Trust for Jersey and Acorn Enterprises.

Launched in 2010, Groove is one of Jersey's longest standing festivals that requires thousands of voluntary hours, year-round planning and Island collaboration in order to support and better our local community. The Groove de Lecq Community Festival and its band of merry volunteers have now raised over £180,000 for local charitable causes made possible thanks to the generous time donated by volunteers, bands and artists. This year, 14 local charities offered their time to attend and host activities and workshops throughout the day, including a Durrell Can Crush, Peas & Glove bringing their psychedelic colours and eccentric buzz, Brighter Futures Kids Zone, Les Amis, Autism Jersey Fancy Dress donning the crowd in fabulous frocks, BHF Jersey Dodgeball & Human Hungry Hippos, Barnados manning the Welfare Tent, Mencap's *Taking Part making Art* and Donna Annand!

The event set out to build upon this amazing reputation as the Island's most ethical and creative festival, and in an ambitious leap the festival grounds were expanded to include one of its benefiting charities, the National Trust for Jersey, by introducing the new 'Jersey Utopia'. Open to the general public without charge, the area was situated at the Greve De Lecq Barracks and specifically designed to profile the sheer breadth and quality of local produce and entertainment in the Island. Performances from a line-up curated by the Jersey Songwriter's Society showcased Jersey's freshest talent whilst interactive eco workshops, demonstrations and games-rooms flush with festival goers exploring the new Groove arena.

Whilst long-standing stages such as the iQ Main Stage, Reggae Beach Party & Woodland Stage maintained their popularity, this year's *Wonderland* also benefitted from a new organic stage and decorative revamp thanks to the amazing support of Acorn Enterprises. With the purpose of Reclaiming, Reusing and Recycling unwanted items, *Wonderland* boasted some of the most creative and quirky decorations and props handmade and crafted by the charities' volunteers. The *Wonderland Stage* line-up was collated by the equally creative *Element Arts* with a fantastic show of breakdancing, mermaids and disco dancing - keeping all ages entertained. It became a place for the calm and pensive to slip off their shoes and find a zone of zen under woven willow and wicker away from the party people kicking up sand at the bustling Reggae Beach Party until the early hours.

Beth Gallichan, Founder of the Festival and part of the Groove Collective said "We are delighted to have had extraordinary praise from those who attended and played a part in Groove de Lecq 2017. As an organisation we are committed to supporting our community by promoting local charitable causes, musicians and artists alongside reducing waste and endorsing green initiatives. With such a positive response we are excited to be considering planning further events and initiatives applying the same principles through the Groove Collective."

An exceptional event of love, colour and celebration, huge congrats to all the groovy cats involved.



PHOTOS James Solomon



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Reasons To Be Cheerful

Saturday 29th July, Coronation Park



Although one of the younger festivals on Jersey's circuit, 'Reasons to be Cheerful' has certainly held its own to be Island renowned as one of the brightest, friendliest and most innovative events in the Channel Islands. And *part 3* certainly did not disappoint with Coronation Park transforming into a festival ground of electronic dreams powered by Airtel Vodafone. The ever growing ambitions by the organisers from Rocksteady saw a record number of tickets sold and an incredible reception from some 3,000 well glittered islanders in the sun.

Gallery Magazine were stoked to be sponsoring the hospitality area again this year and brought a 'Spring Break' vibe to the exclusive arena. If pink flamingo inflatables and drinking games with spandex-clad body coaches from *Physique Transformations* weren't reason enough to be cheerful, the giant Jenga, gin bar, beer pong and refreshments (on us!) certainly got the piñata swinging. The gorgeous glitter babes from *Athena Hair & Beauty* got VIP ticket holders braided, airbrushed and festival fabulous with *KG Barbers* giving the boys a close shave and a good dressing up to the sounds of Jagerverb and Fundi playing on the Hospitality Stage. Sombrero wearing party people stormed the exclusive viewing deck and stomped late into the night 'Movin it on up' with a couple of 'Arriibbbasss' to the sound of Primal Scream.

Among some 30 acts across its multiple tents and stages, local artists, DJs and big names alike made for a line-up one could simply not help but be cheerful about. On the main stage, The Gentleman's Dub Club,

donned in their finest, brought not just the sunshine to the initially drizzly fields but also the crowds out from beneath the scattered tents to their show of reggae dub delights along with Jenna & The G's, Eva Lazarus and our favourite local headline stealing rapper, Christian Foley. Denis Sulta whipped the crowds at the Clique Electronic Stage into an early frenzy and made way for Ben Sims, who quite literally almost brought the tent down showing why he is techno royalty with his selections and skills alike. Big noise hummed across the park from Mungo's Hi-Fi whose custom sound system had chests rattling at The Mango Tree Stage. Here, the boys did what they do best and entertained tireless Drum n Bass enthusiasts late into the night with a solid days worth of energetic performances. Keeping the community vibe strong and the party people well fuelled and dressed were a host of local street food concessions, vendors

and charities including Frankie & Betties Vintage, Peas & Glove, The Mango Tree and the IKM graffiti boys who brought together a flavour of local talent, arts, and causes with a bit of flair.

Of course, the highlight for many was The Blockheads playing their namesake track 'Reasons to be cheerful' and Primal Scream, bringing the night to an extraordinary

"Sombrero wearing party people stormed the exclusive viewing deck and stomped late into the night 'Movin it on up' with a couple of 'Arriibbbasss' to the sound of Primal Scream."

finalé and showing why they are one of the most significant bands ever to emerge from the UK. And if you didn't catch the murmur of thousands of joyous festival goers from the park then all the more reason to get yourself prepared for *part 4*. Hold onto your sombreros, there's big news a-coming!

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* technically a property page view so it's an average. No one wants 0.19 of a house

RESET WITH ISLAND RETREATS



We know it's a little bit early to be considering preparing for the festive season, but we all know that it'll be here before we know it! So if you are one to plan ahead then we've got a fantastic staycation for you that will help you kickstart your pre-Christmas health and fitness regime. Island Retreats are passionate about creating the very best health and fitness team the island has to offer and have the perfect weekend coming up during the weekend of 20-22 October for those wanting to devote some valuable time to themselves right on your doorstep.

During the course of the weekend, these guys will put you through your paces physically and mentally all whilst you stay at the fabulous St Brelade's Bay Hotel. Island Retreats is the brainchild of well-known local trainer Lewis Smith, he explains "Our focus is to rejuvenate, spending as much time outdoors as possible and making the most of what our beautiful little island has to offer."

At Island Retreats they want to share their healthy island lifestyle with you and teach you the importance of having variety in your fitness regime. During your weekend retreat, they will provide you with the knowledge and tools to condition and nourish your body whilst focusing on the importance of balance and sustainability. There'll be no fad diets; no juicing or starvation; just moving your body naturally and fuelling it with exactly what it needs.

Their 'Lifestyle Retreats' are the perfect balance between work and relaxation, which are what make them the perfect staycation too.

You can expect fun packed active days, and workshops and spa treatments by night. The lifestyle retreats are hugely varied and offer a wide range of activities such as picturesque cliff path runs, yoga on our beautiful beaches and surfing too.

Lewis explains "Our aim is to offer a complete package, assessing all areas of the term 'fitness'. Invigorating your body through exercise, relaxing your mind with

"Invigorating your body through exercise, relaxing your mind with mindfulness sessions and refuelling you with a carefully tailored healthy menu using the highest quality local produce"

mindfulness sessions and refuelling you with a carefully tailored healthy menu using the highest quality local produce."

If you'd like to reset before taking on the festive season or just want to get back into a routine now the kids have gone back to school then be sure to consider booking your place with Island Retreats this October.



info@islandretreats.uk
www.islandretreats.uk

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

TRAVEL



LEAVE YOUR TROUBLES BEHIND

PICTURED: Kerala

WORDS Rebecca Evans

Stress. It's an undeniable affliction of the modern age. Striving to balance a successful work life with a happy home life, always tethered to the beeps and buzzes of our smartphones, and constantly bombarded by the latest 'expert advice' assuring us that we're doing it all wrong anyway.

Despite our enviable surroundings and high quality of life, Jersey is no exception. In fact according to a 2016 health report, we are more stressed than our UK neighbours, with one in 3 Islanders reporting high levels of anxiety. 60% of all work related ill health claims in Jersey are due to stress.

It won't come as a surprise to anyone that travel and holidays are a proven way to unwind and relieve some of these everyday stresses, but you may be interested to learn the relaxing effect doesn't stop when you

arrive home. Scientists recently found that the benefits of a trip can last up to a month after your return.

If I asked you to name the most relaxing holiday destination you can think of, chances are your answer would be one of a foreseeable few. Perhaps an Indian ocean atoll, the Caribbean, a Greek island or a beach break in Bali. All perfectly daydream worthy, but so far so predictable. I've taken a look at some destinations that might not spring straight to mind, but that offer just as much scope for a rejuvenating break.

"Occupying a 600km coastal slither of south India, Kerala's golden palm fringed beaches butt up against a lush green tea and spice growing landscape, which in its turn criss-crossed by a labyrinth of canals and rivers known as the backwaters."



Kerala
India

Think of India and you'd be forgiven for summoning up images of chaotic honking traffic, crowded city streets and hot, dusty air. Exhilarating and atmospheric, but not exactly relaxing.

Kerala turns this stereotype on its head. Lonely Planet describes the state as India having passed through the looking glass. Occupying a 600km coastal slither of south India, golden palm fringed beaches butt up against a lush green tea and spice growing landscape, which in its turn criss-crossed by a labyrinth of canals and rivers known as the backwaters.

Six National parks provide picturesque home to wild Elephants, Indian Bison and the majestic yet elusive Bengal Tiger. Visit one of the numerous Wildlife sanctuaries to get up close with exotic creatures, or time your visit to coincide with one of the many vibrant festivals or feasts for a unique and unforgettable Kerala experience. The annual snake boat races make a visit during Monsoon season worth considering, and this period is traditionally considered the best to enjoy Ayurveda therapies.

No matter which part of this most serene of Indian states you choose to visit, you are guaranteed to find your troubles melting away.

Hotels and Guesthouses are plentiful, but for a true laid back Kerala experience, book a night or two on a houseboat and float serenely through the sleepy backwaters. Head North to Valiyaparamba to dodge the tourist-crowded Alleppey.

Get There: Fly with Qatar Airways from London Heathrow to Cochin via Doha.

Vancouver Canada

City breaks and relaxation may not immediately seem to go hand in hand, but with Vancouver riding high in many online lists of the most relaxing destinations, it's very possible to take a breather whilst taking in this fascinating city.



After all, how many cities can boast a temperate rainforest just 20 minutes walk from downtown? Stanley park is one of Vancouver's most awe-inspiring features, with around 1000 acres of forest hiking trails, beaches and gardens, just steps from your hotel and bordered by the impressive 28km long sea wall, designed for walking and cycling with impressive views at every turn.

Back in metropolis, a compact downtown area of less than 4 square km means that almost everything is in walking distance, so traffic and transport woes are soon forgotten. If your idea of unwinding is more gourmet than great outdoors, you'll find a wealth of mouth-watering restaurants and happening bars. Spa aficionados should try the Shangri La hotel for treatments unique to British Columbia utilising local seaweed, and yogis are spoiled for choice with a reported 1500 yoga classes a week taking place in the city; which is hardly surprising in the home of LuLuLemon.

With its mix of cosmopolitan culture and magnificent landscape, Vancouver was once christened 'Manhattan with Mountains' by the New York Times. Whether it's shopping or sailing, casinos or caving, however you choose to wind down you'll find it here.

Get There: Westjet fly to Vancouver from London Gatwick or from London Heathrow with British Airways.

...CONTINUED

...CONTINUED



Herm Channel Islands

It never fails to surprise me how many of my friends in Jersey have never so much as set foot on our most laid back neighbouring island. Summer days in Herm are little slice of paradise, and literally right on our doorstep.

With no traffic, crowds or distractions, life is stripped back to basic pleasures - tranquil shaded pathways, wild meadows, white sand beaches and picturesque cliff paths. When the sun is out and the sea just the right shade of blue, you could be forgiven for thinking you've teleported to the Seychelles. Herm is the next best thing to a desert Island, but you don't need to be Bear Grylls to survive here; there's a shop of course, to pick up a bucket & spade or a windbreak, a few beach kiosks and, essentially, The Mermaid Tavern, that just so happens to serve the best fish & chips in the Channel Islands. Probably.

A day trip is enough to start to feel yourself unbend, but for a true Herm experience you need to stay a night, or 3. Once the last Trident boat back to Guernsey departs and the sun starts to sink the atmosphere becomes more intimate. You're all in this together, inhabitants of an unspoilt Island, marooned until morning and ready to explore.

Seagull campsite, a selection of self-catering cottages and the luxurious White House Hotel let you decide just how Robinson Crusoe you want to be.

Get There: Sail via Guernsey with Condor Ferries and The Travel Trident, or splash out and ask Jersey Seafaris for a private charter quote.



Lake District UK

With so much of the world to explore, it can be easy to forget the places closer to home. Just a hop and a skip from Jersey, the Lake District is England's largest national park and was awarded UNESCO world heritage status in July. With an arresting landscape that inspired the romantic musings of Wordsworth and Coleridge, a weekend exploring the lakes, pikes and picturesque market towns of Lakeland (as the locals call it) is a perfect antidote to the working week.

With surroundings this spectacular it's no surprise that many of the activities on offer take place in the great outdoors. Hiking, biking, and boating opportunities are abundant, but nobody would blame you for seeking out a comfortable spot and simply feasting your senses, gorging on crisp mountain air and breath-taking views. Bowness-on-Windemere, Ambleside and Kendal are tourist hotspots, for a quieter experience try Ennerdale or Cockermouth.

Should the great British weather not be in your favour then a selection of quirky attractions offer shelter. Laugh your troubles away at the Laurel & Hardy museum in Ulverston, or sharpen your knowledge at the Derwent Pencil Museum in Keswick.

Accommodation options range from campsites to luxury hotels, but a cosy Airbnb with a view would get my vote.

Get There: Fly from Jersey to Liverpool (Easyjet) or Manchester (Flybe) year-round, and pick up a hire car and explore at your leisure.



CULTURE

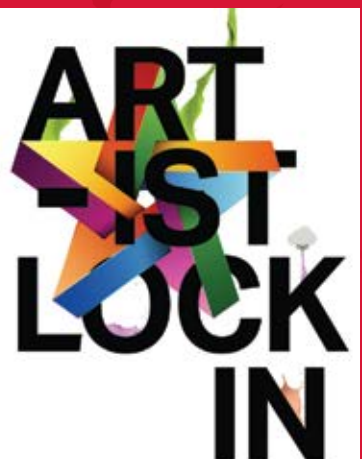
CULTURE

RETURNING SOON TO A CASTLE NEAR YOU...

#ARTISTLOCKIN2017



For more information about the project, visit our website: www.arts.je



Culture News

Read On

WORDS Paul Bisson

It was early 2015 when we had our Kevin Costner moment. Was Jersey ready for its own literary festival? Could we make it work? Should it be done? And then we heard it, a whisper as faint as the rustling of pages or the sighing of wind through the dunes; if you build it, they will come. So we built it. And they came.

Flick forward a couple of chapters and here we are, giddied at the opening lines of the third Jersey Festival of Words, a five day celebration of readers, writers and those funny little symbols that make it all possible. With two successful festivals already under our belts we've bookmarked yet another stack of amazing authors for the final few days of September and are eagerly looking forward to opening our shores to such literary luminaries as Professor Richard Dawkins, Alexander McCall Smith and Charlie and Lola's Lauren Child.

What's that I hear? You're not really a 'booky' person? Come now; we're word fans, all. They're the main ingredient in blogging sensation Ella Mills' latest plant-based cookbook *Deliciously Ella with Friends*, a work that we look forward to exploring with the author herself when she takes to the stage at the Opera House on Thursday 28th of September. Tuck in!

If it's wise words you're after then journalist and Grazia agony aunt Daisy Buchanan will be on hand on the Saturday to discuss her new book *How to Be A Grown-Up*, an emotional and practical guide to surviving your twenties. Having survived theirs, loaded founder James Brown will be tackling life through the medium of amateur football as he explores *Above Head Height* (described by Nick Hornby as 'the Fever Pitch of five-a-side') while Elle columnist Rhyannon Styles will be talking us through the incredible personal journey as featured in her recently published transgender memoir *The New Girl*.

Words are integral to the worlds of politics and music, and it is the overlap of these that form the basis of ex-Faithless guitarist Dave Randall's fascinating new book *Sound System*, which he will be discussing during a unique event to be held at Chordz Coffee House. Also making the leap from music to the written word are Radio 1 presenters Greg James and Chris Smith, whose co-authored children's book *Kid Normal* will form the basis of their fun-filled Opera House show earlier on Saturday afternoon.

Wowzers, I hear you cry. Indeed! Alas, my own word-count is reaching its end so I've little space left to throw open the covers and reveal the huge numbers of writers, authors and performers set to put pen to stage at Jersey Festival of Words 2017. Instead I'll simply invite you to curl up with a good browser and check out our website at www.jerseyfestivalofwords.org, where you'll find our full programme, along with details on how to book your tickets.

Build it and they will come, it was whispered. We built it. They're coming. We hope you are too.

Jersey Festival of Words 2017 runs from 27th Sept to 1st Oct at venues including the Opera House, Arts Centre, Maritime Museum, Jersey Hospice and more.



Big Screen Cinema

In the age of Netflix and bittorrent it's pretty easy to enjoy both high quality movies and the latest cinema releases in the comfort of your own home. Once you're done with *House of Cards*, you can search Netflix or Amazon for classic cinema. However, even if you've got a 50 inch TV, it's not quite the same as watching a film in a cinema on the big screen with an audience who all want to be there, enjoying it with you.

Well, if film is your thing, you're not alone. It turns out there's a society for people just like you. We've long seen the poster in the Arts Centre but often forgotten to highlight the work of the The Jersey Film Society, a non-profit run entirely by volunteers who love film. The society has been around for 70 years and has a manifesto to encourage the interest in and study of films and allied visual techniques as an art form and as a medium of information and education, to encourage an intelligent and discriminating attitude towards films and allied visual techniques and to enable its members to see films of cultural, artistic or technical merit as well as films which, owing to the age, country of origin, lack of appeal to the general public or for any other reason, are not normally shown in commercial cinemas. You don't have to be a member to see a film. You can pay on the door (£5 adults £3 students) but if you love film, it's pretty cheap to join for the year at £29 or £48 for a joint membership (at the same address etc) or £18 for students; working out a about a pound a film. They offer a half year membership deal half way through the season.

As part of their 70th Anniversary Celebrations they're putting on a free outdoor screening of *Casablanca* at First Tower Park (aka St Andrews Park) as you're picking up this edition (Saturday 2nd September). The film will start at 8pm but they're encouraging picnickers to come along from 6. The Chugging Pig van also be on hand from 6pm for food. If the weather isn't great they have the Church Hall at St Andrews Church booked as a plan B. jerseyfilmsociety.com

A new Art Centre

This month art consultancy CCASM Contemporary present their first display in their offices on Phillips Street in St Helier. As CCASM is a consultancy designed to bring the very best of the international art market to Jersey, the theme of the first display at Sommerville House combines two of the pillars of the era of Modern and Contemporary Art, High Modernism and Abstract Expressionism. The library room houses a small survey of the print work of Henry Matisse, spanning his output from 1900 to 1950 and is given some context by the current survey of the artist's work at the Royal Academy in London. Matisse, along with Picasso, is arguably one of the two greatest artists of the 20th century.

The main viewing room is filled with works inspired by Matisse's late colour cut-outs, made by some of the most famous American artists in history. The Abstract Expressionist group changed art practice for all the subsequent generations of artists, and CCASM are very pleased to show works by 4 artists that span the wider group in age and style, including the three most senior members of the group who still have unique works available on the market. The four artists are headlined by one of the true heavyweights of post war painting, Robert Motherwell, and the exhibition also includes rare and very beautiful works Sam Francis, Helen Frankenthaler and Jon Schueler.

The display will run from September 15th until November 3rd and is open by appointment at CCASM Contemporary, Sommerville House, Phillips Street (opposite the Arts Centre).



Artists to be Marooned

Next month, ArtHouse Jersey (formerly Jersey Arts Trust) will be producing its fourth *Artist Lock-In* at Elizabeth Castle, which will see 12 artists from different disciplines, backgrounds and countries collaborate artistically and create shared work. In association with WildWorks and Jersey Heritage, the Artist Lock-In is a professionally facilitated residency project that provides artists with time and space to consider new ways of working.

The artists will be in residence at the castle from Sunday 1st October until Tuesday 10th October and will be taken through a series of tasks that encourage teamwork and creative thinking. As the residency progresses, the tasks will become more focused until the participants are left to work together to make shared pieces that will be showcased to an audience in the final two days.

The Lock-in will again be facilitated by Sue Hill who is the Associate Director of WildWorks – the renowned international theatre company best known for its 2011 production of 'The Passion' with Michael Sheen in Port Talbot. From 2000 - 2006, Sue was also the Artistic Director for the Eden Project, developing their innovative interpretation strategy, commissioning artists, writers and performers to illuminate Eden's ideas and messages.

For more information and how to buy your tickets visit: www.arts.je



JERSEY OPERA HOUSE



BBC BIG BAND - "Swing Legends"

With guest vocalist Claire Martin

Thu 14th September | 8.00pm

Fri 15th September | 8.00pm

TICKETS: £28.00 - £32.00

CONCESSIONS: £2.00 off



CARMEN ON THE LAKE - The Bregenz Festival

ENCORE SCREENING

Sat 16th September | 7.30pm

TICKETS: £17.50 CONCESSIONS £15.50

National Theatre Live

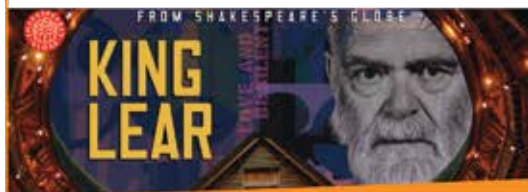


ENCORE NT Live: YERMA

ENCORE SCREENING

Tue 19th September | 7.00pm

TICKETS: £13.50 CONCESSIONS: £12



SHAKESPEARE'S GLOBE LIVE: KING LEAR

Thu 21st September | 7.30pm

TICKETS: £13.50, CONCESSIONS £12.00



MACCA THE CONCERT - Celebrating the Music of Paul McCartney

Sat 23rd September | 8.00pm

TICKETS: £25 CONCESSIONS: £23.50

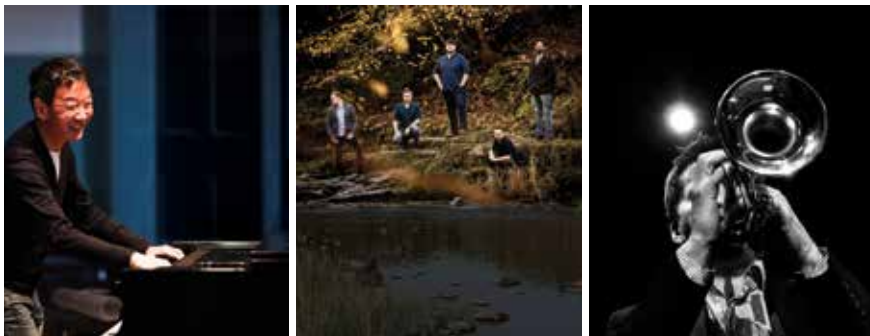
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Culture News



Changing of the seasons at Jersey Arts Centre

September sees the start of a brand new season at Jersey Arts Centre and this coming month is a particularly good one for lovers of live music!

For those who enjoy folk music, Glasgow's hottest new band, Ímar, will be playing in the Island for the first time on the 13th September. Having played at Cambridge Folk Festival, Celtic Connections at Glasgow Royal Concert Hall and the Shetland Folk Festival, this five-piece produce beautiful music inspired by the cultures of Scotland, Ireland and the Isle of Man. Distinctive, evocative and bursting with energy, Ímar's appearance at Jersey Arts Centre is sure to be full of Gaelic flair.

For those who prefer classical music, piano maestro Melvyn Tan returns for another world-class Amici Artium recital. Famed for his exploration, insight and imagination, Melvyn Tan produces expressive nuances and rarely heard tonal contrasts that show his profound understanding of the instrument. For his concert on 26 September, Tan will be playing a selection of Ravel, Liszt and Weber. Don't miss this chance to see a master musician live on the Jersey Arts Centre stage!

Finally, on 29 September, Moscow Drug Club will be playing for the first time as a People's Choice event. Suggested by Monfort Tadier, Moscow Drug Club provide an intoxicating and intimate musical experience. Combining their original material with songs by Jacques Brel, Leonard Cohen, Tom Waits and Bertolt Brecht, their darkly comic musical world mixes Berlin cabaret, Nuevo Tango and much more...

For more information about the above events, or to see what else is coming up at Jersey Arts Centre throughout September, please call the Box Office on: 7000444, or visit: www.artscentre.je



Virtually Free?

FLUX, a new venture that is setting out to combine cutting-edge virtual reality (VR) technologies with the creative arts, will be producing their first pop-up event, FLUX ZERO, at Liberty Wharf this month. Harnessing the power of VR, FLUX invites members of the public to view art like never before. Attendees will have the opportunity

to explore VR environments created by some of Jersey's best artistic talents and immerse themselves in worlds where 'the only limit is the artist's imagination'.

The exhibition in virtual space is a tour de force of young Jersey artists, featuring Abi Overland, Bokra, Danny Romeril, Kerry-Jane Warner, Kumo, Oli Nightingale, Sam Bullock, Sam Carney, Will Bertram and Will Romeril. FLUX provided them with the knowledge and skills to begin creating art in VR and let their imaginations run wild. The free public exhibition will run from 10 am until 4 pm on September 16th.

Tickets can also be purchased for 'a full FLUX ZERO experience' too, which will run from 8 pm till late. The latter event ticket, priced at £1000 on their website (Yes, really) will get you; 'An orchestrated projection show, a custom flux cocktail, a 52 Page flux magazine, access to flux bar, limited flux pin badge and there will be a guest DJ.

www.flux.je

blank canvas

Fancy a blank canvas or three?

This month Gallery are excited to announce that we're partnering with the JCG Foundation and Le Masurier to launch the 'Blank Canvas Competition'. The objective is to give art students from all schools the opportunity to take part in an exciting competition to provide the new Le Masurier Headquarters with artwork inspired by an eclectic mix of genres. Prizes will be awarded to help the winning students and schools continue with their passion for art.

The competition is split in three with Le Masurier looking for three different types of art on three different canvases. In the Reception they are looking for a bold, colourful piece inspired by the giant billboard-sized paintings made in the 1960s by the American artist James Rosenquist. For their Meeting Room, they would love a large semi-abstract design that incorporates some 3D elements to suggest architectural or machinery details. A good artist to work in the style of is Eduardo Paolozzi, especially his relief sculptures and designs for the London Underground. The Boardroom needs a striking graphic design that will show a visual timeline to illustrate the history of Le Masurier, paying homage to the Jersey's tourism heyday. This is a great opportunity to artistically celebrate Jersey's recent past and a good place to start for inspiration is the advertising work of Abram Games and the work he did for the Jersey Tourist Board in the 1950s and 60s.

Prizes & Judging

Each category will be judged separately. The three winners of the different categories will receive £500 each and £500 for their school. Runner up prizes of £200 will also be awarded for each category. The Winner will be announced at a prizegiving at Le Masurier Head Office in December. Gallery is excited to be the media partner for the event and we're pleased to announce that Jason Butler has very kindly agreed to help judge.

BEAUTY & WELLBEING



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de
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Beauty News



Better than sleep

Calling all mothers, hard workers and party girls! When adequate sleep eludes us, dark under eye circles are the noticeable side effect. Erase the evidence of exhaustion in a single swipe with Bobbi Brown's new Instant Full Cover Concealer.

It's like eight hours of sleep in a swipe. The full coverage formula instantly camouflages darkness and brightens up the eye area.

The flexible finish moves with skin, so there's no creasing, cracking or settling in. An infusion of Rare Indian Tree Extract and Palm Kernel Extract help to instantly plump and smooth under the eyes and reduce signs of aging.

Concentrated, highly-pigmented coverage that visibly brightens stubborn dark circles and softens hollows and tired lines in an instant – no sleep required.

Bobbi Brown is available from Voisins Beauty Hall.



For seriously super looking skin get strobing!

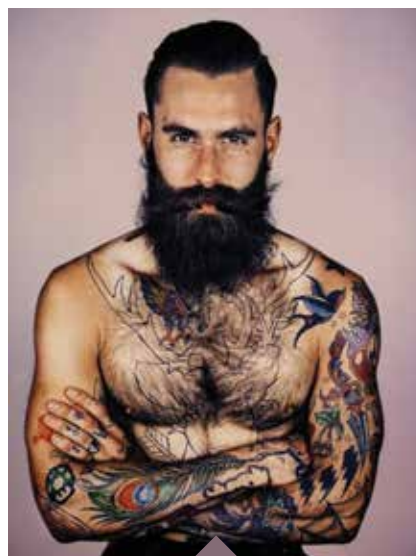
The contouring trend has been hot for a while now thanks to Kim K. The concept is easy – by using makeup products two shades darker and lighter than your skin tone, you make features recede and pop as desired. But in practice, contouring can be a little challenging and most of us don't have the time or patience to get the look at home.

Enter strobing! It's the newest beauty craze and it is likely more your pace. Strobing focuses exclusively on highlighter applied where light would naturally hit your face (your cheekbones, brow bones, the centre of your forehead, down your nose and on your chin.)

The best product we've found for this is the brand new Sisley Instant Éclat. You simply dab it on and its soft, shimmery shades will make your complexion look radiant, fresh and healthy whilst giving you an ethereal oomph that is sure to turn heads.

After foundation, on the contours of the face, as shown, apply the super Sisley Instant Éclat and not only will your features be drawn up but the contours of your face will also be redefined. Easy!

Sisley is available from Voisins.



A Cut Above

Enjoy the ultimate barber experience by the facial hair experts at Toni & Guy, now offering traditional cut throat shaves and precision beard sculpting.

As facial hair trends lean more toward the traditional, the exquisite luxury of wet shaving is enjoying a remarkable comeback, and rightfully so! Unlike an electric shave that breaks hairs and leaves stubble, wet shaving not only results in baby soft skin but holds an air of class about the whole process.

Beginning with a skin analysis, cleanse and exfoliate, the cut throat shave experts will apply pre-shave oils before preparing the skin with steam and hot towels to open the pores. Then comes the thick lather applied with a traditional brush using luxurious shaving creams. Post shave, the process is finished with fine oils and soothing balms leaving the skin smooth, refreshed and fragrant. The best part is you can even go to the greatest of grooming lengths and complete the ultimate shave with a tailored cut and finish on top without even leaving the chair.

But if you're still about the beard, you can keep the bush at bay with a shape and trim or definition complete with shave oils, steam preparation and hot towels from just £10.

Keep it trim:

Cut throat shave and hair cut from £50

Cut throat shave from £23

Precision beard sculpting from £20

Toni&Guy
7 Halkett Street
878487

Childish things

WORDS Christopher Journeaux,
Quiet Room Therapy



Lunching with a good friend recently we swapped lists of must-see films. Top of her list was Trolls. For those who have yet to see it the story is simple: Bergens invade Troll Village with the objective of gaining happiness by each eating a Troll. Princess Poppy, and the curmudgeonly Branch, set out to rescue her abducted subjects and return to a life of hugs, scrapbooking and much singing – you need to watch it to understand the importance of those bits. Not quite my thing.

Flicking through some films on holiday my four year old daughter spotted Trolls. We had to have it, apparently; very cool she told me. I sat in front of the screen but also had a sneaky magazine open to read at the same time. It wasn't until my daughter started dancing around the room that I actually watching the film. I was sold. Within twenty minutes there were two children in the room and both were dancing, one as only a dad can.

"My friend had told me that one of the bonuses of having a child was the excuse they offered to go to children's films. I know what she means but do we need an excuse to celebrate the child in us all; I loved letting go, not thinking about how I looked or analysing the allegory in the film."

The next day we held a Trolls party with the living room decorated to match the theme. The party largely focused on the film and our dancing. The childish joy it brought to me will stay with me for a long time. My adult filter was discarded and we just had unbridled fun. My friend had told me that one of the bonuses of having a child was the excuse they offered to go to children's films. I know what she means but do we need an excuse to celebrate the child in us all; I loved letting go, not thinking about how I looked or analysing the allegory in the film. My child is definitely back for good. Go see the film and relish your child, even if only for an hour and a half.




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A fresh approach to headaches

WORDS Nigel Mann

HCPC Registered Physiotherapist and Owner / Director of The Jersey Sports & Spinal Clinic

Here we go again... My eyes lose focus and I become aware of tension building at the top of my neck where it joins my head. I know that a headache is brewing. When my eyeballs begin to ache, I know I need to think about resting or finding some medication to stave off the inevitable. Because if left too long, the pain will become unbearable, I won't be able to stand the bright lights and the nausea will eventually cripple me.

If this sounds familiar to you as a headache or migraine (think of a migraine as a bigger headache) sufferer, then you are not alone. As a physiotherapist, this is the all too familiar story. Headaches (there are over 300 different types) and, by extension, migraines are surprisingly common. With headache disorders being the third highest cause of days off from work worldwide, it is reassuring to think that that most headaches are treatable with effective physiotherapy. Despite this, few people seek treatment, possibly because we have accepted the common headache as part of everyday life, most medical management uses medication, not physiotherapy, to treat the headache symptoms.

It doesn't need to be this way. In response to this The Jersey Sports & Spinal Clinic (JSSC) is launching a brand new headache clinic. It aims to help people regain control of their headaches and their lives. If you suffer from regular headaches you'll understand what I mean.

Confusingly, people often also complain of pain in the back of the head and neck during a headache. A debate has existed in medicine as to whether the nerves and tissues of the neck and upper cervical

spine can actively contribute to headaches. These are known as cervicogenic headaches (i.e. coming from the cervical, or top, region of the spine) and there is a slowly growing body of evidence that is showing that treatment to the neck can reduce headaches and migraines for a significant proportion of sufferers.

Whether the neck is the cause of, or part of, a headache, careful attention to the neck and its relationship to the headache

“Confusingly, people often also complain of pain in the back of the head and neck during a headache. A debate has existed in medicine as to whether the nerves and tissues of the neck and upper cervical spine can actively contribute to headaches.”

are extremely important. The fact that we are unsure what things actually trigger a headache or migraine makes it difficult for medical professionals to accurately diagnose the cause. People are often worried that treatment will stir up headaches and make them worse. This should not be the case.

Using a series of gentle techniques (no cracks or manipulations) devised by The Watson Headache Institute, we address the source of the headache and not just calm the symptoms. This treatment is unique to the movements of the upper three spinal joints of the neck. During the course of treatment headaches will lessen in frequency and severity. Once your headache is better controlled or completely disappeared, exercise routines, Pilates classes, running programmes or relaxation/mindfulness techniques can be incorporated to help address the external factors that may be contributing to the symptoms.

If you are still reading you can obviously relate to the pain and concern these cause. Don't delay, there is no longer any need to suffer in silence. Get your headache treated. You can see our physiotherapists

directly without a GP referral. Simply call 490312 to book into one of our headache clinic appointments, and a member of our team will be able to discuss our diary availability to ensure we can see you at your convenience.

For more information on please visit www.physiojersey.com/headache-clinic

SEEING EYE TO EYE



“Your eyebrows are like the frame on a piece of art, they should never be the feature but they bring the piece alive.” Who said that? Brow guru Shavata Singh said that. So we listen. Because this wonder woman is someone to pay close attention to. She can take a girl from pretty to jaw-droppingly beautiful in less than 15 minutes thanks to years spent perfecting her art, because the perfect brow is definitely a piece of art.

Shavata is also a titan of industry starting out with the UK's first brow studio in 2004, she now has a mini empire of 20 across the country, including one here in de Gruchy which opened just a year ago.

Every trip to a Shavata Brow Studio, wherever it is, promises two things, well trained, passionate professionals will greet you and your treatment will be individually tailored to you. The team at deGruchy have undergone rigorous training under the guidance of one of Shavata's top artists who came to Jersey to teach them the “Shavata way” so they too learnt to read a person's face and tailor their treatment to them and their lifestyle. There is so much to consider when someone comes in for a brow treatment, what they do for a living, how old they are, it all determines the kind of maintenance they'll be happy with and ultimately the treatment you give them. The worst thing you can do is not listen to a client.

Shavata has liberated brows from being plucked amateurishly to being threaded to perfection, but as she's famously quoted as saying “eyebrows are sisters, not twins!”. The muscles under each side of your face are different which is why your brows should never be a perfect match. “When someone walks in you can immediately tell the hand they write with” Shavata told us, “as that's their stronger side, which normally means their brow on that side is slightly higher.”

Don't worry though, there's an easy way to combat this at home. “When colouring your brows add colour to the bottom of the

brow on the same side as you write with and to the top of the other. This will add both shape and height where you need it and will help to ‘even’ them up.”

Not everyone is blessed with perfect brows, of course. Well worry not, as “eyebrows can help to provide the perfect illusion, not only do they help to draw attention to the windows of your soul, they can also help to distract away from problem areas too. Perhaps you've got hooded lids, wrinkles around the eyes, all of these

things can be helped by having your brows shaped correctly. Moving the arch can create a more youthful eye, thickening the brow adds definition - honestly, the opportunities are endless.”

Your Shavata therapist will be happy to offer you tips and tricks with every consultation so it is always worth asking them any burning ‘brow’ questions you may have! And, after being one of the major brow leaders they have also developed a core range of professional products that can be used by everyone on an everyday

basis. These can also be found at the Shavata Brows & Beauty studio in deGruchy.

If you haven't had the pleasure of experiencing a Shavata brow treatment then be sure to book in during September when our Shavata Brow Studio in deGruchy will be celebrating their one year anniversary. On Friday 29 September Shavata herself will be visiting to celebrate and see clients, and I for one will be at the front of that queue. We'll see you there...

Book your appointment with Shavata now, by calling 01534 818 843

The future of laser hair removal is here!

A revolution is underway for permanent body hair reduction that is virtually painless. The Pain-Free, Hair-Free™ laser hair removal treatment is now available here in Jersey and is set to free you from daily shaving, painful plucking and expensive waxing to give you silky smooth and beautifully bare skin. And you'll be able to enjoy your treatment in the comfort of the Medical Aesthetic Clinic, 7 David Place.

The Soprano Platinum Ice laser is the next generation of hair removal, taking cutting-edge medical laser technology and applying it in the comfort of a beautiful clinic setting. In fact, the Pain-Free, Hair-Free™ system uses new breakthrough technology that has been described as one of the most comfortable unique laser hair removal options available. The Alexandrite wavelength also offers more powerful energy absorption making it ideal for the widest range of hair types and color—especially light-colored and thin hair.

The Soprano Ice Platinum is suitable for any skin type including skin that is tanned (but not sunburnt) because the system uses three different laser light wavelengths to target the widest possible range of hair colours and textures. However, as lasers target the melanin pigment within the hair

follicle, ginger, white or grey hair will not be affected by the laser.

So, how does it work? Light from the laser is delivered gently and safely to the root of the hair. The root is heated to 45 degrees Celsius which damages or destroys the base of the follicle and seals the capillaries so that it can no longer produce more hair. It does not damage the surrounding skin area and is virtually pain-free which it means that you can wave goodbye to those 'uh oh' moments!

If you're curious then you'll be happy to know that the team are offering you the chance to come and try it for yourselves. You're invited to pop along and join Bridget and the team at the Medical Aesthetic Clinic, 7 David Place, for a demonstration of the Soprano Platinum Ice

on Sunday 10 September at 4pm. During the afternoon they'll do you a free patch test so you can experience the Pain-Free, Hair-Free™ treatment first hand whilst you're sipping on a glass of prosecco. You can either pop along or call them to schedule your free consultation today.

**GALLERY
READER OFFER**
£50 off your first
course of treatment
booked. Mention
Gallery when booking

Call Bridget on 07781 154485 or find them on facebook @MedicalAestheticClinicJersey

Neal's Yard Remedies here in Jersey



If you are already familiar with the well known brand *Neal's Yard Remedies* then you'll be delighted to hear that you now have access to their full range here in Jersey, cheaper than if you were to buy it direct. For those of you who aren't, then allow us to give you a little bit of inspiration which will mean that you too will want to be taking advantage of Jo Le Cornu's, an independent consultant for Neal's Yard, new initiative.

Neal's Yard Remedies first opened their doors in 1981 in a once forgotten corner of Covent Garden. Their passionate belief that beauty should be natural, not synthetic, has been at the heart of their business ever since.

The Neal's Yard Remedies range covers a great deal of different products which mean there's something for everyone, you'll be spoilt for choice. They believe in nature, honesty and transparency which means you can rest assured that all of their products are organic, ethically sourced, only contain

what they need to and that they all smell and even look divine thanks to their signature blue glass bottles (which, along with many of their ingredients, are sourced in the UK).

The best way to get a feel for the range is to host a party. Jo will come to your house, present the brand to you and your friends and give the host (you) a facial (there are other perks to hosting too). Once you've tried the products you can then place an order with her. Whilst you can order online there is a cost saving to be had by placing your order through Jo and once your beautiful products arrive she will deliver them to your front door, saving you time and the cost of postage!

OUR TOP 3 FAVOURITES



1. Wild Rose Beauty Balm

Very rightly in first place this iconic product has a global cult following. Its addictive smell is probably the best bit about it, closely followed by its versatility; it's a Lip balm, cuticle softener, face mask, cleanser, intense hydrating booster... There's practically nothing this rich, luxe, Wild Rose Beauty Balm doesn't do. Which is lucky as that means you get to slather this beautiful balmy deliciousness on all the time!



2. Deliciously Ella Duo

Created and loved by Deliciously Ella, the refreshing Rose, Lime & Cucumber Facial Wash and Moisturiser is a light skin food duo which gives your skin a natural radiance and a glow that's guaranteed to get compliments!



3. Rosemary & Cedarwood Hair Treatment

This is another bestseller. Used either as a pre-wash conditioner or left on for a deep conditioning overnight treatment it restores shine, body, and vitality. A much needed product in an age of straighteners and hair dyes. The nourishing blend of organic coconut oil with the essential oils of organic rosemary, cedarwood, and lavender make it ideal to use on lacklustre or coloured hair.

Call Jo Le Cornu on 07797 826342 or find her on facebook Jo Le Cornu-Neal's Yard Remedies Organic to find out more.

Beauty Products

A round up of the latest and greatest skin saving products



Bobbi Brown

Skin Nourishing Mask

Available from Voisins

Summer can take its toll on your skin, so sort it out with this hydrating mask. Enriched with Coral Grass and Green Algae - both powerful moisture magnets - this super creamy yet lightweight mask instantly quenches dry skin for a smoother, plumper look. Used three times a week, it helps repair skin's natural moisture barrier and reduce the look of fine, dry lines. This is a tri-weekly gym sesh for your skin.



Jo Malone London

Amber & Lavender Bath Oil

Available from Voisins

Now *this* is how a bath should smell. French lavender brings a fresh flare to deep amber. Enriched with sweet almond, jojoba seed and avocado oils to soften and nourish the skin, whilst its sublime fragrance fills the air. The best bit is that on exiting the bath, if you can drag yourself away, you are left smelling delicious all over.



Elemental Herbology

Bath & Body Oil Mental Detox

Available from The Greenhouse Spa

This unique and vibrant British beauty brand keeps going from strength to strength. We're loving their new luxurious bath oil which fills the room with wonderful essential oil aromas of Rosemary, Grapefruit and Juniper Berry. Purify and invigorate a sluggish body and mind with oils that will help eliminate toxins, stimulate lymphatic drainage and encourage circulation.



Sisley

Sisleya L'Intégral Eye & Lip Cream

Available from Voisins

This bestselling cult eye and lip cream has been made even more amazing for 2017. The scientific research behind this product is incredible; it now targets cell's life cycles to reduce wrinkles and boost skin tone. Acacia extract stimulates the elimination of the coloured toxins that cause dark circles. Caffeine tones and helps reduce puffiness. Eyes are more open and years are taken off the skin around your lips - if you've ever been a smoker you need this in your life.



La Mer

The Soft Fluid Long Wear Foundation SPF20

Available from deGruchy

Things just got properly magical at La Mer - this little beauty can bend and diffuse light so that your imperfections virtually disappear! And whilst its perfect coverage is making you look a million dollars, its formula of powerful plant stem cells blended with algae and marine peptides get to work reversing signs of ageing. We love you La Mer, and thank you very (very) much.



Christian Breton Paris

Anti Wrinkle Hydrogel Eye Masks

Available from christian-breton.fr

Pop these bad boys in the fridge and then use them when you've had a particularly hard day, or a particularly fantastic night out partying! Wow, are they good. With firming collagen, anti-oxidants and purifying kaolin these are a blissful treat that leave you looking bright eyed and bushy tailed.

FASHION



Part Two Idella Tunic
UK RRP £94.95, **de Gruchy** £85.46

DISCOVER OUR NEW ARRIVALS

GANT | GREAT PLAINS | LK BENNETT | KAREN MILLEN
MINT VELVET | COAST | OASIS | PHASE EIGHT | GARCIA
PART TWO | COSTER COPENHAGEN | GARCIA...*and many more*

de
GRUCHY
FOREVER INSPIRED



Coster Copenhagen Suede Top
UK RRP £149, **de Gruchy** £134.10



Jess Stanier is a girl on the move. Talking to her about her ideas is intoxicating and the energy she's bringing to her new brand Frank & Betties exemplifies this twenty-something's motivation to create with a conscience. Ahead of a range of exciting projects involving socially responsible production and fashion, Jess has established an online store and pop up selling her vision of 50s inspired dresses and unique shirts and denim.

Having always loved pin-up dresses and 1950s style, she had saved some money but kept putting it off. It took a friend to say 'what are you waiting for, make it happen now or you never will' to prompt her to borrow a bit of extra cash and crack on.

After building her website herself with help from YouTube, she met with a lot of suppliers, many of whom were not happy for her to handpick the clothing. She finally found some who were, chose stock, made an order and 'spent about 40 hours ironing everything!'. After meeting some pin-up and 1950s dress brands in UK, she became Channel Islands supplier for Lindybop! It was then full steam ahead; 'I spent six days driving myself nuts trying to choose a name but then collaborated with a local artist on logo and design, booked into Reasons as my first event and decided

to do glitter make up (utilising an NVQ in beauty) to get people to the stand. The results showed through, "My amazing friends and boyfriend worked their butts off for free to help me get the business going and have been my staff for each event!"

The website was live for a month before the first event and Jess sold an item of clothing every day and is now getting orders from the UK. Groove De Lecq and Gorey Fete followed, putting money earned back in to the business. She's now being asked to order specific items and is making custom pieces, learning how to embroider and getting advice from people who have made it in the area already, via Instagram. @Gypsyshrine, for example, a girl who left her job last year to do glitter at festivals and now employs six staff, and a line in Topshop and Superdrug.



“The objective? To see people ‘rocking their clothes and sparkling with a bit of glitter’. Nothing wrong with that!”

The next plan is to craft more locally and collaborate with local artists to set up a Frank & Betties ‘marketplace’ on the website to encourage those without websites to sell their products and support local talent. Having advertised for an intern and received over 20 applicants, intern Poppy

is now running her first social media campaign and planning an event for the business, perpetuating the

ethos of bringing individual, sustainable fashion to their customers. The objective? To see people ‘rocking their clothes and sparkling with a bit of glitter’. Nothing wrong with that!



www.frankandbettiesvintage.com



▲ Lauren in the new suede Luella Rockerfella hat.

And while we're on Vintage

Lauren Burnett has long been a queen of local vintage fashion. Recently she's been extending her unique Luella Rockerfella brand with a positive cause, collaborating with the women's wing of the prison to produce branded fashion hats. The initiative was developed in an attempt to positively impact the lives of female inmates by offering the chance to develop a new skill. The hats are hand finished by inmates and the money raised is being donated to the islands drug rehabilitation centre, Silkworth Lodge, a Jersey registered charity and residential rehabilitation centre for men and women affected by drug and alcohol addiction.

Lauren has fought and continually fights addiction and thus wanted to make a difference to the lives of people who have similar struggles. She found creating Luella Rockerfella has allowed her to express myself creatively, giving self-belief and strength to overcome a difficult way of life. She hopes to encourage others to believe change is possible. This is the second instalment of charity hats produced by the company in this way. The original Luella Rockerfella beanie hats raised over £1200 for another local charity Jersey Action Against Rape (JAAR) last year.

Lauren wants you involved too; “We would love people to get involved and support us in this initiative and are encouraging customers to share photos of themselves in their hats using the hashtag #actionagainstadddiction to help raise awareness”.

This time round the new style suede baseball caps and Lauren's story have caught the attention and hearts of people worldwide with shipments going out to the USA, Hong Kong and Japan in support of this great cause.

Order online at:
www.luellarockerfella.com

Brand News



A double denim dream

It's the trend that so wrong, it's right - and it's not going anywhere. At least not if these celebrity fans of denim on denim have anything to do with it...

Main picture is from the fashion forward A/W17 Garcia Collection available from deGruchy



Mixing it up

The excitement of new season is upon us and Coast have not failed to deliver in their A/W17 campaign. Mixing soft fabrics with heavier textures they have the perfect combination of new romantic and vamp.

Tailored lines and confident patterns are made for statement dressing. The use of bold colour, geometric prints and architectural silhouettes highlight the influences of art in this show stopping collection. This season we're all about making a statement and the new Coast collection has all the key pieces we need.

Available from September on the first floor in deGruchy.

Shop smart

Garcia is the epitome of smart casual. Their creative and innovative styles are gaining popularity the world over with each beautiful collection after the next.

Keeping easy dressing at the heart, this latest season of Garcia delivers once again, with on-point power dressing, beautifully sculpted jeans, feminine shirts, bold blocks of colour, a military throwback and wonderful soft florals.

This collection is one you will love. Just look at these press images! She's super cool and all you need to do to look pretty much that fabulous is pop to deGruchy and buy in to this amazing fashion brand (maybe also stopping to get your brows and nails on-point at the deGruchy Shavata Brow bar too on your way out!)

Garcia is available from deGruchy.



★
NEW BRAND
ALERT!
★

BSNT

Jersey local, Louis Besant, created his thriving brand BSNT after seeing a gap in the streetwear market. After initially starting small with a line of tees and hoodies whilst still at school, after several sell out collections the brand has grown to include sherpas, sweats, shorts and anoraks.

visit bsntclothing.com to see the full collection. Pictured above are the Olive and Grey 2Tone Anorak, £70 and the Black OG Tee V2, £30.

Snapshots of style

This month we headed East to see what the beautiful boutique shops of Gorey have to offer and were delighted with our fantastic finds.

Perfect for dressing up your kaftan or ideal to throw on with a simple outfit to make it look stylish in an instant.

Long tassel and shell necklaces, £27.50 each, Eclat



How awesome are these divine shorts from the stunning Eclat summer collection?

Beautiful patterned cotton shorts, £64, Eclat

Feminine and fun, it's hard to choose just one of all the fantastic colours.

Joli leather and pearl bracelets, £55 each, Jersey Pearl



All hail the godfather of jackets! What's not to love about this cult classic?

Barbour mens Bristol wax jacket, £199, The Old Sail Loft Boutique



Oh so chic and practical too, we're head over heels for this pretty, waterproof jacket. Autumn dog walks will have never looked so stylish.

Barbour Yellow Stratus Womens Jacket, £169, The Old Sail Loft Boutique



This sweet little creature from the deep would look perfect on a cosy winter jumper.

Handmade ceramic whale brooch, £9.50, Jane James Ceramics



This elegant necklace is going straight on the wish list!

Lisa Le Brocq sterling silver mother shell necklace, £55, Jane James Ceramics



An autumn wardrobe staple, this flattering blazer is sure to be a favourite.

L'Argentina navy casual fitted blazer, £158, Neptune



Add some sparkle to your life with one, two, or maybe three of these beauties!

Selection of adjustable rings, £18.50-£24.50, Eclat

HIGH FLIERS

You've got to love a watch brand that has 'official supplier to aviation' as its strapline. Breitling watches aren't just designed for high fliers, they're worn by high fliers of all kinds. These are super-technical watches - more like complicated instruments than accessories - and it shows.

After all, if the purpose of life is adventure, then you'll want a watch that can keep up. If you don't spot a Breitling on the wrists of the pilots in this year's International Air Display, then we've got five other reasons why you definitely need a Breitling in your life... and the watches to match.

+01 They look good.

Think of a Breitling and you'll probably be visualising something like the Superocean. First launched in 1957, the Superocean was the watch du jour for professional divers in the 50s and 60s. Its good looks and streamlined design made it an instant classic, reinterpreted in the latest Superocean incarnation to mark its 60th anniversary - the Héritage II. We love this iconic dark dial and bezel - a thoroughly modern take on a thoroughly classic watch.

Superocean Héritage II, from £3,141 at Hettich



+02 They were invented for adventure.

Breitling created the world's first wrist chronograph with an added innovation - a separate stopwatch button beside the crown. Ideal for early aviators with no electronic instruments in the plane dashboard, a pilot could rely on his watch to accurately calculate distances and landing times. The Aerospace Evo is the latest interpretation of Breitling's iconic analog-digital - teaming the traditional three-handed watch with a digital timepiece's high-tech usability. It's all about the functionality, with a superb array of watch functions that make it a favourite of so many real world pilots, and it's available now at Hettich.

Breitling Aerospace Evo, £3,614 at Hettich

+03 They were invented by adventurers.

The third generation of the Breitling family, Willy Breitling was the ultimate risk taker - during the war, he'd arrange secret meetings with the British troops a few miles away from the Nazis to deliver Breitling cockpit clocks to the British Royal Air Force and then cover his tracks by going to the nearest town bar and starting a drunken brawl, so he'd be arrested as an alibi. Clever...

We think Willy would have approved of this tough and revolutionary new Breitling Avenger Hurricane with its military-type display. In all-black with yellow accents, aviation-inspired stencils and an exclusive black military-style fibre and rubber strap, this is one watch that's built for extremes. Add in the revolutionary Breitlight watch case - 3.3 times lighter than titanium and 5.8 times lighter than steel but much harder - and you've got a watch that's pretty much indestructible.

Breitling Avenger Hurricane, 50mm or 45mm, from £6,282 at Hettich



+04 They're out of this world.

In 1961, the Breitling Navitimer with its circular slide rule bezel was the first wrist chronograph to be worn in space - with a specially designed 24-hour dial. The Navitimer's still a cult classic thanks to its most recognisable feature, the 'navigation computer' - a circular slide rule on the bezel that a pilot can use to handle all the calculations they need to make when planning a flight (airspeed, distance, rate of descent, fuel consumption and so on).

Breitling Navitimer 01, £6,073 at Hettich

+05 They're designed for thrill-seekers.

One of the latest models from the Breitling stable is the Colt Skyracer, named after the Breitling plane that flies in the Red Bull Air Race. Also made of Breitlight, this ultralight watch is easier to wear than you might think and looks ready to take on anything. There's no arguing with the fact it's an adventure watch and with its rubber strap embossed with measurement and conversion scales for, well, measuring and converting things, this ultracool totally black watch is a bit of a pulse-racer on the wrist.

Breitling Colt Skyracer, £1,584 at Hettich



BREITLING AT HETTICH

Want to get your hands on one of these watches?

The cult watch brand is stocked at Hettich and from super modern military-style watches to sleek reinterpretations of classic icons, find your perfect Breitling at Hettich.

Hettich

1 King Street
St Helier

Tel: 01534 734491
www.hettich.co.uk


Meet the people behind
the counters at deGruchy
showcasing the new season styles

Come and see them all at the deGruchy INTRODUCING fashion event on Saturday 30th September

INTRODU

All clothes from deGruchy

Make up by Catalina Anghel from the Lancôme counter in deGruchy & Malgorzata Siwiec from the Clinique counter in deGruchy



BONGHEA LORENA MARINA
First floor supervisor

CING

Ivory Bow Cuff Shirt, Mint Velvet
UK RRP £69 / **deGruchy RP £62**

Oyster Belted Tapered Trouser, Mint Velvet
UK RRP £64 / **deGruchy RP £62**

Rosegold Brushed Statement Necklace, Mint Velvet
UK RRP £39 / **deGruchy RP £35**

Louise Grey Strap Stud Kitten Heel Shoes, Mint Velvet
UK RRP £129 / **deGruchy RP £116**

Watch, Models Own



DOMINIKA SIWIEC
Ralph Lauren Specialist

Knitted Midi Dress, Karen Millen, UK RRP £160 / *deGruchy* RP £144

Gee Pink Tweed Jacket, L.K.Bennett
UK RRP £325 / **deGruchy RP £292**

Gee Pink Tweed Skirt, L.K.Bennett
UK RRP £150 / **deGruchy RP £135**

Hebe Black Woven Top, L.K.Bennett
UK RRP £125 / **deGruchy RP £112**

Angelica Black Stretch Suede Knee Boots, L.K.Bennett
UK RRP £375 / **deGruchy RP £337**



ANIA CZAMECKA
LK Bennett Specialist



DULCINA DA SILVA
Barista

Belle Colour Black Dress, Coast
UK RRP £159 / **deGruchy Clearance RP £62**

Lana Pearl Necklace, Coast
UK RRP £35 / **deGruchy RP £31**

Shoes And Apron, Models Own

Leather Biker Jacket, Karen Millen
UK RRP £299 / **deGruchy RP £269.10**

Georgette Choker Blouse, Karen Millen
UK RRP £75 / **deGruchy RP £67.50**

High-Waisted Pencil Skirt, Karen Millen
UK RRP £125 / **deGruchy RP £112.50**



KAROLINA MANKOWSKA
Manager Karen Millen



JAY ROULSON
Senior Barber Fabriah

Raw Shirt, G-Star
UK RRP £80 / *deGruchy Clearance* RP £28.80
Regular Summer Shorts, GANT
UK RRP £80 / *deGruchy Clearance* RP £43.20
Shoes, Models Own



MALGORZATA SIWIEC
Clinique beauty consultant

Signature Collection, Charl Cotton Mix Jacket, L.K.Bennett
UK RRP £295 / **deGruchy RP £265**

Relia Black Trousers, L.K.Bennett
UK RRP £135 / **deGruchy RP £121**

Signature Collection, Tomasi Cream Knitted Top, L.K.Bennett
UK RRP £125 / **deGruchy RP £112**

StyleStalker

WORDS
Lauren Burnett



Jemima Hill

Jemima's beautiful silk cropped bird printed shirt is what initially caught my eye. Her outfit looked very chic, teaming the print perfectly with an A line denim white skirt - an item that has made a huge comeback!



Jamie Godfray

I loved Jamie's Rock n Roll style; an edgy look to her outfit which is my kind of style! From the band tee, silk choker, ankle boots and hair, which Jamie has styled perfect to complement her look! Every inch the rock chick.



Katie Cabbage

Comfortable yet beautiful. Katie had an essence that shone through her style. Katie also wore another on-point and on-trend denim skirt, teamed with grey slouched cardigan and tied grey cropped top. Beautiful!



Shavana Moores

Shavana looked casual cool in her plaid shirt, adding an element of grunge to her outfit. Teamed with this summer's trend for round framed Ray Bans, she looked stylish, glowing and comfortable whilst pregnant!



Stephen Jones

Stephen's main accessory was definitely his new dog Ziggy. His Timberland trainer boots are a top male trend, matched with low crotch joggers and plain white Ralph Lauren tee. A perfect mix of casual and cool.



Miguel Ferreira

Miguel looked smart and styled in well fitted black trousers and a very well fitted darker salmon coloured polo shirt. Miguel exuded confidence and style in his fashion choices and I think this shows through in his beaming smile!

APPETITE

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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



EAT, SLEEP, CHILL, REPEAT...

WORDS Hannah Carolan

It's safe to say that there is no shortage of places to eat in Jersey. From Michelin-starred restaurants to shabby chic beach shacks, there's something to tickle the most sophisticated or simple taste buds.

Being on a small island with a growing population and a work-life balance that is rarely in equilibrium, the opportunity to get away from the madding crowd and experience a relaxing, yet unique and informal dining setting has never been more appealing.

Here are some of my top spots on the Island to indulge in a bit of chilled out al fresco dining. Covering all points of the compass, there's somewhere for everyone to enjoy. A post-dining nap is optional, yet highly advisable ...

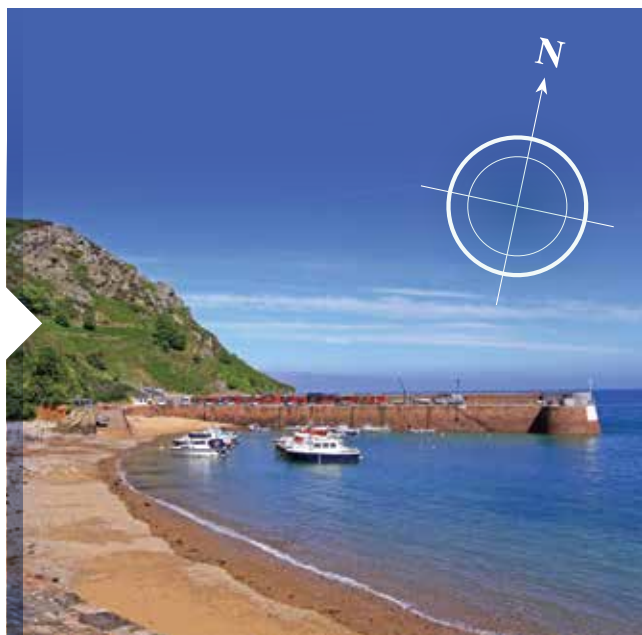
St John: Bonne Nuit Beach Café 'Thai on the beach'

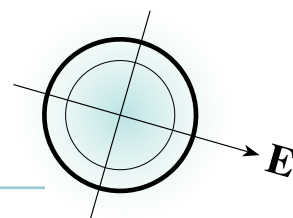
Nestled in the picturesque Bonne Nuit Bay, the Beach Café serves classic Thai dishes, including daily specials, using only the freshest local ingredients. Its tranquility makes it the perfect dining spot to take some time out while enjoying the beautiful scenery of the bay and distant views of the north coast.

Open an impressive seven days a week for breakfast, lunch and dinner, it's the convenient option for both tourists and locals alike. Being in the heart of the bay also means that access to fresh seafood is available throughout the year.

Diners are also able to bring along their own alcohol, so makes sure you pick up some Singha beers on-route! My recommendation and favourite main course is the Red Fish Curry, packed full of red snapper, red curry paste, spinach, red peppers and bamboo shoots, served with a fragrant bowl of jasmine rice and a bag of spicy prawn crackers.

Booking is available for Sunday – Thursday. Friday and Saturday is walk in only. www.bonnenuitbeachcafe.co.uk





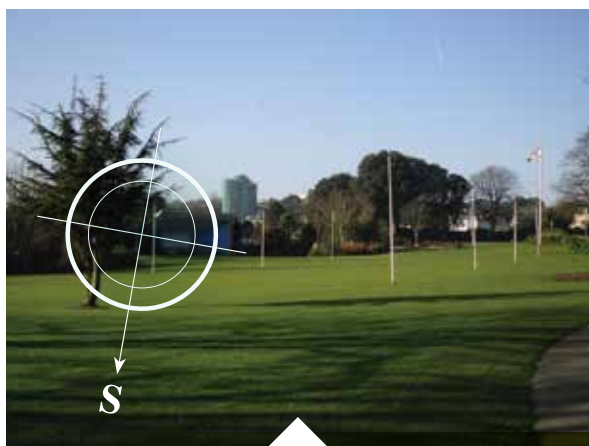
St Ouen: Faulkner Fisheries at L'Etacq 'Seafood Saturday'

The 'Vivier' is nestled inside a German bunker at L'Etacq and is renowned for its seafood barbecues in the warmer months of the year, as well as the abundance of fresh and frozen local seafood on offer, such as lobsters, crabs, spider crabs and oysters. With dishes such as 'Christian's Calamari' and king prawn with scallop kebabs on offer at one of their summer barbecues, you can unwind from the week while enjoying your seafood and Sauvignon on one of the many sun-soaked benches as you admire the breathtaking views. Heaven.

For opening times and menus, visit www.faulknerfisheries.co.uk

St Martin and Grouville: Barbecue sites 'BBQ overlooking the bay'

Looking to do some outdoor cooking to make the most of the warm weather? A barbecue needn't just be for the garden and the outdoor pits dotted along the route from Gorey to St Catherine are the perfect alternative for family get-togethers and larger parties. During the summer months these can get busy, so make sure you're there nice and early to get a spot. From Derek Lidster Family Butchers to Dunn Ross Fisheries and Vienna Bakery, the Central and Beresford Street Markets offer plenty of choice for all your required meat, seafood and bread. If you're based in the East, then a trip to The Village Butcher in Gorey will cater for all your meat needs, right on your doorstep. With your cool box fully stocked and your own private barbecue pitch secured, all you need now is your charcoal and tools to get your grill on ...



St Helier: Howard Davis Park 'Picnic in the Park'

What is more relaxing or romantic than a picnic in the park? Perfect on a sunny Saturday afternoon with your significant other, a group of girlfriends or with the family. I love Howard Davis Park for its proximity to town and local shops for stocking up on supplies, as well as its lush green lawn and colourful flowerbeds. There's plenty of space to spread out; however, take your chequered blanket and head into one of the corners for ultimate peace and quiet. As well as stockpiling the staple picnic fare of pork pies, scotch eggs and cocktail sausages, stop by Relish Delicatessen in Halkett Street to pick up some artisan cheeses and antipasti to create your own platter. If, like me, you have a sweet tooth, treat yourself to a box of their homemade 'Chocolats Florian' truffles to share with your picnic partner(s) for dessert, or don't ...

To plan your perfect picnic, go to www.relishjersey.co.uk or pop in and see Florian and the team for recommendations.

Appetite News

Pictured below: Figs from Katie's garden which go in to making her fig and rosemary focaccia / Khorasan and spelt seeded sour dough / Home grown organic apples caramelised in coconut sugar and baked under a homemade spelt puff pastry lid. / Raw hazelnut pralines.



Meet The Maker



We met up with the very lovely Katie Dunn founder of Katie's Kitchen to find out about her organic bakery.

So how did this all come about?

When I had my children I became far more aware of what went into food and tried to buy organic wherever possible, however due to the limited options I had to roll up my sleeves and start creating my own treats for them. This escalated and my love for cooking flourished. I began to bake using ancient flours such as khorasan, spelt and rye. A partnership with The Organic Shop soon developed where I baked scones, teacakes, breads and pastries for them, made using specialist flours and organic ingredients. I'm fortunate that my products got a wonderful following and Katie's Kitchen was born.

Do you love it?

Yes, I really do and the feedback from folk who haven't been able to eat bread in years is brilliant. There are a lot of people out there who are unable to eat shop bought breads due to the chemicals they contain or wheat intolerances and yet they can devour a loaf of my organic version no problem! There is a big appetite for these products on the island from thousands of conscientious foodies.

We hear that your raw chocolate truffles are amazing, what are they?

I've become caught up in the raw chocolate revolution! I was determined that I could make my own without the use of refined sugar which a lot of the raw chocolate still contains. It took me two years to perfect the recipe and to find the ideal natural sweetener; getting the taste and the texture right proved to be a real challenge but now my raw chocolate bars and filled chocolates are on back order and a favourite with my fab clients. My whole raw chocolate range is

gluten, dairy and refined sugar free; suitable for diabetics and vegans too!

What's next?

I've just released a full range of products including raw desserts, energy bites, raw snacks and gluten free cakes. I'm always experimenting in the kitchen and updating my website with new treats!

We hope Katie keeps up the epic work of bringing wonderfully tasty, forward thinking products to our little island!



See all of Katie's very delectable treats at www.sweetandsavouryorganicbakery.co.uk or find her on Facebook at Katie's Kitchen.

Relaxed Luxury at Ormer *Indulge and relax in the most elegant setting.*

Ormer is the ultimate place for savouring some of the finest local delicacies as well as tasting some unique dishes from the latest range of menus. From the express lunch and irresistible Saturday brunch, to the vegetarian tasting menu and new bar snacks menu. With such a sumptuous selection to choose from, Ormer is proving that Michelin-star quality can also be relaxed and spontaneous.

This month, Ormer is also hosting Jersey's first Oysterfest event. The month-long celebration will begin on Saturday 16th September with special menus, an oyster bar and a DJ on the terrace to highlight this special Island delicacy.

To find out more, please visit www.ormerjersey.com or call: 01534 725100



• THE •
Genuine
Articles



Laurence, Louise and Matilda Agnès

Douet Farm

We have always loved Jersey farming, but with no family farm to take over we had to find a different way. After a couple of years planning and saving in 2012 we bought some fields of our own and Douet Farm was born.

Our farm is in Trinity and we produce and sell 100% grass fed beef and lamb direct to customers. We pride ourselves on farming in harmony with nature; our livestock are entirely grass fed, and just relax in the fields, eating as much grass as they choose.

Our beef boxes and lamb boxes are available to buy in the Autumn. Boxes contain a selection of roasting joints, steaks, chops, stewing steak, mince etc. and we deliver them direct to your door. The meat comes individually wrapped and labelled, ready to pop in the freezer (you'll need the same sort of space for about 2-3 loaves of bread), or you can of course cook it straight away. We send an email to our customers when we have meat available – and orders are taken on a first come first served. So we'd always recommend you're quick to reply, as we always sell out fast!

We love what we do, and whilst at the moment it's just a hobby (we both have other day jobs) we are hoping to expand the farm, and our range of Douet Farm produce. We'd love to start producing goat's milk, goat's cheese and kid meat as well as pastured eggs, and have just put in a planning application which will enable us to do this. Watch this space!

Contact us via hello@douetfarm.com or call 856200 for more information or to become one of our lovely customers.

Jenni Liddiard

Field Farm

Field Farm in St. Lawrence was once a large 23 vergee potato field but is now the farm and home of myself and my husband David. The journey has not been smooth, it took us nearly 20 years to convert a dream into a reality.

Although I grew up on a sheep farm I actually followed a career in Radiography for 35 years. On the grand scale of things the farm is relatively small, but fortunately each individual branch of the business has been successful, as they say... I didn't want to put all my eggs into one basket!

I started by importing Lleyn sheep from Wales and sell half lamb boxes in the autumn. I also offer work experience to veterinary students during lambing season. Alongside this I also sell eggs, hybrid and pure-breed chickens and have just started breeding pygmy goats, you may have seen the first of these get rather a lot of attention on Facebook. In addition, I run short half-day seasonal courses 'Lambing Live' during the spring, smallholding and poultry courses during the summer – appropriately called 'Hen Parties for Beginners'.

My ethos has always been producing top quality products from animals with the highest standard of welfare. I very much hope this is also reflected in our handmade 100% Sparkling, Cloudy Apple juice. With absolutely no water or sugar added – just a little fizz! Although we do have some ingenious kit to help us achieve this, it really is very much a labour of love! We make it from a blend of traditional culinary and dessert English apple varieties and were delighted to be awarded a 'Great Taste' award in 2015. We believe we are the only people producing this in the UK. It can be purchased from the farm, and our main café outlets – Coopers, Plemont and Café Ubé.





Chefspeak

If you've ever worked in a kitchen you know that being a chef is far from a relaxing job. So we asked the chefs;
What you'd cook up or prepare if you were having a relaxing afternoon in?



A Saturday night off? I'd have to watch out for all those! flying pigs! If I was ever lucky enough to have a relaxing Saturday I would have to do my favourite snack . It's very low in calories (not) - a smoked bacon, peanut butter and banana eggy bread sandwich . Fry some smoked bacon in a little oil until just crispy then remove from pan and put to one side. Get two bits of brown bread, butter both and put peanut butter on one and smashed up banana on the other and sandwich the crispy bacon between them. In a large bowl crack 1 egg and add some milk or cream. I go for cream because, well, why not. Dip both sides of the sandwich in the egg and cream mix, using the same pan as you cooked the bacon in, Fry the sandwich on both sides until golden brown. It's tasty, quick and easy, leaving more time for relaxing.

BEDE CORR
The Lazin Lizard



A nice ice-cold Guinness – and nothing else!

STEFAN VALKOV
Ransoms Tearooms & Restaurant



If I ever get a Saturday afternoon off, I would probably light up my BBQ, pick some of my super ripe cherry vine tomatoes and have a nice ribeye steak barbequed with home grown cherry tomato salad on top, plus my special rocket & curry plant salsa, and a cheeky bottle of ice cold cider.

ANDREW SODDY
L'Horizon



I would start with a lovely fresh prawn cocktail, followed by a sumptuous crab or lobster with spicy Thai fish sauce! Thai people love their fresh seafood, maybe that's what brings so many of them to Jersey?!

JOY
The Spice of Life



For me, one of the best relaxation foods, is steak. I would select a gorgeous piece of aged ribeye and cook it medium rare. It would be accompanied by chunky oven baked chips, buttery green beans and creamy mushroom sauce... That's what I call a relaxation on autumnal evening in the garden with my family.

NADEEM AKHTER
Waterfront Restaurant
Radisson Blu



I would cook pancakes for the kids because it is not often I am off and they love to help me cook.

NICOLAS VALMAGNA
Grand Jersey

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DIVINE INTERVENTION



The Chapelle de La Maison in Gorey is a building that many people will be familiar with, certainly those that may have walked past the imposing former Methodist church which sits in the very heart of Gorey village.

I've often wondered what it looks like on the inside whilst driving by. A conversion of this kind is very high up on my property wish list and this example really is something else. The Chapelle was converted in 2009 into a highly insulated eco-friendly high specification home which, whilst retaining its church-like exterior, is a million miles away from any church I've spent my Sundays in. This property is simply stunning.

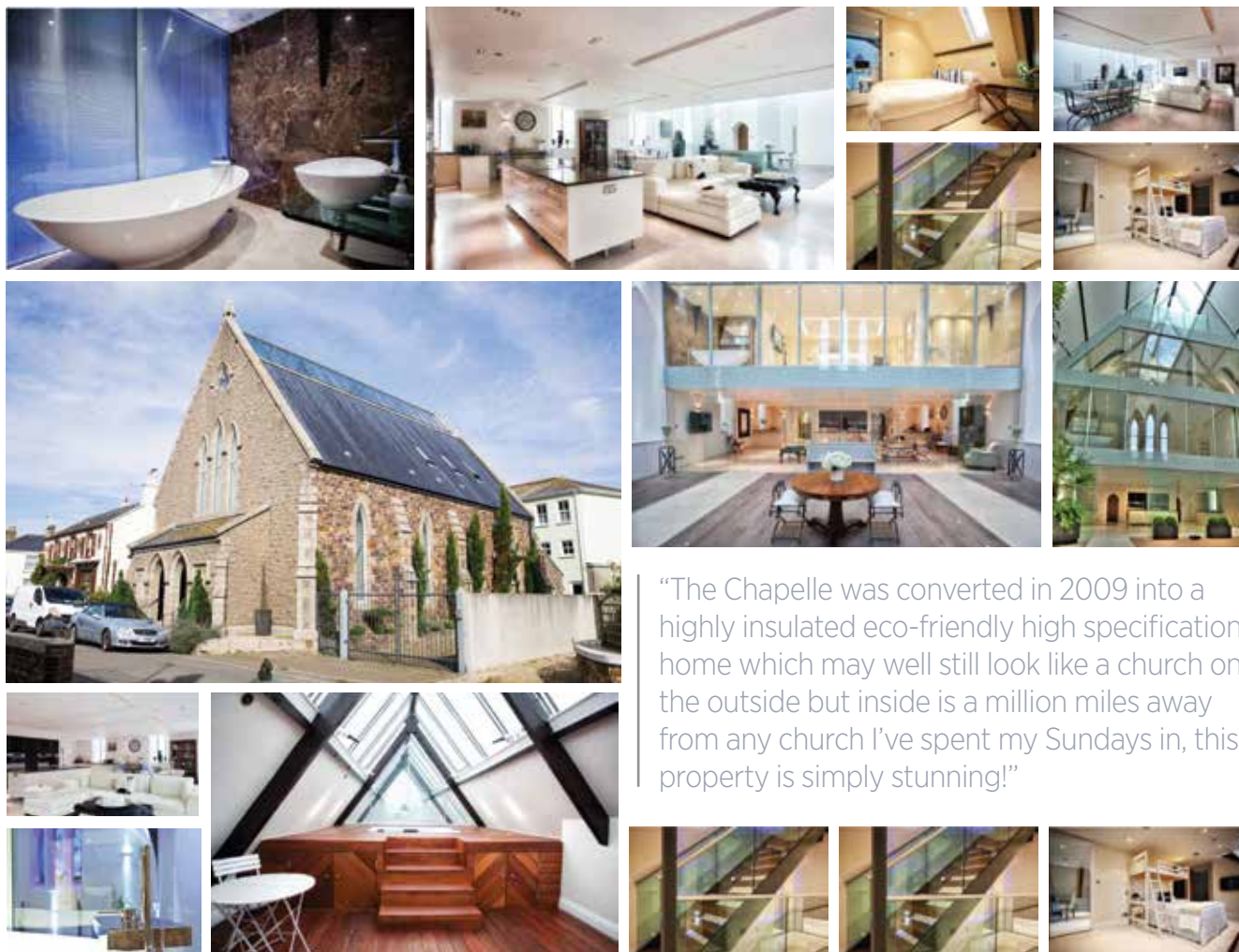
As you enter through either one of the traditional doors to the front of the property you can't help but appreciate how vast the building is. The front third of the entire building has been converted into a full height atrium, which rises to 14 metres at its apex, it results in a real flip-top head, jaw dropping moment as soon as you enter. The construction and space that greets

you is certainly a surprise. All of the 'walls' connecting the atrium with the living area are made of toughened glass which allow an abundance of light to flood into all areas of the property and you can see the full height of all four of the buildings floors too.

The ground floor is very much about open plan living, combining the wow factor of the huge amount of space and period windows throughout. The kitchen is a chef's dream with beautiful granite worktops on the large central island coupled with so much preparation space that you'll feel like inviting your friends around and staging your own version of *Saturday Kitchen*. There's even room for the film crew. The full complement of Miele appliances take pride of place and if you need more space for storage or

appliances then there is plenty of available in the large utility room to the back of the house. This room also offers direct access to the exterior of the property, making it incredibly easy and convenient for entering the house after you've been to shop for those visitors.

The owners have made the most of the original granite structure, retaining all its distinctive window and door openings, but providing a luxurious interior with a high end contemporary style and finish. They've included all of the very latest technology too; all floors have zoned under-floor heating and the property also has a full sound system. An Astro-Vac central vacuum system has been fitted along with a Comelit access control and door entry security system, ensuring privacy and security can be maintained. The Ecodan



“The Chapelle was converted in 2009 into a highly insulated eco-friendly high specification home which may well still look like a church on the outside but inside is a million miles away from any church I’ve spent my Sundays in, this property is simply stunning!”

ground source heat pump system makes the building like a living breathing project, direct from an episode of Grand Designs.

The accommodation on the first floor offers a master bedroom suite, the likes of which I’m not sure I’ve seen before. It includes not one but two bathrooms; his and hers perhaps, as one has a bath and the other a wet-room. All rooms overlook the atrium but the bedroom has the added bonus of inbuilt electronic blinds, so you can quickly achieve privacy if you need it. There are also dressing areas at each end of the bedroom and plenty of inbuilt wardrobes. On this floor there are a further two smaller bedrooms and a fabulous family bathroom. The second floor offers two further en-suite bedrooms and an office.

On the top floor you’ll find the *piece de resistance*, a Jacuzzi style hot tub suite. No really, it’s a suite. There’s a wine

fridge, television and a sink too. You really wouldn’t want to have to go back down to the kitchen once you’ve come up here, so it’s all about practicality. Thanks to the property’s full glass ceiling you have views of the whole of Gorey right across to the castle and the sea. This would be the room you’d find me in most evenings.

The house is accessed by driving through the village, offering entry through electronically controlled gates. Inside there is space to park five cars. Outside the house there is an easily maintainable walled garden and both the Common and Long Beach are just a few moments walk away.

I’m sure you’ve already established that I absolutely love this house, but don’t just take my word for it, book an appointment with Savills, the property’s sole agent, and go and see it for yourself. It really is something else.



Chapelle de La Maison

Gorey Village, Grouville

£2,500,000

www.savills.je
T: 722227

- 5 bed, 5 bath, 1 reception
- Stunning converted chapel in the heart of Gorey Village
- Open plan living at its best
- Highly insulated eco-friendly
- Rooftop jacuzzi retreat
- Walled garden & parking for five cars
- Approx 2,976 sq ft

WORDS Sara Felton

MADE IN JERSEY



Jack's MADE design: Tura cabinet ▲

Josh's MADE design
CMY stackable tables



Chasing each other's heels throughout their education (and even taking the same role a year after one other at Round House Design) Josh Renouf and Jack Seymour prove their must be some seriously creative juices flowing through the waters at Victoria College and Nottingham Trent University.

The young designers also found themselves side by side atop the polls of the International MADE.com competition who, through TalentLab - a platform for emerging designers with topical briefs, offer the chance to have winnings designs manufactured and sold online. This year the brief was to design a piece of furniture inspired by 'a material of your choice', whether it were the material's appearance, history or manufacture that influences the design. Taking time away from the drawing board, they shared the thoughts of two inventive young minds.

CONGRATULATIONS ON ALL YOUR VOTES IN THE MADE COMPETITION, TELL US ABOUT YOUR FINAL DESIGNS:

Jack- In response to the brief, I designed Tura, a mid-century style cabinet constructed of fibre cement, inspired by the rhythm of architecture. Pioneered by architects such as Walter Gropius in the 1950's, fibre cement is widely used within the construction industry as a cladding material on the exterior shell of a building.

Josh- I designed a contemporary trio of stackable tables in 4 glass colour

ranges inspired by the over-lapping of glass and how it creates different shades of that colour depending on the number of layers. I managed to get over 200 votes and came 2nd after I shamelessly plugged it on social media. However, it turns out that votes alone didn't form the basis of the selection. A design of woven felt took the prize.

JACK, WAS THERE A PIVOTAL MOMENT THAT MADE YOU DECIDE TO PURSUE THIS PATH?

Not so much a pivotal moment but rather lots of experiences have shaped this path. The support and opportunities throughout the years of Victoria College really prepares you for whatever you set out to do thereafter; the diversity that comes from this has always amazed me. My background in furniture design instilled an early appreciation for the

"My focus on furniture design stems from the attributes it shares with architecture and the fashion industry; architecturally, scale and proportion play its part whilst following the trends of fashions style."

CONTINUED....



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CONTINUED....

craftsmanship that goes into designed objects. This was emphasised by practical workshop time at university which created an understanding of materials and processes. I then took a year out in London working for a bespoke kitchen design company (Roundhouse Design) which helped develop a deeper understanding of spatial design and user experience within a three-dimensional environment. My focus on furniture design stems from the attributes it shares with architecture and the fashion industry; architecturally, scale and proportion play its part whilst following the trends of fashions style.

JOSH, YOU HAVE ACCOLADES FOR YOUR DESIGN OF THE BARISIEUR, TELL US ABOUT IT

The Barisieur is an automatic coffee or tea brewer, that eases you into the day with the sound of bubbling

water and the smell of freshly brewed coffee or loose leaf tea, provided conveniently on your bedside. This convenience provides people with a more relaxing morning, giving time to organise their thoughts about the day ahead; Living life slow even when times are fast. I left university and sent out a press release to a few inspiring design blogs with regards to The Barisieur and just a few days after I was getting around 50-100 emails a day! From there it went viral on social media to the point that Fox News in America featured it for a minute or 2 on their morning show, along NHK TV in Japan! I also got to pitch to Richard Branson at the Virgin 'Foodpreneur' StartUp competition too. It was only really then that I had to make the conscious design that I would give it a go and pursue getting the product to market.

shadow since school for no reason now!

FINALLY, WHAT DO YOU THINK IS THE GREATEST INVENTION OF ALL TIME AND WHY?

Jack- In Japan last year and I discovered that their version of Pringles included pull strings that when pulled downwards, it brought the base of the tube upwards along with its content meaning no more Pringle hands reaching for the last few. Joyous.

Josh- With regards to an Invention - It's got to be the wheel! I mean I can not imagine life without it and it hasn't really come that far since it was invented in 3300 BCE.

"The spoon and fork are definitely not broken and probably can't be "fixed"- however, tell that to the person who invented the Spork..."



JACK SEYMOUR

Age: 26

BA (Hons) Furniture & Product Design

Secret talent: Coin collecting

"IF IT AIN'T BROKE DONT FIX IT" - TRUE OR FALSE?

Jack- To a degree, yes, but don't stop searching for better alternatives.

Josh- I guess that's a hard one; it comes down to how simple the product is that you may be looking to innovate on or improve and how satisfied you are with it, whilst not being blinded by habits and acclimatised environments. I mean, yeah, the spoon and fork are definitely not broken and probably can't be "fixed"- however, tell that to the person who invented the Spork.

EVER THOUGHT OF COLLABORATING TOGETHER?

Jack- We have talked about this ...a lot.

Josh- Yeah, when Jack and I end up crossing paths, there seems to be this crazy energy that overcomes us to the point where we start coming up with ideas, blue sky thinking, and start bouncing off the wall saying "Let's just work together!". I know one day we will for sure do something - It's inevitable! I haven't been in his

JOSH RENOUF

Age: 25

Product Designer

Secret talent: It's a secret!



Josh pitching the Barisieur to Richard Branson at the Virgin StartUp 2016





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MORTGAGES IN JERSEY

In the current market purchasers who have already organised their mortgage will have a greater certainty of securing their dream home than somebody who has done nothing about that side of the transaction.

Whilst restrictions on borrowing placed by some banks can be tight, it is rare that we have to disappoint our clients, as there is usually a mortgage out there somewhere – it's just a case of knowing where to look! This is where an established local broker, with extensive market knowledge holds the key.

Five of the interest rates in our chart have fallen this month to even lower levels. So, whether you are planning your first purchase, thinking of moving home, or just looking for a much better rate on your current mortgage, phone the Mortgage Shop on 789830 to book an appointment, pop in for a 5 Minute review during your lunch break, or check in on our website to find out just how much you might be able to save – you won't be disappointed.

REVIEW YOUR FINANCES

With the latest drop in rates on some mortgage products, now is the best opportunity ever for homeowners to review their borrowings, as mortgages taken out over three or four years ago are now looking very expensive. By reducing the rate on a mortgage by 2%, over a 25-year term, the monthly cost of £100,000 will reduce by £104. Taking an average mortgage of £300,000, this will mean a monthly saving of £312, or £3744 per annum or £18720 over a five-year term. Breakage penalties, legal, and valuation fees may apply, although these can usually be added to the remortgage, as can any high-cost personal loans or credit card debt.

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 Jersey Market

There has been a general slowdown in recent weeks, as the holiday season comes into full swing.

Potential buyers are all complaining about the lack of choice in the market below £1m in value, whilst it would appear to be a buyer's market for higher value property, with discounts still being negotiated on some transactions.

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

60%	Tracker	0.99%
60%	2 Year Fixed	1.14%
60%	5 Year Fixed	1.59%
85%	Tracker	1.24%
85%	3 Year Fixed	1.74%
85%	5 Year Fixed	2.14%
90%	Tracker	1.84%
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%
60%	Interest Only Var.	2.24%

Rates correct as at 8th August 2017

BTL = Buy to let mortgage.



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Tel: 789830

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Finishing Touches

Each month we check out what the Islands home suppliers have on offer so you can complete your interiors with those finishing touches that makes a house, your home. So kick back, recoup and unwind with this months 'Relax' inspired top picks to make your sacred space a sanctuary.



Freya bedside table reading lamp
Marks & Spencer
£79



The Emperor Of Chester sofa bed

www.thelovingchaircompany.com
£2,350



Chenille cable knit throws

The Gooseberry Bush
£48.99



Glass tea pot diffuser

The White Company
£25



Scandinavian home, style & living books

Pebble
£16-£30



Royal double bed

MyPad
£350



Aromatherapy Associates Relax candle

de Gruchy
£33.25



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St Helier £649,000



4 2 ✓

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01534 620620



St Brelade £695,000



2 2 ✓

Character dower cottage
Set over 3 floors
Good sized sitting/diner with beamed ceilings
Fully fitted kitchen/breakfast room
Private well stocked garden

01534 877977

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St Clement £750,000



3 2 ✓

5th floor apartment with lift access
2 South facing balconies
Undercover parking for 2 cars
Fabulous sea views
Close to town & amenities

01534 620620



St John £1,295,000



4 3 ✓

Charming granite home
Imaginatively extended and modernised
Large garden site
Swimming pool
Two generation adaptability

01534 877977

WILSONS

St John £1,450,000



4 3 ✓

Substantial well maintained 1950s House
Adjoining one bedroom flat
Adjacent field
Planning approved for a larger property
Sunny garden on three sides

01534 737293



Trinity £2,300,000



6 3 ✓

Stunning location
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St Helier, Jersey

Hillcrest is an exclusive luxury close of individually architect designed homes. The modern designed homes are sensitive to their vernacular and designed around the sites attributes, exploiting the sites topography and providing breath-taking and ever-changing views across St. Helier and out to sea.

House 3 is positioned along the ridge of the escarpment, arranged internally to maximise full advantage of the views, living accommodation extends out on to open terraces connecting inside and outside seamlessly, enlivening the full experience that the site affords.

Designed with a traditional internal layout which blends a contemporary horizontal roof with a more traditional pitched slated roof to the site boundary.

The house briefly comprises: 4 bedrooms, 3 bathrooms, 2 reception rooms including a large unique design kitchen the flows through to the living area, creating a private and rather special living area enjoying the far reaching townscape views.

Quality fittings and finishes throughout the building and making the most of the latest technology, this house is extremely eco friendly, including the solar panels that operate even on a rainy day, providing energy for the hot water system.

There is a double garage and 2 additional parking spaces.

Guide Price £1,895,000

Sara Kempster-Smyth
Savills Jersey
01534 870140
SKSmyth@savills.com

savills.je





Getting it perfect at Beaumont Home Centre

Having access to something that is completely unique is a rare thing here in Jersey. When it comes to furnishing your home, however, the team at Beaumont Home Centre you can now achieve just that..

Their fantastic BoConcept range allows you to customise your furniture, which means that you can make each piece you order your own (please note we can't guarantee others won't want to copy your natty designs, but you'll always be able to claim you did it first!). BoConcept is Denmark's most global retail furniture brand. Whilst this is a top of the range brand they offer affordable home furnishing products that don't compromise on quality or flexibility thanks to their customisation.

In their collection of Scandinavian inspired designs, you will find contemporary furniture for the dining room, living room, home office and bedroom. Discover everything from functional dining tables for small homes to large sectional sofas custom made to fit the size and shape of your living room, they've thought of everything. Many other furniture designers consistently try and emulate the products produced by BoConcept, but where they fail is the attention to detail and the quality of the finish and did we mention that customisation option?

Sure you can order BoConcept online, by placing your order with BHC, they'll remove the VAT from the prices. Delivery is up to eight weeks after you've placed your order and, once your beautiful new BoConcept furniture has arrived on island, the fitters will come and put your chosen items together. What more could you ask for.

“Discover everything from functional dining tables for small homes to large sectional sofas custom made to fit the size and shape of your living room, they've thought of everything.”

If you haven't already paid a visit to the Beaumont showroom then you'll be blown away by the huge space, squirreled away in St Peter. The helpful team are on hand to guide you through the huge variety of interior solutions on offer and the area dedicated to the BoConcept range means you can see and feel for yourselves just how amazing the brand is.



BUSINESS

BUSINESS

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INTERTRUST; NEW RECRUITS.

Intertrust has appointed a new head of funds in the Channel Islands, and an associate director to further develop its funds offering across the islands. Michael Johnson joins the company as head of funds in the Channel Islands and will be responsible for developing the funds strategy across Jersey and Guernsey, with a particular focus on private equity, debt and real estate fund administration. Michael was previously head of fund services at BNP Paribas and also worked in London where he specialised in the oversight of outsourced investment mandates for Swiss Re Asset Management. He is a chartered accountant and committee member of the Jersey Funds Association and will apply his experience to building on Intertrust's position as a leader in fund services globally. Lucy Silvestri has joined the funds team as associate director and brings over 10 years of experience in fund administration. Lucy will be responsible for three teams and their associated portfolios, as well as taking on client directorships. She has a particular specialism in achieving operational efficiencies, with several years' experience in varying structures and products within private equity.



NEW VANTAGE POINT FOR TIM RATTRAY

Tim Rattray has been appointed as Managing Director of Vantage Insurance Brokers Limited. Previously MD of the Rossborough Insurance office in the Isle of Man, Tim has relocated to Jersey to spearhead the growth of the Vantage group's insurance broking business. A professionally qualified practitioner, he has over 30 years' experience in the insurance industry. Tim started his insurance career in the Isle of Man working for an independent brokerage before relocating to London, where he spent 15 years working for various large national insurance brokers dealing with the insurance programmes for mainly FTSE 250 companies. He then took the opportunity to relocate back to the Isle of Man to open a new insurance brokerage for a Channel Island group. Under Tim's management, over the following 12 years the company grew to become one of the island's largest brokers, employing more than 20 staff.



TWO NEW REAL ASSETS AT AZTEC.

Aztec Group, has announced two senior promotions within its Real Assets team. Paul Conroy has been promoted to Director, whilst Richard Anthony becomes an Associate Director. Paul and Richard will play an integral role in the leadership of the team of over 70 employees that specialise in Real Asset services. Paul joined the Group in 2014, following a ten year tenure with PwC where he gained extensive multi-jurisdictional experience, having worked in Jersey, London and Melbourne. A member of the Association of Chartered Certified Accountants, Paul also holds a BSc Hons in Pure and Applied Chemistry from the University of Strathclyde. Richard joined the Aztec Group as a Client Relationship Manager in 2012. In his new position, Richard will join Paul as a senior member of the Real Assets team, adding further experience and knowledge to the service offering.



JOHN HITS AN ON-ISLAND STUDY DOUBLE.

A student at JIBS University Centre has successfully completed the Level 4 Investment Advice Diploma (IAD) while studying for the BSc (Hons) International Financial Services degree. John Pipon, a 20-year-old student on the BSc (Hons) International Financial Services degree, is in his second year and was awarded the Investment Advice Diploma in July. The qualification is awarded by the Chartered Institute for Securities & Investment (CISI), the leading professional body for securities, investment, wealth and financial planning professionals. John has impressed everyone at the Business School since he joined the degree in October 2015 with his hard work and passion for investment theory, so it was no surprise when John decided to pursue the IAD. Taking both qualifications at the same time has been made possible through the support of the Business School, which delivers the IAD in Jersey.



NEW COMPLIANCE OFFICER AT ALC

Rebecca Le Quesne has joined the ALC team, bringing over 20 years' experience in offshore finance. Rebecca started as a trust administrator before moving into the banking industry. Undertaking client relationship management roles for a number of years she settled into compliance working for the likes of RBC and Estera. Rebecca now has over 9 years' experience in offshore Compliance and AML/CFT and brings additional risk control and due diligence skills to the team. Rebecca will be heading up ALC's day-to-day compliance function at their new offices in Weighbridge House.



PETE SIMS TO LAW AT WORK

Law At Work has appointed Pete Sims as HR Business Manager. Pete joins the team following a successful career working as HR Manager in a large Jersey-based hospitality business. With HR experience covering a wide range of industries, including insurance, fulfilment, retail and hospitality, he brings a strong commercial understanding to the business. Pete holds a Level 5 Certificate in Human Resource Management and is an Associate Member of the Chartered Institute of Personnel and Development. He has sat on the committee of the CIPD Jersey Branch for the past seven years.

OI, PAUL.

Paul Le Breton has joined the Oi Jersey office as its first Head of Creative. Paul has been in the industry for 29 years, having started his career in the Studio at Arena Printers and OTL before moving to Advertising International after 6 years, following which he has now joined Oi. Paul brings with him a wealth of experience working on a range of high profile campaigns for local, national and international clients in the financial, health, law, charity, leisure and retail sectors. On his new role and joining Oi, Paul said: 'I'm really pleased to have joined such an innovative, highly creative and amazing team. I can't wait to work with everyone and get stuck in!'. Ben Clarke, Oi Creative and Digital Director, said: 'We'd like to welcome Paul to the Jersey team; he comes to us bringing a tonne of experience and a sense of humour to match. As Jersey's first Head of Creative, Paul's role will be focused around inspiring and developing our juniors, as well as crafting some more of our award-winning brand and creative work.'



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Movers&Shakers

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LOGAN AT LONGUEVILLE

Longueville Manor has appointed James Logan as their new HR Manager. In his role, James aims to take a fresh approach to HR in order to develop the fantastic staff. His experience and attention to detail runs parallel with the excellent standards at Longueville and the team are very keen to let everyone know he's there. James shares Longueville's vision to develop the local hospitality industry. He aims to work with the States of Jersey, the Jersey Hospitality Association, Highlands College and local schools to work on recruitment and onboarding for the Island's hospitality industry as a whole.



NEW PARTNERS AT PwC

PwC has further strengthened its leadership team with a pivotal promotion recognising continued growth in Advisory Services to clients globally. Newly admitted Partner, Neil Howlett, will continue to play a vital role in leading and shaping PwC's strategic direction, with particular focus on the Advisory Services, having overall responsibility for leading the Advisory team across the Channel Islands. Neil has been with the PwC network for 15 years, having originally joined the firm's graduate training programme. He has since amassed significant international experience working in Continental Europe, the US, India and the UK. He has extensive knowledge and expertise across Forensics and Transaction Services. Based in Jersey since 2011, Neil's specialist niche is in Financial Services Risk and Regulation, drawing on PwC's significant expertise across Regulatory Consulting, Project Management and Risk Assurance.

In addition to Neil, PwC continues to experience in the Channel Islands are eight newly appointed Directors. Five are Jersey-based - Jackie Kirk, Ian Tait, Trudy Dillon-Nugent, Owen Woolgar and Mark Hunter. Another three are located in Guernsey - Stephanie Coxon, Steven Le Prevost and Tony Corbin.

ROSSBOROUGH EXPANDS PRIVATE CLIENTS TEAM

Sam O'Reilly and James Mahood joined Rossborough's Private Clients team as new business executives. Sam, who was educated in Jersey and has lived and worked in Malta, has had a customer-focused career to date. He will focus on building relationships with clients. He also aims to achieve his Certificate in Insurance (CII) and diploma in insurance. James has worked in both back office and client-facing roles previously in finance and property. A key aspect of his new role is connecting with potential clients. Sam was educated at De La Salle College and enjoys football and boxing, also plans to obtain his diploma in insurance.





SOPHIE DIVES RIGHT IN AT PRAXIS IFM

A TRAINEE administrator from PraxisIFM has been shortlisted for 'One to Watch' in the ICSA Jersey Awards 2017. Sophie O'Halloran joined PraxisIFM in February 2017 within one of its private client teams. She quickly became a very integral member of the team and has shown great potential. 'Sophie is definitely one of our 'acorns' and should have a great career ahead of her in finance', said Richard Kearsy, managing director of PraxisIFM Trust in Jersey. Educated at Le Rocquier School, Sophie went on to study at Highlands where she completed her Level 3 sport studies diploma. After Highlands, she travelled to Thailand to become a certified dive master and volunteered for Koh Tao's leading marine conservation non-profit organisation, Eco Koh Tao. As well as her love for diving, in her spare time Miss O'Halloran helps out at the Bouley Bay Dive Centre. When not in the water, she enjoys going to the gym and boxing. The winners of this year's ICSA Jersey Awards will be announced on 29 th September at Hotel de France.



COLLAS CRILL EXPANDS COMMERCIAL OFFERING

Collas Crill has expanded its practice with the appointment of funds, corporate and regulatory lawyer Dilmun Leach. Named a 'rising star' by IFLR1000, Dilmun joins the firm as group partner, responsible for leading Collas Crill's investment funds practice in Jersey. His funds practice includes acting on the launch of investment funds and their satellite vehicles including co-investment and carry vehicles, advising on the Jersey AIFMD regime and the establishment and licensing of Jersey managers. Dilmun has significant experience of working with fund managers investing in a variety of asset classes including debt/CLOs, private equity, real estate, infrastructure, oil and gas and virtual currency. Prior to joining Collas Crill in 2017, Dilmun worked for Ogier in Jersey and Herbert Smith in London. Dilmun's appointment comes shortly after the arrival of senior corporate and banking and finance lawyers Mike Williams and Ian Montgomery who joined Collas Crill in Jersey from Mourant Ozannes earlier this year.



STACY; NEW AT FIRST NAMES.

First Names Group is delighted to announce the appointment of Stacy Withe as Client Services Director in its Jersey office. With over 20 years of industry experience Stacy has enjoyed a successful career within financial services, having already held a director level position for the last seven years. Prior to joining First Names, Stacy worked with an independent trust company where she focused on client relationship management and service delivery for Ultra High Net Worth clients. In her role at First Names Group Stacy will oversee a client administration team comprising a portfolio of private clients with complex multi asset holding structures across various jurisdictions. Stacy is also a keen supporter of contributing to charitable causes volunteering her time as well as her fundraising skills, where possible.

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CRYPTO TRIPLE HEADER

JTC, Carey Olsen and Global Advisors Holdings Limited (Global Advisors), have all collaborate to work on the first regulated, crypto-denominated fund. *CoinShares Fund I*, which launched this summer, is a self-managed fund and will receive investment exclusively in Ether (which runs the Ethereum platform).

The fund will then trade cryptocurrencies and other tokens (or 'coins'), including participating in selected Initial Coin Offerings (ICOs). ICOs are the crypto-alternative to the Linux or Mozilla Foundations, and represent a form of capital raising increasingly utilised by entrepreneurs in the crypto arena, regularly inviting comparison with traditional venture capital or crowdfunding.

The fund will be regulated under Jersey's recently introduced Private Fund Regime. This regime is designed specifically for funds operating with a small number of very sophisticated investors, with the proportionate regulatory environment offering an impressive speed to market. Look out for ICOs, they'll be getting more common!

ANDIUM HAVE THINGS BREWING

Andium have purchased three prominent sites for redevelopment in the north of St Helier last month. The Brewery and Boiler House sites, which sit opposite each other in Ann Street were both earmarked as ideal locations for affordable housing and adjoin other developments owned by the company. Andium Homes will be on site later this year to deliver 15 new homes on the Boiler House site, which already has full planning consent in place. The Brewery site will deliver over 150 new homes. To optimise site potential, the former 'Belmont Hotel' on the corner of Simon Place and Ann Street has also been acquired under a separate purchase agreement.



LOCAL IOD WINNERS HEAD TO LONDON

Four senior individuals from across Jersey's private and public sectors have been shortlisted in the national finals of the Institute of Directors (IoD) UK Director of the Year Awards, which take place this month. The Awards, to be held in London on 29th September, are designed to recognise and celebrate the exceptional achievements of individuals at director level within private, public and voluntary organisations across Britain. It is the seventh consecutive year that Jersey will be represented at them. The Jersey contingent shortlisted for the Awards, all of whom were winners at the Jersey Director of the Year Awards held in April, are:

Director of the Year for Public and Third Sector: Charlotte Valeur, Board Apprentice
Director of the Year for a SME: Tim Crowley, La Mare Wine Estates
Director of the Year for a Large Organisation: Paul Savery, Barclays
Young Director of the Year: Pippa Davidson, Fairway Group

Those shortlisted from Jersey will compete for the national awards from a total pool of almost 80 individuals, including some of the UK's most successful company directors from across England, Scotland, Northern Ireland and Wales.



REFINED PR FOR CHILDREN'S CHARITY

Local agency, The Refinery, has won a global Media Award in acknowledgement of their work with Variety - the Children's Charity of Jersey. The firm received the accolade at the Variety World Conference in Atlanta and the award was collected on their behalf by Jersey Chief Barker Robyn Lapidus. The Media Award acknowledges companies or individuals that promote awareness of Variety, as well as their mission, positive social impact and fundraising initiatives. Variety Tents from all jurisdictions can nominate one media award per year. Nominees are then put forward to an international judging panel.

The Refinery's PR Director Natasha Egré and PR Executive Laura Syvret have managed the media relations for the Jersey Young Star of the Year Awards for three years running. Additionally, Miss Egré handled the PR for the Variety World Conference which was held in Jersey for the first time in 2016. The conference combined presentations and charity idea sharing with fundraising balls and star-studded award ceremonies. The Refinery coordinated their media engagements.

PR was also essential in working with Variety to encourage fundraising for a new sensory pool at Oakwell Children's Respite Centre. The Refinery oversaw the communications strategy, press releasing, media relations, on site media management and measurement.



New Jobs

Well here we are in September and the jobs have been flying into Park Towers. We have a range of opportunities within Trust/Funds/IT/HR and Accountancy- get in touch with us to hear more.

Gemma is looking for:

Senior Fund Accountant

An ACA / ACCA qualified individual is needed by our client, a growing fund business. The ideal candidate will have experience preparing financial statements for a portfolio of Private Equity Funds.

Assistant Manager/ Senior Administrator- trust

4-6 years experience administering a portfolio of private client relationships is required with a professional qualification at diploma level.

Business Intelligence Analyst

You will hold an in depth knowledge of MS SQL Server databases, Store Procedures, SSIS and Analysis / Reporting Services, Tabular model, PowerBi and Powerquery. Proven relevant experience in planning, creating and implementing reporting frameworks would be advantageous.

Corporate Administration Officer

A rapidly growing fiduciary business seeks an administrator with 2-4 years experience working with corporate & institutional clients and structures.

Carly needs:

Securities Administrator

We are looking for someone with experience in all or some aspects of securities processing including clearing & settlement, corporate actions, dividends & reconciliations.

HR Officer- 12 month contract

Joining a growing trust company - an experienced HR professional is required to assist in this busy team with all HR matters. Varied role with excellent benefits on offer for the right candidate.

Training & Development Administrator

Assisting the Training team in the coordination and scheduling of Group wide training and development initiatives, including course administration, production of support materials, student registrations and producing management reports. Previous experience within a training environment as well as strong Powerpoint and Excel skills is essential.

Assistant Documentation Manager- contract

A well known banking group is seeking a specialist with strong skills in accuracy and attention to detail. You will be responsible for the production of legal paperwork required for new and existing client lending applications. You'll have the dual function of working closely with Offshore Credit, Relationship Managers and third parties, preparing facility and security documentation for their clients.

Celia is seeking:

Junior Service Desk Analyst

Providing first line resolution for all IT issues of the business this is a great opportunity for an enthusiastic self starter with a keen interest in IT. Excellent interpersonal skills a must.

Temporary On-boarding Officer x2

Experience reviewing client due diligence documentation is required as well as a good knowledge of relevant compliance and AML legislation. These are on-going temporary roles.

Trainee Trust Administrator

A bright school leaver/graduate with strong academics will have a fantastic opportunity to join this small company and train on the job.

Graduate Training Programme

This unique programme has been created to fast track bright and ambitious graduates through a career within financial services offering experience across a number of departments.



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MAKING WAVES, IN A CARAVAN

New air taxi service Waves will launch its own on-island training academy early next year to offer islanders the opportunity to become commercial pilots. The company, which is due to launch its technology led, on demand air taxi service this month, has already employed a number of pilots to undertake acceptance of its first aircraft. Its brand new aircraft has now come off the production line in the U.S and will shortly begin its journey to Guernsey. In the meantime, Waves has today taken delivery of another Cessna Grand Caravan as a dedicated mission aircraft for academy training purposes, freight and other missions required in the islands. It will be re-registered as 2-CREW. yes, it sounds like an 80s rap group, yo.



A SURE THING

The extent of Sure's investment in the island communities that it serves has been highlighted in the release of its parent company's half-yearly results. Channel Island businesses are enjoying the benefits of the new Dense Wavelength Division Multiplexing (DWDM) network that they've installed between Sure's Jersey and Guernsey data centres, delivering high capacity connectivity to the islands' finance and technology sectors. Batelco Group Chief Executive Ihab Hinnawi, focused on Sure's growth in subscribers "Sure Group has also made impressive gains with their fixed line customer base up by 11% and Broadband subscribers up by 6%," he said. Ian Kelly, group CEO of Sure is pleased; "Sure is committed to delivering world class services to island businesses and communities. We believe the best way to keep island residents and businesses connected to the rest of the world is to continuously invest in networks that are designed specifically for the islands they serve". Hopefully that means faster Netflix for all. Thanks Sure!

WORLD INVESTOR WEEK

Next month Jersey will take part in the first World Investor Week - a global awareness campaign to promote greater education and protection worldwide for people making investments. The Jersey Financial Services Commission (JFSC) is driving the initiative locally from 2 to 8 October and is one of more than 50 financial regulators around the globe supporting the campaign that's the brainchild of IOSCO - the International Organization of Securities Commissions. In addition to its ongoing financial education programme, the JFSC will be engaging with local schools, giving talks to community groups, delivering investor-focused communications, launching competitions and raising awareness on social media in order to educate pupils and Islanders about investing wisely and looking after their finances. *Want to find out more?* www.worldinvestorweek.org

SANDPIPER BUYS APPLES

SandpiperCI has announced it has reached agreement to buy iQ, the only Apple Authorised Premium Reseller (APR) and official Apple Service Provider (ASP) in the Channel Islands. iQ is a well-established retail business with shops in both Jersey and Guernsey. The acquisition of Apple's only APR in the Channel Islands will further Sandpiper's strategy to grow and develop their business through new and existing partners and brands.

Sandpiper's CEO Tony O'Neill commented: "This is another significant milestone for Sandpiper and a move into the technology market. iQ is renowned for its excellent products, service and support. We're intending to build on iQ's success by investing in additional marketing and resources, particularly around business to business areas where we see opportunities for further growth."

The transaction is subject to clearance from the Channel Islands Competition and Regulatory Authorities (CICRA) before the deal can be fully concluded. There will be no redundancies, Sandpiper expect to be recruiting more staff as the business develops further.



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HARDWARE

DIFFERENT



IN A STRANGE CASE OF ROLE REVERSAL, IT SEEMS THAT THESE DAYS FORD'S MUSTANG IS GATHERING MORE MOMENTUM IN THE EUROPEAN MARKET AS THEIR FOCUS RS SALES ACCELERATE IN THE UNITED STATES. THAT'S NOT TO SAY THAT THE MUSTANG IS ANY LESS POPULAR OVER THERE OR THE FOCUS SALES HAVE STALLED OVER HERE, MIND, THEY'RE JUST VERY DIFFERENT ANIMALS THAT SEEM TO HAVE EVOLVED TO ADAPT TO DIFFERENT SURROUNDINGS.

This might come as somewhat of a perplexing statement, but the Ford Focus RS is rowdy yet with a distinct amount of comfort and refinement, whereas the mighty five litre Ford Mustang is comfortable and refined with a distinct amount of rowdiness. If you've not managed to get your head around that, I'll explain.

You see, driving along minding your own business in the Focus RS is fairly uneventful. Everything you need is within reach, it's comfortable and there level of cabin noise is almost zero. This is a Ford Focus remember, a bestselling hatchback that took over from the British institution that was the Ford Escort, a vehicle perfected as the result of vast consumer research and careful ergonomic consideration, and it shows - the only real reminder that you're in the flagship model are the seat bolsters hugging you at all times. The thing is, as a result of this it just *makes sense* and if you're struggling to justify owning a 350bhp car the fact that owning a

performance orientated Focus *makes sense* should be all you need to convince yourself. Or your significant other.

Do you know what else makes sense though? Selecting a more exciting driving mode and putting your right foot forward. Crackles, pops and bangs from the exhaust, no discernible turbo lag, stiffened suspension and all-wheel drive will mean you're in for a lot of fun and I don't doubt that these are a hoot around the track. Not to mention that the journey there and back would be peaceful and comfortable and, most importantly, there'd be plenty of room in the boot for a set of spare wheels, because let's be honest with ourselves here, if you start getting to grips with the *drift* mode and suddenly find yourself channeling your inner Ken Block you might also find yourself getting through a tyre or two on track! Slightly spirited driving on the road over here is still good fun though, with possibly even what feels like a feint hint of torque steer at times adding a bit of drama

and although this might just be an illusion caused by the abysmal state of some of our roads (Infrastructure Minister please take note) it's no bad thing in my eyes and just conjured up a feeling of nostalgia from the days where Ford's Escort RS Turbo was king. Because they were definitely a handful at times. A fitting tribute to its forefather, I'd say. The Nitrous Blue metallic paint on the car we tested is exclusive to this model and really stands out when the light catches it. As if the mean stance, debossed spoiler and black alloys didn't do that already.

Where the RS is nimble, pointy and instant, the Mustang is less so. But that's totally okay. This American steed is a big brute but once she starts galloping you're away, and, whilst keeping you on your toes she's completely manageable if you treat her with respect. And that's what I like about her. I'll not lie, I enjoyed driving both of these cars back to back but was expecting to want to take the Focus RS home given the choice. Not necessarily, however.

ANIMALS

WORDS & PHOTOGRAPHY Russ Atkinson

This isn't because of the more luxurious interior with a leather-clad dashboard, details with a brushed aluminium effect finish, retro-looking switch gear or quilted stitching on the door cards and it isn't even because of the unmistakable and dare I say unbeatable soundtrack provided by its 435bhp, five litre V8 engine. It isn't because of any of those things, as good as they all are. It's because in comparison it all feels a bit, well, loose. It goes without saying that there's enough grunt to break traction at the rear tyres with ease but it's the combination of softer suspension, plenty of torque on tap and its lazier automatic gearbox that keep you on edge and provide involvement in an entirely different way once you've switched the traction control off. That's just what driving is all about to me; the challenge. The Focus RS is almost *too good* at doing exactly what you want it to. The Mustang keeps you on your toes.

Despite all of this, when you pop the Mustang into drive, keep the traction control on and burble around the mood is infinitely more relaxing. It's smooth, supremely comfortable and despite not being of insignificant size is entirely manageable. There's no denying that huge bonnet ahead of you as well as the illusion

“This might come as somewhat of a perplexing statement, but the Ford Focus RS is rowdy yet with a distinct amount of comfort and refinement, whereas the mighty five litre Ford Mustang is comfortable and refined with a distinct amount of rowdiness.”

of width created by the low roof line but at no point did it ever feel too big, a nod to the original Mustang of the sixties that was a much more compact offering than that of its contemporaries. It doesn't end there though, as those muscular rear wheelarches and trio of vertical rear lights are both an unmistakable homage to the Mustang's well established roots.

What you see pictured above are two different cars, two very different animals, yet with one very similar price tag. If you feel like challenging your perception of what a modern hot hatch or muscle car feels like I'd recommend heading down to Trust Ford on Rue de Galet just off Victoria Avenue to see what either or both of these two Fast Fords are capable of because, like me, you might just be surprised. Refinement in rowdiness or rowdiness in refinement? You choose.

Ford Focus RS

from **£28,959.02** Jersey OTR

Ford Mustang

from **£30,166.20** Jersey OTR

TRUST FORD

www.trustfordjersey.co.uk
01534 636650

SHE SELLS SANCTUARY

WORDS Russ Atkinson
PHOTOGRAPHS Mike Etienne & Russ Atkinson

WHERE DO YOU FIND SANCTUARY? WHERE DO YOU HEAD FOR SHELTER FROM THE WORLD AND RELAX WHEN YOU NEED IT MOST? I'M FAR FROM RELIGIOUS, BUT WITH MY WORKBENCH AS AN ALTAR AND A PAIR OF WORN OUT GLOVES AND UNTOUCHED SAFETY GOGGLES WATCHING OVER ME OMNISCIENTLY, MY GARAGE IS MY CHURCH. I MUST CONFESS, IT'S EASY TO LAPSE BUT THE MOMENT YOU STEP BACK INSIDE AND TEND TO YOUR SHEEP, THEY TEND TO OFFER FORGIVENESS.

Earlier this month, local artist and motorbike enthusiast Mike Etienne paid a visit to Gallery HQ to let us know about the latest incarnation, or should that be reincarnation of his bike *Tronti*, which he refers to as a 'Café Köter', a café racer mongrel pieced together from myriad parts over the course of a couple of decades. This struck a chord with me, as I've been working on a similar project of my own for the past eighteen months inspired by the bikes of yesteryear, albeit based on a bike from the 1980s. It's a homage to the bikes that my father couldn't have been seen dead on in his youth whilst growing up in London and sporting a parka, a slightly more modern interpretation of the Triumphs and Nortons that the youth of the 1950s would tear off anything at all superfluous from in an effort to gain membership to the *ton-up club*, the ability to

exceed one hundred miles per hour. Buy the best bike you can, make it as fast as possible, be quicker than your mates. Racing from one transport café to the next trying to reach that elusive three figure target on their speedometers, it was a culture originally exclusive to the *rockers* of the fifties and sixties but it's a culture that, whilst diluted, is a lot more inclusive these days. The likes of Instagram as well as savvy bike manufacturers offering retro-styled bikes off the shelf with an almost non-exhaustive list of optional extras to make your bike a little more individual than the next one to be wheeled off of the production line have aided the resurgence of the café racer and, if I'm honest, I think I'm okay with that. For a petrolhead, the joy and satisfaction that you get from hitting the road on a bike that you've had

almost completely in parts and rebuilt yourself with your own artistic vision is indescribable. After the first few rides, that is, where you're constantly questioning whether or not you spanner-checked every nut and bolt. Especially the ones that hold the wheels, brakes and suspension on.

Sure, I could've probably bought a brand new bike by the time you add up the costs of sourcing or fabricating your own parts and poring hour upon hour over the tiniest of details to get the fit and finish just right, but this isn't just a hobby, it's bordering on therapy as well as having a social purpose. My friends build bikes and cars; we all muck in, have a laugh, inspire each other, share ideas and differing perspectives, be it in real life or through social media. And with social media at our fingertips



BELOW & PAGE LEFT Mike's 'Tronti' Café Kötter



we can be inspired and compare notes with strangers that share our passion too. During my own build I've discussed ideas with an artist and industrial designer in Germany building a similar bike as well as had a walkaround of another during an Instagram live feed from a guy based in the Netherlands that I stumbled upon by pure coincidence one night in the garage whilst waiting for the kettle to boil. It was a surreal experience. Someone else doing what I was doing at exactly the same time, hundreds of miles away, being watched by thirty or so people and discussing ideas with me to an audience of voyeurs. It's still a community like it was at the beginning, except we're just physically further apart, yet brought closer together through technology. An almost ironic statement given that the idea was originally to keep everything a pared down and low-tech as possible.

Mike's bike has pushed the boundaries further still and brewed them with art, evolving the revered *Triton* hybrids of Triumph engine and Manx Norton frame devised at the birth of the café racer subculture by adding Ducati wheels, forks and brakes, hence the name, a contraction of Triumph, Norton and Ducati; *Tronti*. He describes the bike as a *kinetic sculpture*, functional art with subtle details that provide an often tongue-in-cheek nod to the bike's roots. Espresso cup mirrors, for example, or actual coffee grounds mixed into the paint for a unique finish. Originally taking three years to build in the late nineties, time and use took its toll and

ultimately led to the bike's reinvention this year where the hard work and vision paid off as Tronti bagged 'Best Motorcycle In Show' at the Jersey International Motoring Festival. Tronti had previously received a number of awards in both show and race categories in France, England and the Isle of Man and it seems that even those big Ducati discs and calipers up front won't be stopping her from picking up further

"IT WAS A SURREAL EXPERIENCE. SOMEONE ELSE DOING WHAT I WAS DOING AT EXACTLY THE SAME TIME, HUNDREDS OF MILES AWAY, BEING WATCHED BY THIRTY OR SO PEOPLE AND DISCUSSING IDEAS WITH ME TO AN AUDIENCE OF VOYEURS."

accolades this coming year as Mike plans to hit the show circuit again, beginning with Glemseck 101 in Stuttgart this month followed closely by the 20th European Bike Week Rally at Fackensee in Austria, an event attracting in excess of 120,000 visitors over five days.

In the true spirit of the bike, his kinetic art isn't just a showpiece but something to be used and enjoyed to the fullest, which is why he's hoping to see off some of his contemporaries atop their creations whilst competing in Glemseck's 'Café Racer Sprint' elimination drag races.

▼ BELOW 'Freida', Russ' BMW K100 café racer



Café racer culture may have changed significantly over the decades but the idea is still to test your own abilities, be that in the workshop, in the saddle or both if you have the passion, inclination and willingness to develop your mechanical skills.

If that doesn't sound like it's for you, however, that's not to say you shouldn't get involved. After all, you *could* go and

buy a modern take on a classic style brand new from a dealership but if you'd rather ride something unique there are people lurking in garages and workshops across the island who might be able to help realise your dream. If you need me I'll be in the garage de-oxidising bolts, fastidiously replacing bushes and gaskets, sketching out ideas, cutting and creasing steel, shaping foam, drinking coffee, telling bad jokes or wiping down tools and calling it a night... Hallelujah.

GENTLEMEN (AND LADIES), START YOUR ENGINES!

On the 25th September 2017, riders of *classic and vintage style motorcycles* worldwide will UNITE in support of the Movember Foundation to show off their steeds, go for a spin and raise money for prostate cancer and men's mental health charities.

To find out more or get involved visit www.gentlemansride.com or search 'Distinguished Gentlemen Ride Jersey' on Facebook.



Home Is Where The Spa Is

WORDS Rebecca Evans

So far as unwinding goes, a day at a spa is hard to beat. Wrapped in a fluffy robe and shuffling in those always-slightly-too-big slippers, the soft lighting and muted background noise lull us quickly into submission.

Whether you prefer to have the tension massaged out of your shoulders, or the radiance restored to your skin, a bit of pampering is something we all need from time to time. Unfortunately all this decadence comes at a price, and

the bill for a day of indulgence can be enough to set your heart racing, undoing all that good work. This month I've researched a selection of gadgets that bring the relaxation to you, making every day a potential spa day.

Foreo Iris Eye Massager

All day squinting at a screen? Struggling to fit in enough sleep? I can see it in your eyes. Crows feet and dark circles are common side effects of stressful lives, but help is at hand.

The Foreo Iris Eye Massager is designed to diminish signs of aging in the delicate eye area. The massager utilises unique T-Sonic™ technology, which was developed to replicate the kind of specialist fingertip massage necessary for this area. Pulses and taps stimulate the skin to increase elasticity and eliminate toxins, leaving eyes appearing and feeling refreshed and rejuvenated. Two modes, each with 8 speed settings, allow the user to select the intensity. A slow Pure mode will give skin a boost whilst aiding the absorption of eye cream, whilst a fast Spa mode will get to work on more obvious signs of aging.

Easy to use, lightweight and portable, the soft silicone body is hypoallergenic and the battery lasts up to 100 uses between charges.

£104.13 for Jersey residents. Order online at www.feelunique.com and collect from their King Street store.



Beurer FB30 Massaging Bubble Foot Bath

Take the weight off your feet with the Beurer FB30 Foot Bath.

Once the preserve of little old ladies and more akin to plonking your feet in a washing up bowl, foot spas are having a moment.

The Beurer FB30 is a mid-range version that packs plenty of value. 3 functions include vibration massage and bubble massage, and underwater infrared lights increase the soothing effect. The pumice pedicure attachment will leave your feet sloughed, soft and sandal-ready.

Unlike other models that will take up precious storage space when not in use, the Beurer FB30 is designed to fold down to just a few inches high, and is easy to tuck away until the next pamper day.

The Beurer FB30 Foot Bath is available from The Powerhouse for £42.99



"No self-respecting Spa would be complete without candles flickering in every corner. This is fine there, but not so practical at home."

Playbulb Smart Candle Deco Light

No self-respecting Spa would be complete without candles flickering in every corner. This is fine there, but not so practical at home.

Playbulb Smart Candles are a fun and safe alternative to the real thing. Stylish and elegant these gadgets mimic the soft light of a candle, but have the added attribute of multiple colour choices and app control, allowing you to manage one or more 'candles' directly from your smartphone.

When it comes to manual control, a simple tap toggles through the colour options, and a clever sensor allows you to 'blow' the candle out. Rechargeable via USB cable or 3 x AAA batteries, one charge lasts up to 60 days at 4 hours use per day.

Should you yearn for the ambience of a real candle occasionally, turn the Playbulb Smart Candle upside down and you have a chic tea-light holder.

Playbulb Smart Candles start from £19.99 each at www.mipow.co.uk. Multipacks available.

CONTINUED...



HoMedics Shiatsu Max 2.0

The ultimate in home relaxation, this impressive massager is guaranteed to provide a satisfying experience.

14 programs include Shiatsu, which is intensified by 2 double 'kneading' massage nodes, and a rolling program for a full and deep back massage. The heat option offers satisfying muscle relief and the vibration setting provides a revitalising treat for the upper legs and thighs.

Start with demo mode to get familiar with the capabilities, before creating your own perfect pummelling. The thoughtful design will adapt to fit most home or office chairs. Pricey, but use it once a week for a year and you're looking at less than £6 per massage. BARGAIN.

The HoMedics Shiatsu 2.0 is available from Boots at £299.99



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...CONTINUED



HoMedics SoundSpa Rejuvenate Sound Machine

One of the defining parts of a spa experience is the soundtrack; carefully selected to create a restful and pleasant environment, whilst blocking intrusive background noise.

Recreate this effect at home with the HoMedics Soundspa. Featuring a selection of 6 natural therapeutic sounds including rain, ocean and summer night, with easy to use controls. Switch on and slip easily into a meditative state. For those who struggle to drift off to sleep, set the built in timer to power off after 15, 30 or 60 minutes, and sail into dreamland to the sound of a babbling brook or distant thunderstorm.

The SoundSpa is totally portable, small enough to drop into a travel bag, and can be powered by adapter or batteries.

The HoMedics Soundspa is £29.99 from Boots.

this line is not a design statement, it's the actual thickness of the TV below...

Something to relax in front of? How about Wallpaper?

Do you remember a time before you could hang TVs on your wall? A time when they sat in the corner because that's the only place the enormous box attached to the back of the screen could fit? I remember by Grandma having a 32 inch TV and thinking it was enormous. It probably weighed as much as a mini too.

Fast forward a few years and TV tech has gone crazy. If flat screens weren't enough, they then curved them and even made them work on mirrors. The technology has progressed from LCD to LED to OLED, leaving us pictures at a resolution that is pretty, well, perfect. Better than perfect. And sets so thin they're now referred to as 'wallpaper' TVs. LG refer to it as 'picture on glass'.

This month the Powerhouse gave us a shout to mention that they have such a model they're pretty impressed with from LG. Not least it's 65 inches. That's like four of my Grandma's TVs at once AND they make it as a 77 inch too. Not only that, but it's flat. Really flat. Think of what you think of as flat and flatten it. This is a TV that's just 2.57mm thick, bendable and that clings to your wall with magnets. That's about half the thickness of the spine of this magazine.



"Think of what you think of as flat and flatten it. This is a TV that's just 2.57mm thick, bendable and that clings to your wall with magnets."

I could tell you all about the tech. It's got everything you need from a smart TV and Dolby Atmos Sound sound too, powered by the accompanying base unit below. But that's not really the point of an enormous sexy wallpaper TV like this. As ever with an OLED TV, the OLED65E7's on screen attraction is the ability of every pixel in its 4K screen to produce its own light and colour. There's no shared backlight like you get with LCD TVs, thus there's no need for any pixel to be compromised by the brightness of its neighbours.

Ultimately, it's huge, flatter than what an American calls a pancake and the picture is amazing. You'll be the envy of your Netflix loving friends. Go up and have a look.

LG 65' W7 OLED
Available at the Powerhouse.
£6999



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PHONE HOME



The Biggest Screen By Far. Take Note.
Samsung's newly announced Galaxy Note 8 tops the charts when it comes to screen size, offering a 6.3 inch infinity screen that's so large it bumps the handset into the uncomfortably named 'phablet' category.

Following the battery problems of the Note 7, Samsung is confident that the Note's 8th incarnation is ready to relight the torch for the Galaxy Note series. At the premium-experimental end of the Samsung range, the Note 8's release is important to Samsung watchers as it's likely to give us an insight into the general direction of all its phones.

With this in mind, it's interesting that Samsung has decided for the first time, to include a dual sensor camera that enables users to push their photography to new limits. One big advantage for example, is that the dual sensor collects more light than ever before, letting photographers take shots in amazingly low light levels.

Alongside the enormous screen and superb camera sensor technology, the Galaxy Note 8 promises to offer a multimedia experience that puts its predecessors to shame. There'll also be great relief among Samsung fans when they realise that the Note 8 comes with a regular headphone jack that will fit their favourite pair!

The Samsung Galaxy Note 8 will be available soon in the Sure store.



The Perfect Phone for Photophiles.

Airtel-Vodafone's Marketing Officer, Faith Joyce, reviews the Sony Xperia XZ Premium

With a stunning new camera system, an attractive design, and a 5.5-inch 4K resolution display, the Sony Xperia XZ Premium is an impressive handset to say the least.

What sets this phone apart is Sony's new 'Motion Eye' camera, which takes stunning pictures thanks to the 19-Megapixel sensor and f/2.0 aperture sensor. The camera is fast, with laser autofocus and an infrared sensor, which together, produce crisp, sharp pictures with true colours.

Shooting professional looking videos is also a breeze with Sony's 'SteadyShot' stabilisation, which magically removes wobbles from your footage. However, it's really the incredible slow-motion function that will take your breath away. Aside from the camera, the XZ Premium boasts a solid 3,230mAh battery with QuickCharge 3.0, for fast recharging. The side-mounted fingerprint scanner is also perfectly placed, for painless unlocking. Another positive is that this phone is IP68 dust and water resistant, which means it'll survive a dip in the bath and heavy rain - just don't go deep-sea diving.

The Sony Xperia XZ Premium is available in Black 64GB, with prices starting from only £25 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...

MANAGING YOUR DATA

My Data Manager is a free and simple app which tracks how much data you use, helping you avoid unexpected bill shock. Although it is not guaranteed 100% accurate, it does give you a great overview of how much data you are using. Simply add in your monthly data allowance, set your bill cycle dates (you can check these with your provider), and set alarms to notify you when you are nearing your data limit. The app even allows you to set up a shared plan to track usage across everyone on your data plan.

Available free from App Store and Google Play.





SPORT

MAKING WAVES

WORDS Abigail Ali
PHOTO Danny Evans

Representing team GB at 'The America's Cup Endeavour Junior Hobie Wave Regatta', 15 year olds Finlay Arena and Tom Hunt, were in fact lined up to feature in our 'On a Boat' issue back in June but were (most suitably) busy on a boat at the time. These fine young sailors were competing against some of the stiffest hand picked competition hailing from 12 countries around the world to take home the junior title in this years competition in Bermuda. Now firmly back on dry land with their sea legs at bay, we met up with the boys along with Gordon Burgis, Hobie racing events organiser at the Royal Channel Island Yacht Club, to hear a tale or two from the Hobie high seas.

Gordon firstly, what are Hobie Cats and how did Hobie find its way to Jersey?

Myself and a group of surfing friends introduced Hobie Cats to Jersey back in 1985 having seen them in California. The Hobie Cat is a fast, fun and colourful beach catamaran that literally flies across the waters and I knew with the conditions in Jersey they would be ideal to sail here. The Royal Channel Island Yacht Club has the largest Hobie Cat fleet participants in the UK, you'll be able to see most of the boats lined up on the white sand at Gunsite beach.

Boys, where did you first start taking an interest in Hobie Cats?

Tom- I have always had a love for water sports and started out sailing dinghies in the cadet program which is for 11-16 year olds. Finlay and I then met four years ago when we both started out on the optimists boats which are starter sailing dinghies then you can move up to larger youth training catamarans called dragoons. We help out coaching the younger cadets too which we love!

Finlay- After we did our level 4 qualifications, we went on Hobie Cats crewing about a year ago with other people. It takes serious team work to guide around markers using the sail with the wind on the open waters so we have to work really tightly together. But when we're not competing it is really relaxing to sail on a Hobie Cat in the sun on a calm and clear day.

Congratulations on your 2nd place in Bermuda, tell us about the competition-

Tom- On day 1 we had a practice racing day around the circuit which gave us the chance to adjust to new waters and check out the competition; with other boats from 12 nations navigating around different courses.

At first we were worried because some of the other teams were younger and lighter than us so could move quicker but once we relaxed, we did really well on the practice sessions out of 7 races putting us in a good frame of mind for the next day.

Finlay- Day 2 was where the competition kicked-off and we had our first day of racing with a total of 7 races. We were really pleased to improve our position as the racing went on against some of the International teams, some who were National squad sailors.

What were the main highlights for you both?

Tom- On the last day we were lucky enough to be invited to race at "The America's Cup Village", located in the Royal Naval Dockyard which is a sailing spectators arena for the America's Cup competition with a grand stand and huge screens. We raced in front of 2,000 people and the world's media which was an incredible experience and we placed second in the Showcase exhibition race, which was won by the second team representing GB, so a great result all round.

Finlay- The highlights for me were being invited by Sir Ben Ainslie's Land Rover BAR team GB to visit their compound and view the British America's Cup boat up close and see what goes on behind the scenes, this was an amazing experience for us, but unfortunately we weren't allowed to take any photographs due to boat security!

Has this inspired your sights for the future?

Finlay- Totally! The America's Cup juniors program is a legacy from the America's cup, we got to sail alongside the America Cup boats and that was really inspiring for me.

Tom- It's 3 years until the next cup so we're going to start looking at The Hobie Europeans and World Championships in the next 1 and 2 years. At 16 years old you can go onto the full size hobie cats so that's the next step.

Gordon- In the past, there have been 2 Hobie 16 European Championships and a Nationals successfully staged in Jersey. With the Spring, Summer and Winter series competitions plus the Yacht Clubs Regattas and Channel Islands Championships, there are a total of around 52 races throughout the year! So plenty of organising and training to do.

Gordon you've seen many competitions over the years, what did you make of the comp in Bermuda?

This was without doubt an amazing and well organised International Junior Hobie Wave Regatta, set up as an America's Cup sailing legacy for junior and Youth sailing in Bermuda. We are certainly privileged to have had two RCIYC Cadet sailors representing Jersey and GB, participating in this major sailing event for youngsters from around the world, an experience I'm sure they'll never forget. Appleby were the official legal partner of the America's Cup, the biggest partnership they have ever undertaken! We were so delighted that they sponsored Finlay and Tom's trip enabling them to go to Bermuda to compete which the boys will always be so grateful for.

Finlay & Tom- We really want to say a big thanks to Appleby for their sponsorship, support and the gift bag they gave to us both too. And a big thank you as well to the Royal Channel Islands Yacht Club and Gordon Burgis and David Carter for their guidance, mentorship and support.

A full-page photograph of two young sailors on a sailboat. One sailor is standing with arms crossed, wearing a white t-shirt with 'AMERICA'S CUP' and '2017' logos, black wetsuit pants, and a white cap. The other sailor is sitting on the edge of the boat, also wearing a similar white t-shirt, black wetsuit pants, and a white cap. The sailboat has a large, colorful sail with 'WAVE' and '281' visible. The background shows a clear blue sky and the ocean.

PICTURED LEFT TO RIGHT: Finlay and Tom

“We are certainly privileged to have two RCIYC Cadet sailors who have participated in the event, an experience I’m sure they won’t forget”

- Gordon Burgis

Sport News



CAN YOU GO ALL WEEKEND?

There are always people looking for 'ten committed people' that are serious about getting in shape who are dedicated to joining a special programme. Just ten, the really really serious ones who are REALLY REALLY committed. Grr! IT sounds exciting and inviting but let's face it, you'll need to subscribe / sign up / pay for it and who knows what really works for you.... It seems every week there's a new trainer offering to HIIT you in the face with their special blend. It's so hard to know what's best, right? Well, why choose. Why be so singular? Why not 10 different options, at once, in one weekend?

Rather than sticking to one genre, a load of PTs have got together, headed up by Hannah Jacques, to put on a programme of classes over a weekend next month to bring some fun into the way you experience different classes and fitness options. Embracing the music, as many do, these events will be themed and give you the chance to channel your inner retro fitness hero. "90s Rave Spinning?", "Old Skool Rocky" circuits, the "80's Abs and Ass Class"? along with a variety of more traditional sounding options such as Suspension Training, Power Stretch and Mind Reset. There will also be an all new class, Equilibrium, that combines Pilates, Yoga, stretch and balance, all choreographed to power ballads. Hopefully lots of palm pulling of dreams from the sky... Oh, and last but by no means least, box-sing!" - another new class where you get to punch a bag AND sing the greatest karaoke hits of all time.

That selection is indicative of the classes on hand at the launch weekend of the first *Jaques Elite Sweat Fest*. Personal trainer Hannah's goal was to design a total fitness and wellness weekend for anyone who wants to put in a focused three days and experience something new. Along with the classes and instruction from Hannah and Laura Jacques, Aimee Noel and Kate Denny Mallen, there will also be 'the chance to discover a whole new way of eating healthily, learn how your inner peace and beliefs can affect your biology'. Sounds ominous. If we'd done all that exercise over three days, we'd probably be looking for a steak dinner! Well deserved too as we'd definitely want to get our Rave and Rocky on.... Sure, it's not the cheapest way to spend a weekend but if you pack it in, there's value when compared to filling a weekend with PT sessions and, dare we say, a bit of kudos with smashing that many classes? And you'll feel like a superhero on the Monday!

Fort Regent | 6/7/8th October 2017 | £199 for a day pass / £450 for the three days.
Bookings by email at jacqueselitehannah@gmail.com



DATE FOR THE DIARY!

The Standard Chartered Jersey Marathon will return on Sunday 1 October 2017 for another action packed year of sporting achievement, personal endeavour and fundraising.

The event will again include the three established race categories of Full Marathon, the Maurant Ozannes Relay Race and the 3K Fun Run, and local runners can expect to run alongside hundreds of runners of all abilities.

The Marathon will see another strong male and female elite field, with runners already signed up from Kenya, Latvia, Spain, and the UK.

The Maurant Ozannes Relay Race is set to return with some vibrant and competitive fun, as teams of five runners join forces to tackle the marathon distance. With plenty of industry cups up for grabs, expect to see some healthy rivalry amongst the Island's business community. In addition organisers are looking to welcome hundred of children aged 9-15 for the Jersey Evening Post Kids Fun Run which once again will be encouraging everyone to dress up and enjoy the day for some sporting fun. There are plenty of runner rewards on offer; the popular beer and burger reward will once again be redeemable by marathon runners on completion of their race, courtesy of Standard Chartered.

Islanders are invited to come out to support the event and get behind runners throughout the 26.2 miles course. Live tracking on the day will help supporters to locate their friends and family members as well as inform on where lead runners are placed. In addition, there will be musicians around the course to motivate runners and pacers to support them to achieve a personal best.

It takes hundreds of volunteers from the community to produce a safe marathon event and organisers are now on the lookout for course marshals. If you have between 4-7 hours to spare on 1 October and you would like to support the event and its runners then please contact the organisers on 01534 505926 or contact@jersey-marathon.com

Online entry, full event information, volunteer application form and charity information are available at www.jersey-marathon.com



How's your driving?

Most of the golf news that gets sent into Gallery comes in the form of pro-am charity events. This month we learnt of something a little outside that sphere. It transpires that 'Long Drivers' is a thing; a competition for those that can just smash the ball half way across a parish and guess what? The person leading the European rankings, Matt Nicolle, trained up right here in Jersey. He was a PGA Professional at Les Mielles before relocating to the UK and turning pro last year. He is now holding firm at the head of the table of the Long Drivers European Tour and has also qualified for the long drive finals at the Volvik World Long Drive Championship at the WinStar World Casino & Resort near Dallas this month. He got to the second round last year and is hoping to progress to the last 16 this season. Matt's record hit is a whopping 421 yards (384m). He's our very own Happy Gilmore and we're rooting for him.



WORDS Laura Morel
PHOTOGRAPHS Sophie Winter Photography

For some, finding the perfect path in life can be as easy as taking a trip to the beach. Ryan Hervé knew instantly watching surfers at the age of nine, that this was what he would do with his life. A decision that has served him well as he is now the owner of an established surfboard business that supplies Jersey, the UK and Europe.

Once a surfing mecca, Jersey is now reclaiming some of its former glory as the sport grows in popularity and the community searches for new waters and the next great ride. For the dreamers amongst us, it's comforting to know that maybe there really is something in the water.

Desperate to leave school, Ryan spent much of his education doodling board designs, waiting for the bell to sound so that he could hit the waves. "Back then surfing wasn't as cool as it is now," Ryan explains, "but for me it was addictive, I was hooked by the surge of adrenalin and that first taste of water in my mouth." Ryan knew then that his dream was to work in the surf industry, surfing is one of the few times when he could lose himself, relax and become lost in the moment.

At the age of 18, Ryan opened his surfboard factory, making boards for friends and local surfers. Much of his success has been down to impressing people and growing his client base through reputation. "It's a tough industry to break into," Ryan explains, "I had to prove I could pump out good boards at the start and even now I am only just breaking into the French market." Only from frequently travelling to France and embedding himself within their community

has he been able to get a foot in the door, impressing them with his unique designs.

These designs have evolved over time into two distinct brands; the original Hervé hallmark which focuses on retro shapes, resin tints with gloss and polish finishes and Nutz surfboards, which have a more modern feel, using cutting edge materials to produce lightweight high-performance surfboards. Talking about the current popularity of the Hervé brand Ryan remarks that "surfers just seem to want to embrace

"Surfers just seem to want to embrace the old-school, retro feel at the moment so it's all about looking back to what has got me here. I feel like I've gone full circle!"



the old-school, retro feel at the moment so it's all about looking back to what has got me here. I feel like I've gone full circle!"

Despite globe trotting, surfboard under arm, Jersey has always remained home for the surfer. "The heart of surfing in Europe seems to be moving," explained Ryan. "It used to be Hossegor, but now it is shifting to places like Peniche and Ericeira in Portugal. But I'm thrilled that Jersey is now starting to gain recognition on an international platform." The Channel Islands have become their own governing body and this year attended their first ISA World event in Biarritz.

Surfing is a booming business and after 25 years in the industry, Ryan finally feels on the cusp of achieving great things. "Big brands may seduce people with their advertising, but there is no substitute for what I offer, which is a tailor-made, custom service." Ryan works with his customers to create their vision, educating them along the way as to how their boards work in the water and accommodate each person's height and weight.

For most of his life, Ryan has worked single handed and admits it can be challenging at times to find motivation. But he isn't short of that at the moment with his wife set to give birth to their first child next month. "Right now I'm eager to grow the business as much as will be manageable for me, to provide for my family's future." Be sure to keep an eye on Jersey's beaches, because I have a feeling Ryan Hervé is about to make some big ripples.



A NEW OBSESSION

It takes a certain type of individual to be a DJ. It's pretty high context and the dedication and commitment to their chosen genre is often something only those that do the same thing and feel the same way can truly empathise with. Whether the hunt for new vinyl in days of old, or hours spent poring over Beatport these days - it's a labour of love. Transform that dedication into producing and you've got a whole new level of intricacy and singular attention.

This month we got sent the new album from Stuart King. Those that have been around clubs in Jersey over the last few decades will recognise the name. We were looking at some early Gallery editions recently and we used to take his tune of the month recommendation each month. These days his tunes are his own. It's been a journey

for Stuart, breakdancing as a kid in the 80's led on to getting caught up in the Acid House movement and then setting up bunker parties and raves. As he progressed, his style developed, taking through the notorious *Inn on the Park* days and on to a meeting of minds with local producer Marc Mitchell. They released several singles such as *Paladian Dawn* and *Healing Dream*, which had a major impact on the Progressive trance scene. Their remixes, such as Art of Trance's *Kaleidoscope* and *Visions - Coming Home* were "hammered" by Sasha and Digweed and used by the latter as the opening track on his Radio 1 Essential mix, live from Amnesia in Ibiza.

The duo went on to sell over 50,000 singles and remixed the likes of Jean Michel Jarre, Way Out West, Deepsky, Sunscreen, Brothers In Rhythm and Daphne for labels such as Sony, D.M.C, Stress, Spundae, YO and Platipus. Fast forward through a career of DJing around the world with residencies in Ibiza and several stints in the Southern hemisphere including Brazil's Carnival and time in Australia, Melbourne, Stuart has led

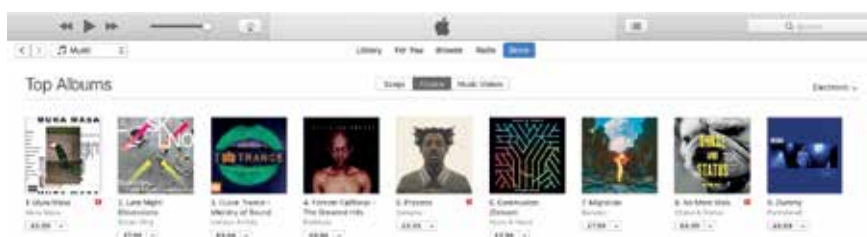
a life that's the envy of every aspiring DJ. 2016 saw him hide away in the studio and create his album '*Late Night Obsessions*', released last month on Baroque records. It got to No.2 in the iTunes UK Electronic Chart, ahead of the likes of Faithless, Chase and Status, Jamie XX and Bonobo. Ironically only beaten to the top spot by the (excellent) Mura Masa; who's from Guernsey....damn that other island.

The album is an engaging and uplifting soundscape that urges you to close your eyes and position yourself anywhere. For me it was overlooking the Lagoa in Florianopolis, where Stuart plays. It just has that little South American influence in my mind, but listen and make your own judgement. As you do, Stuart continues to travel the globe to spread his vibe of hypnotic fluid deep melodic house. He has upcoming dates in Ibiza, Southampton, London, Brazil and Asia and isn't stopping any time soon.

Download *Late Night Obsessions* now on iTunes



Late Night Obsessions was number two in the iTunes Electronic Chart last month





A decade of Inside Job.

If you've been at a wedding or corporate event and find yourself singing along to a band with an array of singers belting out classics, chances are this was Inside Job.

The band is celebrating 10 years of success as Jersey's most sought after live party band this year. Over that time they've developed and honed their act and performed for hundreds at weddings, birthdays, corporate events and charity fundraisers. You know you've been there, hands held high, singing along. You may also have caught them on the Sunday afternoon main stage slot at the The Jersey Boat Show for the past 7 years. They've also shared the stage with some well known comedians such as Rory Bremner, Tim Vine (who had a go on the drums during our set!), John Bishop, Kevin Bridges and Alistair Armstrong, as well as supporting The Feeling and Spandau Ballet in 2015, performing with Conor Maynard (above), and being chosen ahead of his own signings by the former Chairman of EMI records to perform at a private event.

However, after a long and successful decade, it's time for some changes. As well as reaching a milestone they're also at a fork in the road. Two of their long-standing members who have been with them from the very start, Michele Horwood and James Lingard, are departing the band. Julie Millow on keyboards is also stepping down, albeit to take on a less permanent role. All three of them have made a huge contribution to the success over the years and this event is an opportunity for the rest of the band to give them the proper send off and say 'a massive thank you to them for giving up so much time and energy to our cause, and to wish them well in their future endeavours', accordingly to Paul Vane, their founding drummer. The departure of Michele, James and Julie leaves big boots to fill but the band is keen to show that this also signifies a new chapter in the life of Inside Job as they welcome three brand new vocalists and a new keyboard player.

Inside Job perform their new line up on the 9th September up at the Rugby Club and are booking now for future events.

SEPTEMBER MUSIC WHAT'S ON...



WEEKENDER FESTIVAL Saturday & Sunday 2/3rd ROYAL JERSEY SHOWGROUND

This month the inaugural Weekender Festival will turn the Royal Jersey Showground into two days of music, entertainment and new experiences. On the hallowed land designed for creating the island's biggest events, Weekender will embrace the old, add a little new, creating the biggest event the Channel Islands' event calendar. See Two Door Cinema Club, Pendulum, Happy Mondays and a cross section of amazing bands and entertainers over two days of festival fun.

Tickets: www.weekenderjersey.com



HOOKED 05 Presents: Raffa FL + John Oconnell + Bradley Welsh Saturday 9th ROJO

With music in his blood and rhythm in his soul, Raffaele Calza, aka Raffa FL, has a lot to provide for purveyors of fine electronic music. After spending his youth learning to understand and perform music, a natural progression to DJ'ing came at the tender age of just 14. In the past few Years Raffa has released on Label like Toolroom Records, Lost Records, Roush, Definition:Music, OFF Recordings, Material which has helped him to get his name all around the Worldwide House Music Scene. Raffa's tracks have been played all over the world, from Mexico's BPM festival and to the Rebel Rave in Peru and Sankeys Ibiza

Tickets: [Eventbrite](https://www.eventbrite.com)



Whitney Houston tribute. Saturday 23rd THE MERTON HOTEL

Nya King captures the voice, the style, the moves and the incredible energy of the great Whitney Houston. Enjoy a stunning performance filled with Whitney's greatest hits such as, 'I Wanna Dance With Somebody', 'I Will Always Love You', 'Greatest Love Of All', 'How Will I Know' and many more. Looking and sounding like the 'Queen of the Night' herself, Nya gives a live performance that leaves audiences astounded.

Tickets: 01534 724231
Email: events@mertonhotel.com



The View Wednesday 27th JERSEY OPERA HOUSE

The View are a Scottish indie rock band. They incorporate various styles such as punk, pop, alternative rock, and folk in their music. They are best known for their 2007 single "Same James" which reached number 3 on the UK Singles Chart. If you're a fan, you'll no doubt want to head down!

Tickets: [Eventbrite](https://www.eventbrite.com) // [Fort Regent](https://www.fortregent.com)



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