

# gallery<sup>JSY</sup>



**# 145**  
the **POWER** issue

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*#BeBrilliant*

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# edito

#145

[POWER]



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www.gallery.je

It seems appropriate to be writing an intro to a 'power' themed surrounded by machines that are all about it. I'm sitting in Bloire, a little French town about a day of driving from Jersey. I'm marshalling our annual charity Galleryrally this year which sees 32 Jersey folk traverse Europe on a treasure hunt, having raised funds to support Jersey Hospice Care, BHF Jersey and Silkworth Lodge.

It's interesting to look at the 562 horsepower of a McLaren 570 sitting next to the silent battery power of a BMW i8. Both are beautiful and what the latter loses in raw power it makes up in electric technology. As manufacturers phase out petrol engines, it IS the future. If you're interested in electric vehicles, scoot to page **120** and learn about how classics are getting the electric treatment. With all the power to propel that is sitting in our rally car park, it's ironic that the only car that's caught the attention of the gendarmes so far is a Land Rover Defender 90.

Our rally isn't just about engine power though. It's more of a treasure hunt for a start, focused on having fun but doing good. The energy I've witnessed so far is not only the sort that propels cars quickly but the power of our participants to get stuck in, covering their cars with the logos of our charities, raising money, with a desire to make a difference for our good causes. There are plenty of islanders featured in our community Give section this month, also using their power for good, whether walking around the island or cycling across Europe. Corporate Social Responsibility activity in Jersey moves people in more ways than one.

Athletic Power was also on show across the island last month. As we go to press, Jersey is about to go triathlon crazy as the Brownlee brothers and a load of their contemporaries descend on St Helier to take part in the Superleague Triathlon. We'll be covering that next month. The short, spectator-friendly course was designed to bring the sport closer to the audience so it should be great. Earlier in the month, scores of hardy islanders dropped a discipline and took the two triathlon elements of Swim and Run to the extreme, taking part in the Breca Swimrun. It's like the round the island walk on steroids, with a healthy six kilometres of swimming to mix it up. Check it out on page **130**.

When it comes to sporting power, our friend Rick Jones pretty much personifies those two words. His powerlifting defies belief. This month we got him and some of his powerlifting friends in the studio and learnt a bit more about the discipline, not to be confused with weight lifting or body building! Read all about it on page **134**. As Rick writes 'If you really want to test and tap into your true 'inner power', it's the ultimate way to find out what you're made of'... I guess I'd better get in the gym when I get back...

BD





#145

[POWER]

# 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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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](mailto:EVERYONE@GALLERY.JE)



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published by



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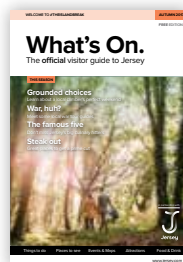
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# What's On.

A rundown of key events in Jersey this month.



The Jersey Rally

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 AirBnBers, make sure you grab one from our transit hubs or Visit Jersey at Jersey Museum for them to keep as their companion for visits 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.

📅 01-OCT 🕒 08:00-16:00

## Standard Chartered Jersey Marathon

An established niche marathon, with breathtaking views and aims to raise valuable funds for two charities. The race, is split into three categories; Marathon, Relay Race and 3K Fun Run. The event attracted over 2,500 entrants in 2016 alone with over 60% of marathon runners coming from off the island. The marathon has a professional yet friendly atmosphere and we welcome a variety of runner types.

📍 The Weighbridge St. Helier Jersey JE2 3NF

☑ 01534 505926

contact@jersey-marathon.com

www.jersey-marathon.com

📅 01-OCT - 12-NOV 🕒 09:00-23:00

## Tennerfest

The Channel Islands can look forward to 6 weeks of great meals at fixed prices. Restaurateurs on both islands are offering menus starting at £10 with £12.50, £15.00 and now £17.50 options. This enables the restaurants to offer a wide and exciting selection of food during this promotion. Why not come and sample some of Jersey's delicious locally grown and farmed produce at unmissable prices.

📍 Tourist Information Centre, Jersey Museum, The Weighbridge Jersey JE23NF

☑ 01481 714437

tennerfest@hamiltonbrooke.com

www.tennerfest.com

📅 07-OCT - 08-OCT 🕒 10:30-17:00

## Autumn Fair at the Showground

All the fun of the Countryside! Cattle Show, Fruit, Flower and Vegetable Show, Poultry Show, meet the birds, rabbits and snakes, lots of local stalls and delicious refreshments available. Entry £4 for adults, free for children. Open 10.30 - 5pm both days.

📍 Royal Jersey Showground

La Route de la Trinité, Jersey JE3 5JP

☑ 01534 866555

louis@royaljersey.co.uk

www.royaljersey.co.uk

📅 07-OCT 🕒 10:00-19:00

## La Fais'sie d'Cidre

Bringing together communities, volunteers and of course apple and cider experts. It's not all about the cider - live music, creative activities for children, dance, great food, great company, competitions, poetry, Genuine Jersey stalls and living history. Lots to do, things to learn, people to meet and fun to be had!

📍 Hamptone Country Life Museum a Rue de la Patente, St Lawrence Jersey JE3 1HS

☑ 01534 863955

info@jerseyheritage.org

www.jerseyheritage.org

📅 07-OCT 🕒 19:30-23:00

## Oktoberfest at The Merton Hotel

A fun filled evening enjoying all things German. Think beer, sausages, apple strudel and lederhosen, all topped off with our finest band. The evening includes: German 3 course buffet, Jersey Beerstompers Band, Yodelling and beer drinking competitions - Great prizes to be won. Strictly 18 years and over. Dress code - Dirndl for the girls and Lederhosen for the guys or any other traditional German gear.

📍 The Merton Hotel Belvedere Hill Jersey JE4 9PG

☑ 01534 754317

events@mertonhotel.com

www.seymourhotels.com/merton-hotel

📅 07 OCT - 29 OCT 🕒 10.00 - 17.30

## Halloween Spooktacular

The largest family Halloween event in the island, the Halloween Spooktacular, now in its third year, is a fantastic family event. Spooky Cottage, Haunted Maze, Terrifying tractor rides, Halloween crafts and more are all included in your entry fee. Starts on 7 October (weekends only) and then every day from 21-29 October.

📍 The aMaizin! Adventure Park

☑ 01534 482116

contact@jerseyleisure.com

jerseyleisure.com

📅 UNTIL 29 OCT 🕒 10:00-17:00

## Treasure – Revealing the Secrets of the hoard

In 2012 two local metal detectorists uncovered the world's largest Celtic coin hoard in a field in Jersey. Discover the story of over 70,000 coins, gold torques and silver jewellery, dating back to the 1st century BC. Watch archaeologists in the lab study each piece of the hoard and share in this unique detective story.

📍 La Hougue Bie JE2 7UA

☑ 01481 853823

info@jerseyheritage.org

jerseyheritage.org

📅 7/28 OCT 🕒 09:00-15:00

## 'Genuine Jersey' Market

Our regular artisans' market takes place in the pretty harbour village of St. Aubin (2/9 & 7/10) in front of the parish hall and The Royal Square, St Helier (30/9 & 28/10). There will be local wares on display, including goods from producers and craft workers. All goods will have been crafted, brewed, baked or processed by the stall holder, so come along and soak up the atmosphere. Entrance is Free.

📍 Parish Hall St. Aubin / Royal Square St Helier

☑ 07797 780383

john@genuinejersey.com

genuinejersey.com

📅 12-OCT 🕒 19:00-20:30

## Lieder Music from the Romantic Period

A programme of 19th century Lieder music as the strong lyrical melodies and rich harmonies written for piano and voice were traditionally performed in period homes such as 16 New Street. The programme will consist of solos from Schubert, Schumann, Brahms and Strauss, with piano accompaniment, together with two-part versions of songs by Mendelssohn sung in English.

📍 16 New Street St Helier Jersey JE2 3RA

☑ 01534 483193

enquiries@nationaltrust.je

www.nationaltrust.je/events

📅 13-OCT - 14-OCT 🕒 09:00-20:00

## Paperclix Jersey Rally

Watch as WRC to Club level rally cars race their way through the Island's lanes. As the number of entries has grown, so has the scale of the event: 170 drivers and navigators, at least the same number of support crew, around 300 marshals, 100 or so officials and scores of spectators. High adrenaline action for all the family watching and cheering.

📍 Tourist Information Centre Jersey Museum, The Weighbridge Jersey JE23NF

☑ 07797 894617

rallycontrol14@hotmail.com

www.jerseyrally.com



Sandstorm - taking competitors to the limit



Mario doing what Mario did before he got his own gig.



Imagine this, but in the dark!

📅 14-OCT 🕒 08:00-16:00

### SandStorm Adventure Race

A challenge event that is open to everyone who is old enough (9+) and brave enough to enter. Competitors will need to overcome the terrain and beat the obstacles, throwing themselves over walls, crawling under nets and more. Scramble up and fling yourself down sand dunes and plough through water obstacles. Two distances; Trooper 6km and Cadet 3km, as well as the Trooper Team Relay category.

📍 La Grande Route des Mielles St Ouen Jersey JE3 7FN

☑ 01534 505926

eventhq@sandstormjersey.com

www.sandstormjersey.com

📅 19-OCT - 21-OCT 🕒 14:00-16:00

### Black Butter Making at The Elms

The National Trust for Jersey's annual Black Butter making event; a real community affair with all ages welcome and it is free! Peeling will be on Thursday 19 Oct from 2 to 5 pm and Fri 20 Oct from 10am, stirring of the apples and other ingredients will commence mid-morning on Friday in the large 'bachin' over a roaring fire in the Bake-House at the Elms and will continue all night!

📍 The Elms La Cheve Rue Jersey JE3 3EN

☑ 01534 483193

enquiries@nationaltrust.je

www.nationaltrust.je

📅 21-OCT - 29-OCT 🕒 10:00-16:00

### Retro Games Days

Get set to transport yourself back in time with 'Bergerac's Island - Jersey in the 1980s' exhibition, experience the thrill of playing games when technology was still in its infancy. Not just retro - our Atari console, Donkey Kong game, table top game and pinballs are original 80s machines kindly loaned by local collectors eager to share their passion with you.

📍 Jersey Museum and Art Gallery The

Weighbridge Jersey JE2 3NG

☑ 01534 633300

info@jerseyheritage.org

www.jerseyheritage.org/places-to-visit/jersey-museum---art-gallery---merchant-s-house

📅 22-OCT 🕒 21:00-23:00

### Gary Barlow Tribute

Gary Barlow embarked on his solo UK tour last year performing his self penned hits. If you missed the tour then we have the next best thing! Dan is the UK's No.1 Gary Barlow lookalike and soundalike. After appearing on the Xtra Factor alongside the real Gary, Louis Walsh told him 'You look more like Gary Barlow than Gary Barlow does!' Includes a 3 course buffet dinner in the hotel's Belvedere Restaurant

📍 Belvedere Hill St. Saviour Jersey JE4 9PG

☑ 01534 754317

events@mertonhotel.com

www.seymourhotels.com/no1-gary-barlow-impersonator-dan-hadfield/

📅 23-OCT 🕒 21:00-23:00

### Classic Kylie Tribute

Penny became recognised as the UK's No.1 tribute in 2004, wowing audiences of thousands with her remarkable vocal and appearance likenesses to the Aussie Queen of pop. The show includes the classic Kylie songs of the 80's through to the smash hits of today. From 'I should be so lucky' and 'Hand on your heart' through to 'Spinning around' and 'Can't get you out of my head' - one not to be missed!

📍 The Merton Hotel Belvedere Hill Jersey JE4 9PG

☑ 01354 724231

events@mertonhotel.com

www.seymourhotels.com/classic-kylie-2/

📅 24-OCT 🕒 21:00-21:00

### Danny Foster & The Big Soul Corporation

This is a show stopping, feel good soul set in which former Hear'say star Danny performs some of the classic songs of Soul, Motown & Funk. Featuring songs by artists such as Marvin Gaye, Stevie Wonder & The Four Tops - this show will have you up dancing out of your seat, complete with two talented dancers "The Big Soul Corporation Girls" & stunning guest star vocalist Victoria Goddard.

📍 Belvedere Hill St. Saviour Jersey JE4 9PG

☑ 01534 754317

events@mertonhotel.com

www.seymourhotels.com/danny-foster-and-the-big-soul-corporation-2/

📅 28-OCT - 29-OCT 🕒 12:30-21:30

### Autumn Festival at Creepy Valley

Head to the Adventure Centre for some Creepy after dark activities! Get a free go on the Zip Wire or King Swing when you book a 1.5 hour session (excluding Rookie Trekking) Aerial Trekking, Rookie Trekking, Zip Wire, King Swing, and Splatmaster Open Sessions - all under the cover of darkness! With spooky lighting, smoke and music and loads more, experience Creepy Valley in a whole new way! Call to book.

📍 Creepy Valley Adventure Centre Mont a la

Brune Jersey JE3 8FL

☑ 01534 638888

info@creepyvalley.je

www.creepyvalley.je

📅 29-OCT 🕒 07:00-12:00

### Durrell Dash

This popular road race's 10th anniversary dash starts and finishes at Jersey Zoo with the choice of a 6km course or a more challenging 13km route through the lanes of Trinity. We hope that runners will get into the spirit of Halloween and dress to impress! For the third year running the Durrell Dash will be sponsored by Rathbones and we are extremely grateful for their generosity and support.

📍 Jersey Zoo La Profonde Rue Jersey JE3 5BP

☑ 01534 860000

events@durrell.org

www.durrell.org/events

📅 23-NOV - 14-JAN 🕒 17:00-21:30

### La Fete de Noue

The St Helier Christmas light switch on, heralds the start of La Fete de Noue, a series of events and activities celebrating Christmas. Shop under the twinkling lights with late night shopping. Feast on your senses at the French and Genuine Jersey markets, or take a trip out of town to the Simply Christmas Market at Greve de Lecq Barracks and the new Jersey War Tunnels market.

📍 Various venues Jersey JE2 3NG

☑ 01534 859000

info@jersey.com

www.jersey.com

📅 23-NOV 🕒 17:30-18:30

### The Christmas Lights Switch On

Join Santa's parade, from Millennium Town Park, as he makes his way through town switching on the lights as he goes. Meanwhile a second parade led by a marching band and pantomime characters will leave Howard Davis Park. The parades join in the Royal Square for the official Christmas lights switch on. With lots of celebrations and fun surprises, the switch on is an evening not to be missed!

📍 Town Hall St Helier Jersey JE4 8PA

☑ 01534 811835

anna.renouv@posh.gov.je

www.sthelier.je

📅 30-NOV 🕒 10:00-17:00

### Christmas Market - Jersey War Tunnels

Christmas Market will be held upstairs in our visitor center in the Mange Tout Cafe. Loads of Festive stalls, entertainment, delicious cakes, Santa's postbox with children able to write their letter to Santa, with Santa collecting their letters everyday at 4pm. The Nest Art Studio will be open to paint that unique gift for Christmas. Open until 8pm on the Friday.

📍 Jersey War Tunnels St. Lawrence Jersey JE3 1FU

☑ 01534 860808

info@jerseywartunnels.com

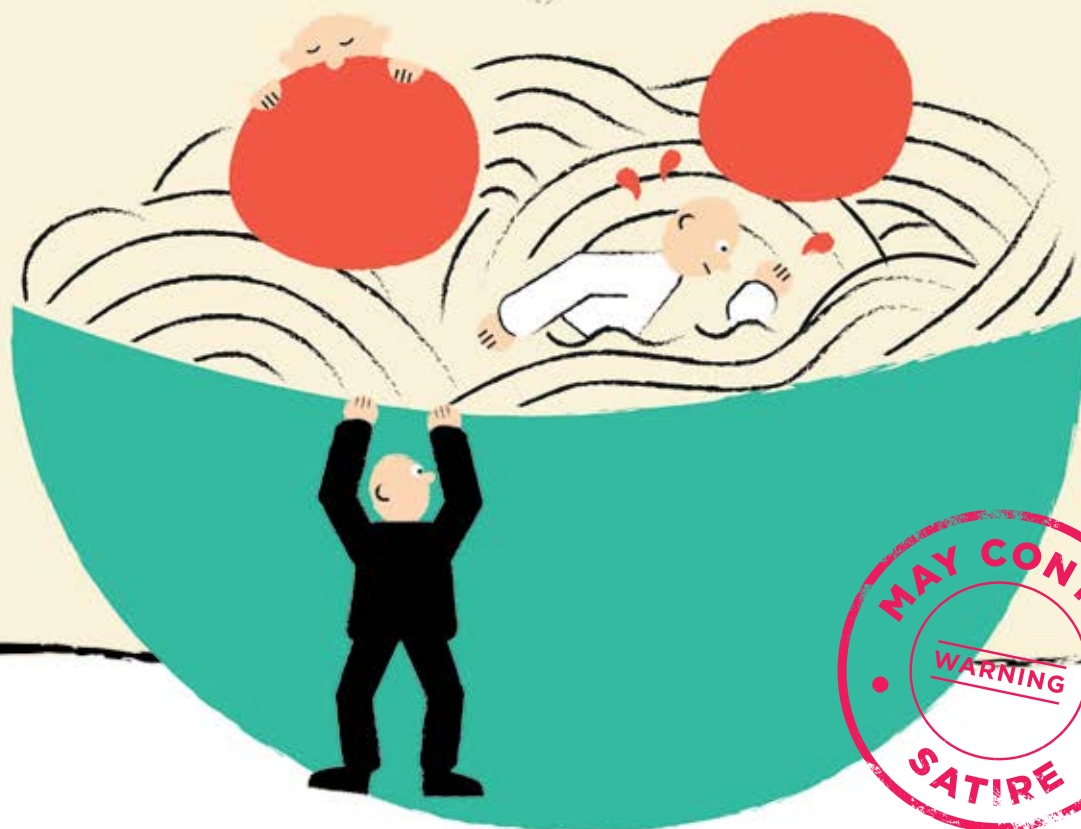
www.jerseywartunnels.com



An illustration of a man in a black suit climbing a large fork. The fork is holding a large red circle, and spaghetti strands are wrapped around it. The man is positioned on the spaghetti strands, reaching up towards the fork's tines.

# MODELS OF POWER

WORDS Grant Runyon  
ILLUSTRATION Ro Farmer



## Face of the fiver and famed baby-resembler Winston Churchill is often quoted as describing democracy as “the worst form of government, except for all the others.” He wasn’t the first to say it, and never said those exact words, but nonetheless the anecdote sticks around because it’s so perfect.

The man immortalised as one of the staunchest defenders of the free world was fighting to preserve a system of government that was merely less rubbish than the alternatives. “Democracy: slightly better than a big kick in the balls” - a message that continues to shake tyrannies and strengthen the hearts of oppressed peoples across the globe.

Cynics argue that the British establishment, of which the aristocratic Churchill was a hereditary member, were in a strong position to weigh up different systems of government because they’d spent hundreds of years trying most of them out - either on their own people or on various unfortunate bits of the empire. Even at home Britain has been ruled by kings, queens, parliaments, a dictator, not to mention a few periods of total anarchy where things were either on fire or infested with plague. However, if you wanted safely to experiment with different systems of government, to see which one is best, you’d be far better off trying them out in a contained laboratory. Somewhere with natural borders - a small Island perhaps?

**“Always subtitled “what could possibly go wrong?”, the system of government that puts one person in charge will inevitably be humanity’s backup option because it harks back to a simpler time when the only decisions that were required where who got the least burned chunk of mammoth and whether we should worship the morning sun or a giant piece of bark.”**

### Phase one: Democracy (the power of the majority)

The current default, democracy is the best way to run a society because it gives everybody the right to play an equal part in the decision making process, from wise rational freelance journalists all the way to people who think Princess Diana was murdered by MI5. The downside is that there’s no obligation to vote, or to pay attention to what you’re voting for, so the process is like trying to order a restaurant meal for a wedding party of 50 in a situation where only three or four people have menus, the waiters don’t speak English and several tables are already drunk. In a democracy, if you are too busy arguing about whether cousin Derek has got fat you might end up with spaghetti, whether you like it or not. Jersey gets round this situation by having an unusually high ratio of elected members (menu holders) to hungry guests (the voting public) but our low voter turnout means that a lot of people are still ending up with unwanted spaghetti. It would appear that the answer is some mechanism that encourages, perhaps even forces, people to use their vote.

### Phase two: Extended democracy (the power of compulsory voting)

22 countries around the world have some form of compulsory voting system, although it’s telling that only half of those are democracies, implying our restaurant metaphor exists in some establishments that just have menus that say “Spaghetti or Die”. Compulsory voting has penalties for not participating, ranging from mild public shaming to restrictions on future voting rights if you miss too many ballots. It might work here, but the number of issues that need to be voted on would mean that even the initial plans would be subject to a dizzying system of votes, counter-votes, votes about votes, referendums and hourly gatherings of angry people holding signs in the Royal Square. We’d have a fully democratic system, eventually, but decisions about school funding or building a hospital might need to wait in line behind lengthy public debates about the colour of road signs in St Mary and whether or not Battle Bee is at risk from pesticides sprayed after the branchage. Everybody in the restaurant gets a menu, and nobody eats

until we’ve all ordered - even Auntie Jenny, who’s a gluten-free vegan but is also allergic to any vegetable with an A or an E in its name. Maybe it would be better if a small group of experts took charge?

### Phase three: technocracy (the power of expert decisions)

Some nations have settled on the principle that society works better if the hard decisions are left to the experts, who will use their great knowledge to act impartially and make benevolent decisions on behalf of the masses, who are then left to devote their time to other matters, such as the drinks order or garlic bread. The downside to that is a tendency towards passionate disagreements about who these experts are, with some people saying that the only experts are scientists and economists, some arguing that successful businesspeople must lead the nation, and others holding fast to the belief that only religious men are capable of making truly impartial decisions. I favour rule by freelance journalists, but regardless, the resulting “disagreements” have a nasty habit of taking the form of wars where millions of people die, entire

countries vanish, and future generations must spend years carefully ensuring that the menace of compulsory spaghetti can never rear its ugly head again. It’s tragic, and clearly the way to avoid this happening is for the people to have a strong leader, who keeps those experts in line.

### Phase four: Autocracy (absolute power for one individual)

Always subtitled “what could possibly go wrong?”, the system of government that puts one person in charge will inevitably be humanity’s backup option because it harks back to a simpler time when the only decisions that were required where who got the least burned chunk of mammoth and whether we should worship the morning sun or a giant piece of bark. It also has many problems, particularly the possibility that you’ll end up in a situation where economic policy or international diplomacy are dictated by somebody who either inherited the job from their father or who seized it by being more of a psychopath than anybody else. One person gets a menu, orders whatever they want, then anybody who doesn’t like spaghetti is taken outside and executed by firing squad. Even people who eat the spaghetti, but look like they fancy a browse through the menu, are shot - just in case.

### Phase five: total anarchy (no power beyond the individual)

When your society has tried and failed with every system of organised government, the only thing left to try is no system of government at all, where cooperation is completely voluntary, laws are torn up and the only persuasive arguments are barter or brute force. In this world every leader is toppled and spaghetti is a literal impossibility because humanity is no longer organised enough to make pasta. Regular readers will know I’m obsessed with the idea of society’s inevitable descent into a savage post-apocalyptic wasteland, but my dreams of Mad Max on St Clement’s coast road aren’t the only model of anarchic non-government - hippies would propose the anarcho-syndicalist tribal council of St Ouen’s Bay, and people who spend too long online probably think we could do away with government if we all started trading bitcoin and left global planning up to Google. Inevitably these societies wouldn’t be coordinated enough to face any external threat, such as climate change or an invasion from the Democratic People’s Republic of Sark, and would either learn to band together or be destroyed. When the only thing your children have known is boiled rat and being married off to a club-wielding chieftain from the former St Lawrence, the taste of spaghetti would seem a bold and beautiful dream. Let us never forget those who have died for that sweet red sauce - the sauce of freedom.

## Crappy First Date

Despite first dates being somewhat nerve wracking, all seemed to be going well for Bristol boy Liam Smyth as he and his Tinder date headed back to his place after a successful Nando's dinner date.

However, when she returned from the bathroom with a panicked look in her eye and a number two tale to tell, things began getting a little sticky. The self proclaimed "shamed Shirehampton sh\*\* slinger" explained that when the flush failed her, she attempted to throw her deposits out of the window into the garden but instead, it landed most proudly in between two non-opening bathroom windows for all to see.

Valiantly, she came clean to Liam and being an amateur gymnast, was convinced that she could reach into the window and pull the poo out. Despite Liam's help, his Tinderella reached too far in and became sandwiched upside-down wedged in between the two panes of glass. Stuck, upside down,

clutching her poo in a plastic bag whilst her date tugged helplessly at her trouser leg. But who says first impressions count right?

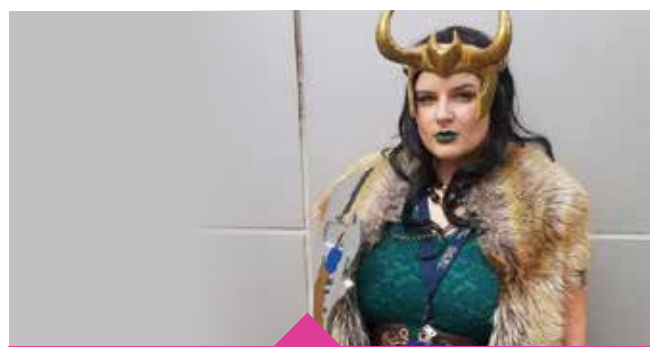
The whole embarrassing incident came to light after Liam launched a GoFundMe page to replace the broken window which has now raised more than £2,500. Most honourably, rather than using the excess finds to take "the very nice girl" on a second date, he is making donations to two charities. The first, most suitably, is Toilet Twinning, a charity that builds and maintains flushing toilets in the developing world...(perhaps they could make a visit to his place too?) and secondly, to the firefighters charity for helping them get out of what could have been, an even stickier situation.



## Quoted:

*"Run for office? No. I've slept with too many women, I've done too many drugs, and I've been to too many parties"*

George Clooney on power



## Saved by Super Powers

Things must have getting pretty wild on the 10th floor at Dragon Con Convention, a huge nerd, sorry cosplay convention in Atlanta recently. 21 year old Kelly McDaniel was quietly going about her business when she was struck by falling furniture launched off the balcony above onto the busy streets below. She says she heard loud pops which sounded like gunfire before she felt a sharp pain and saw chairs flying everywhere, not the type of freak accidents these Sci Fi fans are accustomed to! Luckily for her, she attended the Dragon Con convention dressed as Avengers villain Loki, complete with his signature gold helmet and horns which she believed saved her life in softening the blow. Thankfully, Kelly came out mostly unscathed and although police are still looking for suspects, Thor was not considered to be involved.



## And coming in dead last....

Is of course a bizarre festival from Japan. Four undertakers went head to head at Japans biggest funeral expo and had their skills tested in the ancient rituals and art of dressing the dead. They were silently observed by three judges as funeral music gently played in the background as they prepared their willing models in a battle to be crowned best dressed.





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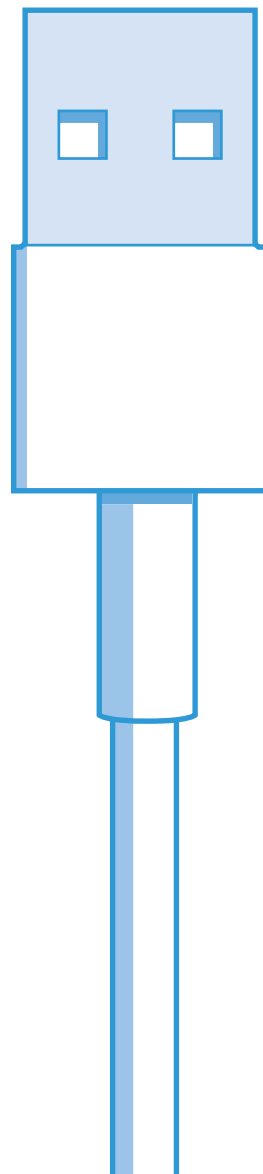
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# TAKE THE POWER BACK

**WORDS** Ria Wolstenholme  
**ILLUSTRATION** Russ Atkinson



**We all have different ideas of what powerful people look like. Whether they're a superhero wearing a cape, a policeman wearing a hat or a human wotsit posing as the president. But we forget that we have our own powers. Things we can do for ourselves and others that go unnoticed but in reality, are the greatest powers to hold.**

Take this, if you will, as a post summer blues pick me up read. You might not even make it past this sentence, but this time of year can bring on the S.A.D in all of us – that's seasonal affective disorder, by the way. The sun goes, the parties and social events stop, and hum drum life ensues counting down to Christmas and accepting that grey skies are the only forecast for the foreseeable future. People leave to go back to school, university and work. It can feel lonely at times.

So, I'm here to let you know that all is not lost. The sun and fun times will come back, but now is the time to hunker down. The trick is to keep yourself spinning with some simple rules. First on the agenda is to evaluate the company you keep. Sure, summer was fun and we all make new friends and form new bonds, but will they last through the winter months? When nobody is out to play and other things take priority? In order to be powerful in yourself, you've got to keep the positive energy of people around you. Yes, that's ok, roll your eyes at the millennial using the word 'energy'. But seriously, the people you spend your days with are a massive factor in how you think, behave and feel. Now is the time to really evaluate who is making you a happier, better person and who's bringing out the worst in you.

Secondly, evaluate yourself. Summer months often come with many a day sesh, corona in one hand and another two back ups in the other. We overdo it in true Jersey style, dedicated to making the absolute most of any opportunity to be sociable. But saying no to plans to stay in and binge watch Netflix in your old joggers with your phone on silent is ok too. In fact, it's healthy. Learning to say no to plans to look out for your physical and mental well being is more important than we realise. That self love will allow you to reboot your mind and body. They don't call it recharging your batteries for nothing.

Thirdly, focus on the future. This is sounding deep but bear with me. In order to obtain and retain your personal power, you have to focus on the possibilities, not the problems. Look to future endeavours, make plans and forget any mistakes or mishaps that have happened already. They have happened, they cannot be

changed or made to disappear, so learn from them and move on to bigger and better things. When a problem arises, be it a recurring one from the past or a fresh new one, look for the solution. Don't avoid the issue for another time and future you to deal with, assert it head on and deal with it. There's no time like the present.

**“Relying on other people to make your light shine is lazy. Feeding off of someone else's energy is lazy. Make your own energy by bettering yourself and keeping your immediate circle as positive as it can be. It can't be all play and no work, all of the time. Be selfish. Do you. Gain your power back.”**

These small things a lot of us forget to do or don't even realise we are doing it amount to so much more than overcoming the post summer blues. Making yourself your power source is so important if you want to succeed on your own terms, in your own way. Seeking energy from other people can be beneficial to an extent, but it can't be the only source you have to survive. Animals hibernate in winter, to store their energy and be set for when the months of seeing and doing come back around. Think of it the same way for yourself, but instead of sleeping for 3 months – *I wish* – switch your focus. Make time for your needs, your wants and your desires. Make the time you have to do nothing about something, even if it's months of rest and recuperation.

Relying on other people to make your light shine is lazy. Feeding off of someone else's energy is lazy. Make your own energy by bettering yourself and keeping your immediate circle as positive as it can be. It can't be all play and no work, all of the time. Be selfish. Do you. Gain your power back.



# NEWS IN NUMBERS

**70** year anniversary of the Jersey Film Society celebrated last month

**150,000**

pounds worth of cannabis seized from vehicle travelling to Jersey by ferry from Poole

**13**

police complaints about drones for 2017 so far is an all time high

**3** new hangars proposed to be built at Jersey Airport

**2.8**

percent increase in pensions paid to the elderly starting from 1st October

**5,000**

pound reward offered for information leading to the arrest of arsonist responsible for damage to Tamba Park

**267** hospital admissions for 30 patients suffering from the effects of asbestos since 2011



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# HOW JERSEY WOULD COPE WITH A HURRICANE

WORDS Grant Runyon • ILLUSTRATION Pip Renault

**As I write in mid-September, Hurricane Harvey has blown a damp path of destruction across the Caribbean, and left large parts of the USA's 4th largest city under a chocolate-brown lake of polluted floodwater. Over on the east coast, Hurricanes Irma and/or Jose are about to land on Florida like a wetter, less sexy version of Daenerys Targaryen, even whilst the federal government continues to insist that the climate science that predicted this is fake news.**

People with family on the side bits of America are worried for their safety, either because of natural disasters or reports that gun-crazy rednecks are attempting to scare the hurricane off with bullets. There are even rumours that the super volcano under Yellowstone Park is looking unusually busy, which seems like the setup to an IMAX disaster movie where Wesley Snipes punches a giant shark.

Meanwhile, Jersey is experiencing some unusually deep puddles. Tucked away under the Cherbourg Peninsula (a.k.a. France's armpit), we're quite fortunate compared to many other Islands around the world. I don't want to tempt fate but the threat of earthquakes, typhoons, volcanoes or Godzilla is reliably low in these parts, but low threat isn't the same as no threat, so I think we need to ask ourselves what Jersey would do if a perfect storm did strike. Would we be scared, prepared or unaware? Mull it over, consider where to start building your panic room, but when you're done reading please consider a donation to some disaster relief efforts - there are links at the bottom of the page.

## Key risk: flooding, wind damage and destruction to property

A few inches of seawater building up at the Beaumont junction is already Jersey's equivalent of a catastrophic flooding of the Nile, so we should expect scenes of biblical tribulation if we ever experienced bad enough weather to soak the Gunsite and block the drains in Beresford Street at the same time. If the sea were to reach St Aubin's Inner Road it would be necessary to call in helicopter gunships to ensure safe passage across the Island via the north coast road. We all remember the big storm of 87, even people who weren't born then, so you'd need to prepare yourself for weeks, perhaps months, of conversations that only revolve around the number of downed trees we all saw. "No exaggeration, St Catherine's Woods looked like North Vietnam after the Tet Offensive." Nobody from the country parishes would be able to get to the office, and our internet links to the outside world would collapse with all the social media images of trampolines in hedges, stand-up paddleboarders going through the tunnel and a wet cow stood on the roof of a Range Rover.

## Key risk: access to food and clean water

It's not hard to imagine what a proper natural disaster could do to our food supply. I was forced to kill and eat three joggers the last time Condor was cancelled on the Friday before a bank holiday, to make it worse I'd run out of bouquet garni and one of them was a bit on the gamey side. Honesty boxes would be carted off whole by bands of organic looters, and people would be so hungry that within days you'd be able to barter jewellery or sexual favours for soggy egg mayo sandwiches stolen from Roberts Garage at knifepoint. We'd be obliged to eat the cows, seagulls and J category finance workers - and not necessarily in that order. Clean water I'm less concerned about, because I live in St Ouen, and I'm perfectly happy for the townies to spend a couple of days getting a taste for the green-tinged bacterial soup that kills tadpoles and occasionally climbs out of my borehole in search of bigger prey.

## Key risk: maintain civil infrastructure (schools, power, hospitals)

Many Jersey parents rush to collect their children from school the minute a single snowflake hits the Jaguar, so hurricane weather would lead to more unauthorised absence than a sale on term-time flights to the Swiss Alps. Over-protective parents would soon regret this course of action, because they'll inevitably be plunged into a terrifying darkness - not one caused by the lack of an electricity supply but an existential darkness where the batteries die on all the children's tablet devices and families must entertain themselves by talking to each other. It would be like a road trip where the stereo is dead, dad is hungover, and nobody brought their GameBoy. Just endless games of I-Spy, noughts and crosses and the looming threat of inter-familial murder until the Red Cross air-drop emergency supplies of Peppa Pig. Just leave the kids at school - nothing could go wrong, we've all read Lord of the Flies.

## Key risk: communications, information and public order

Maintaining social cohesion during a disaster depends on good communication to prevent panic and to enable people to understand that help is on its way. It preserves a sense of normality, reminding us that society still functions even as it struggles to rebuild. In Jersey this would be achieved by ensuring that we can all still hear from those same ten people who write letters to the paper every week - your house might be under water but you can always rely on the normality provided by a stream of embittered cat fanciers and Alf Garnett types venting their irrational opinions of cycle paths and gay marriage. There will also be a column entitled "how the hurricane could be good for the finance industry." If all else fails Jersey can lift its spirits by making Oscar the Puffin and

**"Nobody from the country parishes would be able to get to the office, and our internet links to the outside world would collapse with all the social media images of trampolines in hedges, stand-up paddleboarders going through the tunnel and a wet cow stood on the roof of a Range Rover."**

Humphrey the Lion sail round each parish in a dinghy, chucking out cans of Breda and Spam. Jersey is also in a more fortunate position than many places because we benefit from a huge volunteer army of honorary police and village fete officials. Between them they have the essential skills to deal with wet fields and blocked roads, marshall queues for the last toilet in Grouville and to conduct a meat raffle without anybody getting stabbed.

## Cleanup: Jersey emerges stronger and wiser?

The first green shoots of recovery would be seen to emerge when a traumatised population peeks out its window and sees a ray of Jersey sunshine - the deeply reassuring sight of a giant filthy traffic jam on Victoria Avenue. Oh, sweet normality. The lights are back on, the pubs and bookies are open for business and that smell - it's not the smell of rotting disaster, it's just sea lettuce. It's the eggy smell of the world being right once more. We can begin the task of picking ourselves back up, sweeping clean our streets and arranging a series of parish hall trials for people who got caught looting Iceland or eating dogs. Together we can rebuild! (Subject to planning permission).

[www.globalgiving.org/projects/hurricane-irma-relief-fund](http://www.globalgiving.org/projects/hurricane-irma-relief-fund)  
[support.unicef.org/donate/hurricane-irma](http://support.unicef.org/donate/hurricane-irma)  
[www.mercycorps.org/donate/humanitarian-response-fund](http://www.mercycorps.org/donate/humanitarian-response-fund)







## GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



### 'The Jersey Cows' travel 350 miles in aid of Help for Heroes

Last month a team of seven amateur cyclists joined over 200 Help for Heroes supporters and beneficiaries cycling from Lille to Arnhem, a journey totalling over 350 miles, to help provide lifelong support and care for our wounded servicemen and women. The 2017 'Big Battlefield Bike Ride' through France, Belgium and The Netherlands is to commemorate World War II and roughly follows the 1944 route of the Allied Forces through the Low Countries towards the finish point of Arnhem, the focus point of Operation Market Garden.

Sarah le Sueur, Nikki Jones, Carrie Taylor, Gemma le Sueur, Emma Bennett, Katriona Hollywood and Jo Barnes, some of whom have previously taken part in this annual event and have been training together since 2012, have so far raised more than £24,000 in sponsorship through fundraising pages, events and donations. Their goal is to raise a grand total collectively of £30,000.

Donate at [www.justgiving.com/fundraising/Nikki-Jones17](http://www.justgiving.com/fundraising/Nikki-Jones17). Search facebook for 'The Jersey Cows sponsored by Jersey Dairy'

### Jersey Eisteddfod goes online for entries

Local performers, singers, musicians, actors and linguists wanting to enter the Jersey Eisteddfod Deutsche Bank Festival of the Performing Arts this year will be able to do so online for this first time. Entries are now open for the Autumn Festival, which takes place throughout November, and organisers have this year introduced an on-line entry system for three Sections - Music, English Speech and Drama, and French.

It will still be possible to enter via the traditional paper-based form for the Music and English Speech and Drama categories, whilst the online facility could be rolled out to other Sections, including Jërriais and Foreign Languages, in the future. With the exception of the Jërriais section, all entrants in this year's Festival will once again enjoy the benefits of having their performance professionally judged by experienced 'off-island' adjudicators, whilst Jërriais will continue to be assessed by a native speaker. The Festival gives entrants an opportunity to perform in a range of stunning settings including the Jersey Opera House and Jersey Arts Centre as well as other iconic island venues such as St Ouen's Parish Hall, the Freedom Church and the St Helier Parish Church.

#### Key dates for this year's Festival are as follows:

Music: 3rd - 11th November at the Jersey Opera House, Freedom Church and St Helier Parish Church, deadline for entries 16th September  
 English Speech and Drama: Monday 13th - 18th November at the Jersey Arts Centre and Jersey Opera House, deadline for entries 29th September  
 Jërriais: 17th - 18th November at St Ouen's Parish Hall, deadline for entries 29th September  
 Polish and Portuguese: 18th November at the Jersey Arts Centre, deadline for entries 29th September  
 French: 21st - 22nd November at the Jersey Arts Centre, deadline for entries 22nd September  
 German, Italian, Spanish, Russian and Mandarin Chinese: 23rd November at the Jersey Arts Centre, deadline for entries 29th September  
 Gala Events: Saturday 11th, 18th and 25th November

Syllabuses for this year's Deutsche Bank Festival of the Performing Arts, showing full details of entry dates and how to enter, are available now on the official Jersey Eisteddfod website, [www.jerseyeisteddfod.org](http://www.jerseyeisteddfod.org)



### Drink tea, leave legacy.

Charities are urging families and friends to put the kettle on, make a brew, and chat about leaving a legacy to good causes. The Association of Jersey Charities is launching Jersey Legacy Week, which is being supported by Hawksford, to encourage people to challenge the taboo of talking about death. Research by Remember A Charity in the UK suggests only 7% of people include a charity in their Will even though 40% are open to the idea. Now the Association of Jersey Charities (AJC) and Hawksford are producing 30,000 special tea bags to share with AJC clients, members and supporters. It is hoped the informal and friendly tradition of sharing a cuppa will make people feel comfortable talking about life after their death, and how they might continue to help others in the years to come. People will be encouraged to sit down with their loved ones and companions to discuss their plans during Jersey Legacy Week from November 6.

A consortium of island charities will distribute the free teabags, to be branded with campaign messages and links to independent information, promoting the importance of legacies to all kinds of philanthropic work in Jersey. To raise awareness of Jersey Legacy Week, the AJC invites islanders to attend their event and to join in the conversation to talk about legacies with their loved ones. The campaign will benefit charities of all sizes and areas of work, and legacies of all sizes can facilitate a tremendous amount of good work. As part of Legacy Week, Hawksford is offering £199 for a simple Will if an enquiry is made during Wills week. They are also offering a limited number of free half an hour consultations with a member of the Wills, Probate and Executor team if booked during Legacy week.

Any charities wishing to take part can register their interest with the AJC by visiting [www.jerseycharities.org](http://www.jerseycharities.org) or by contacting the campaign coordinator, Ivo Le Maistre Smith on [ivo@jerseycharities.org](mailto:ivo@jerseycharities.org). Any individuals looking to find out more can also contact Ivo.



### JT Daredevils skydive for dementia

Ten brave JT employees jumped out of a plane last month to raise money for JT's chosen charity, Jersey Alzheimer's Association. The intrepid volunteers plunged at 130 mph for 30 seconds from 10,000 feet above St Aubin's Bay before parachuting down to land close to the Gunsite slipway. Colleagues, family and friends came down to welcome the Daredevils back to earth and applaud their courage. After another successful annual JT Charity Day in June, 35 staff members signed up and ten were selected at random (the maximum number of charitable skydives allowed in a day) to become the first JT Daredevils. The skydivers raised a fantastic £1,000 for Jersey Alzheimer's Association. The group were skydiving to fundraise for the Association and raise awareness of World Alzheimer's Day last month. JT is now well on its way to achieve its £20,000 target for Alzheimer's-related charities.

### Round the Island for £100,000

More than £100,000 was raised from this year's State Street Island Walk, which saw nearly 1,400 participants registered in the 27th year of this annual event, and State Street's first year as sponsor. With cheques presented to 16 local charities and organisations by His Excellency Air Chief Marshal Sir Stephen Dalton, Lieutenant-Governor; Joy Carry, Chair of the Trustees for the State Street Island Walk; and Tim Pallot, COO for State Street Global Services in the Channel Islands. Jersey Employment Trust and Acorn Reuse Centre (Jocelyn Butterworth, pictured), Jersey National Park (Jim Hopley, pictured), Jersey Child Care Trust (Fiona Vacher, pictured) and Rotary Club de la Manche (Mike Bellegoi, pictured) were the four main organisations to receive donations.




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## GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



### Work Placements with a difference.

Eight students enjoyed a summer vacation with a difference - getting involved in community projects while also experiencing the world of business. Deloitte's Summer Vacation Scheme gives young people a feel for what it's like to work in audit, tax and business advisory roles. The valuable corporate experience is balanced with social events, team-building sessions and charitable work.

The undergraduates, local A level students and university graduates, have based themselves at Deloitte's new office in Gaspé House where they have met the senior team and been introduced to the different sectors that the business services, such as funds, insurance, private equity and real estate. They were given an introduction to valuable IT skills and undertook a two-day bookkeeping course. Away from their desks, the intrepid team of 17 to 21 year olds learnt new team-building skills and tackled an assault course at Creepy Valley. The scheme also has corporate social responsibility at its heart; the eight students have worked with Mind Jersey, conducting face-to-face interviews for the #IslandMinds survey.

Mind is one of Deloitte's chosen charities and the firm has a three-year programme of support planned. The students volunteered at the Battle of Flowers parade held on 10th August in aid of Jersey Alzheimer's Society and organised their own charity fundraiser for Mind. The team has been immersed in Deloitte's work and systems, and may even be offered a job interview for future employment. Ellie Webb, Assistant Manager at Deloitte Jersey, said: 'It's been fantastic to see how the students have settled in at Deloitte over the course of their time with us. They've worked well together and everyone has had the opportunity to showcase their different strengths.'



### Santander Staff bake up £2,700 for Jersey Hospice Care

Sweet toothed staff at Santander International hosted a bake off competition to raise funds for Jersey Hospice Care. Staff at the local branch put their baking skills to the test and competition ran high as Michelin-star chef Shaun Rankin was on hand to judge the competition with Karon Watson from Jersey Hospice Care. First prize went to Assistant Accountant, Claudia Marques for her indulgent chocolate cake with hazelnut glaze. Second place was awarded to Relationship Manager, Hannah Nichol who made a key lime pie for the competition, and third place went to Head of Operations, Helen Cabot for her banoffee pie.

The bake off-style competition is just one of the many fundraising initiatives that Santander International has hosted at its Jersey branch in the lead up to the Condor Ferries' Dragon Boat Festival, which takes place every September in aid of Jersey Hospice Care. Over the past two months staff have participated in elaborate fancy dress events and one member of the team, Kim Dickinson, has bravely committed to shaving her head. So far, the staff have raised £2,700 for the charity, which will be matched by the Santander Foundation. With funds still coming in, the team are hoping to take the grand total to £6,000 once it has been matched by the company.

### Looking for career inspiration?

14 October, 10am - 2pm, Fort Regent

Looking for career inspiration? Uncertain about the next steps? The Jersey Skills Show, organised by Skills Jersey and sponsored by Grant Thornton, provides hands-on experience across a wide range of industries that will inspire the audience of any-age to explore further education, skills and careers. Whether you're a student, graduate, unemployed or looking for a career change, the event will provide insight and advice on how to take the next steps on your career path.



The Jersey Skills Show aims to bring skills to life and gives attendees the chance to learn about different industry sectors in an engaging and inspiring way.

- \* Learn about a huge variety of skills and career opportunities on-Island
- \* Speak to employers about working within the industry
- \* Have a go at different skills and discover new talents
- \* Be inspired by the talents of those already trained within the industry
- \* Find out about education, training and apprenticeships

More industries will be represented than ever before which means visitors have more opportunity to discover the career pathway that is right for them. Industries represented include; retail, hair & beauty, hospitality, construction, creative arts, digital, business, health & care, animal & veterinary science, armed forces & police, finance, education & training, technical & engineering, tourism & hospitality, motor mechanics and more. Qualified advisers from Skills Jersey will be available for anyone who would like guidance on how to take the next step into the world of work, further or higher education.

Entry is free. To find out more on who will be exhibiting visit:  
[www.jerseyskillsshow.com](http://www.jerseyskillsshow.com)



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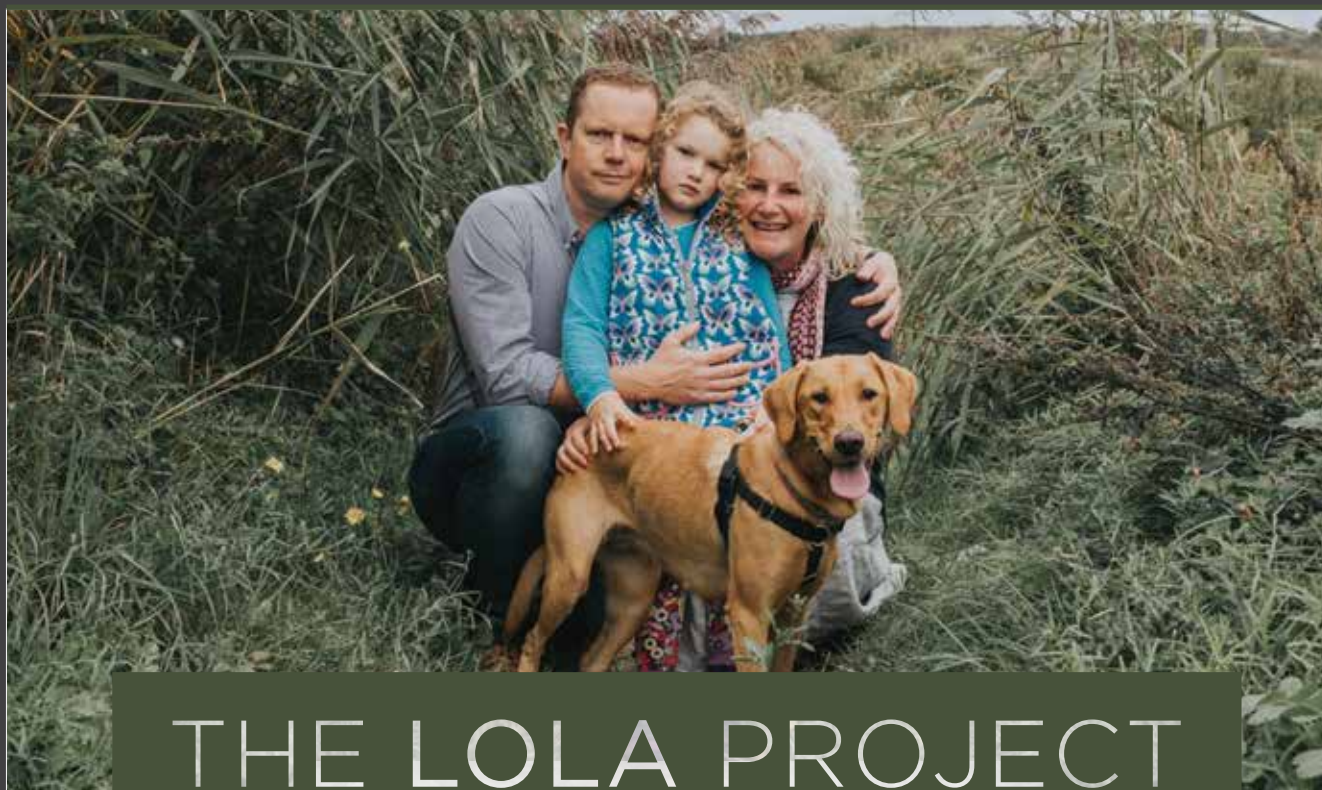


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# THE LOLA PROJECT

## For The Loss of Loved Arrivals

WORDS Abigail Ali

**On Father's day in June 2011 Sasha and Richard Holden experienced the pain no parents should when their beloved daughter Lola was tragically brought into this world stillborn following a fatal condition.**

Plummeting her beloved parents into an unknown world of child bereavement, Sasha and Richard went on to navigate through the grief of their loss on a journey of healing and acceptance through the years that followed. Five years on, they take the strength that Lola's short life has taught them and the kindness she ignited, to share their story of love, loss and healing for a community that so desperately seeks it.

Each year between the 8th-15th October, Baby Loss Awareness week is held across to UK to offer a time to unite bereaved parents, their families and friends to commemorate lost babies' lives. The extremely sensitive nature of the subject has become some what taboo, so to provide a chance to raise awareness about the issues surrounding pregnancy and baby loss the #breakthesilence campaign has been launched by the charity. In conjunction with the annual event, Richard and Sasha proudly take the opportunity to publicly

launch their own project in sights to reach others inflicted by this tragic situation and bring a beacon of hope in what is the darkest of times.

Following Lola's passing, Sasha knew she had to find ways to try and cope with the impossibilities of their pain, and heal her grieving heart and her post-natal body. What she really wanted in the healing stages was some support and guidance on things she could do to gently ease her body and mind back to some place resembling normality. Finding it hard to navigate this information for grieving mums, with Richard's support and the help of their dedicated friend Mark, they took on the courageous task of creating their own hub providing wellbeing and healing for others who experience baby loss. And so, The LOLA Project was born.

Lossofaloavedarrival.com is a dedicated space for mums, partners, family and

friends who suffer following the loss of a baby to find helpful information on well being, exercise and healing therapies. By taking into account what they personally experienced during this time, they have drawn upon their own needs to compile a wide array of online tools for parents in similar unfortunate circumstances.

In particular, Sasha couldn't find post-natal yoga or pilates classes which took account of both the physical and emotional needs of a mum who has given birth but doesn't bring her baby home. So, at the LOLA Project, they have created a series of videos with specially designed, advice, support and demonstrated gentle yoga and pilates demos for bereaved mums, which take account of broken hearts as well as post-natal bodies.

It was deeply traumatic to recite the story of Lola's loss to therapist after therapist to see whether their treatment might be able to help her situation, and Sasha didn't



want want anyone else to go through that. The fact that people can practise this in the privacy of their own home takes into account the privacy of such trauma yet offers a gentle guiding hand toward the first stages of healing.

Sasha and Richard were acutely aware that parents who have suffered baby loss can struggle with sleep, so turned to specialist Guy Meadows who has since, contributed his expertise in a series of online videos giving step by step tips and advice on how to deal with sleep deprivation. The LOLA project also provides short videos to explain the benefits of a range of therapies and treatments including chiropractic and meditation from accredited specialists highlighting specifically how they might help anyone who is suffering following the devastating loss of a baby. As the site continues to grow, they encourage people with something to share to get in touch and offer their skills and advice to a community that so appreciatively accept it.

Without leaving any stone unturned, LOLA is also there for you with the future in mind delving into the depths of future intimacy with your partner, planning another child and how to deal with moving forward. Although aftercare is offered by your the general health care system, those somewhat routine elements of returning to work, anniversaries, pregnant friends and Christmases are often left un-navigated. Sasha and Richard know better than anyone how the sadness can creep up on you, so have opened up a space online for individual people to share their stories of loss. By sharing their own and encouraging others to do so, it is a reminder that although it is a very personal situation that you are not alone, the situation is not hopeless and there is help here for you. This widens the network for this community by also pulling in resources and links to external websites such as Sands.com, Philips Footprints and other sites that are active in raising awareness and support for baby loss.

Six years on, the couple are again blessed to be the loving parents of a rambunctious 5 year old girl India, who understands the legacy her wonderful sister has created through the kindness she catalysed in her short life. And in the time that has passed, not only has The LOLA Project become a living memorial to honour their missing daughter, but has unified Richard and



**“By taking into account what they personally experienced during this time, they have drawn upon their own needs to compile a wide array of online tools for parents in similar unfortunate circumstances.”**

Sasha along with their family and friends in a healing movement of gratitude, reflection and acceptance. Without this team of incredible helpers, The LOLA Project would not be all it is today and they are incredibly grateful to each and every person who have shared their love skills and passion for Lola and the legacy of kindness her short life kindled.

“We have created The LOLA Project to reflect what Lola taught us about the beauty of human kindness. With the help of some incredibly generous people who have given their time, expertise and energy, we hope to honour the ineffable kindness we were shown after Lola was born, by offering bereaved families much-needed support on well being and healing following the devastating loss of their baby.” Sasha Holden

..... [www.loveoflostarrivals.com](http://www.loveoflostarrivals.com)

# gallery Wedding Special

The next few pages are full of inspiration and tips to achieve wonderful wedded bliss in Jersey. From where to head to get your wedding sorted in one fell swoop (The big wedding fayre at the Royal Jersey Showground on 22nd of this month) to incredibly talented caterers and stunning suits. We also take a look at La Mare Vineyards, one of the most popular locations for a wedding on the island. **Enjoy - and good luck with your planning!**



## The flexible wedding caterers

Tony and Helen Sargeant know a thing or two about weddings having run their company Jersey Kitchen for many years. They are sticklers for detail and will work with you to ensure you get exactly what you want from your wedding day, whatever that might be. They know that one size doesn't fit all and therefore offer personal menu planning as well as complimentary menu tasting to make sure you're happy with your choices and out of hours meetings too.

As Jersey Kitchen are members of Genuine Jersey you can be assured that the quality and provenance of their food is guaranteed to be sourced locally wherever possible. Something that definitely sets them apart is Jersey Kitchen won't charge a corkage fee if you want to supply your own table wines or the fizz for your toast and welcome reception. Something which could potentially save you a fortune and means that you can put all that cash saved to put towards other parts of your wedding.

Maybe you could spend that extra money on some finishing touches, which their sister company, CI Party Hire, can help you with. Why not hire their beautiful giant LOVE lights, a fancy feature bar, or all manner of flourishes that will add the wow factor to your reception.

It's also good to know that Jersey Kitchen is on the list of approved caterers for all of the Jersey Heritage properties, which includes the fantastic Victoria College.

Jersey Kitchen will be with you every step of the way when planning your wedding or special event. For more information or to set up a meeting with Tony or Helen, you can email them [info@jerseykitchen.co.uk](mailto:info@jerseykitchen.co.uk) or call them 07797 716716.

**[www.jerseykitchen.co.uk](http://www.jerseykitchen.co.uk)**



## Marquee Solutions Wedding Fayre

**Sunday 22nd October – 10.30am till  
3.30pm – Royal Jersey Showground –  
FREE ENTRY**

It's that time of year again, and if you are planning your wedding there is nowhere else you should be! This is a unique opportunity for brides and grooms to meet over ninety local exhibitors who will be showcasing their skills and services to help create your perfect day.

On arrival you are greeted by an enthusiastic Toastmaster and an array of wedding cars and coach services. You will find a multitude of suppliers including ceremony and reception venues, florists, photographers, videographers, jewellers for engagement rings or wedding bands, wedding day attire, balloon artists, yummy cake bakers, stationers, wedding planners, stylists, caterers, make up and hair stylists, travel agents for your honeymoon needs, wedding bands, performers and marquees of course!

This event gives you the chance to stop and speak to all these incredibly talented suppliers face to face, and you never know, by the end of the day you could have your dream wedding wrapped up in a beautiful white bow.

### It's all in the details

Flowers are one of the best ways to add a magical touch and inject some of your own style into your big day. From cakes and place settings to the bouquet itself these are the details which are going to make your wedding beautiful.



### You're bringing sexy back. Yeah!

Want to surprise your wedding guests as you walk down the aisle? Opt for a fabulously detailed or statement back. There's nothing quite so show-stopping as a wow-factor back, and it'll look amazing in your wedding photos too. We love the sleek and relaxed style of these fabulous Grace Loves Lace dresses which still look demure, but flaunt your back.

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# To have and to hold at La Mare



Have you tried on the perfect dress and found a fabulous cake maker, florist, photographer, band?... The list of 'have you's' can seem endless when you're planning your dream wedding but there's one that La Mare Wine Estate have definitely got covered...the perfect venue for you both to hold your big day.

They guarantee a very special location for your special day. Nestled in a quiet corner of the peaceful St Mary's countryside, miles away from the stresses of your day job! Why not let planning your wedding be their job, after all it's one they truly love. They vow to do everything they can to make it the perfect day for you, your family and friends.

Whether it's a small and intimate affair in the Elms Farmhouse after a champagne reception in the gardens, a chic celebration in the stunning oak beamed Orangery; or something larger and more lavish in the fabulous Winery, they want your day to be perfectly yours; unique, personal and special to you.

Catering is taken care of and their Wedding Breakfast menus are created exclusively by their in-house team and all the wines can

be supplied directly from their carefully chosen wine list, which includes an excellent selection of wines from around the world.

They've thought about all the little extras too, from delicious favours such as chocolates and sweet treats hand made on the Estate, to exclusive La Mare miniatures.



Interior images by Paul Wright



**But don't just take our word for it; their delighted customers often get in touch after their big day. This happy couple had this to say...**

*"Ben and I just wanted to say a massive thank you for everything you did for us before and during the wedding. Everything was perfect. You and your team did a fantastic job and we appreciated it all. It went so smoothly and everyone commented on what a wonderful job you did. You worked tirelessly and went above and beyond all of our expectations so thank you so much for helping to make it the most perfect day of our lives."*

If you are thinking of saying 'I do', there are a limited number of 2018 dates still available. Their diary for 2019 is open now too.

You can find out more about what they offer by visiting the La Mare team at the October Wedding Fayre at the Royal Jersey Agricultural & Horticultural Society Showground on Sunday 22nd October. They also have an Open Day at La Mare Wine Estate on Sunday 29th October Sunday.



Call their friendly team anytime on 01534 481178 or visit: [www.lamarewineestate.com/wedding](http://www.lamarewineestate.com/wedding)



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[www.lamarewineestate.com/weddings](http://www.lamarewineestate.com/weddings)



Navigating the world of wedding suits used to be left to the ladies to ponder over; with the sway leaning toward what would look best with the dress. The thing is, a wedding is a day for the groom to be dressed to impress and of course, his best man and all the other chaps that make up the wedding party.

It's 2017 people, and nowadays the discerning groom is mindful about what he's going to look and feel like on his big day. It's never been more important or prevalent for men to take great care and attention in how they dress - what more of an important occasion than the most important day of your life?

Cue, Mr. C... Roulette clothing's very own tailoring and styling brand. There's nothing like getting fitted for your very own suit and a wedding is one such an occasion where a little bit of fuss and attention is not just allowed, it's encouraged.

The brand was created by David Cullen to fill the niche pertaining to high quality, affordable tailored attire. Coupled with his insurmountable styling skills, David and his Mr. C cohort, Kelsey Ward are now fixing up and fine tuning the art of creating the perfect wedding ensemble for guys in Jersey.

Ensuring that each person's individual style, taste and budget is catered for, Mr. C is dedicated to designing the right look for every client. Dapper, debonair or devilishly besuited in something a little more relaxed, the looks and possibilities are personalised down to the smallest detail.

Gents who might find themselves at a loss as to where to start, can also rest assured that Mr. C has them covered from head to toe.

***Mr. C is currently offering a 25% discount on made to measure - so your own bespoke 2 piece suit could come in as low as £449 - there's a budget made to measure too, which means more money toward the stag do.***

### **What are you getting with a made to measure suit?**

The perfect fit; undoubtedly you'll never look or feel as good as you do in your very own bespoke suit. Whatever your shape, or preference - belt loops, no belt loops, a bit of stretch or flat panel fronts... three buttons, lapels... the list is endless! However you want your suit to look, it can be done.

Personality; opting for a bold lining that represents who you are, or you can even have the date of the wedding embroidered into the lining fabric... The Mrs would approve.

Individual pieces of your made to measure suit can always be worn separately, your own style will always suit you.

Part of the beauty of Mr. C being situated in Roulette Clothing is that there's access to a full range of accessories and footwear to help complete the look. David and Kelsey can style all of the gents from the whole wedding party with either the made to measure suit to the suits off the peg.

**If you would like to book an appointment please email Kelsey - [kelsey@rouletteclothing.co.uk](mailto:kelsey@rouletteclothing.co.uk)  
For more information, please visit [www.mrctailoring.com](http://www.mrctailoring.com) and follow @mrctailoring on Instagram**





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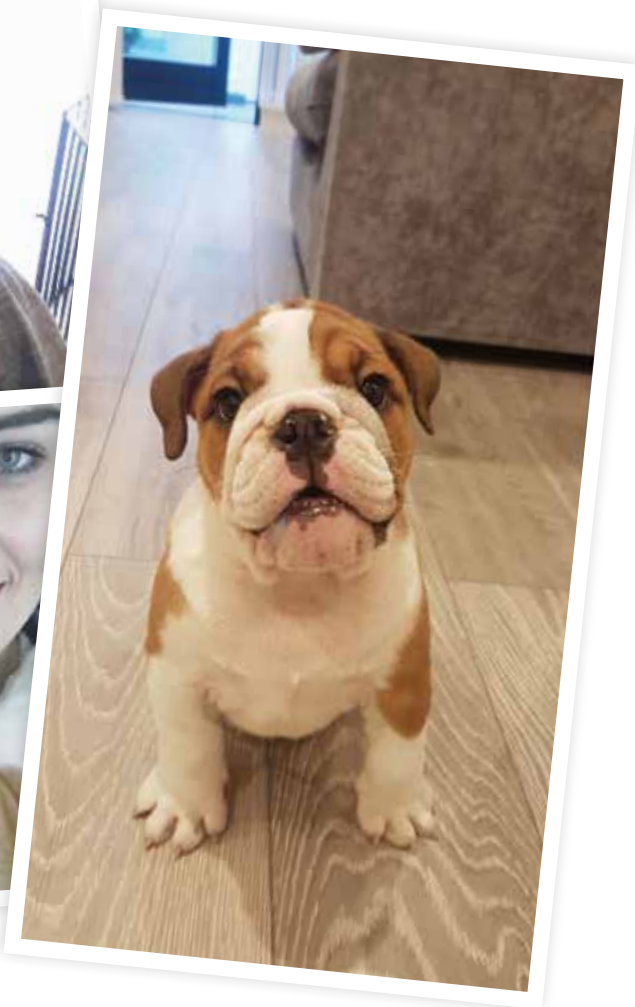
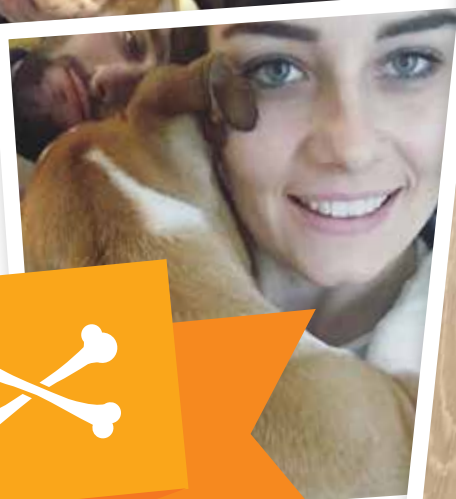
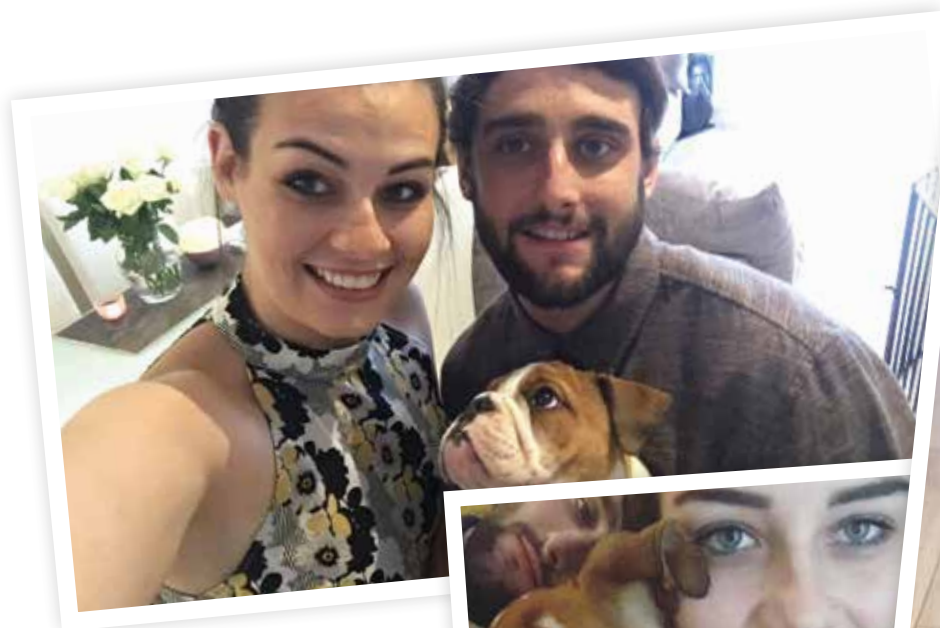
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pet  
OF THE  
month



*This month's pet of the month is a mere pup. At just 17 months old, this little English bulldog has already made some fierce choices, eating candles and swallowing socks. They say pet's look like their owners but it's too early to say at such a young age. However, Stanley's 'Mum' Amy would see herself as the same breed, a bulldog that sleeps all day. Does Stan look like Tom Hardy? You be the judge...*

## Stanley Quenault

**Breed:** English bulldog

**Age:** 17 weeks

**Likes:** Greek yoghurt, sleep, cuddles and Baths

**Hates:** The Hoover, the tape measure and motorbikes

**If human I would be:** Tom Hardy because I'm good looking and everyone loves me

**Wants:** constant attention

**Interesting facts:** I once climbed on the kitchen table when nobody was home and ate all mums candles

**Most impressive thing you've ever done:** Swallowed a whole sock.... and had to get it removed

## Amy Le Moignan & Frank Quenault

**Breed:** Genuine Jersey

**Ages:** 23 and 24

**Likes:**

*Amy* - Hummus and Gin and tonic.

*Frank* - boxing and ice cream sundaes

**Hates:**

*Amy* - Queues and people with no manners

*Frank* - Posh dinners and traffic

**If I was an animal I would be:**

*Amy* - An English bulldog... sleep alllllll day

*Frank* - Turtle

**Wants:**

*Amy* - A nice granite house in the country

*Frank* - Ford RS 200

**Interesting facts:**

*Amy* - My cousin Joe drives tanks for the British army

*Frank* - Tractor mechanics is my thing

**Most impressive thing you've ever done:**

*Amy* - Finished the island walk (never again)

*Frank* - Won my first 2 boxing bouts



# EVENTS





## Spice

### CORONATION PARK

SATURDAY 9TH & 10TH SEPTEMBER

Now in its seventh year Spice has developed into a fantastic family and community event staying true to its original ethos of giving much needed affordable opportunities to up and coming designers, makers, artists and small local businesses. Amongst the plethora of visual shows, food and drink from Genuine Jersey, there was a fashion exhibition showcasing student's work from Highlands

College and Jersey College for Girls that focuses on the theme of up-cycling. As well as kids workshops there was plenty entertainment from Sitas Circus, Chordz, Stop Motion, Total Mayhem, Jersey Festival of Words and Relax Kids. Bianca Padidar and Sarah Jordan, who set Spice up as a charity, continue to feel passionately about promoting the wealth of local creative talent that Jersey has to offer.



## VG Launch event

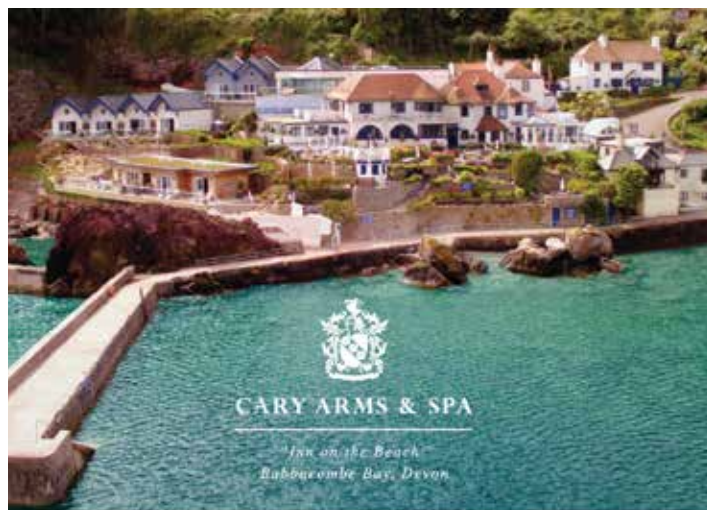
### MERCHANT BRASSERIE, THE JERSEY MUSEUM

WEDNESDAY 20TH SEPTEMBER

Volaw Group revealed its name change to VG and hosted a celebration reception for clients and partners at the Merchant House Brassiere. The event, hosted by VG MD Mark Huckler and staff, gave guests the opportunity to hear about the plans VG has

for the future as well as enjoying canapés and drinks in the courtyard. During the event Mr Huckler revealed the new branding and logo to the audience in the Museum theatre before guests mingled and enjoyed a warm September evening.





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### Trackers Leavers Event

#### HAUTLIEU SCHOOL

THURSDAY 21ST SEPTEMBER

Family, friends, employers, industry professionals and the proud team of Trackers mentors celebrated 82 people graduating from the Trackers Apprentice Programme. The successful level 2 and level 3 graduates came from a range of industries, including construction, hairdressing and care. The event also served as an official welcome to the 125 new starters to the programme this term.

Trackers is an Education Department programme that enables people aged 16 to 65 to continue their education and training whilst in paid employment. The uniqueness of the apprenticeship programme lies in the mentoring model that provides a tailored framework of support, whilst also funding apprentice's training fees. To find out more, visit [www.gov.je/trackers](http://www.gov.je/trackers)



### The Halkett Hoedown

#### HALKETT STREET

SUNDAY 28TH AUGUST

Hosted by Bob Harris OBE, around 5000 people attended this year's Halkett Hoedown and raised funds for five local charities whilst having a whole lot of fun!

The British Heart Foundation (Jersey), Brigg-Don Children's Charity, Mencap Jersey, Headway Jersey and The Alzheimers Association Jersey.

Who'd ever have thought that the Halkett Hoedown 50/50 Raffle would be won by William Bonney? As most of you will know one of the Wild West's most famous outlaws was William H. Bonney, otherwise known as


Billy The Kid! Congratulations to William, who won £5,137.50! The same amount will be going to our chosen charities, that's why it's called the 50/50 Raffle!

Thanks to Zed Stott from Tesco at Alliance, the Halkett Hoedown's very generous Headline sponsor, for presenting the cheque to Will! Photos by Fenby Miskin.



Firethorn Productions & Together Parties Present

# !CONIC

A black and white portrait of DJ Steve Lawler, a man with a beard and short dark hair, looking directly at the camera. He is wearing a dark jacket. The portrait is framed by a laurel wreath. The background of the entire poster is white with large, abstract splashes of yellow, orange, and purple paint.

# STEVE LAWLER

[DJSTEVELAWLER.COM](http://DJSTEVELAWLER.COM)

# 11.11.17

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### Integritas Wealth Partners Launch

**28 HALKETT PLACE**

24TH AUGUST

Over 50 people recently attended the launch party of Integritas Wealth Partners at its new offices in St Helier. Integritas is a new Wealth Management business established by Paul Clifford and Edward Loader to provide Wealth and Investment Services to private clients, trustees and professional intermediaries in Jersey. Through an exclusive arrangement with St James's Place International, Integritas have access to St James's Place's award

winning investment solutions and services, combining market-leading resources with local expertise and a Jersey presence with experienced advisers. Paul said of the launch 'We're delighted to announce the arrival of Integritas Wealth Partners and its affiliation with St James's Place International. Integritas was established to form real partnerships with its clients and is committed to managing their wealth with trust and integrity.'



### Sunseeker Drinks Party

**CASTLE QUAY**

1ST SEPTEMBER

Sunseeker Channel Islands held a drinks party in their very beautiful office overlooking Elizabeth Marina last month to celebrate the arrival of a new local team and a new era for the brand on island. Friends of Sunseeker joined them for a glass of bubbles and watched the sun go down whilst getting to know the new Sales Executive, Dom

Bosley and Office Manager/Sales Assistant Catherine Strachan. Expect to see more coverage in future as Sunseeker are offering clients and corporates the ability to utilise their harbourside office as a venue for corporate events.

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





**We wound down a narrow lane, descending further between fishermen's cottages and pretty old flint walls. Just as we were beginning to wonder whether this was a road at all, the trees cleared and we spotted our destination perched above an emerald bay.**

A single yacht was anchored in the shelter of the harbour, looking east past the bay lined with quaint blue and white changing huts, the Jurassic Coast's cliffs zig and zagged infinitely to the horizon.

This is Babbacombe Bay, Devon, where fishermen while away hours and the two resident, and well fed, Grey Seals slosh expectantly at the foot of the harbour wall steps. Tucked into the heart of this cove is the Cary Arms and our home for the next couple of days.

We are brought to our senses by the welcoming smile of the manager who offered to bring us inside and give us a tour. The instant you arrive you know you've hit the hotel jackpot. An Inn first built in the 1800's, the Cary Arms has played host to smugglers and Royals alike.

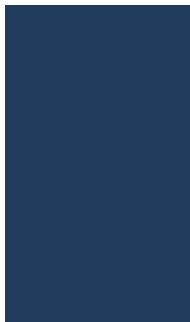
Today many original features remain, yet updated to perfection and with the recent addition of a world class Thalgo spa, the Cary Arms has become one of the Country's finest boutique hotels.

Spacious and secluded, the rooms and private 'huts' are places to unwind. For a couple this is unmatched British seaside romance, and as a family you'll have all the space you need to spread out or get together for some fun and games. Settled into our beach hut, baby in his bouncer happily gazing out to sea and the dog curled up by the fireplace, we looked out of our mezzanine bedroom porthole to see nothing but a tumbling sea and felt that holiday feeling you crave, and so seldom achieve, wash over us.

The service was impeccable throughout our stay, from staff kindly plying my husband with coffee when our little boy and the dog colluded to get him out for a daybreak walk, to hiking part the way up the cliff path with us to make sure we were taking the right route for our walk, nothing was too much trouble and extra touches can be found in every detail.

When it came to eating, this is just how we love a hotel's food to be, a treat of local produce and beautiful recipes, but real honest meals that mean you don't need to go anywhere else while you excitedly work your way through the menu. The food reflects the Devonshire land and sea, expect what's fresh that day, perhaps Brixham Fish Market line-caught Sea Bass or a generous chunk of Devon beef. The place has a lovely relaxed feel about it, everybody quickly gets together when somebody rings the 'Dolphin Bell' having spotted a pod in the bay, yet at the same time you have your own space whether you've commandeered the Captain's Table on the front deck or are hidden away snug in their 'home from home' sitting room.





**“It’s a magical place. You’re there with the other guests, all giving little happy glances at each other because you can’t quite believe how smashing this gem of a hotel is.”**

With the baby asleep and the dog at our feet, we sat in their beautiful gardens, looking through the bright pink and yellow flowers to the azure blue harbour directly below us (I never knew that UK sea could be that turquoise!) watching fishermen reel in mackerel and the seal entertainingly practice its belly flops. With a double gin and tonic in one hand... it didn't really feel like life could get any better.

It's a magical place. You're there with the other guests, all giving little happy glances at each other because you can't quite believe how smashing this gem of a hotel is.

During our stay I often thought how it must be nice to be a member of staff at The Cary Arms; I have never stayed anywhere where the staff are constantly

showered with so much praise. The guests are palpably giddy with just how wonderful the whole experience is.

If you're looking for some time away, but don't want to take on zika or sweaty tourists then you should try a UK break. Devon is full to the brim with attractions for lovely days out, dramatic cliff paths to walk, wildlife to see and beaches to explore.

The Cary Arms is like the most amazing loved holiday home in the ideal location. You lean over and say to your partner 'if we had all the money in the world this is the place I'd buy'. We're already re-booked in for a 3 day stay to unwind and get some christmas shopping done in December.

**Visit [www.caryarms.co.uk](http://www.caryarms.co.uk) to find out more**



### **Cary Arms, Babbacombe Bay, Devon** *Part of the de Savary Hotel group*

Deluxe rooms start from £245, Beach Huts from £375 and Beach Suites from £475 per room per night B&B. This is a properly dog-friendly hotel, your well behaved pooch can even sit with you at dinner and when we got to our room there was a big soft dog bed and bowl of treats waiting for her.

Fly Jersey to Exeter with Flybe or Condor ferries Jersey to Poole.

**[www.caryarms.co.uk](http://www.caryarms.co.uk)  
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# COSTA RICA PURA VIDA

WORDS Rebecca Evans

**What is it that makes a country powerful? Money? Population? Arms? The country I'm talking about this month is way down the league tables in all of these (it doesn't even have its own armed forces) but it is rich in a different type of power. Costa Rica, a tiny slither of land nestling between Nicaragua and Panama in the heart of Central America, is leading the way when it comes to renewable power, with a staggering 98% of its total electricity usage for the past 2 years coming from green sources. Yes, 98%!**

Compare this to a little over 20% in the UK and less than 15% in the USA and it's quite something for a country that is still classed as 'developing'. 70% of this power comes from hydroelectric dams, with the remainder coming from wind, solar and geo-thermal energy.

As impressive as it is, this achievement is only a small part of what makes Costa Rica such a holiday-worthy place. Currently occupying the top spot in the Happy Planet Index, for the 3rd time, means that 4.9 million Costa Ricans (or Ticos, as they prefer to be known) officially reside in the

happiest place on earth, and this writer would join them in an instant. By far the most astounding and powerful place I've ever had the good fortune to visit, Costa Rica deserves a place on everyone's holiday wish list.

At 51,000 square kilometres the country is just over one fifth the size of the United Kingdom and easy to explore, yet contains 5% of the world's biodiversity. It seems inconceivable that such a wide and varied amount of life can be contained in such a small area.



**“Outside of the forests, wide open spaces are home to traditional farms, numerous plantations producing coffee and bananas, and more recently field after field of graceful and awe-inspiring giant wind turbines.”**



Short travelling distances, combined with the accolade of safest country in Central America make Costa Rica easy and appealing to explore. Inexpensive buses and transfers criss-cross the country and hire cars are readily available, however the diverse topography and rural roads mean a 4x4 and a high level of concentration are recommended.

The Pacific and Caribbean coasts, just 75 miles apart at the narrowest point, offer picture perfect tropical beaches. Some, like Tamarindo and Nosara on the pacific side, are well developed resorts offering dozens of hotels, an established nightlife scene, surf schools and plenty of like-minded travellers. Further off the beaten track, spots like spectacular Manzanillo on the Caribbean coast offer a more relaxed vibe with markedly less infrastructure.

In the interior of the country, the same plentiful rainy season (April to October) that allows for such a successful production of hydroelectric power, also produces abundant tropical rain forests and misty, magical cloud forests such as Monteverde, both

teeming with a mind-boggling amount of flora and fauna. Over 50% of these forests are protected as national parks, and visitors are welcomed with guided tours are available almost everywhere. The more adventurous can trek across vertigo inducing hanging bridges or whizz over waterfalls and fly through the leafy canopy on a zipline. Whilst I can attest that these are both memorable experiences, to really experience the rain forest it must be done at a slower pace.

Hiking through these forests is like falling down a rabbit hole into wonderland. Brilliant butterflies and jewel-hued hummingbirds fill the air, coatis and caterpillars snuffle amongst the undergrowth, whilst monkeys, sloths and countless birds inhabit the verdant branches above. Those with keener eyes may spot tarantulas, snakes, tiny frogs and even wildcats, whilst twitchers can watch out for the illusive but spectacularly colourful Resplendent Quetzal, top of many an ornithologist's bucket list and I'm delighted to say, ticked off mine.

**...CONTINUED**





...CONTINUED



Outside of the forests, wide open spaces are home to traditional farms, numerous plantations producing coffee and bananas, and more recently field after field of graceful and awe-inspiring giant wind turbines.

The most dominant feature on this landscape is Arenal Volcano. Mother Nature seems to balance great natural beauty with great natural power, and Costa Rica is no exception, and is peppered by a string of Volcanoes, 6 of which are active. Until recently Arenal was one of these, and visitors flocked to admire its symmetrical cone spout lava and steam.

The area around Arenal Volcano and adjacent Lake Arenal is still one of the most popular visitor destinations in the country, and a number of luxury resorts, many offering geo-thermal hot springs on site, have sprung up in and around the town of La Fortuna.

If all this natural beauty and impressive dedication to renewables inspires a more 'green' stay, eco-lodges are prolific and several are located in and around Tortuguero national park. An enchanting network of canals and lagoons lined by wild jungle and butting up against the Caribbean sea, this is another area that is home to an astounding amount of wildlife, most notably 4 of the world's 8 species of sea turtle, who arrive like clockwork to lay their eggs on these wild beaches. Strictly regulated tours are available to observe this fascinating ritual.

**“Whether your usual type of travel involves adventure, culture, exploring or just laying back in a hammock with a cocktail, you can find all of these in Costa Rica, and all in the same day if you desire.”**

Costa Rica takes its wildlife preservation seriously, and visitors to the country have the opportunity to visit and even volunteer at several facilities working hard to protect their native animals and birds. Proyecto Asis near La Fortuna offers volunteer programs, whilst the world's only dedicated sloth sanctuary is close to Cahuita on the south Caribbean coast and well worth a visit.

Whether your usual type of travel involves adventure, culture, exploring or just laying back in a hammock with a cocktail, you can find all of these in Costa Rica, and all in the same day if you desire. I could say so much more about the country than I can fit on these pages, but the locals sum it up in just two words; Pura Vida - Pure Life. And that is certainly what they are living.

**Getting There:** British Airways fly directly from London Gatwick to the Costa Rican capital, San Jose.



# CULTURE

CULTURE



1/10/17 - 10/10/17  
#ARTISTLOCKIN2017  
arts.je





# Culture News

## Feature One Last Jersey

Local writer Adam Blampied has already received accolades for his work with *The Listener* long-listed for a BAFTA last year, having premiered at Palm Springs International ShortFest and Edinburgh International Film Festival. His new project, *One Last Jersey*, is ultimately a tongue-in-cheek love letter to the island, with the two protagonists shooting their film on location in some of Jersey's most beautiful locations (the St Ouens sand dunes, St Catherine's Woods, Corbiere, Hamptonne), and its proudest exports (potatoes, oysters, cows, flowers, tomatoes) pivotal to the plot. We caught up with him to learn more about it.



**Hi Adam! Who the heck are you and what do you do?** Hello! I'm Adam and I'm an aspiring writer/comedian and also, somewhat incongruously, a semi-well known YouTuber who covers professional wrestling for a living. Oh, and a Jersey native! That bit's quite important.

**Tell us about One Last Jersey:** *One Last Jersey* is a dark comedy about life on Jersey, told through the eyes of a brother and sister making a home video about how much they love living there. Telling you anymore would be a spoiler, but rest assured it goes to weird places. Also, it's got a cow in it. I've always wanted to write a film with a cow in it.

**Why did you decide to write the film?** I grew up on this island but have spent the last decade on the mainland, enduring all the jokes that people like to make about the rock. I thought it would be fun to embrace those stereotypes with a tongue-in-cheek short that both pokes fun at my home, but also at the expectations people have about rural life. Basically, no one's allowed to make fun of Jersey but me.

**What are hoping to achieve with the film?** Mostly to tell a good, funny, and ultimately unsettling story. I want people to walk away thinking, "wow, Jersey's beautiful" but also "wow, that was really creepy and weird." Also, if the film does well, it would hopefully open the door for us to make our first feature film! The director and producer's last short film got long-listed for a BAFTA after playing at a load of major international festivals, so we want to beat that with this one!

**Why should people get involved with the project?** We're being supported by the lovely people of ArtHouse Jersey (formerly Jersey Arts Trust) and have garnered help from Jersey Heritage and the National Trust with regards to locations so the film's going

to look great – but we really need some Jersey people-power! For example, we need lots of extras to represent the varied, weird glut of lovely folk who inhabit this fictionalised version of Jersey, as well as help with a load of behind the camera roles from providing transport and catering to on set runners and production assistants. Whether you can help for a couple of hours or a couple of days, we want to hear from you! It's going to be a really fun shoot, both a send-up and celebration of our home, which is something we can hopefully all get behind!

**How can people get involved?** One way is to email the producer Amalie and say hello – [onelastjersey@gmail.com](mailto:onelastjersey@gmail.com) – and another fantastic way to help out is by throwing a tenner into our kitty here: [www.indiegogo.com/projects/one-last-jersey-film-2#/](http://www.indiegogo.com/projects/one-last-jersey-film-2#/)

Despite making this film on the cheap, we still need to raise a couple of thousand pounds to help us pay for production costs like kit hire,

those are glorious things.

**If there was a movie being made about Adam Blampied, who would play Adam Blampied?** Beyoncé.

**What advice would you give to aspiring writers?** Read loads. Also, write like your livelihood depends on it, because it does. When writers start out, 95% of them aren't very good - there's a small group of talented sods who are great from the outset but screw them. I was rubbish when I started and only through ploughing through short story after short story was I able to teach myself form, structure, concision, all the invisible things that you never notice in good writing but are absolutely fundamental. Just write. Write every day.

**Who is your favourite writer/what is your favourite film and why?** There are so many, but I love Neil Gaiman because he's a walking universe of ideas, I love David Sedaris because he's the funniest writer

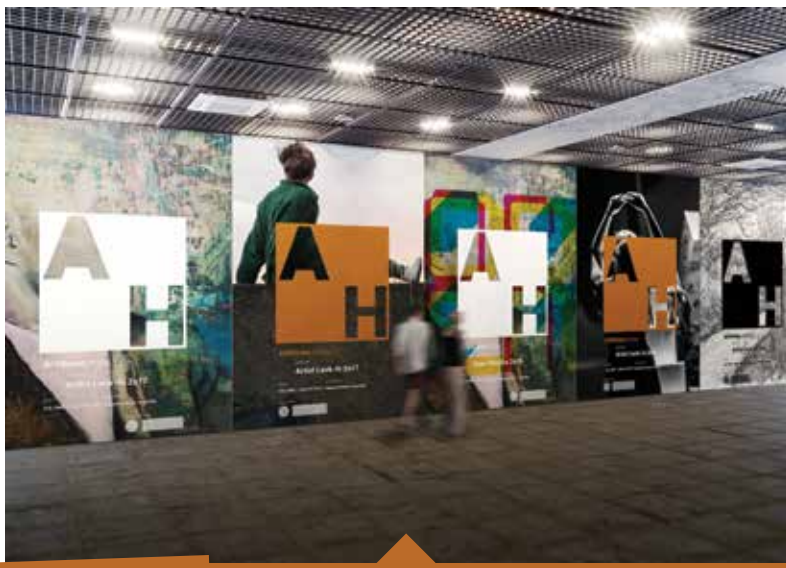
**"I want people to walk away thinking, 'wow, Jersey's beautiful' but also 'wow, that was really creepy and weird.'"**

insurance, travel, music licenses, marketing, and film festival submissions. Please do share this link with anyone who may be interested in helping us out!

**What are your top 3 places/things in Jersey?** First, the Blue Note Bar, because it's my regular, and always where my friends and I congregate whenever we make it home. Second, the Hungry Man burger bar because Double Decker Health Wreckers have saved my life on numerous occasions. Third, Beauport, because it's a secret beach and

alive, and I love Stephen King because of his ambition and epic body of work. My favourite film is *The Shawshank Redemption*, because... I'm not sure really, because it's the best film ever made? It has a total old-movie charm, it looks gorgeous, has a beautiful score, has total assurance of writing, character, & emotional payoff. It's just perfect.

**Follow Adam on Twitter:**  
**@AdamTheBlampied**  
**Follow One Last Jersey on Instagram:**  
**@onelastjersey**



## Culture News Time for a Lock-in

We mentioned this last month but felt it was worth a second little shout as their past event gleaned excellent results. This month 12 artists from all around the world take part in ArtHouse Jersey's Artist Lock-In. Marooned on Elizabeth Castle for 12 days, the artists from countries including America, Germany, Portugal, Sweden and Scotland, will be collaborating artistically and creating 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, whose artistic backgrounds span from visual arts to performance, music to dance, will be in residence at the Castle from Sunday 1st October - 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. 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.

**For more information about the Artist Lock-in showcase and the opportunities available to the public, visit [www.arts.je](http://www.arts.je)**

## Exhibition Creating The Fabric of India

Rosemary Crill retired in 2016 as Senior Curator for South Asia at the Victoria & Albert Museum in London, where she is now an Honorary Senior Research Fellow. Over 30 years, she has travelled throughout India and has published widely on Indian textiles and paintings. Her books include Indian Embroidery, Marwar Painting, Indian Ikat Textiles, Chintz: Indian Textiles for the West and most recently The Fabric of India, which accompanied the major exhibition of the same name at the V&A in 2015-16. The V&A's exhibition The Fabric of India was the first to focus solely on India's rich textile traditions. It included many of the most beautiful and historic fabrics ever made, including Tipu Sultan's flowered tent and a unique embroidered coat made for the Mughal Emperor Jahangir. The exhibition explored the raw materials of textiles as well as the techniques and designs that went into creating the astonishing variety of India's textile traditions. The global textile trade was also explored, from 2,000-year-old fragments to the dyed cotton chintzes that changed the way we dress and furnish our houses today. Coming up to the present day, fashion by contemporary Indian designers using traditional techniques show that India's textile traditions are alive and well. This talk, by the exhibition's lead curator, gives an insight into the challenges of mounting a major exhibition, and provides a 'walk-through' of the exhibition itself.

**Friday 6 October 2017 Doors Open 6pm Talk Commences 6.45pm Entrance Fee £12.50**

## JERSEY OPERA HOUSE



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TICKETS: £19.50 - £21.50



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Age restriction 15+



### LADIES & GENTLEMEN BY THE CHOLMONDELEYS

A witty and absorbing visual spectacle in which choreography, music and design conjure the all but forgotten stage show of six has-been performers.  
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SCHOOL GROUPS: £10



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# Culture News



## Event An Evening with Ant Middleton

Fascinating, funny and easy on the eye, this guy has stories that will make your jaw drop. Fans of hit Channel 4 programmes 'SAS: Who Dares Wins' and 'Mutiny' will get the chance to meet leading man, Ant Middleton, at the Jersey Opera House on Friday 13th October. The Essex star will discuss his incredible Special Forces career and his involvement in the hit TV shows. In 1997 at the age of 16, Ant joined the Royal Engineers before joining the Royal Marines five years later. He also spent time in 9 Parachute Squadron Royal before passing the selection tests to join the Special Boat Service in 2008. This means he has served in the 'holy trinity' of the UK's elite special forces.

He was also the frontman for the show Mutiny, which saw him spend around two months at sea while recreating an epic 4,000 mile expedition, during which he lost an incredible 3st 4lb. For the programme, he took up the role of Captain William Bligh, who was forced out onto a lifeboat in the middle of the Pacific Ocean in 1789 after a mutiny on his ship HMS Bounty. This Q&A with Ant will unveil astounding stories from his life so far and you'll get to hear what adventures he's planning next.



## Event

### Daniel Sloss: Now

'Now' is the stunning new show from Scotland's internationally acclaimed and award-winning stand-up comedian. Star of TV's Conan (a record seven appearances), to-date Daniel has performed nine sell-out Edinburgh Fringes, two solo off-Broadway seasons, released a DVD, given a TEDx Talk (aged 19) and tours extensively to rave reviews throughout Australasia, USA, UK and Europe. Reviews include 'Deliciously dark stand-up' - from the Mail on Sunday and The Telegraph describes Daniel as 'Dazzling wit...Unstoppable!'

**Saturday 14 October 8pm £15 (£11 students) / JAC: £12.75 (£9.35 students) Suitable for 16 years +**



## Event

### Frank Wurzinger: Me, Me, Me

Frank Wurzinger is a performer, clown, theatre maker and workshop leader. He performs with lots of different theatre companies - mainly visual and physical theatre - and also tours his own one man clown show 'The Confetti Maker'. Frank has experience working with young people with challenging behaviour and has worked as a 'Clowndocor' in hospitals in Scotland. Following the storming success of 'The Confetti Maker' and 'Goodbye Gunther', Frank teams up with John Wright again for the hilarious new show, 'Me, Me, Me', an exploration of Echo and Narcissus with a modern twist: mobile phones, social media, selfie sticks, slapstick, and a huge ego.

**Tuesday 3 October 8pm £18 (£12 students) / JAC Members: £15.30 (£10.20 students)**

For your chance win two tickets to the show courtesy of the event organisers, The Sporting & Dining Club, simply email **LET ME WIN** to [ceri@gallery.je](mailto:ceri@gallery.je) by **October 6th**. For more information visit [sportinganddiningclub.com](http://sportinganddiningclub.com)

## YolanDa Brown

**6 October 8pm**

**£18 (£12 students/children)**  
**Members £15.30 (£10.20 students/children)**

Double MOBO award-winning YolanDa Brown is the premier female saxophonist in the UK, known for seamlessly blending jazz, soul and reggae. Her debut album, 'April Showers, May Flowers' was No. 1 on the iTunes and Amazon Jazz Charts. She has toured with The Temptations, Diana Krall, Courtney Pine and Billy Ocean.

Fresh from her critically acclaimed 'Reggae Love Songs Tour', YolanDa will perform songs from her new album, 'Love Politics War, a delicious fusion of reggae and jazz melodies...sunshine music!

**Box Office: 700444 • [www.artscentre.je](http://www.artscentre.je)**

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# Beauty News

## How Acupuncture Can Help Your Back Pain...

**WORDS** Lorna Jackson

*1st BSc (Hons) Acupuncture, BAAC, AFN*

*Back pain can affect anyone at any age and most people will suffer from it at some point in their lives.*

It is the UK's leading cause of disability and one of the main reasons for work-related sickness absence. The condition affects more than 1.1 million people in the UK, with 95% of patients suffering from problems affecting the lower back. Back pain currently costs the NHS and community care services more than £1 billion each year. Most lower back pain is caused not by serious damage or disease, but by sprains, muscle strains, minor injuries, or a pinched or irritated nerve. It can also occur during pregnancy, or because of stress, viral infection or a kidney infection.

### Your treatment plan

After a thorough medical history and examination procedure treatment needs to address the underlying causes and any exacerbating factors.

### Acupuncture

Acupuncture is widely accepted as an effective treatment for back pain. From acute sprains to long-term chronic back pain, it can be a safe and natural way to treat pain and prevent recurrence.

### Acupuncture may help relieve chronic pain by:

- Stimulating nerves located in muscles and other tissues, which leads to release of endorphins and other neurohumoral factors (e.g. neuropeptide Y, serotonin), and changes the processing of pain in the brain and spinal cord.



- Reducing inflammation, by promoting release of vascular and immunomodulatory factors.
- Improving muscle stiffness and joint mobility by increasing local microcirculation, which aids dispersal of swelling.
- Reducing the use of medication for back complaints.
- Providing a more cost-effective treatment over a longer period of time.
- Improving the outcome when added to conventional treatments such as rehabilitation exercises.

### Massage

A combination of bodywork such as massage, acupressure, reflexology, relaxation, breathing and mindful awareness exercises are also a core strategy that has proven helpful for many people.

### Other Lifestyle factors

Creating restful sleep patterns, making sure you have the right diet, nutrients and nourishing eating habits are also key, as well as addressing any emotional issues that may be involved.

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

## ASK THE EXPERT



### Coming in at number one...

"I love the Bee Lovely range for body and hands because all of the products feel luxurious with moisturising organic honey and I find the aroma of orange so up lifting. The products leave skin nourished and soft. The hand cream is a must for anyone's handbag!"

*This month we met up with the lovely Jo Le Cornu, an Independent Consultant for Neal's Yard Remedies, to find out what her top three product picks are:*



### Second up is...

"It has to be the Deliciously Ella range for face and body. The products are light and have a beautifully refreshing aroma to start the day. This range makes skin feel fresh and glowing."



### In third place...

"The Frankincense facial ranges are just amazing. The luxurious textures leave the skin feeling rich and moisturised. The aromas are beautiful. They definitely make a difference to facial lines. Using them makes me feel like I am thanking my skin."



### And one for luck...

"I couldn't leave out the Wild Rose Beauty Balm, it is such a beautiful product. The aroma is incredible and very addictive - it makes you want to breathe it in as you open the pot! It's a real feel-good product which can be used on any skin type and for a whole host of great things. It's a handy one to have around!"

**To find out more about these gorgeous products, or to purchase any of them, call Jo Le Cornu on 07797 826342 or find her on facebook Jo Le Cornu-Neal's Yard Remedies Organic.**

## New Starts

**WORDS** Christopher Journeaux,  
Quiet Room Therapy



*At the beginning of September I took my daughter for her first day at school. It was a strange experience. At nursery she found the separation somewhat challenging. The newness of the change was initially too much and as the end of the school year approached she would still cling to me as I went to leave her.*

From nursery she went to pre-school. The same warmth from the Little Oaks staff, the skilful diversions to support the separation, but often the day began with her imploring not to be left there, without mummy or daddy. With this in my mind I feared the new start. An hour before taking her to school I had given an interview to the BBC about the psychology of starting school; supporting parents and children. I confidently predicted a daughter unwilling to let us go.

I recalled my own experience of starting school. The ruler across my knuckles because I was left handed; the sports teacher who punched the kids and then the sheer bewilderment of going from a small Town school to secondary. New starts were never a positive thing for me because, in large part, I expected fear, change, not fitting in, as a result of what I had experienced before.

---

*"I left aware that there was a part of me that wanted her to want me to stay, to be necessary. I was also aware that my fear of a new start for her, belonged to me. The baggage we carry from our past experience of new can influence our present. Learning to let a new experience be new was profound and for that I thank my four year old therapist."*

---

My daughter loved it. She asked me to leave and to go to 'your boring work' with just a brief wave before immersing herself in a puzzle. I left aware that there was a part of me that wanted her to want me to stay, to be necessary. I was also aware that my fear of a new start for her, belonged to me. The baggage we carry from our past experience of new can influence our present. Learning to let a new experience be new was profound and for that I thank my four year old therapist.




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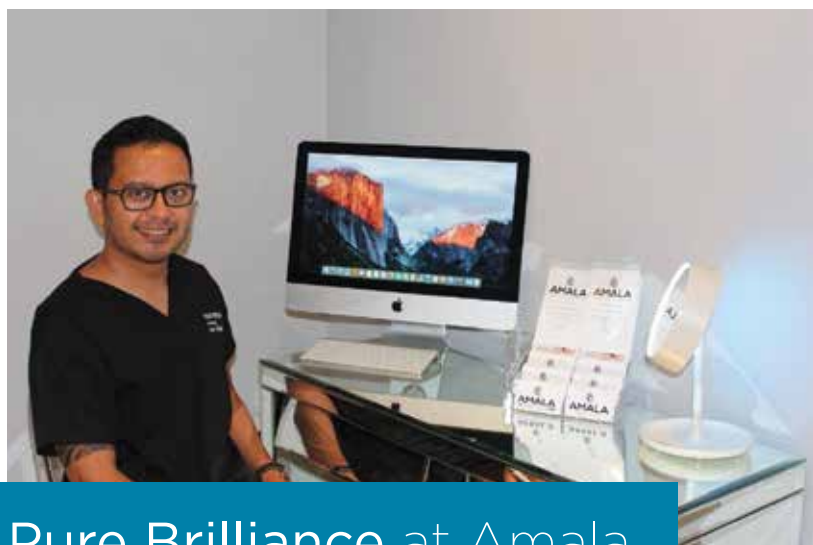


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## Pure Brilliance at Amala

Making the decision to indulge in non-surgical facial rejuvenation has become something which no longer has the kind of stigma attached to it that it once had. Gone are the horrors of the 90s when a trout pout and frozen faces were seen around every corner, now instead most people are aiming to achieve a refreshed looking face that doesn't show the signs of being worked on.

Well if you're considering undergoing some minor cosmetic tweaks then you'll want to read all about Amala Aesthetics Jersey, based at 12 Halkett Place. We went along to meet Dr Shaun Mahadi, MBChB and whilst there I was lucky enough to experience first-hand just one of the treatments he offers, dermal fillers which can be used to smooth away facial lines and wrinkles, create fuller lips and shape facial contours.

Having been a serious advocate of the power of great botox it was only a matter of time until I wanted to have my lips 'done' but I won't lie I was nervous after seeing a variety of people who I'm not sure have got it quite right. Upon meeting Dr Shaun I felt instantly at ease and knew I was going to be in safe hands, least of all because by day he's a Paediatrician which means that he's had the very best training to perfect his gentle touch.

During our consultation, I completed some paperwork and we discussed the result I was hoping for. Shaun is all about providing you with a natural 'refreshed' look and the technique he uses ensures this is the case, he also listens to what you're hoping to achieve and manages your expectations brilliantly.

First up is the administering of a local anaesthetic in your gums, it's like a trip to the dentist at this stage but this means that you'll not feel any of the remaining parts

of the process. Shaun works on the lip line first and then adds the volume, gently working to ensure the ratio is absolutely perfect. The process took around 45 minutes in total and after we were done I took his advice and headed straight home as at this stage my lips looked pretty swollen so it's recommended that you book in when you've got nowhere important to be! It took around two hours for the anaesthetic to wear off and during this time you're not to touch your lips at all.

**"The best thing about my lips is they don't actually feel any different, I think I was expecting them to feel like solid lumps on my face. But thanks to the use of hyaluronic acid rather than collagen they just look and feel great. I now have a fuller top lip and a subtle pout which should last me up to 12 months."**

The best thing about my lips is they don't actually feel any different, I think I was expecting them to feel like solid lumps on my face. But thanks to the use of hyaluronic acid rather than collagen they just look and feel great. I now have a fuller top lip and a subtle pout which should last me up to 12 months.

Being based at 12 Halkett Place, above Blades Hairdressers also means the clinic is incredibly discreet, who's to say you

weren't just popping in for a haircut? You could easily go in for your Botox injections in your lunch hour! Amala also offers clients the PDO absorbable Thread Lift procedure, which safely and instantly lifts up loose skin on the face, neck and the body with minimal downtime, chemical peels, a technique used to improve the appearance of the skin on the face, neck or hands and of course anti-wrinkle injections. Don't forget that all of these treatments aren't just for ladies, the clinic

is already seeing plenty of gentlemen booking in too.

Whilst it's easy enough to book into any number of places to have this kind of treatment done identifying the best place to go is a little harder. Well, be sure to move Amala Aesthetics to the top of your list as Dr Shaun Mahadi is an excellent practitioner.

**www.amalaaesthetics.co.uk**  
**info@amalaaesthetics.co.uk**  
**T 01534 525566**

## Brow Power



This is the year that eyebrows got REALLY big! If your eyes are the window to your soul then eyebrows are undoubtedly the frame by which we view them, explaining why the world has gone crazy over achieving the perfect power brow. Like choosing your outfit, there are now many options for how to style and manage your brows. Alongside traditional plucking and waxing, in Jersey you can now find threading, microblading and permanent eyebrow tattooing.

### Microblading

Brow expert Raluca from Microblading by Raluca at Salon SB is highly experienced and has a flawless reputation as a master of microblading, which she believes is the ultimate method to achieving the perfect brow shape. Working in the brow business is incredibly rewarding as microblading provides her the opportunity to change lives, offering those with alopecia or recovering from cancer perfect brows once more. Tiny blades are used to apply a semi-permanent dye to draw out the brow shape which can last between 16 to 18 months. The dye blends naturally amongst natural eyebrow hair adding stronger definition and fullness to the eyebrow.

**Raluca's advice for caring for a micro-bladed brow is:** Whenever possible shade your brows from the sun, which can cause the dye to fade, and try to touch the brows as little as possible, to prevent damage to the hair and allow recovery of the skin following treatment



### Threading

Poppy has been trained in eyebrow threading for two years, having worked with Shavata Brow Bar since its launch at De Gruchy in 2016. The brow bar has become incredibly popular thanks to the rise of threading for shaping the ultimate brow. With no chemicals and just a cotton thread as a tool, it is a natural and gentle alternative to microblading. The thread is wound tight to remove hairs in a very precise and controlled manner, with little impact on the skin, encouraging regrowth where needed.

**Poppy's top tips for the perfect power brow are:** Always shape your brow after a shower when your pores are open as this will cause less damage to the skin. Where eyebrows are patchy or more fullness is required try to regrow your brows with the help of castor oil.



**I AM  
BRILLIANT.**

**PAUL MITCHELL.**

**RIO**

55 HALKETT PLACE  
TEL 734458

BEAUTY  
SHOPPING  
HAIRDRESSING



# Power-Up!

**WORDS** Laura Morel

As a child we're told that eating carrots and the crusts from our bread will encourage the development of super-human powers.

In our teens our role model for powering up is a small Italian plumber by the name of Mario, who by eating magic mushrooms hasn't aged a day since the 80's. By the time we reach adulthood we realise, somewhat disappointedly, that it's avoiding alcohol, junk food and embracing clean living that really makes you shine

bright with health. If this all sounds a little like too much hard work, fear not, as the latest beauty products on the market are all about helping you cheat your way to achieving that wonder-woman feeling! Here's our pick that will help you feel rejuvenated, recharged and powerful.



**Nip+Fab**  
Bust Fix Night

£16.25 Boots

If having the lips of Angelina isn't enough you can now add some extra oomph to your chest whilst you sleep. Nip+Fab's super-charged night cream will amplify the effects of mother nature, giving you a firmer and perkier bust overnight.



**Dior**  
Lip Maximizer

£21 Feel Unique

Knock them dead with plumped up lips thanks to Dior's bestselling volume gloss. Enriched with collagen this gloss can be used as a treatment to enhance your lips or worn over lipstick to give you instant volume. Get the lips of Angelina Jolie and prepare to kick some butt!



**This Works**  
Sleep Power

£13.10 de Gruchy

Sleep is the greatest weapon in our power tool box. Guarantee that those batteries are adequately recharged with this gift pack that has just landed at de Gruchys. Featuring a pillow spray and stress check roller ball to help you drift off and awaken refreshed and revitalised.



**Aromatherapy Associates**  
Inner Strength Recovery  
Moisturiser

£49.80 de Gruchy

With camomile and cotton thistle flower this moisturiser is a great way to strengthen the skin's defence, especially for sensitive skin. It promises to boost the natural renewal process and protect and shield you from emotional and environmental stresses.



**Aveda**  
Damage Recovery Intensive  
Restructuring Treatment

£26 Voisins

This award winning weekly treatment will give you the power of Samson with locks that are strong and shimmer with health. It restores the hair and adds silkiness with plant oils and quinoa protein. Sounds nearly good enough to eat.

# FASHION



Oasis Long Rossetti Skater Dress  
UK RRP £49, **de Gruchy** £44

## INTRODUCING 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



Karen Millen Camel Coat  
UK RRP £299, **de Gruchy** £269.10



# Steps Ahead

*A sister company to Roulette Clothing, new boutique Sneakerbae presents a curated selection of multi-brand apparel and footwear.*



High-end brands such as adidas Y3, adidas x Raf Simons, adidas x Stella McCartney, Asics, Arkk Footwear, Filling Pieces, Veja, Saucony, Vans, Puma and Fenty x Puma (Rihanna) present a diverse range of styles and accommodate any budget. It's about time that ladies had more choice and a more highbrow selection of technical footwear in Jersey. Now those yearnings for designer sneakers can be appeased, if not fully indulged. Lux sportswear is now firmly on our shores and running the show is this little store on La Colomberie.

The new concept store for women's sports fashion was created by Shamalie Elkin and Kelsey Ward; both hailing from the Roulette brand family. Having decided that simply adding a section to Roulette to cater for women's sneakers and streetwear was not enough, the pair got the nod from Director David Cullen to pursue a track toward their own store. It was a 'no brainer' as the industry is huge and demand for quality, designer brands that offer luxury and comfort is massive.

The Sneakerbae founders were keen to explain the name of their brand; aside from the obvious 'bae' connotation, the acronym makes for an on the money meaning - b.a.e stands for 'before anyone else'. These retailers know their customers and what sells in the fast-paced world of fashion is uniqueness; having the latest style and, let's face it, technology. Sneakers are more than just footwear these days.

A large part of the girls' inspiration comes from influencers and designers that they follow on Instagram. Creating their own original social media content is an extremely important element to the Sneakerbae identity.

Sneakerbae is a place that represents cutting edge brands; desirable footwear for females who don't want to walk around in generic, commercial trainers. Mixed with clothing and accessories which enables a Sneakerbae customer to step out in style, ahead of the game.

New stock comes in by month, keeping the shop fresh. The most coveted brands are on the shelf and out the door pretty damn quick but the girls curate a stunning selection on rotation so there's always a special find to be had. Shamalie and Kelsey have redefined a niche area of retail in Jersey and, for anyone unable to get to the store in town, stay tuned to their site and Instagram; everything will soon be available online 24/7.

1

Adidas Y-3 Yohji Run (Khaki) **£220** Adidas Y-3 Yohji Run (Black) **£220** Adidas Y-3 Pureboost (Black & White) **£250**

2

Adidas x Stella McCartney CLMCH Sports Bra **£50** Adidas x Stella McCartney CLMCH Train Short **£60** Adidas Y-3 Yohji Run (Black) **£220**

3

Arkk Raven Mesh SE-15 (Khaki) **£85**

4

Sneakerbae SB Logo T-Shirt (Grey) **£25**

**Sneakerbae | No 8 La Colomberie, St Helier JE2 4QB | 01534 880181**  
**www.sneakerbae.couk | @sneakerbaeuk**

## Trend News



### Phase Eight nails elegant

Set against a romantic and luxurious backdrop, Phase Eight present the personification of elegant style with their new arrivals. Modern silhouettes are complimented with timeless cuts in the new collection of dresses, with beautiful embroidery, stylish lace that fits like a dream and dramatic occasion wear.

Sophisticated tailoring and prominent colours can give your workwear an instant update. Clean lines keep your look smart but on trend with gorgeous florals and detailed trims.

**Pictured left to right:** Jody Floral Dress **£140**, Lindsey Dress **£150**, Kailey Dress **£130**, Available from *deGruchy*



### Enchanted Fashion from Oasis

Oasis have *A Tale to Tell* this Autumn with their beautiful literary inspired fashion line which will intrigue and delight. The quintessential world of words has enhanced this seasons key trends which focus on statement sleeves, must have midis and the ultimate knit. It's everything to get you set up for Autumn.

We see pretty florals mixed with bold, block colours such as striking reds and purples, and a fresh use of textures from leather biker jackets to fur trimmed coats. It's feminine and flirty and we're loving it!  
*Available from deGruchy*



*Yes, we know!  
Try and contain your excitement.*

This is an epic trend that we are ALL over. Pom poms are amazing, but it's a challenge to add them successfully to your attire. Enter the pom pom shoe. Ideal as winter descends, simply add them to any and every outfit for a shot of supercool glamour.

**Pictured above, left to right:** LOEFFLER RANDALL, Lulu faux fur-trimmed metallic textured-leather mules, **£333**, *net-a-porter.com*

ASOS, Marshmellow Pom Pom Flat Shoes, **£32**, *asos.com*

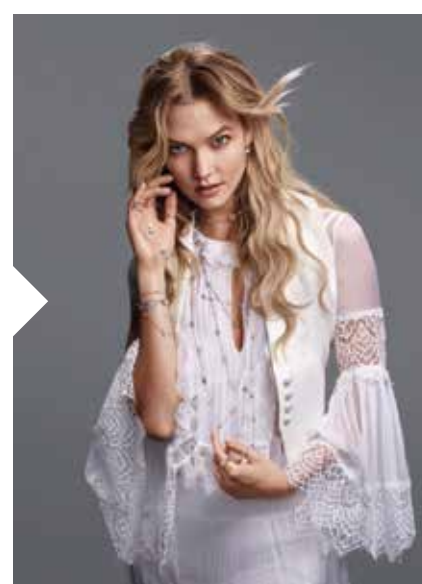
### Sparkle at all times

A highlight of the latest Swarovski collection is the brilliant Remix Collection which is all about celebrating individual style.

Redefining the jewellery game with invisible magnetic closures, all the strands can be joined together with limitless possibilities of customisation; be it as all-around necklaces, chokers, double or single-wrap bracelets, or strand necklaces.

It's a brilliant innovative idea which captures the imagination.

The range of strands reflects Swarovski's distinctive versatility, featuring a variety of symbols such as the protective Hamsa hand, lucky charm, or evil eye, as well as playful emojis, dainty pearls, or classic crystal designs.



**Available from the Swarovski Store at 21 King Street.**



# WRIST ACTION

These days, a watch isn't just to tell the time. You've got your phone for that. It's more of a statement. Choose a watch, and you're making a choice about more than just a mechanical instrument, you're choosing something that'll fit into your life and your lifestyle. A watch says something about you and your approach to life. So choose well.

The idea of a watch being more than simply a watch isn't new. The founder of Rolex - Hans Wilsdorf - believed that exceptional watchmaking shouldn't be kept for an elite few. In 1946, he developed an innovative watch range with the same standards of dependability demanded by Rolex, but at a competitive price point. Inspired by classic design with 21st century innovation built in, Tudor watches are made to go the distance.

They're designed and built to withstand the most extreme conditions, and it's that spirit of challenging the impossible that has inspired

the brand's Born to Dare campaign with David Beckham, Lady Gaga and the All-Blacks leading the way as ambassadors. After all if you step outside your comfort zone, you'll want to be wearing a watch that can keep up. Tudor watches are relentlessly tested until they can guarantee precision, waterproofness and robustness beyond industry standards. From deep sea diving to land racing, Arctic expeditions to the US Air Force's para-rescue teams, these watches are engineered to perform in every environment.

**Try the Tudor watch collection on for size at Hettich Jewellers, prices from £1,650.**

## Which Tudor is for you?

From vintage-inspired steel divers' watches to iconic chrono design, discover your perfect Tudor watch at Hettich Jewellers, the only supplier in the Channel Islands. Look out for the latest designs, a midnight blue Black Bay with a cool vintage look, and a steel and gold Black Bay that

mixes the new in-house caliber with a striking two-tone bracelet that we rather like.

So there it is. The new Tudor watches are getting attention for their innovative interpretations of modern classics. Isn't it time you tried one?

**Hettich**  
1 King Street  
St Helier  
Tel: 01534 734491  
[www.hettich.co.uk](http://www.hettich.co.uk)

Heritage Black Bay with blue bezel/black dial on metal bracelet **£2,300**



Heritage Black Bay 41 on brown leather strap **£1,650**



Heritage Black Bay Steel and Gold on bracelet **£3,130**



Heritage Black Bay Chrono on brown suede leather strap **£2,970**



Heritage Black Bay Steel **£2,370**



Heritage Chrono Blue on woven blue Nato strap **£2,770**





# REFUSE TO LET OFF STEAM

PHOTOGRAPHY & STYLING \ DANNY EVANS

HAIR & MAKE UP \ JOELENE HILL, THE STUDIO

MODEL \ RIA

ASSISTANT \ MINTY

SPECIAL THANKS \ STEVE, DAVE & PENELOPE  
AT THE ENERGY FROM WASTE FACILITY  
FOR JOB OPPORTUNITIES THERE VISIT [GOV.JE](http://GOV.JE)

COAT BY MALENE BIRGER £380 FROM MANNA  
BOOTS BY KURT GEIGER £169 FROM VOISINS









DRESS BY ANNETTE GORTZ £459 FROM RENAISSANCE



DRESS BY MALENE BIRGER £225 FROM MANNA  
LEGGINGS BY MALENE BIRGER £120 FROM MANNA  
BOOTS BY KURT GEIGER £169 FROM VOISINS



SHIRT BY REISS £136 FROM VOISINS  
LEATHER SKIRT BY REISS £176 FROM VOISINS









A full-body fashion photograph of a woman standing in a complex industrial environment. She is wearing a long, dark leopard-print coat over black leggings and black lace-up boots. Her hands are in her coat pockets. The background is filled with a dense network of pipes, valves, and machinery, illuminated by a cool blue light. The floor is made of metal grating.

COAT BY SET £238 FROM MANNA  
LEGGINGS BY MALENE BIRGER £120 FROM MANNA  
BOOTS BY KURT GEIGER £169 FROM VOISINS





RED COAT BY MAXMARA £475 FROM RENAISSANCE  
DRESS BY PINKO £285 FROM RENAISSANCE  
BOOTS BY KURT GEIGER £219 FROM VOISINS



# THE NEW WAY TO POWER DRESS

WORDS Laura Morel

**Power dressing for women once meant emulating a man's business attire to assert your place in what was a male dominated environment.**

Fast forward to 2017 and you can now be considered a powerful role model by dropping the corporate armour and reaching instead for something more high-fashion. The 'power' in this trend is no longer found hidden in shoulder pads or behind buttoned-to-the-neck shirts, it comes from owning your own style and being confident yet comfortable in what you wear in order to leave that lasting impression.

With the rise of the young entrepreneur, work place attire is drifting ever so slowly away from suits and ties and more towards jeans and sweaters, so expect to see fashion trends respond accordingly. In Jersey we may only have got as far as 'dress down Friday'

but the current season's collections on the high street give us some opportunity to blur that line between sportswear and workwear, smart vs casual.

This fall is full of slouchy suits and blazers with plenty of fluid pieces, appearing gender neutral and softly androgynous. Floral prints and sheer blouses provide us with some much needed femininity, as well as some punchy bright colours such as hot pink and red. Despite office-wear embracing a more relaxed look, there is still very much a place in our wardrobes for structured tailoring with blazers worn long to meet the hem of dangerously short skirts.

*Commanding power through your clothes is about finding the right balance where you are at ease but in control, an outfit that says 'I mean business!' Here's how to rule the boardroom whilst still looking utterly fabulous:*



## Suits needn't be dull

Suits need no longer be a boring grey uniform only fit for work. Invest in relaxed pyjama style suits that can easily move you from the boardroom to the bar. This season's suits come in every fabric and colour from dusky velvets to floral brocade, so there's no excuse to be dull anymore!

*Whistles: Coat £256.50, Blouse £130.50, Trousers £85.50*

## Blaze ahead

If a full suit isn't for you, add some instant authority to your wardrobe with a blazer. The bigger and baggier the better to be really on trend this winter, as New Look shows with their monochrome oversized blazer. Thrown one over a floaty dress or floral skirt and don't be afraid to clash prints.

*New Look blazer £29.99*

## Wear the pants

Wear your trousers loose, wide legged or with an athletic influence. Pyjama style pants are still around to see you through the winter months, along with draw string tailored jogger hybrids such as these from Autograph at M&S.

*Autograph by M&S trousers £45*

## Polish your accessories

Accessories in the office should be polished and minimalistic. Avoid Pat Butcher earrings and opt for some classic diamond studs instead. Statement designer handbags are an absolute must and for the fashion addict - anything metallic is a winner, like these boots from Topshop.

*Topshop silver boots £59*

## Comfort rules

The best power outfits for work this fall, mix style and comfort. Look out for body-con knitted dresses to be everywhere, keeping you cosy, comfortable and on trend. Find them with flared sleeves, lashing of ruffles and in some great autumnal colour like this best seller from Karen Millen.

*Karen Millen dress £144*



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# StyleStalker

WORDS Lauren Burnett

Last month our intrepid style stalker, Lauren Burnett, headed to Weekender to get some sunny and rainy festival looks!



**Danielle Pickup**

I ran through the festival to catch Danielle as this disc dress by Motel, in many different shapes, has been a festival and Christmas Favourite. I felt Danielle pulled the whole punk princess look together perfectly.



**Jo Ferbrache**

Jo's dress came from Luella Rockerfella and all throughout the day people kept saying how sensational she looked so I made time to hunt her down. This dress is so versatile as can be worn with a one piece like Jo, slip dress or Maxi Dress. Jo nailed festival chic!



**Keira Tompkins**

Keira's look was casual bohemian. I particularly loved her buttoned down Aztec print skirt. Teamed with a Khaki racer cut cropped top, it showed off her sensational figure!



**Poppy Daultry**

Poppy caught my eye with her vintage ensemble! Poppy is from Brighton and enjoys hunting for vintage deals the skirt was her grandmothers! She matched it with lacey cropped top, boots and an LR+Silkworth Cap; Festival look down!



**Tina Tucker**

Tuna looked sensational as she walked through the festival and had an air of confidence which only attracted me more to what she was wearing! In particular I loved Tina's shaggy rock chick coat!



**Marta Le Rossignol**

I spotted Marta whilst trying to run for cover from the rain and thought there wasn't much room for style on day two of Weekender! I was loving Marta's cap and Moschino back pack!

# APPETITE

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

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Receive 25% off your food bill every Wednesday



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Be the first to see all our latest deals and offers



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\* For full terms & conditions please visit [www.inndulgenceclub.com](http://www.inndulgenceclub.com)





# THE POWER OF GIVING AT REVIVE CAFÉ

WORDS Abigail Ali

**As a church, Freedom have always celebrated, fundraised and entertained using food as the tradition of having everyone around the table is as old as, well, the Bible in fact!**

Tim Bond, Pastor at Freedom Church and all round foodie man, is taking this essence of breaking bread to feed the community with his latest project. And although this kitchen junkie has sharpened his skills at Highlands College and regularly posts meal videos with his kids on his YouTube channel (PastorChef), he has called upon good friend and professional chef, Matthew Gordon, to serve up this latest resourceful incentive.

Five and a half years ago, Freedom Church took on the massive project of renovating the old Odeon Cinema into a space for the community to come together in union and worship. Such a task became quite the labour of love as members of the community donated their time, energy, money and skills to complete what proved to be a lengthy and complicated re-build. As

they still move their way onto completion, Tim commented "When we came into this cinema it was old, broken and unloved, but by the efforts of so many people, we have taken discarded items such as old cassette tapes and industrial cable reels and breathed new life into them to create furniture and decoration. And so we thought, why not do this with food, why not take what is perfectly good yet discarded and revive it into something to share with the community? It is very much a Christian

belief that even when you feel like you are at the end of the line, your faith in God and a little support can revive you back beyond your normal self."

From the difficulties they have faced with their renovation has come a fantastic message of re-creation and so, 'Revive Café' was born. With Matt by his side, they have teamed up with Olio the food wastage app, Fungi Delecti and Cimandis to take food that would be otherwise wasted, and serve

**"With Matt by his side, they have teamed up with Olio the food wastage app, Fungi Delecti and Cimandis to take food that would be otherwise wasted, and serve it up at restaurant standard for the community to share and enjoy."**





it up at restaurant standard for the community to share and enjoy. So much produce is discarded because it is misshapen, damaged or coming toward the end of its shelf life which is making a huge contribution to the issue of food wastage. This is something that Matt and Lee from Fungi Delecti especially want to tackle by leading from the front and joining forces to serve up the leftovers as not only a solution to wastage and hunger, but to help address attitudes towards food wastage. The app Olio, which took off with great speed on the Island, always works with this message at its core. This free app connects people of the community with their neighbours and local shops so surplus food and other items can be shared rather than thrown away. If you, like these guys, love food, hate waste and care about the environment then Olio is the one for you!

This principle holds huge appeal for Matt who is also excited about being able to give back to the community with a real passion for the potential menu. As they have decided to work with what would be wasted, the boys must be spontaneous and creative in the kitchen to serve up a meal where you are encouraged to BYOB and share with thy neighbour! With giving as a theme in the Christian faith, the meal is at a suggested charge of around £15 but if you can't pay it all you mustn't worry, and if you can pay a little extra or for a fellow diner, that is what Tim calls "a gift and a pleasure".

'Revive Café' will be running once a month launching on Friday 27th October at 7pm with Friday 24th November to follow. Bookings are open now to secure a place, on a first come first served basis. Tim and Matt aim to get out about 60 covers which they say is going to be a challenge, but they've got the faith! They proudly open these evenings up to those of all walks of life regardless of religion or situation, the only prerequisite being that you come with an appetite!

If you want to know more about Freedom Church you can check out their website [freedomchurch.je](http://freedomchurch.je) or go along to their Sunday morning service held weekly at Hautlieu School at 10.30 am. Although the rebuild continues around them, Freedom Centre is already open to young people on a Saturday night as a drop-in centre as well as running meetings and courses for the church and wider community. The labour of love emanates from the walls in this wonderfully resourced centre, and we're excited to see what else they will be serving up in the future!

**Book in to Revive Café**  
**Website: [freedomchurch.je/revive](http://freedomchurch.je/revive)**  
**Facebook: [ReviveCafeJersey](https://www.facebook.com/ReviveCafeJersey)**  
**Tel: 01534 768957**



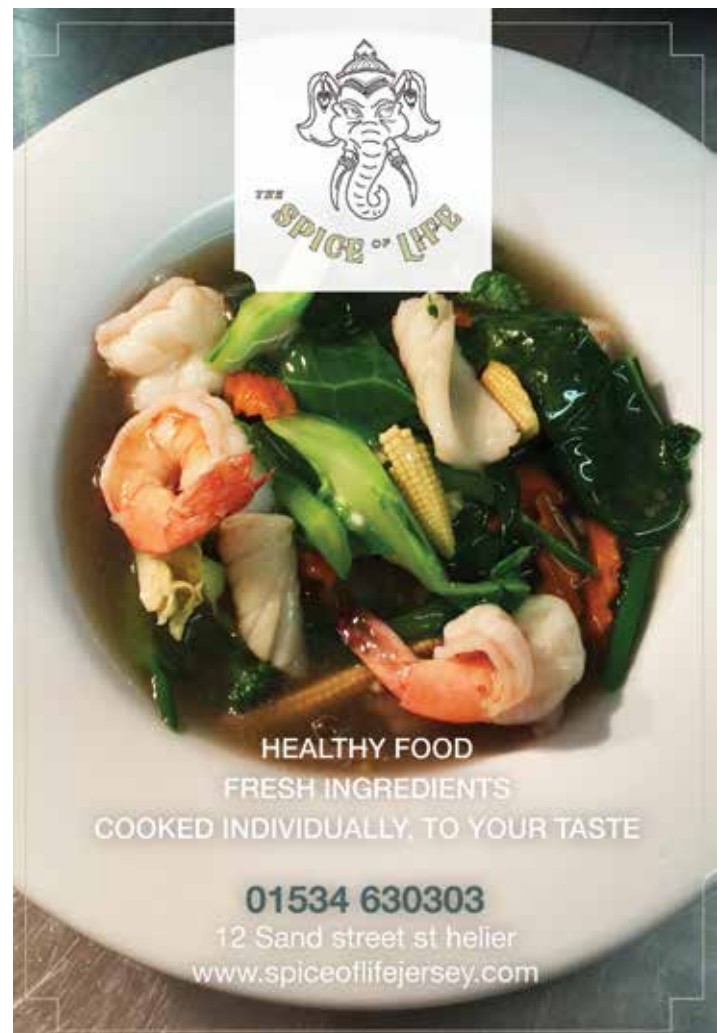
## Tannerfest Sample Menu

Jersey mussels cooked in white wine,  
 coconut milk and coriander  
 Beetroot and goats cheese with toasted walnuts and balsamic dressing  
 .....  
 Slow cooked pork ribs, roasted baby potatoes and BBQ sauce  
 Chickpea and puy lentil stew served with basmati rice,  
 yoghurt dressing and poppadum  
 .....  
 Dark chocolate cakes with chantilly cream and chocolate sauce  
 Glazed lemon tart served with berry compote  
 .....

**2 courses £10 or 3 courses £15**

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# Who's Got the Power?

**WORDS** Abigail Ali  
**PHOTOS** Robbie Dark

*Those little nutty, fruity and ultimately delightful energy balls are pretty much the perfect healthy snack offering a satisfying combination of protein, carbs, and fats in a portable little bitesize. A cluster of our favourite go-to health food shops across the Island have been rustling up their own, infused with super foods to create a super powered energy bite of deliciousness. So whose packing the biggest and the best amaze-balls? Here's our picks.*



## Moo

Out of their tasty treasure trove of power balls, we went in for the big daddy of the superfoods and sampled their spirulina and coconut blend. The concentration of protein and vitamins in Spirulina has led many to classify it as the 'most nutrient dense food on the planet' compared to other foods gram for gram. Alongside the delicious and nutritious source of fibre, vitamins, minerals and amino acids offered in coconuts, these balls are super powered! In true MOO fashion, they are also packed full of the best sourced ingredients including almonds, dates, cashews, pumpkin seeds and cinnamon so you can "shine from the inside out" well and truly energised. A good handful for £2.



## Flavour

Flavour is the place to go for world wide cuisine, home cooked with love, passion and the most considerably sourced ingredients. And their fusion of flavours doesn't stop at their hot dishes. From their ever growing repertoire of desserts and treats we tried out their date, oats and cocoa energy ball rustically rolled with salted nuts. They are definitely the biggest balls of them all for £2, offering a dense lump of delicious, nutritious energy that tastes a little like Snickers without the caramel comedown. Cocoa has a low sugar content against processed chocolate as well as 40 times the amount of antioxidants than blueberries, more calcium than cows milk and the highest plant-based source of iron.



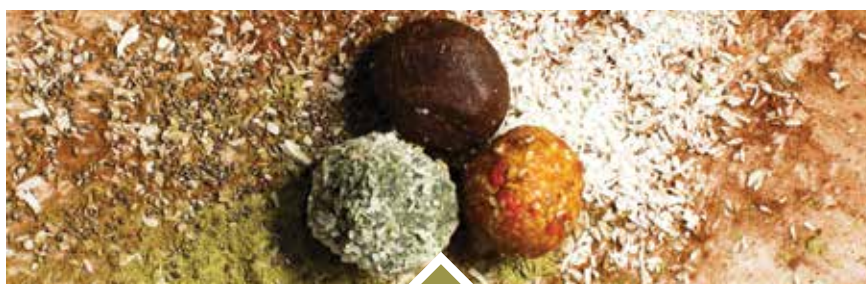
## Wild Health

Its a real meal deal at this healthy food truck favourite as you get 4 balls of 2 different flavours, for just £2.50. We weren't quick enough to sample the apricot, coconut oil, coconut, cinnamon, flaxseeds and sunflower seeded blend of their apricot and orange balls but got ourselves a date & raw cocoa instead which did not disappoint. With goji berries and orange zest they are the fruitiest of the lot with the crunch of chia, flax, pumpkin and sunflower seeds to enervise the bite. These gorgeous bites only contain whole foods, are nut free, vegan, organic and fly out of the Wild Health catering trailer every Thursday so hunt them down on King Street and stock up!



## Barannes Juice Bar

Rather than making their own, Barannes stock 'Bounce Balls', a big name favourite for £2 in a range of flavours. The nuttiness of the cinnamon and apple was too good to resist containing cashews, whey protein, seeds and blue agave syrup. Although they lack the homemade taste and feel, the beauty of these balls is that you always know what you're going to get; A healthy, high in protein, guilt free snack. Tasting even better when washed down with one of Barannes juice blends and a shot of wheatgrass to power up and get down!



## Nude Food

This little trifecta of treats is a real deal at just £3 for 3 different flavours. First up is our good old super food friends spirulina and coconut, blended together to create a creamy melt in the mouth taste sensation, balanced with a crunchy dusting of desiccated coconut. The savoury taste of the spirulina is well balanced out by the second goji and sesame seed ball which tastes entirely decadent without the guilt! Goji berries contain 8 essential amino acids which can help boost the immune system and help with fatigue and although sesame seeds may be small, they pack a major health punch that can help with everything from digestion and circulation to bone strength and inflammation. Finishing off this triple taste tester is cocoa and orange zest which is pretty much like eating dessert so our advice would be to save this one till last, and savour the zesty chocco indulgence.



## A REVAMPED GEM



**It's safe to say that an Indian summer is now unlikely so instead it's time to look forward to embracing the arrival of autumn. Which means it's the perfect time to start considering gorgeous locations for staycations and cosy places to eat and drink. We all know a visit to St Aubin is an enjoyable one all year round and if you're looking for inspiration for somewhere that ticks all the boxes then we recommend you head on down to the end of the pretty harbour and pay a visit to The Old Court House.**

Having undergone a significant facelift this well known historical beauty is an absolute treasure, offering two dining experiences in one location and upstairs they've got 10 beautiful rooms in their boutique hotel, which means you can really indulge yourself over lunch or dinner and then head upstairs to enjoy the full staycation experience.

The Westward bar offers a more relaxed menu of excellent down to earth pub food, complemented with a pint of locally brewed ale, or a decent glass of wine with 15 wines to choose from by the glass. Outside there is a lovely large terrace, should that Indian summer actually happen and inside there are plenty of places where you can cuddle up and get cosy too.

Next door the Restaurant, housed in the original courthouse, is where you can enjoy a more refined menu that includes their speciality seafood, which is always fresh and whenever possible locally sourced. It's here my friend and I headed for dinner one Friday night. We started in the drawing room style bar adjacent to the dining areas, and enjoyed a splendid G&T before heading in for dinner.

During our visit we were looked after by Becky who was brilliant and expertly guided us through the menu, which contains some superbly done classics. We opted for the Coquilles St Jacques and breaded brie, both of which were beautifully presented and tasted delightful. We then followed with main courses of salmon en croûte; a fillet of salmon wrapped in filo pastry and ginger butter,

served on wilted spinach with new potatoes and chive cream sauce and I had a succulent rack of lamb, cooked medium with a herb crust, rosemary and garlic jus, gratin potatoes and buttered spinach. For dessert we followed with the light and creamy panna cotta and banana sticky toffee pudding; heaven!

**“Having undergone a significant facelift this well known historical beauty is an absolute treasure, offering two dining experiences in one location and upstairs they've got 10 beautiful rooms in their boutique hotel”**

If you're looking for somewhere special to hold dinner with your friends then why not book The Judge's Chamber, it's the perfect private space for up to 12 guests. The Old Court House can of course accommodate larger parties so just get in touch and discuss your needs with any one of the team.

October is actually the perfect time to head down to The Old Court House, or any one of the other Liberation Group eateries, as they're hosting an excellent offer throughout the month. 'Plenty for 20' will see you being able to enjoy a three course meal (or sharing plates) and a glass of wine or pint of beer for just £20 per person. Head to [plentyfor20.je](http://plentyfor20.je) to peruse the menu options.

[www.liberationgroup.com](http://www.liberationgroup.com) • The Old Court House, Le Boulevard, St Aubin • 01534 746433





# RAW POWER

WORDS Abigail Ali

*Ransoms Garden Tea Rooms has always been known for a great feast out East but in recent times, this little treasure has become quite the notable hotspot for Jersey's every growing vegan and 'alternative diet' community. Captivated by the movement quite by chance, chef and owner Sarah Ransom serves up the inside scoop on their journey down raw road, and why their plant based dessert menu packs more power than your average cream tea.*



As a pastry chef for over 20 years, Sarah knows her battenbergs from her souffles like no other, but when an experimental vegan pie sold out to much accolade, she discovered the demand in the market for alternative desserts and began to delve into the world of all things vegan and raw. The principles of raw cooking is that nothing can be heated above 45 degrees celsius, so the natural life force 'enzymes' in the food are not damaged. Instead, the enzymes can be processed and digested naturally the gut acid in the body and absorbed by the body to gain the fullest nutrition. When you're adopting a raw way of living by increasing the amount of non heat treated ingredients in your diet, it can have an extraordinary result on your health. Inspired by the concept, Sarah's journey began with an advanced raw cooking course with world renowned raw foodie 'Kate Magic'. Learning to make raw pizzas, lasagna and spaghetti using seaweeds, activated nuts and a plethora of unpronounceable superfoods, she discovered there's no need to miss out on the food you know and love but to instead find substitutes to replace them that are as nutritious as they are delicious!

For her, that's one of the most exciting elements; experimenting, exploring new ingredients and even growing her own. Her kitchen garden has been serving Ransoms Tea Rooms well over the summer season where she uses home grown mint, herbs, edible flowers and their leaves across their extensive menu. But putting the power into their alternative desserts are a combination of 'Raw Living' products which are packed

full of amazing ingredients to promote health and wellbeing to truly take the value of raw up a gear. They add in superfood sprinklings such as Mucuna, great for the nervous system and mind, Ashwagandha used in Ayurvedic medicine to reduce blood sugar levels and reduce cortisol levels and Maca root powder, considered the stallion of the superfoods as it boosts testosterone and increases fertility in men! Changing

**"Having gone through the motions of transferring to veganism herself to explore the concept, she understands the constraints a mindful diet can create and the consideration for this across their menu and service is clearly demonstrated."**

up their powdered power boosters blends to suit their ever changing menu of divine treats, the idea is that not only do you get your cake and eat it too, you're getting a concentrated boost of enzyme packed nutrition, a super food boost and guilt free indulgence, organic and locally sourced where possible from a cruelty free kitchen.

Their menu features a range of divine main meals like their special vegan soup, raw salad and mezze platter with raw nut 'cheeze' and nut pesto dressing. These specials are of course to be finished most perfectly with one of their sweet treats such as avocado key lime pie, carrot cake, sweet potato brownies, vegan fudge pie or go the full mile with the vegan afternoon tea. Most beautifully presented, they are a delight for the eyes as well as the belly to which Sarah commented "Presentation is important, the point of

raw cooking is that it is living food so your meals should look alive! That's one of the best parts, we get to be creative and excited by new realms of cooking and garnishing which doesn't always happen when you've been in one industry for so long". She mentioned that initially the hard part was getting all the chefs on board. "In the past if I dropped the 'V' word they would throw a fit! But over time we have come together and

created a base of knowledge and inspiration to produce these wonderful dishes.

Having gone through the motions of transferring to veganism herself to explore the concept, she understands the constraints a mindful diet can create and the consideration for this across their menu and service is clearly demonstrated. It can be difficult, but her advice? "Why not start by replacing your breakfast or lunch with a raw or vegan meal instead, an example being a large fruit smoothie with leafy greens or give our vegan breakfast a go, it's a favourite now for those even on a non-restricted diet! Doing this right is all about preparation, replacement and enjoying food!" And our advice? Go to Ransoms Tea Rooms and try every single thing on that raw-some menu to power up and pack in the good stuff.



## THE FESTIVITIES OF ORMER

A place to be remembered for the approaching Christmas season Ormer welcomes you to celebrate anything and everything this season. A venue for end of year drinks and Christmas festivities, a source of gifts and the perfect solution for New Year's Eve plans.

Host your end-of-year drink and canape reception in the upstairs terrace or dine on various Michelin-star festive menus in the more intimate Private Dining Room. As Christmas is quickly approaching, be sure to see the Christmas Lunch (£29pp) and Dinner (£60pp) menus, now available online and to pre-book. An opportunity not to be missed.

If you prefer to entertain at home over the festive season, Ormer can provide you with a signature take-home supper. All the hard work is done for you so you can enjoy time with your family and friends over a fantastic meal.

Ormer even has the perfect solution for the hard-to-buy person in every family. Treat them with a gift voucher to use in the restaurant or for one of their many

masterclasses. The first 100 people to buy Christmas vouchers for £100 or more will also receive a £10 voucher for themselves this year – perfect to spend in the bar in the new year!

How about seeing in 2018 in true Ormer style? There are two options for New Year's Eve. Choose to enjoy a sophisticated

***"If you prefer to entertain at home over the festive season, Ormer can provide you with a signature take-home supper."***

3-course dinner in the glamorous surroundings of the 1920s and 1930s prohibition era in the main restaurant or, alternatively, visit the darker and more mysterious side of this era in the upstairs speakeasy-style bar.

**To find out more, please visit [www.ormerjersey.com](http://www.ormerjersey.com) or call: 01534 725100**



### ORMER CHRISTMAS LUNCH MENU

#### FOIE GRAS

PARFAIT, SMOKED DUCK, PISTACHIO, APPLE, BRIOCHE

#### SALMON

BEETROOT CURED, DILL YOGHURT, AVOCADO ICE CREAM, BEETROOT CARPACCIO

#### BUTTERNUT SQUASH

VELOUTÉ, TRUFFLE, WALNUT AND BLUE CHEESE TORTELLINI

#### SCALLOP

CHESTNUT PURÉE, WATERCRESS, MAPLE SYRUP, CHICKEN WINGS

#### TURKEY

APPLE AND SAGE STUFFING, SPICED CRANBERRY SAUCE

#### COD

COCONUT AND RED LENTIL DAHL, PINEAPPLE, CORIANDER

#### PORK

RED CABBAGE PURÉE, DATES, PEARL BARLEY, PICKLED PEAR

#### ROSCOFF ONION

TARTE TATIN, KING OYSTER MUSHROOM, TARRAGON EMULSION

#### CHOCOLATE

SALT CARAMEL TART, ORANGE MARMALADE ICE CREAM, PECAN STREUSEL

#### SELECTION OF CHEESE

GRAPES, QUINCE JAM, WALNUT AND FIG BREAD

#### LEMON

SOUFFLÉ, "TIRAMISU"

#### APPLE

TARTE TATIN, VANILLA ICE CREAM

**£29 per person**



# Appetite News

*This month sees several new openings in the Jersey food scene. Whether you like your food fast, fragrant or with positive social impact, there is something new to try!*



## Beresford Street opens up for new cafe.

A town can never have enough amazing cafes. Last month we got a new one on Beresford Street, and this one has a purpose. With full width concertina doors open to the road, flanked by greenery, it's an appealing frontage. Venture upstairs and the tables make way for a sofa area in front of opened first floor doors and bookshelves lined with a variety of reading materials. Along with wi-fi and plenty of old fashioned board games, there is plenty to keep you busy. Flexible seating will suit individuals, small or large groups and both floors are wheelchair and pushchair accessible. As well as being a busy café, meeting point and social hub, Beresford Street Kitchen is a social enterprise. The facility is operated by the Aspire Charitable Trust, a Jersey charity, founded in 2015, providing quality education, training and employment opportunities for people with learning disabilities. The service is with a smile and some unique methods of organisation to help your friendly barista track your order. Don't be surprised if you get handed an Ace of Spades! If you're in the area pop down and check it out.

### Get involved

BSK are looking for individuals, companies or groups to get involved with their venture in many different ways. Volunteers are a mainstay of the operation and they are always on the lookout for committed volunteers. Anyone interested in joining the volunteer team is encouraged to pop in to the café and collect a form. They are also looking for sponsors who can provide financial support by means of sponsorship for their trainee and/or apprentice positions. They cover training and support costs through the charity, so sponsors' funding contributes directly to the individuals' salaries. It is also hugely important to them to build a network of support within the industry and create ongoing relationships. Over time the trainees and apprentices will be ready to gain work experience in other places and they would welcome the support of Jersey businesses in this respect.

**BSK, Beresford Street. Beresford Street Kitchen; 01534 509644**

## One Pizza, Two Pizza, We all fall down.

As we go to print there is probably a riot on St Saviour's road as the building that was formerly 'The Lounge' and has stood empty for many years at the foot of college hill has been transformed into the epicentre of student eating; Dominos Pizza. We'll soon be treated to the thick stuffed crust that has been the mainstay of late night study for decades. You may wonder why it's taken so long for us to get this hallowed bike based pizza provider onto the island. Well, they need the perfect conditions for their ovens and production lines it would seem. The Jersey branch had over 4000 facebook fans before they opened. Crazy.

**Dominos Jersey; 01534 281111**

## Noya Shapla

While St Helier reels from pizza overload, St Aubin welcomed back one of its old guard this summer as the man behind the famed Shapla, that ran for 22 years up to 2013, arrived back on the scene with a Noya version. This time Labas Miah has it in the bank, literally, as Noya Shapla resides in the old Natwest at the crossing. Offering Indian and Bangladeshi styles of cooking, they use a variety of home-made spices and fresh marinades with an exotic blend of herbs. With the building that previously housed Shapla now already the great Spice House, who do a mean biryani, the epicentre for late night Indian meals has definitely shifted West.

**Noya Shapla; 01534 746495**



## More to offer at Ormer

In a sophisticated and tranquil environment tucked away in Don Street, Ormer is the perfect venue for many occasions and has a busy calendar for the month of October.

Tennerfest begins on the 2nd of October at Ormer with two menus on offer. Take advantage of the £20 lunch menu or the £35 gourmet dinner menu. Reservations are recommended to avoid disappointment.

Ormer also boasts the perfect space to hold any kind of event and has become a popular venue for sophisticated hen parties. With a wide range of packages available for the bride to be, parties can enjoy everything from a champagne tasting, to a delectable afternoon tea, or really get the afternoon started with a cocktail masterclass. Ormer can tailor all of your suggestions to make your hen party a one of a kind.

**To find out more, please visit [www.ormerjersey.com](http://www.ormerjersey.com) or call: 01534 725100**





***While Jersey's flowers delight us with their floral displays, they also delight Jersey's honey bees by producing the sweet nectar that they turn into Jersey honey. It is our local beekeepers who bring that honey to our tables.***

The Jersey Beekeepers Association was started by nine people meeting in the midst of the First World War on 3 October 1917. It seems a strange time to come together, but the archive tells us that the initial members were hoping that they could apply for rationed sugar to feed their bees. It was not to be and their request was turned down. How much sugar would have got to the bees during the war is a matter for debate!

There are now 100 Jersey beekeepers and 2017 is a landmark year for them, they started this year by becoming a recognised Jersey charity and joining Genuine Jersey. There have held a number of events throughout the year for members and the general public which have helped to raise their profile and help them celebrate this amazing milestone.

There have been times during the last century when honey has been abundant but over the last few years, it has been increasingly difficult for our local apiarists to keep the island supplied with this top quality product.

A spokesman for the Association said that "while we don't struggle to sell our produce, by joining Genuine Jersey we hope that it will assist us in raising the awareness of difficulties facing local honey bees and pollinators. Honey is becoming increasingly difficult to produce due to a number of factors including the Varroa mite, a

parasitic mite which infests colonies, loss of habitat and inclement weather. We have recently had local sightings of the Asian Hornet which preys on honey bees and it is a question of time to see what impact this will have locally."

He went on to say that, "For our hundredth year we are working on a number of projects, The association is liaising with the planning department to hopefully move forward with building a training apiary, to assist in teaching new beekeepers, as well as helping to improve and develop the skills of our existing members. We have a number of guest speakers visiting throughout the year who are experts in a range of honeybee topics relating to bees and pollination."

You may have heard about the Asian hornets which have been spotted on the island. Hornets play a crucial role in the ecosystem in controlling other insects and pollinating fruit and flowers, but the Asian hornet is a predator of native insects and is a threat to honey bees and other pollinators. The Department of the Environment is asking the public to notify them if they see any here in Jersey. The Asian hornet is slightly smaller than the native European hornet (*Vespa crabro*). It is not easily confused with any other species, it is the only hornet or wasp with an entirely dark brown or black velvety body, bordered with a fine yellow band, and yellow legs. If you see a hornet either photograph it and email it to [environmentenquiries@gov.je](mailto:environmentenquiries@gov.je) or phone them on +44 1534 441600.

***If you'd like to find out more you can visit their Facebook page "Jersey Beekeepers' Association"***







# Chefspeak

Kitchens can be a high pressured environment to work in, so can we blame them for employing a little mechanical help to make things easier? This month, we asked...

## What's your favourite kitchen power tool or piece of apparatus?



My favourite piece of equipment in the kitchen has to be my food probe. being colour blind makes it difficult to know when meat is properly cooked sometimes so the probe comes in very handy!

**BEDE CORR**  
The Lazin Lizard

The BIG SPICE GRINDER! One of our curry pastes requires the toasting and grinding of 3kg of spices. The big grinder makes light work of it, previously it would take us 1 ½ hours!

RUBIN – OUR SUPERSTAR HEAD KP – He's not a power tool but he is a machine! He is meticulously clean, fixes everything and prep's quicker than most chefs, but like all machines he can whine under a heavy load though.

**NATALIE DUFFY**  
The Salty Dog



It has to be my new Frima Vario Cooking centre. It's the best piece of kit bought for the Pomme d'Or kitchen. It saves time, can cook in many different ways; braise, steam, poach, deep fry, overnight cook, sous vide, boil, and never burns food. It can be pre-programmed to do specific recipes too. A great bit of kit all kitchens should have one!

**CHRIS MORRIS**  
Pomme d'Or Hotel



My favourite kitchen power tool is the PacoJet because you can purée anything within seconds and also it allows you to make ice cream.

**NICOLAS VALMAGNA**  
Grand Jersey

The Thermomix because it is easy to use and saves me time in the kitchen!

**EMMERSON COLBACK**  
Ormer

I love my granite pestle and mortar to ground the pastes I use in my curries. It is special to me on a personal level too as it was a wedding present.

**SUDU GUNASEKARA**  
Unawatuna

# places

places

#175



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## THE PERFECT BLEND

**WORDS** Sara Felton

Woodlands is a beautiful traditional granite farm house hidden behind wooden gates in the tranquil parish of St Mary. Over recent years the property has been totally and meticulously restored to a very high and excellent standard throughout and it now provides a most exceptional and well-appointed family home of undoubted character and great appeal. Whilst traditional in its appearance inside they have cleverly ensured that this doesn't feel like a dower old house, instead Woodlands feels fresh and light whilst celebrating its many original features.

As you enter from a green lane via an electric gated driveway, you are immediately greeted by the pretty ivy clad facade of a farmhouse which dates back to the year 1721/23 (recorded in Joan Stevens published book on Historic Jersey homes, Volume 2). The front gardens have been beautifully landscaped and are home to plenty of mature planting and the most delightful run of crab apple trees sits in the centre of the lawn and these are complemented by lavender plants so the garden both looks and smells amazing.

Inside the property is full charm and character. Exposed granite walls feature

along with large fireplaces and there is also a very rare "Tourelle" staircase which leads you onto the further two floors. If you enter through the traditional main door you'll be greeted by a fabulous slate hallway which leads you onto both the very large dining room or the lounge area, both of which have their own wood burning stoves nestled in those fabulous granite fireplaces. Downstairs there is also a very useful small bathroom and an excellent large utility room.

Through the dining room you enter the eat-in kitchen which has been beautifully finished and is home to a large Aga which, of course you naturally gravitate to upon

entering. There is also a large central island and plenty of storage throughout. There are doors out to the front and rear of the house, and the current owners use this door as their main entrance. The double doors lead onto the paved area in the garden which means that this space is absolutely perfect for entertaining guests, which, thanks to the home being south-facing you'll benefit from sunshine all day when you do.

Furthermore the good sized garden to the rear is also home to a heated swimming pool and the most incredible aluminium frame Victorian style greenhouse and large shed, which could easily become a



summerhouse, should you wish to. The garden offers up all manner of surprises thanks to the clever landscaping by the current owners. It is well stocked with an abundance of fruit trees and there is a large vegetable plot too, with raised beds ready to be stocked with whatever you'd like to grow.

The accommodation in the house is plentiful and offers a totally self contained integral two bedroom cottage. The current owners live in it as one house so the ground floor living room serves as a perfect study with

*"The garden offers up all manner of surprises thanks to the clever landscaping by the current owners,"*

guest accommodation above, but this area can be easily separated by a locking door and the cottage can be entered by either one of two external entrances and used as a two generation option or home with an income.

In the main house are three double bedrooms on the first floor, serviced by an

excellent house bathroom. The master suite occupies the whole of the top floor and has its own large ensuite, built in storage and the most brilliantly positioned velux windows which mean you can stargaze from the comfort of your bed.

To the front of the house is a detached double garage with an external staircase to a loft room over. This is the perfect place for guests when they come to stay, offering them privacy away from the main house.

Woodlands has the added benefit of being surrounded by agricultural fields, to which the owners hold the covenants - meaning they have the right to oppose any change of use.

You can rest assured that no

new homes will appear where the horses now graze. The property is also only a short distance from the local pub and convenience store and is an easy drive to town or the north coast, it really is an excellent find and must be seen to be truly appreciated.



## Woodlands St Mary

**£2,100,000**

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**www.wilsons.je**

- 4 bedrooms,
- 3 bath/shower rooms,
- 3 excellent reception rooms
- Family kitchen breakfast room
- Charm and character
- Delightful 2 bedroom cottage wing
- Swimming pool
- Excellent high quality accommodation
- Lovely gardens
- Meticulously modernised throughout



# MORTGAGES IN JERSEY

There has been no change in any of the 180 plus mortgage products that are currently available from Jersey lenders during the past month, which isn't surprising when you look at just how low interest rates have fallen.

Brexit and the falling pound have reopened the debate on when Bank of England Base rate is likely to rise, although there is nothing concrete upon which economists can pin their projections. The latest media comments suggest that economists do not expect UK interest rates to rise until 2019, at which stage there might be a modest increase of 0.25%, which will have an impact on the rates that are currently available.

The last time that interest rates rose was in July 2007, a rise by a quarter of a percent to 5.75%. The following month, the credit crunch struck and so began a series of cuts, down to 0.50% in March 2009 and then the last panic cut to 0.25% in August 2016, following the Brexit referendum outcome.

The basic facts are that nobody knows when a rate rise is likely to happen, and perhaps the sensible advice is not to stress about rising rates that may happen at some future point when thinking of buying property, but to get on with life, enjoying the best rates that most of us will ever see in our lives. Of course, you can always hedge against medium to long term interest rate rises, by fixing now, with products available for up to 10 years.

## HIGHER VALUE TRANSACTIONS

We are experiencing an increasing number of clients with a large deposit from the sale of property in the sub £1m mark and with higher incomes and career prospects now venturing in to the £1m plus bracket. It may be more than just coincidence therefore that more higher value properties seem to be coming on to the market. With a 40% deposit, The Mortgage Shop is able to source income multiples of up to 7 x joint gross income, or bespoke interest-only mortgages specifically to the borrower's expectations, with flexibility over the interest rate, term, repayment of capital, etc., so putting the borrower in greater control of their future.

To be added to our monthly bulletin list please send your request to: [kerrie@mortgageshop.je](mailto:kerrie@mortgageshop.je)

Visit [www.mortgageshop.je](http://www.mortgageshop.je) to find out more.

## The Jersey Market

The summer holiday break in Jersey seems to have lasted a long time this year – a reflection perhaps of more disposable income in many Islanders' pockets than has been seen for several years. This is encouraging people to take a holiday in the sun, rather than a "staycation", with indifferent weather! With children now back to school, it is likely that we will see increased activity in the Jersey market, which, according to The Jersey House Price Index, has had a positive year to date, with transaction levels up year on year. Good news indeed and sign of a confident market place.

**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 6th September 2017

BTL = Buy to let mortgage.



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**XRM Architects is a Jersey-based software development consultancy providing bespoke software solutions to clients in the Channel Islands and across the globe.**

We work with large and small businesses usually in the following industries: trust, wealth management, banking, public sector, regulatory and legal.

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## Finishing Touches

Each month, we check out what the Island's home interiors suppliers have on offer so you can shop for those 'finishing touches' that make a house, your home. Plug into this month's 'Power' inspired theme with our electrical finds that bring a spark of 21st century tech to your interiors.

### Sleepeeze Adjustable Electric Bed

La Casa  
From £799



### Playstation VR Virtual Reality Headset

£329.99

### Playstation 4pro

£315

Seedee Jons



### Brazen Gaming Chair

Powerhouse

£159.99



### Bose SoundLink Revolve+ Speakers

IQ

£235



### LG Signature Smart TV

Fortuna

£6,300.95



### Dimplex Opti-V Sunningdale Electric Fire Place

Romerils Home Interiors  
£1,395



### Elyxr Audio Revolution Electric Vinyl Player

Powerhouse

£79.99



### Smeg Retro Style Home Bar Fridge and Icebox

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# FEATURED SELECTION

St Martin £459,000



2 2 ✓

Spacious & well appointed  
Large kitchen/diner  
Garage plus 1 parking & visitor  
Landscaped communal gardens  
Approx 1,175 sq ft

01534 722227



St Helier £535,000



4 4 ✗

Beautiful Victorian home  
Original features  
Good condition throughout  
2 Receptions plus playroom  
Low maintenance garden

01534 877977

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St Lawrence £860,000



4 2 ✓

Stunning Kitchen and conservatory  
Garden  
Views out to sea  
Log burning stove  
Approx 1,637 sq ft

01534 722227



St Brelade £1,595,000



2 2 ✓

Stunning penthouse apartment  
Mouth-watering views  
Open plan living  
Exclusive development  
Completely refurbished

01534 737293



St Clement £1,685,000



4 2 ✓

Fabulous sea front location  
Beautiful views  
Spacious accommodation  
Main bedroom with balcony and views  
Manageable garden

01534 860650

Hunt | Estates

St Martin £2,100,000



5 2 ✓

Traditional farmhouse,  
13 Verges of agricultural land  
Potential for renovation  
Very secluded and private  
First time on the market

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## A country house of exceptional style and quality, with the added benefit of magnificent sea and countryside views

St Martin, Jersey

Le Petit Touessrok is presented in immaculate condition having been extremely well maintained and upgraded over recent years.

All the requirements for family living are here; the internal make-up of the house is such that it allows for prestigious yet comfortable living in one of the most beautiful parts of the Jersey countryside.

Once through the front door one steps into a huge entrance hall, which includes a fine original staircase leading to bedrooms. The master suite is particularly impressive with a dedicated dressing room, and a large bathroom.

Light fills the spacious reception and bedroom accommodation, and a kitchen that has all the necessary appliances plus feature range cookers that offer so much more cooking capacity and flexibility. The grounds are as well maintained as the house with lawns, outdoor swimming pool, mature trees and shrubs, a variety of plants and an apple orchard.

Completely private the superb natural space provides excellent entertaining space as well a great play area for children.

**Guide Price £2,450,000**

*Sole Agent*

Gerri O'Brien  
Savills Jersey  
**01534 870143**  
GOBrien@savills.com

[savills.je](http://savills.je)

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# Interior News



1

## Superhero powers

*Is your little one super hero obsessed but you can't bring yourself to coat their room in the traditional lurid primary colours of mainstream media super heroes? Yes I hear you cry! Well we've sought out a selection of super cool interiors with a nod to super heroes but in a far more palatable palette.*

**1** Shiver me timbers! These cheeky pirate bunny and rascal racoon cushions are straight off the high seas and ready for adventures in your little one's bedroom. They double up as a favourite cuddle companion too. £19.50 each from [Scandiborn.co.uk](http://Scandiborn.co.uk) (see images above).

**2** For a little super star this sweet and sparkly gold glitter bunting will add a touch of glam to their boudoir! £5.99 from [gingerray.co.uk](http://gingerray.co.uk)

**3** Stylish superhero themed black and white prints will look great on the walls of your cool kid's bedroom. From £15 on [notonthehighstreet.com](http://notonthehighstreet.com)



2



3



## Power to the people

This month for our power edition we've been learning all about Solar Photovoltaic (PV) panels which convert energy from light and transform it in to usable electricity. You call Sun Works, buy the panels, they go on your roof (flat or pitched) and you make energy you can use straight away. It's that simple, it's kinda magic, and it's absolutely brilliant.

The panels look very sleek all in black and are also self-cleaning, requiring very little maintenance. Savings come from not having to buy electricity while you are generating and if you're generating too much energy then the system will automatically export and the JEC will 'buy back' from you. Every unit credits back to your account currently at 6.24p per unit and the JEC sell it on to your neighbours, and this all just happens, with no bother your end. Alternatively Sun Works now offer a range of battery solutions like the Tesla Powerwall 2 (Yes, Tesla as in Billionaire Tech Wizz Elon Musk's brainchild).

With every installation Sun Works provide full energy monitoring to deliver a clear picture of your energy generation and consumption via your smart devices. Although solar won't cover 100% of your electrical needs Solar PV should be seen as an big addition to your current electrical supply and will help you be mindful about the way you view and consume electricity.

If it's night time or if there is not enough power from the panels then you continue to purchase from the JEC grid as normal with no interruption of service. A Solar PV system performs optimally during the spring/summer months, benefiting from longer daylight hours. However in the winter months Solar PV still performs as direct sunlight is not required for electricity production, albeit significantly less output due to the shorter days.

Sun Works have a specialist in-house team to take care of all the details and provide the right advice and equipment so all you have to do it is get in contact and point to the roof you want to turn into an asset.

**Sun Works C.I.**  
[info@sun-works.co.uk](mailto:info@sun-works.co.uk) | 498822





# agenda

ON THE AGENDA THIS EDITION:

## Wealth Management & Investment

We speak to key figures locally, to find out what they pack into their suitcases, grab lunch on the go and profile people and their industry. Plus all of the movers, shakers and business news brought to you in Gallery every month...



# Welcome

**WORDS** David Vieira  
Head of Business Development & Marketing, JTC Group



I am writing this on what just so happens to be the ninth anniversary of the collapse of Lehman Brothers, the event that many associate with the beginning of the 'financial crisis'. It is staggering to think that this seminal moment is now nearly a decade in the past and to reflect on all the challenges and change that we have seen in the intervening period.

From the nationalisation of British banks to the bailout of Greece, the impact and consequences have been profound. Even now, in more recent times, we have seen a series of unprecedented social and political events, including the Trump presidency and a vote for Brexit.

Set against this backdrop, it might be regarded as miraculous that any sector, let alone financial services, would be thriving. But in many ways, thriving it is. Recent figures show that the island's finance sector is doing pretty well. Employment levels are back to pre-crisis levels, the island's sovereign credit rating has been maintained and nearly all parts of the industry are reporting increased confidence and new business growth.

So why is this? I think the answer lies in three parts. Firstly, tough times call for tough measures and one of the outcomes of the crisis has been an acceleration in regulation and legislation, that although costly, brings systemic improvements and boosts confidence. Secondly, necessity is the mother of invention and firms have had to adapt

and innovate if they wish to not only survive but grow for the long-term. Finally, there is something almost uniquely nimble and smart about a place like Jersey, an island that has a long-track record of finding ways to succeed on the global stage and, as the phrase goes, 'punch well above its weight'.

So while we must never be complacent, we should also take the time to use publications like this to celebrate an industry that does so much to support our way of life and be proud of what we have achieved to date and what we will achieve in the future.

*David*

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## Friendly Face

### Darren Kelland

For this issue of Agenda we had the opportunity to meet Hawksford's newest team member, and recently appointed Global Head of Private Client, Darren Kelland.

For many years Hawksford has diligently nurtured and preserved the wealth of multi-generational families, ultra high net worth individuals and fast growing privately held companies helping clients worldwide to protect what they have and to achieve what they want.

Their multi service and multi-jurisdictional private client offering is built on long-term, steadfast and personal relationships, founded on a deep understanding of what matters to their clients now and in the future. Their private client team has a wealth of technical expertise in creating trusts, companies, foundations and other structures. The team blend expertise and experience with enthusiasm and entrepreneurialism, ensuring every client interaction is meaningful and productive.

*We wanted to understand a little bit more about Darren's decision to join Hawksford.*

**What is the most exciting aspect of your new role?** Joining a business that has serious ambitions. Hawksford's 60-year-old private client heritage makes us one of the most trusted names in fiduciary services for wealthy individuals and families from all over the world. Generations of clients take confidence in our expert advice and I want to ensure that future generations have the same level of confidence.

**What is the most challenging part of your work?** After 13 years in my previous job, getting used to new people, systems and jurisdictions is a challenge. Thankfully, it's a great team with years of experience and many of whom have been with Hawksford as it has grown. That stability is particularly appealing to clients who like the long-term and personal relationships they have with Hawksford.

*"Jersey has built its reputation on being one of the most well-regulated and compliant financial services centres in the world. That must continue but I would like to make compliance and regulation a smoother experience for clients."*

**What is the aspect of the industry you would like to change?** Jersey has built its reputation on being one of the most well-regulated and compliant financial services centres in the world. That must continue but I would like to make compliance and regulation a smoother experience for clients. Some clients find regulatory, financial and tax matters difficult to navigate. They turn to us to help make it simpler for them so that they can focus on managing their business interests and creating wealth.

**What are your professional goals for the next 12 months?** My professional goal is always to be part of the best (but not necessarily the biggest) organisation. At Hawksford, it is one of my responsibilities to help shape that. Clients trust us to protect and nurture their wealth and we need to continue meeting their needs and exceeding their expectations.

**What are your personal goals for the next 12 months?** To stop making excuses. It can be very easy to put things off but professionally, I know I will be challenged and excited and so need to match that

personally. Hawksford's ethos is 'thinking beyond tomorrow' and that seems a good personal goal as well.

**What is the best piece of career advice you were given?** Be yourself, don't give up and do the right thing.

**www.hawksford.com**  
**Twitter: @HawksfordGroup**

# Understanding what matters

We understand our clients trust us to protect and nurture their wealth. At Hawksford, our 60 year-old private client heritage makes us one of the most trusted names in the private wealth industry.

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# Working Lunch

## Francis Clayton of Quilter Cheviot

This month we met Quilter Cheviot's Francis Clayton to talk good quality assets, surfing in Japan, interesting dinner companions and the challenges of learning to kitesurf 15 years ago!

### What was the toughest challenge you have faced in your business life?

My day-to-day job at Quilter Cheviot is managing my clients' investment portfolios, taking into account their long-term objectives and attitude to risk, with the ultimate aim of growing and maintaining their real worth. The biggest challenge was during the credit crunch between 2007 and 2009, when the stock markets declined significantly and banks such as Lehman and Northern Rock failed. The fear was overwhelming and, with all of the doom and gloom reported by the media, the greatest challenge was reassuring my clients that their portfolios, comprising good quality assets, would participate in the recovery when it came. Today, the credit crunch feels an almost distant memory, and we have new challenges to look forward to.

### What aspect of your work do you most enjoy?

I particularly enjoy dealing with clients, being part of their journey and helping them to achieve their financial objectives as those needs develop and change over time. I relish the challenge of exploring new market opportunities both locally and throughout Europe.

**How do you relax?** I love the outdoors, so when conditions permit you can catch me down at the beach trying to surf. Or, if the wind is blowing, I will pull out a kite and go kite surfing. I also keep a fishing boat at Boat Nuit and go lobster fishing a couple of times a week during the summer months, which has been very fruitful.

### If you were not living and working in Jersey, where do you think you would be and what would you be doing?

Probably in the vibrant cities of either Hong Kong or Singapore, managing investment portfolios there. Having visited these cities before, I love the buzz, the cultural backdrop and fantastic food.



*"My first guest would have to be Kim Jong-un, the supreme leader of the Democratic People's Republic of Korea (North Korea). Given that he is in the news on a daily basis at present, I'm curious as to why he is behaving in the way he is."*

**If you could choose any two guests for your dinner party (one living and one in past history,) who would you choose and why?** My first guest would have to be Kim Jong-un, the supreme leader of the Democratic People's Republic of Korea (North Korea). Given that he is in the news on a daily basis at present, I'm curious as to why he is behaving in the way he is. My guest from the past has to be the former President of the United States, John F Kennedy, who presided at the time of the Cuban missile crisis back in 1962. One can see similarities with our current situation. How would Kennedy react if he had a Twitter account?

### What is your favourite sport?

Surfing...if only I could emulate Kelly Slater, an American professional surfer known for his competitive prowess and style. He has been crowned World Surf League Champion a record 11 times, including five consecutive titles in 1994-98. The most remarkable thing is that at the tender age of 45 he is still competing. What other athlete has completed at the highest level, winning his first world title at 20 and his last at the age of 39. Remarkable.





# DON'T LEAVE YOUR INVESTMENTS TO FORTUNE.

Since 1771, we've been seeking out the best investment opportunities globally. Established over 40 years ago, our Jersey office has built up an enviable reputation for on the ground, bespoke, solutions and exceptional levels of client service. Our managers have worked with Quilter Cheviot for an average of over 16 years which is why clients trust us for the long-term.

**Contact Tim Childe**  
**Head of International & Jersey Office**  
**t: +44 (0)1534 506 070**  
**[quiltercheviot.com](http://quiltercheviot.com)**

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INVESTMENT MANAGEMENT

Investors should remember that the value of investments, and the income from them, can go down as well as up and that past performance is no guarantee of future returns. You may not recover what you invest.

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## Working on the future

XRM Architects develop software rather than buildings, designing and implementing their business systems and tailoring software for their client's requirements.

With 20 years of experience and an accoladed reputation, Simon Jackson founded XRM Architects in October 2016 leading from the front as their Director and Senior Analyst.

*We met up with him to find out about how his first year of business has gone and how the future of technology is set to shape the world today.*

**Simon, congratulations on your first year milestone with XRM, where did this journey start out for you?** Well I'm a self-proclaimed computer nerd so when a friend introduced me to coding it got my interests ignited!

Artificial intelligence and machine learning are reinventing the way we live. What was only for the very wealthy 10 years ago is now standard gadgetry for everyone, the rate technology is progressing is astounding and XRM

**What do you love about your job?** The interfacing with clients and the human aspect of IT which can often be lost in this industry. It's great to take something you design, that's really needed, and deliver it to a happy client.

*"You are not limited to the size of the island, you just have to try and work hard. So the saying goes; it's 1% inspiration and 99% perspiration!"*

I went on to study software design and coding at college before landing my first IT role with Lloyds TSB. When I moved over to ITEX, it was not long until I became a business solutions consultant, and from there I went to C5 then decided to co-found Prosperity 24.7 before launching XRM Architects last year.

**What do you think the future, technologically speaking, will look like?** We're living in an amazing time in human history as technological growth is exponential and it is having an unprecedented impact on our lives.

Architects are at the forefront of that. This week I'm off to an artificial intelligence and machine learning conference to see what we can incorporate into businesses in Jersey.

**What excites you about implementing this new software in Jersey?** Jersey's financial industry offers a great microeconomic test bed for our developing products.

Also the slower pace of Jersey life means that I can focus my time and energy into my family which is my priority. I love taking my children to the beaches to build dams and castles.

**What opportunities are there for people wanting to start out a career in tech and software?** There is a Digital Jersey Coding Programme at the Digital Hub on Green Street which allows you to learn some foundation skills, this happens to be where we recruited our latest team member.

Jersey has millennials growing up being able to use technology and its services innately, they will be the future that can reimagine the business world's products and services.

You are not limited to the size of the island, you just have to try and work hard. So the saying goes; it's 1% inspiration and 99% perspiration!

**Visit [www.xrmarchitects.com](http://www.xrmarchitects.com) to see how they can enhance your digital success.**

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# Relative Values

Tim Donati-Ford is an Investment Director at Rathbones and has been with the company 10 years. Day to day Tim manages private client, Trust and charity investment portfolios for high net worth and ultra high net worth clients, he also sits on a number of Group committees to help shape the firm's investment proposition... all whilst apparently telling shockingly bad jokes.

His colleague Leah Ronayne is an Assistant Investment Manager who supports the Investment Managers and Directors in the management of clients' discretionary portfolios. This includes research and analysis of asset classes held across bespoke portfolios, keeping abreast with macro-economic updates and supporting the exceptional day-to-day service Rathbones provide to their clients.

## Tim Donati-Ford

*Investment Director, Rathbones*

vs.

## Leah Ronayne

*Assistant Investment Manager, Rathbones*

My YZF R6 (it's a motorbike!)

**Favourite possession**

My car

Italy

**Favourite place in the world**

My home parish of St Brelade

Don't really have a favourite, but blue would be up there I guess

**Favourite colour**

Teal blue

I'm not an animal person, but weasels seem to be pretty cool

**Favourite animal**

Sloths – I can relate to them!

That "new car" smell, however I don't smell it often enough..!

**Favourite smell**

Pine trees in the mountains

With 3 young daughters and a wife it would be anything with them when we can all get together at the same time!

**Favourite way to spend a weekend**

Entertaining friends by experimenting with the cookbook (and cocktail book)

So many, but Portlet as it's not too busy and the pizzas there are cracking

**Favourite Jersey Beach**

Beauport Bay

Steak (medium rare)

**Favourite Food**

Maltesers

Mint choc chip

**Favourite Ice cream flavour**

Ben and Jerry's Half Baked...or Baked Alaska...oh wait – Phish Food!

Mark Jordan At The Beach

**Favourite restaurant**

The Salty Dog in St Aubin

Cliff path running (in the rain) or riding my R6 (in the dry)

**Favourite Pastime**

Walking on the cliffpaths

Glengarry Glen Ross, it's a belter of a film and largely unknown.

**Favourite film**

American Beauty

Darkness Descending by Ken Jones

**Favourite book**

Slaughterhouse 5 by Kurt Vonnegut

Cigarettes & Alcohol - Oasis

**Favourite song**

Mind Mischief by Tame Impala

Who else but the wife (just in case she reads this!)

**Favourite Person**

I'm fortunate enough to say I could never narrow it down to one

Noel Gallagher, supremely talented

**Favourite celebrity**

Leonardo DiCaprio – amazing actor and philanthropist too







## Africa: a continent of investment opportunity

**WORDS** Will Thorp, Chief Executive Officer of Standard Bank Wealth International

The economic data is compelling: seven of the ten fastest growing economies in the world are in Africa – yet the continent still presents a challenge to investors, mainly due to concerns about short-term returns and the risk of doing business there.

Thankfully, Africa is shedding both of these long-held perceptions, partly because of significant market reform, infrastructure and governance improvements, and because those who have taken the plunge are reaping the benefits.

Many African countries have made solid progress on reforming policies and introducing strong governance aligned with international best practices to attract greater foreign investment. Almost every major market has a published long-term development vision that includes investment in infrastructure and inclusive growth initiatives. Crucially, more and more, we are seeing peaceful transfers of power becoming the norm on the continent.

As a direct result, confidence and investment have grown in key sectors – including power, resources, agriculture, information communication technology, primary infrastructure, such as housing, and secondary infrastructure, such as healthcare.

The fast-emerging middle class in Africa is creating unprecedented consumer demand and opportunity. As the second most populated continent in the world – an estimated 1.2 billion people now live in Africa with 40% of the continent under the age of 14 – now is the time for consumer brands who are looking for growth to establish a presence there.

With such incredible interest in Africa, some investors have tried to manage their Africa business from Europe

or the Middle East but the most successful strategies have involved close collaboration with partners that understand the continent. With over 50 countries, more than 20 languages, multiple cultures, local regulatory, tax and legal environments and differing levels of market development, it's best to work with Africa using on-the-ground expertise. It's why working with Standard

*"Investors and leaders looking for a ray of hope amid the global geopolitical shifts, economic slowdown in key emerging markets, and the increasing pace of change in technology and regulation, should look to Africa."*

Bank – Africa's largest bank by assets with a significant presence in 20 sub-Saharan countries – is the right choice.

Investment opportunities in Africa are not only at the consumer end. According to the 2017 Wealth Report, by Knight Frank, the number of ultra-high-net-worth individuals (UHNWI) in Africa will grow by 33 per cent over the next decade, after suffering a decline of two per cent in 2015 and 2016 due to tough market conditions. The growth in ultra-wealthy populations in Africa will outpace that of Europe and North America over the next ten years.

This is leading to a surge in philanthropic investment across the continent, with one recent shining example being Cape Town's new Zeitz Museum of Contemporary Art Africa, which has already been described as 'Africa's Tate Modern'. Housed in a converted grain

silo overlooking the Atlantic Ocean, against a backdrop of docks, the city and Table Mountain, the new museum is one of the most striking buildings to have been constructed in Africa. It is also the continent's first such institution devoted to contemporary art.

A study by Capital Economics, commissioned by Jersey Finance, concluded that Africa has the opportunity to quadruple living standards by 2040, although in order to do so it will need to find US\$11.4 trillion in extra investment over that period.

As economic activity escalates, it will undoubtedly attract further private equity funding and Jersey's fund administration and fiduciary specialists, such as Standard Bank, have an important and influential role to play in that growth.

Investors and leaders looking for a ray of hope amid the global geopolitical shifts, economic slowdown in key emerging markets, and the increasing pace of change in technology and regulation, should look to Africa. Home to some of the fastest developing economies and markets in the world with real challenges to solve and real ways to solve them, Africa is the land of opportunity and the time to get involved, on the ground, is now.



# A great place to do great work

At Standard Bank we're striving to create a great place to do great work. This starts by recruiting the best people to help us build this ethos. As Africa's largest bank by assets, we're proud to have played a central role in driving the continent's growth for over 150 years. Helping this diverse land to reach its full potential requires people who want to thrive and develop themselves. Our vision recognises that our staff are our competitive advantage, which is why we put so much energy into attracting and retaining outstanding talent.

## **Investment Risk Officer (12 month FTC).**

A critical role to maintain risk and compliance oversight mechanisms within the Investment Division and ensure that the business operates in accordance with agreed risk parameters and in compliance with regulatory requirements.

## **Head of Compliance Monitoring – Permanent.**

This person will manage the Monitoring team and responsibilities, as well as overseeing Compliance Monitoring Reviews undertaken within Wealth international. This role will also act as Deputy Money Laundering Reporting Officer.

## **Personal Assistant – Permanent.**

To support the CFO, Head of Risk and Head of HC (the Executives) by providing administrative support, travel planning and booking, schedule coordination, secretarial functions, meeting and workshop coordination. The successful candidate will also support WIN recruitment activities by providing diary management, schedule coordination and creation of candidate briefing packs.

**Benefits include:** Competitive salary, pension scheme, private health care, permanent health insurance, travel insurance, learning and development opportunities, discretionary bonus.

If you're interested in the above positions or for other opportunities, please send a copy of your CV along with a covering letter to **Thomas.Burston@standardbank.com**.



# Carving out international opportunities

Gallery caught up with Brooks Macdonald Investment Manager Adam Greaves to chat about how his role is evolving to help steer the firm into new international territory...



## **You're an Investment Manager in Brooks Macdonald's Jersey office. What does that job entail?**

Essentially, I help private clients manage their money, either directly or in conjunction with other professional advisers such as trust companies. In practice, that means every day I'm looking at making investments on their behalf that are in line with their objectives and deliver a good risk-adjusted return, all against the backdrop of whatever the market conditions might be at that moment in time. It's a role that involves a lot of research, an ability to understand the markets, and a personable approach to work constructively with clients.

## **So how did you get to that position?**

I'm from Dorset originally and, having completed my management sciences studies at Southampton University, I knew I wanted to work in financial services in some capacity.

In 2008, I joined accountancy firm EY in Jersey. I already had Channel Islands connections with family in Guernsey, and after a few conversations with EY, they offered me a position in their Jersey office, where I ended up auditing a broad range of financial services firms. Whilst in the role I qualified as a Chartered accountant through the Institute of Chartered Accountants of Scotland ("ICAS"), but I felt after a while that the kind of work I was doing wasn't quite aligned with the financial services sector I found so interesting.

As I became immersed in Jersey's financial services landscape, I became more and more interested in the investment world and completed the CFA's investment management certificate ("IMC") in my spare time. Then in 2013 I was lucky enough to get an opportunity to join Brooks Macdonald. Whilst at Brooks, I completed the level 7 CISI Chartered Wealth Manager within the first 18 months to ensure I had the necessary professional qualification to manage money.

## **Has your role changed over time?**

As I look back over the past four years, it's amazing to think what I've done in that time. When I started here, I was a trainee with little hands-on investment experience, but the team at Brooks Macdonald have been so supportive of my professional development.

I soon moved on to be part of the firm's research hub, which supports the investment managers by analysing specific markets, before moving into more of a front-office role, and in turn that presented me a chance to join the firm's Africa team. That role entailed cementing existing and building new relationships with financial advisers in key African markets, particularly South Africa, and involved frequent trips to the continent. I also had to undertake a South African regulatory qualification to be able to conduct business there!

Most recently, I've taken on a role that is more focused on making inroads into a new but huge growth market for us, the Middle East. Already this year I've carried out six trips to Dubai to meet advisers in support of their work with clients. As it's a relatively new market for us, I'm also trying to meet new people and build up our profile and visibility in the region, often with the help of Jersey Finance and Channel Island-based trust companies who are also operating in the region.

### **Brooks Macdonald is a UK-wide business, how does the Channel Islands fit into that?**

Our offices in Jersey and Guernsey have responsibility within Brooks Macdonald for spearheading the firm's international strategy. That means we act as the firm's expert discretionary investment management hub for trustees, professional advisers, private clients and charities across Europe, South Africa, the Middle East and Far East.

My focus is the Middle East, where we are mainly supporting private clients and expats who are looking for savings and pension solutions. It's an exciting market for us. Last year we signed a strategic alliance agreement with Dubai-based adviser Abacus, which is working really well. Building relationships with other partners in the region is a strategic priority for us and offers massive potential.

*"The travel and people part of the business is fantastic, but I love being at the coalface of the investment world too, looking at the way the world works and translating that into investment opportunities."*

### **How do you see your role evolving over the coming years?**

I'm keen to be part of the firm's international expansion, and I feel privileged to be given an opportunity to be a part of Brooks Macdonald's international journey. The travel and people part of the business is fantastic, but I love being at the coalface of the investment world too, looking at the way the world works and translating that into investment opportunities. My current role blends those two areas perfectly.

We're growing our team around our international strategy to give us real strength in moving into overseas markets, and I hope that looking forward over the coming years I'll be helping to lead the team to continue to make our international aspirations a reality.

### **So is it all hard graft?**

It is hard work, but equally it's important for me to have a place to work that is hugely enjoyable to be in. That's why I'm involved in the social committee and get involved in various initiatives for staff throughout the year. For instance, this year we had around 60 colleagues from across the UK take part in the Jersey Island Walk, raising £30,000 for charity.

Most recently, I also took part in the firm's Waterloo to Waterloo Cycling Challenge, which took us from London to Belgium. We covered 120km on average each day and raised £20,000 for charity. It was a fantastic project, and a great example of the kind of thing the firm supports as part of its community engagement activity.

**To find out more about Brooks Macdonald visit [www.brooksmacdonald.com/offices/jersey](http://www.brooksmacdonald.com/offices/jersey) or call 01534 715 555**





## New Directors at Crestbridge

Crestbridge has appointed Michael Newton as Head of Fund Services in Jersey and John MacFeeters as Client Director. Michael and John will join current Crestbridge Directors Sarah Rayson, Elliot Refson and Alex Le Quesne with a remit to develop the firm's international funds proposition from its Jersey office. Michael has over 20 years of experience in fund administration and in providing high quality services to multi-jurisdictional fund investment structures. He takes on responsibility for clients and growing and developing the firm's fund services business from Jersey. He joins Crestbridge from State Street in Jersey where he was a Senior Vice President. Meanwhile, John brings with him more than 10 years of experience as a practising lawyer specialising in Jersey funds as well as being a Solicitor of the Royal Court of Jersey. As Client Director he is responsible for overseeing the administration of a portfolio of private and regulated public fund structures, whilst maintaining and developing relationships with existing and potential new clients and intermediaries. He joins Crestbridge from Mourant Ozannes. John also spent time recently working with the JFSC.



## Sure appoints head of customer strategy and operations

Sure has promoted Niamh Ó Maoláin to head of customer strategy and operations. Niamh was appointed as Net Promoter Score (NPS) manager last year and was involved in running Sure's customer satisfaction surveys. As recognition of her success in the role she has now been promoted to head of customer strategy and operations. She is now responsible for Sure's customer support centre which addresses customer queries and provides advice on the company's products and services. Niamh analyses the feedback customers share with Sure and ensures that all business decisions and strategies are implemented to improve the overall customer experience across the business. She'll be heading up Sure's customer service team of 27 employees who provide support to customers across Sure's operation in the Channel Islands and the Isle of Man. She also coordinates the customer feedback programmes across the four other jurisdictions of Sure's worldwide operation and the global Batelco group.



## Senior appointment at RIMI

Rathbone Investment Management International has strengthened its business in Jersey with the appointment of Matthew Sutton as a Client Director. In this role Matthew will be responsible for developing and maintaining important relationships, both with intermediaries and clients in Jersey, Guernsey, Bermuda and Switzerland. Matthew will work closely with trust companies and consultants along with individuals and their advisors to assist in providing tailored investment solutions.

Matthew has worked in the offshore financial services industry since 1978 and has a wealth of experience at board and senior managerial level. A Chartered Member of the Chartered Institute for Securities and Investment, Matthew holds the Diploma in Company Direction from the Institute of Directors, a Postgraduate Diploma in Marketing from the Chartered Institute of Marketing and the Banking Diploma from the Chartered Institute of Bankers.

### Sharon De Mendonca; Global Head of People

Hawksford has appointed Sharon De Mendonca as global head of people to lead and develop the strategic direction of the HR function and to support on business deliverables. A HR professional for more than 20 years, Sharon boasts a wealth of experience in people strategy, talent management, performance management, succession planning and engagement. She has been involved in the delivery of acquisitions across multiple locations and has extensive experience of successfully building operational capability, leading change and influencing and engaging across all levels of business. Sharon will be responsible for a team based across Jersey and Asia. Sharon holds a Masters and Postgraduate Diploma in Human Resource Management and has previously held roles at First Names Group, Ogier and Ogier Fiduciary Services.



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## 'Top 35 Under 35'



### Top 35 Under 35; Mourant Ozannes's Pierre Ali-Noor

Pierre Ali-Noor, associate in the Jersey litigation practice at Mourant Ozannes, has been named in ePrivate client's Top 35 Under 35 list for 2017, the 'definitive list of young private client practitioners', with those working in the legal, accountancy, trust and residential property investment industries all eligible for nominations. Pierre is one of only a handful of Channel Islands' professionals to appear on the list. The publication cites his expertise in commercial litigation, in particular in cases involving trusts, fraud and shareholder disputes. Prior to joining Mourant Ozannes, Pierre trained both as a barrister and as a solicitor in a leading international law firm in London.



### Top 35 Under 35; Collas Crill's Julie Harrigan

Collas Crill associate Julie Harrigan has also been listed for a second year running. Julie, who has day-to-day responsibility for the Jersey arm of the pan-island private client team, specialises in all aspects of succession law and advises on and drafts wills for local and non-local clients as well as HNW individuals. She also deals with the administration of estates for local and non-local clients and assists individuals with the probate process in Jersey. In addition to her focus on succession law, Julie regularly advises on mental capacity issues, including Jersey curatorships and the registration of foreign powers of attorney/guardianship orders in Jersey. She also advises on and assists with the creation of tutelles for local clients.



### Jonathan Langan; new Chief Financial Officer at HSBC

HSBC has appointed Jonathan Langan as Chief Financial Officer for the bank in the Channel Islands and the Isle of Man. Jonathan joined the HSBC Group in 2006 in London where he held a number of Global Finance roles across Global Banking and Markets and Global Asset Management. He has been in Jersey for four years now where his most recent role has been Head of Business Finance for Channel Islands and Isle of Man. In his new position, he will be replacing Sanjay Nair who is also moving into the role of HSBC UK Head of Finance for Commercial Banking and will be situated in the UK.



### Amy Bryant; new DCEO at Jersey Finance

In taking on her new role, which also sees her being appointed to the Board of Jersey Finance, Amy will extend her existing responsibilities as Chief Operating Officer (COO) and Head of Strategic Projects for Jersey Finance to include CEO deputising responsibilities across the entire organisation. Having joined Jersey Finance in 2011, Amy, who was born in Jersey, has been COO since 2014 and also leads its Strategic Projects function, which undertakes initiatives to help develop aspects of the finance industry. Prior to that, she was a Tax Manager with PwC in the Channel Islands where she specialised in the taxation of offshore funds and Jersey corporate vehicles and provided international structuring advice to a global client base. She is qualified as a Chartered Tax Advisor and a Chartered Accountant.



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# Business News

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## The New Marketeers

The 'Professional Services Marketing Group (PSMG), Jersey' has been formed by a number of the island's senior marketers to exchange ideas, share best practice, collaborate on projects and advance the reputation of the profession locally. It is an affiliate group of the PSMG in London, a partnership set-up almost 30 years ago to focus on educating, training and empowering all those in marketing and business development. PSMG Jersey will host a number of events throughout the year, beginning with a launch event on Wednesday October 11th. Featuring case studies from HSBC and Visit Jersey, as well as a presentation by Digital Leadership Associates, it will explore current trends and best practice in digital marketing and social selling. PSMG Jersey co-founder Martyn White, Head of Corporate Marketing and Business Development at Carey Olsen, said the idea for the group had been embraced by Jersey's senior marketers from businesses such as Carey Olsen, Equiom, Jersey Finance, Sanne, JTC, Aztec, HSBC and many others.

## Volaw becomes VG

Volaw Group announced a corporate rebranding and name change to VG last month. Since being founded in 1982, Volaw Group has specialised in the formation and management of trusts, companies, funds and other structures, whether established in Jersey or other jurisdictions. Now the group is embracing its long and successful history and looking to the future. The new logo evokes the heritage of the original design while underlining the company's new set of core values and goals. Mark Hucker, MD of VG comments: "This rebrand marks a significant step in the company's evolution. We are very proud of the achievements in our first 35 years and we jealously guard the qualities that make VG special for its clients, including our independence. However we are starting on a new stage of our journey with ambitious goals to delight our clients, attract and retain the best staff and build on our fantastic partnerships. Our new name and brand represents a positive affirmation of our ethos to keep it simple and get it right first time, every time."

## Aztec Group shortlisted for Fund Administrator of the Year

Aztec Group is delighted to announce it has been shortlisted for 'Fund Administrator of the Year' at the 2017 British Private Equity Awards for the seventh year running. A highlight in the British private equity calendar, the awards are designed to celebrate innovation and excellence in the industry, recognising commercial professionalism, innovative expertise and contribution to building British businesses. The judging panel, made up of some of the leading industry experts, have shortlisted five fund services providers who they believe have set the standard for excellence in client service over the last year. The final result will be determined by combining the public and judges' votes, with the weighting split equally between the two. The winners will be announced on Tuesday, 3 October at the Awards ceremony in London.



## Appleby advises on £559m acquisition.

Appleby has provided Jersey and Guernsey based legal advice to real estate funds managed by Blackstone in relation to a GBP559 million acquisition of a portfolio of Jersey, Guernsey and UK registered investment vehicles, containing 140 light industrial assets across the UK. The portfolio, one of the largest light industrial portfolios privately held in the UK, includes a

diverse range of tenant sector exposure, such as logistics and storage, general manufacturing and construction, food and beverage, business services and health care. Appleby also acted for the respective borrowers in relation to the senior and mezzanine financing provided in order to part-fund the acquisition and the investment portfolio's re-organisation. The Channel Islands team

at Appleby was led by Andrew Weaver, Corporate Partner in Jersey and Jeremy Berchem, Corporate Partner in Guernsey. Senior Associate Chris Spencer and Associate Chris Smedley assisted in Jersey and Associate James Walsh assisted in Guernsey.

### John Kelleher; new Law Society President

The Law Society of Jersey, the statutory regulatory body for Advocates and Solicitors of the Royal Court, has appointed Advocate John Kelleher as its new President, in succession to Advocate Jonathan Speck. John Kelleher was called to the English Bar in 1991 and was sworn in as a Jersey Advocate in 1994. He has been a partner of Carey Olsen since 1995 and was appointed as Chairman of the firm in 2009. John is a prolific writer on local law and is a founding member of the Jersey and Guernsey Law Review. He is a qualified mediator and is an Associate of the Chartered Institute of Arbitrators.



### Calligo acquires across the water

Calligo has purchased the IT services division of Fusion Systems, the respected Guernsey based business serving a wide range of clients. The agreement is part of Calligo's growth strategy and gives the business a stronger local presence in Guernsey, enabling it to provide higher levels of service to local clients. Calligo is already well established on the island and operates a large cloud infrastructure hosted in Guernsey and Jersey. This provides a full range of services to worldwide clients as well as supporting a broad range of Channel Islands' businesses.

All existing Fusion IT Services contracts will continue under the agreement, ensuring that their IT services clients continue to receive full support from local staff, along with new access to the extended capabilities and information security standards that Calligo offers as a global cloud provider. Fusion's Fintech software division, that develops and supports software for the offshore financial services industry under the Flyingboat brand, is not part of the acquisition and will continue to be run by the team remaining with Fusion and led by Alan Rowe.



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### Jersey Oak branch out on their 10th anniversary

Jersey Oak celebrate their tenth year as a business this month with new premises for the growing company which features a stunning 3,500 square foot lifestyle showroom. The Genuine Jersey member can now be found down Rue Des Marettes in St Martin (opposite Ransoms Garden Centre) offering off-the-shelf and bespoke oak furniture design as well as a vast range of home accessories, showcasing the best unique homeware the Island has to offer.

Whilst Jersey Oak still offer their unique furniture commissions all lovingly made on the Island from solid oak, their showroom now allows them to display their full range of oak gifts, purchased furniture and homewares, and artwork and gifts from other Genuine Jersey members. Also featured is their range of personalised gifts, including signs, wine boxes and chopping boards all which can be inscribed with a unique heartfelt message. The Company has come a long way since its start in 2007 when Simon worked out of his garage creating custom pieces of furniture. With the support of Genuine Jersey, with whom they have been associated since the beginning, they have sold their products at craft markets and local retailers before setting up a website in 2013 to expand their online offerings beyond that of their own pieces.

Having a sense of Jersey was very important to the feel of the new dynamic showroom. Artwork from local artists includes photography by Georgie Ng, paintings by Jools Holt and Mike Power and illustrations from Stephen Davies. Buying local and supporting Jersey talent is something Simon feels very strongly about and he would like to feature more of his fellow Genuine Jersey member's products in the showroom in the future. Their new home delivers massive opportunity for Jersey Oak. Simon has plans to expand the business to provide an interior design offering to complement their existing furniture design and restoration/repair services. The large retail space also enables them to display a range of outdoor furniture, which come winter, will be transformed into a Christmas shop with a strong Genuine Jersey feel.

Genuine Jersey Chief Executive John Garton said: "There is great cause to celebrate the success of Jersey Oak and we are encouraged by the work of Simon in keeping Jersey produce at the forefront of his business, showcasing the work of other local artists and Genuine Jersey members."





## Prosperity 24.7 - Investing in your future

Whilst I have never considered a career in technology, having spent some time with Chris Clark, CEO of Prosperity 24.7, I now have a better understanding as to why it should definitely be on the top of the list for future generations. Technology and its fast paced development underpins almost everything that touches our lives on a daily, nay hourly basis. Chris came in to explain why investing in people's future is critical for a prosperous career in technology, something more of us should consider if we love innovation and creativity.

Having worked in the technology industry for over 20 years Chris has gained significant across the board, he's seen that in Jersey you can thrive by serving a breadth of complementary services in technology. Similarly, as an individual, if you can build transferable technology skills, you will thrive. This means Prosperity 24.7 are looking to grow their diverse team, to ensure they have the very best people to help them to continue to provide the very best solutions across the Channel Islands and their International client base.

At the moment our business spans strategy & change, technical solutions (infrastructure / managed services), business solutions (apps / financial analytics) and training serving clients across 20 countries worldwide.

The strategy & change team have seen phenomenal growth over the last two years, we could employ three more Senior Project Managers and Business Analysts tomorrow and they would hit the ground running.

deliver fantastic operational insights to help our clients to prosper".

### What is it like working at Prosperity 24.7?

"Whilst it may sound obscure, we know that if we look after our community, our clients and our colleagues we will prosper – this has become our cultural mantra and is reflected in everything we do.

We aren't a company who does CSR to just tick a box, we do it because, even from day one, it's part of our ethos. For example, we held Prosperity Day for the third time this year. The event saw 18 local businesses racing head to head with 54 riders on turbo trainers raising £18,742. In just three years we've raised £50,699 for local charities which we believe has positively impacted more than 12,000 lives across the Islands – This is simply phenomenal!

We've had people jumping out of planes, helping Caring Cooks, running Iron Man challenges or representing the Island at Table Tennis amongst other things. We try to provide support and flexibility for our colleagues, enabling them to do anything they can to help the broader community."

So if you are looking at investing in your future and would like to become part of a great team with incredible connections with the global technology industry, it seems that there is only one company to work for – Prosperity 24.7.

*"We want to encourage people to flourish, thrive and prosper, to become the best that they can be. If this means that they join us, we invest in their skills and over the course of a few years they decide to progress by starting up their own business, that is a phenomenally positive outcome!"*

"A large part of what we're currently trying to do is work to educate parents as well as children making their career path decisions. Many parents will want to encourage their children into traditional, perceived safe, careers, which when you look at the economy at the moment, some are going to be automated by technology.

We want to encourage people to flourish, thrive and prosper, to become the best that they can be. If this means that they join us, we invest in their skills and over the course of a few years they decide to progress by starting up their own business, that is a phenomenally positive outcome and it should be the measure of a healthy industry!

Our technical solutions team want really senior infrastructure people. Dealing with enterprise level engagements, so anyone who's an aspirational in-house IT specialist and wants a career in consulting, then we would offer the perfect 'next step'.

The business solutions team, our software developers, are looking at senior candidates in software development and analytics. This is the really creative end of what we do, so we're ideally looking for people that can take an idea through its journey from inception, garnering leading edge research from the industry, then applying this knowledge to innovative solutions to meet regulatory demands or

# If we look after our community, our clients and our colleagues we will prosper.



**12,114**

Islanders' lives positively impacted by Prosperity Day



**50,699**

Pounds raised from Prosperity Day alone



**17**

Charities supported in the last four years including one dragon boat victory



**100**

Miles cycled on the hottest day in history



**1,250**

Pounds to spend every two years in our BYOD (Buy your own device) scheme



**1**

Beach Day for families and frequent social events with colleagues and clients

## Prosper

At Prosperity 24.7 we're committed to achieving a prosperous work life balance whilst providing market leading innovation that keeps our clients connected and working 24/7. We are acknowledged internationally as a leading Microsoft CityNext and Dynamics partner, our growth is fuelled by our young and dynamic team which we would love you to be a part of.

## Join Us

If you're interested in a career in innovation and digital transformation as well as a hunger to drive prosperity for our clients we'd like to hear from you. We're recruiting at several levels including graduates. If you'd like to learn more, drop your CV to [talent@prosperity247.com](mailto:talent@prosperity247.com) or call Chris Clark on 01534 877247

# Prosperity<sup>24.7</sup>

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The value of investments and income arising from them may fall as well as rise and you might get back less than you originally invested.

Rathbone Investment Management International is regulated by the Jersey Financial Services Commission.



# HARDWARE





WORDS Russ Atkinson

**With a number of European countries recently announcing a future ban on the sale of non-electric vehicles that's almost making Brexit sound like it might have at least one small plus-side, given that British institution BP still have at least 17,810,000,000 barrels of oil they're yet to sell us, and battery technology advancing exponentially by the day, should we be thinking of going electric or rather just keep calm and carry on in the most British way possible?**

It's a rubbish expression born of an effective marketing campaign, but electric cars are *a bit Marmite*. On one hand you have the staunch supporters; trendsetters and eco-warriors who'd never drive a dated, fossil fuel incinerating, almost obsolete example of technology ever again as for as long as they live, and on the other you have the die hard petrolheads; those who swear that a car smelling of hot oil and sounding obnoxiously noisy are the key ingredients to any motoring experience. Yet everyone can appreciate the fine lines of a classic, right?

So, car owners of the future, where exactly do you go to get your fix for timeless motoring if you're hell bent on saving the planet? Well, actually there are a few places you can try; Zelectric in the US, Electric Classic Cars in Wales and even Jaguar Land Rover in Coventry (...and Mumbai).

That's right, last month Jaguar Land Rover announced a drop-in package to convert any XK engined Jaguar from petrol to full electric, and in the E-Type Zero car they unveiled not only is the weight distribution virtually unchanged but it's also slightly lighter overall (around 46kg) and therefore faster than the original Mk1.5 Roadster it

was built from. I'm not sure it'll do 150mph for very long, but then it's debatable as to whether the original E-Type could achieve that in any case. If this idea takes off, expect any future remake of Inspector Morse to feature a zero-emissions Jaguar Mark v2.0.

By far the most popular conversion on both sides of the Atlantic though are old Volkswagens. With vastly increased power, double the original output in most cases, yet vastly altered weight distribution by carrying the weighty batteries up front and a much lighter electric motor in the rear, they're not cheap but they are a good way to

take an iconic car and futureproof it in the same way that Jaguar plan to do with their E-Type Zero. Zelectric's conversions even boast that the vehicle can be returned to an original state with ease if required, and although Electric Classic Cars in the UK do tend to do a bit of chopping and welding to accommodate the new powertrain whilst they go about their business of otherwise faithfully restoring the donor car of your choice, the levels of workmanship look incredible. With small touches such as relocating the charging port to underneath the original fuel filler caps, updating the lighting to low energy LEDs and in the



case of their 911E adding electric power steering to prevent you from having to wrestle your seventies Porsche into a parking space. They've even adding storage for the Targa top in the rear above the motor and might've just about thought of everything.



*“That’s what I just couldn’t get on with in the original Tesla Roadster: the lack of gears.”*

With around 200 miles of range from one charge, the current battery technology used by Electric Classic Cars, utilising technology from Tesla, is probably comparable to a tank of fuel with the original 3.2 litre engine in the 911E in any case and with an overnight charge you're good to go again. Sure, you'll not be taking your classic on the Mille Miglia any time soon but for practical day to day use it's not a bad proposition. Add to that the cost of a decent 911 from that era these days anyway (there's a Turbo for sale locally for £89k) and the cost to buy an all-electric 911 is likely comparable too. Not to mention that, unlike a lot of original manufacturer offerings, these third party conversions tend to keep the clutch and gearbox, and that's what I just couldn't get on with in the original Tesla Roadster: the lack of gears. It just didn't feel like driving an actual car - it just lacked involvement. Of course, with the torque that a modern electric motor puts out you can just pop your electric conversion in fourth, forget about the clutch and just use the accelerator and brake to go and stop, but it's nice to know that the gears are there if you want to remember what driving used to be like in the good old days. Albeit a fair bit quieter.

What does all of this mean for the future of motoring though? Well, for one it means Volkswagen buses that can actually go up hills, and I think that's good news for everyone. Just imagine - tailbacks after Glastonbury 2040 might even become nonexistent! As a fan of many of the cars that are being converted, part of me is in awe of the work being done. But part of me is also pained, because it doesn't seem right to be chopping them up like this. And who wants a fast and efficient Range Rover classic anyway? Part of their charm is that they're sluggish to drive and you have to marvel at how Rover managed to squeeze a mere 115bhp out of their asthmatic 3.5 litre V8 by strangling it with a couple of Strombergs. But then, I'm probably not their target market anyway. I'm not in the market for a £90,000 car and wouldn't find enough to tinker with in the garage of a weekend on an engine with one moving part. Ask me again when BP's reserves are down to a mere million or so barrels though and I might answer differently.

## FACTS YOU NEVER KNEW YOU WANTED TO KNOW ABOUT JERSEY'S ENERGY FROM WASTE PLANT

We were fortunate enough to have been given access to the EfW plant at La Colette this month to use as a location for the Gallery fashion photoshoot, but what do you know about the plant itself? This is what we learned...

- The Jersey EfW is one of the cleanest plants in Europe with some of the lowest emissions achievable with the technology installed
- The EfW has a maximum design throughput of 105,000 tonnes of waste per year and can incinerate up to 16 tonnes of waste per hour
- In Jersey we generate almost 70,000 tonnes of burnable waste every year
- The EfW is manned 24hrs a day, 365 days a year by 18 shift operators who work through Bank Holidays including Christmas and the New Year.
- In total there are 28 people running the facility.
- The Energy from Waste facility is actually two waste incinerators; two steam boilers; two flue gas treatment plants and a power station.
- The EfW operates for almost 7500 hours per year and has two outages per year in April and November to refurbish and maintain the plant.
- EfW has a maximum design throughput of 105,000 tonnes of waste per year and can incinerate up to 16 tonnes of waste per hour.
- The heat released by incineration is captured by the waste heat boilers which produce up to 47 tonnes of steam per hour.
- We generate electricity at 11,000 volts ac and export this to Jersey Electricity via our main transformer at 33,000 volts ac
- The steam drives a 10,000KW turbine to produce electricity most of which is exported to Jersey Electricity and into our homes and offices
- The EfW is now the largest producer of local electricity in Jersey and can generate enough electricity to power 8000 homes
- Once the incinerators are at operating temperature additional fuel is not needed to keep the boilers operating. So all the electricity produced is "green electricity" and replaces any fossil fuel derived power from the continent.

**The Energy from waste are also recruiting at the moment for job opportunities please visit [gov.je](http://gov.je)**





## Outshine Thy Neighbour!

*The arrival of Autumn brings the joy of sticky toffee apples, sparklers in the moonlight and trick or treating, but what would the celebrations of Bonfire Night and Halloween be without a crowd-delighting fireworks display to put the ooohh's, ahhh's and a whole lot of colour back into the wintering sky?*

As the only professional fireworks company on the Island, Starburst Fireworks guarantee to set celebrations alight in style with their newest range of all whizzing, all delighting products. Striving to preserve the ancient art form, they stay true to the traditional methods of pyrotechnics whilst combining present day technology that dazzles. Their latest range of premium fireworks now contain even greater gunpowder content than before so produce a rainbow of potent longer lasting and brighter colours!

This year, they exclusively welcome the 'Black Cat- Gold Collection' to their repertoire, including the famous 'Arcadia' which fires over 100 screeching tadpoles into the sky producing an orgasmatron of red, green and silver explosions. The Bellagio fountain firework is their longest lasting creating

around 175 seconds of entertainment. Watch it fade through its 7 different effects including the 'snowflower' in silver titanium which snaps and crackles as falling stars descend leaving streaks of multi coloured lights in the sky. And with prices starting from just £25, they certainly outshine their competitors in style, cost and quality.

To make a truly memorable evening Starburst can design a whole professional show bespoke to your requirements. You can shop the whole extensive range online at [www.starburstfireworks.com](http://www.starburstfireworks.com), send in your order and they'll deliver top class fireworks complete with all the advice you'll need. Safety is top of their priority, so check out their Facebook page and website for their safety video. Get your Autumn celebrations off to a cracking start with Starburst Fireworks!



**STARBURST**  
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## LEARN SOMETHING NEW. TRY SOMETHING DIFFERENT.

There are a lot of things you can build. These days, that usually follows the lines of building a social media following, building a website or building a digital brand. Rarely these days do people build something REAL. However, there is nothing quite like getting out some nuts and bolts and spanners, a torque wrench, some circlip pliers and taking apart a physical machine. ....and putting it back together again.

Learning how traditional mechanics, cables, metals, plastics and all the other materials and concepts go together. Combining the art of the hands, design and physics to make something that is exhilarating, a mode of transport and in many of today's, and times past designs an aesthetic piece of art.

Brand new to Jersey, the How to Build a Motorbike Local Course is open to anyone. All ages and backgrounds. No experience necessary. The course will be held in St. Helier to make it easily accessible. The course has two dates available, one as a Winter Weekend Course in November and one as a New Years Course in January (this could even be a fantastic Christmas present for those who like new experiences and learning something new).

We all have to be honest sometimes and say that the winter months in Jersey can feel like a long stretch waiting for summer to roll around again but if you are the type of person that finds things to do and loves to learn then this course is something that could set you up to build your own projects at home, to potentially pursue a new profession in motoring, engineering, mechanics or even design, but at the very least, it's a fantastic way to be in a room full of like-minded people who share your passion for taking on a challenge.

**Winter Course: Sat & Sun November 4th - November 5th 2017**

**New Year Course: Sat & Sun January 6th - January 7th 2018**

**Only 8 Places Available.**

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# POWER UP

WORDS Rebecca Evans

When I heard the theme for this issue, my first thought was to bring you an array of power tools, but then it occurred that unless our readers are hardcore DIY enthusiasts, or using Gallery as a cure for insomnia, that might not make for riveting reading. Instead I've gone just a little bit meta, with a powerful selection of gadgets that provide juice to another powerful selection of gadgets.



## Apple iPhone 7 smart battery

Whilst portable power banks have their place of course, if you're on a night out or trying to travel light it can be a faff to carry an extra item, complete with charging cable.

For iPhone 7 owners, Powerhouse have the answer. The smart battery case combines the extra power you need, stored inside a durable and tactile case and eliminating the need to lug around excess stuff. A snug microfibre lining keeps your 'phone protected and the silicone outer feels good to hold and is slip resistant.

Charging both the case and your 'phone at the same time can provide up to 25 hours of talktime or 18 hours of internet access when set to LTE mode. Made by Apple to sync perfectly with your phone, the remaining case charge is shown on your lock screen to keep you up to date.

**The Apple iPhone 7 Smart Battery is £89.99 from the Powerhouse.**



## Biolite Wood Burning Campstove

I'm a big fan of a gadget that does more than one job, and the Biolite Wood Burning Campstove manages an impressive 3! Perfect for camping trips, overnight van stays down at Le Port (not that Gallery condones such illegal behaviour), or to have around for power outage emergencies, this 21st century stove only requires easy to find wood for fuel, and the internal fan produces a smoke-free fire capable of boiling a litre of water in just 4.5 minutes. On top of the job you'd expect from a camping stove, Biolite's patented thermoelectric generator then converts the heat produced into enough electricity to charge small devices via USB, not to mention powering the included LED emergency light - handy if you can't locate the teabags in the dark.

An LED dashboard provides real time information on the fan speed, power output and fire strength, and the design includes a protective heat mesh layer to keep the exterior walls cool to the touch, and fold away aluminium legs for stability and portability.

**The Biolite Wood Burning Campstove is £135 from [www.millets.co.uk](http://www.millets.co.uk)**

**“Walking, working out, doing the hokey-cokey and anything else that involves vigorous wrist movements (ahem) will keep those intricate mechanisms ticking over nicely.”**



### Solgaard Design Lifepack

One of the trickiest times to keep your stuff fully powered is when you're on the move. We've all been there, sitting on the airport floor beside a plug socket or begging the bar-person to serve up some electricity on the side of your mojito. On a camping trip things get more desperate. How can you achieve an acceptable level of #holidayspam if your phone and camera keep letting you down? Enter the Solgaard Design Lifepack. It's not the only solar powered backpack on the market, but it's definitely the coolest I've come across.

Unlike some inferior cousins, the unique powerbank contained in this stylish bag can provide up to 6 full phone charges from one complete solar charge, and can charge 2 devices at a time, so you can keep your phone and your go-pro juiced up simultaneously. Brilliantly, the same gadget doubles as a bluetooth speaker providing up to 96 hours of music from one charge, perfect for the festival campsite. These are big claims, but you should never need to put them to test as the powerbank will continually top itself up every time you're outdoors.

As well thought out as this tech is, it's not the only great feature of this sturdy bag, which has an inbuilt anti-theft lock as well as cut-proof fabric and secret pockets to stash your passport and cash. The waterproof materials and a hidden rain cover are handy should you encounter more showers than solar power.

**The Solgaard Design Lifepack is \$199 from [www.solgaard.co](http://www.solgaard.co) (worldwide shipping available)**



### Dulwich Designs Watch Winder

Forgive me if everyone else already has one of these, but for someone who has only recently started wearing a watch, and even then a battery operated one, I had no idea these clever little boxes were a thing until a couple of months ago.

If you're less timepiece naive than me you'll know that automatic watches obtain their power to keep time from your movements. Walking, working out, doing the hokey-cokey and anything else that involves vigorous wrist movements (ahem) will keep those intricate mechanisms ticking over nicely. All well and good if you're wearing the watch in question daily, but what happens when you sleep, or indeed you're lucky enough to have more than one nice watch to alternate? The less movement the more likely you are to lose track of time, literally.

The Dulwich Designs Watch Winder is a particularly chic answer to a first world problem. Pop your watch (or your spare watch) on the soft click in pad and select one of 3 super-quiet rotation settings. For maximum flexibility this box works on mains or AA battery power, making it ideal for travel. Whilst the version I have featured is for one piece of wrist furniture, Dulwich also produce winders that will keep 2 or 3 watches going at the same time. A horophile's dream.

**The Dulwich Designs Watch Winder is £200 from [www.johnlewis.com](http://www.johnlewis.com). Delivery to Jersey is free, and John Lewis will refund VAT.**



# PHONE HOME

## Flying Like a New iPhone

*If you're an iPhone fan then Apple's announcement of the new iPhone 8 and 8 Plus will have had you buzzing with excitement. Well, having tried them, the great news is that the new iPhones look great and pack a punch in terms of both power and capabilities.*

iPhone 8 and iPhone 8 Plus are a new generation of iPhone featuring a new glass and aluminium design in three beautiful finishes - space grey, silver and a new gold - made with the most durable glass ever in a smartphone, Retina HD displays, A11 Bionic chip and is designed for the ultimate augmented experience. The world's most popular camera gets even better and wireless charging brings a powerful new capability to iPhone.

iPhone 8 Plus features dual 12-megapixel cameras and introduces Portrait mode with Portrait Lighting, bringing dramatic studio lighting effects to iPhone, allowing customers to capture stunning portraits with a shallow depth of field effect in five different lighting styles.

*To learn more about the iPhone 8 and iPhone 8 Plus, just head to the Sure store where we'll be delighted to tell you all about them. You'd better be quick, they'll be flying off the shelves!*



## Samsung are putting the fab in phablet.

*Airtel-Vodafone's Marketing Officer, Faith Joyce, reviews the Samsung Galaxy Note 8.*

After the disaster that was the Note 7, Samsung had to really up their game when it came to the Note 8, and boy, have they delivered! The famed phablet is back, with a stunning design, a whopping 6.3-inch InfinityEdge Quad HD display, flawless software, a superb dual-camera, and of course the trusty S Pen stylus.

The S Pen is great, and lets you write notes even when the phone is on standby - no need to unlock! And, don't worry about losing your stylus - an alarm will sound if you start moving away without docking it safely.

Samsung's personal assistant Bixby is quickly becoming my best friend. You can ask him to perform actions such as opening the camera and taking a picture, or opening Facebook and writing your status for you.

Unlocking with facial recognition is easy, although be warned that you can only register one version of your face, so if you wear glasses like me, take them off before you do this. There's also the super-fast Iris scanner if you prefer.

Overall, this phablet is a winner, and worth the price if you're looking for a phone that does it all with style and impeccable, powerful performance.

*The Samsung Galaxy Note 8 is available in Midnight Black or Maple Gold 64GB, with prices starting from only £34 per month with no upfront costs when you take out an airtime plan. Price correct at time of print.*



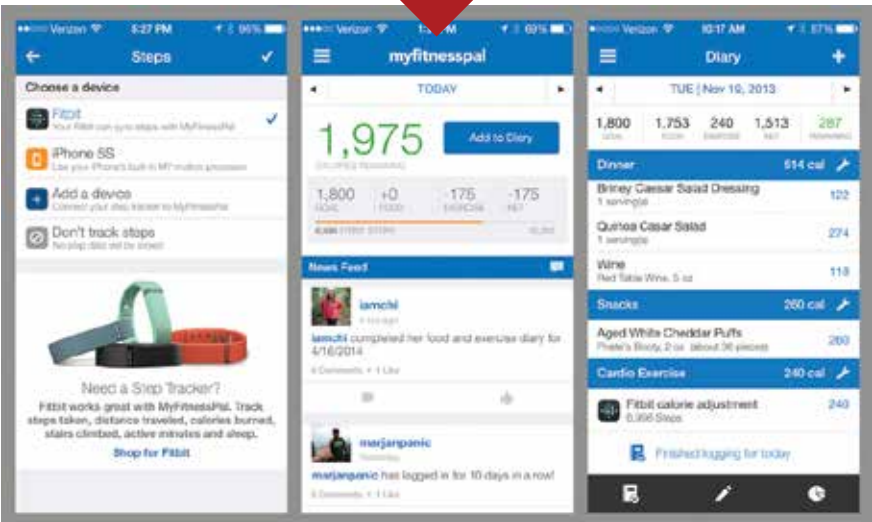
## Airtel-Vodafone's top app for...

## HEALTHY EATING

One key to taking the leap into habitual healthy eating is to track your food intake and nutrition. MyFitnessPal is a free, easy-to-use, calorie and nutrition tracking app with the largest food database by far (over 5 million foods). You can quickly add in every meal you have, and if you're a creature of habit, you'll find your favourite regular meals saved for quick entry.

Plus, you can connect the app with over 50 devices, so all the info is linked to your phones Health app, or your fitness tracker, including Fitbit, Jawbone, Garmin and more!

*Available free from App Store and Google Play.*





# SPORT



# BULLSEYE!

PHOTO Danny Evans

**Having met the Jersey golfer that's the world's best golfer last month, this month we meet another number one, Lucy O'Sullivan, who is presently ranked number one in the UK for her archery!**

**What first made you want to shoot arrows at things?**

My dad used to run the archery club at De La Salle back in the 50 and 60s (it's their 100 year anniversary now, so it's quite cool for me knowing that a school in Jersey was into archery, even though it was a while ago). He was always into archery and coaching. As a little girl I used to watch him compete and wanted to shoot too. I started with the bows that had sticky arrows that you could shoot at a window. When I moved to Jersey I started shooting properly in 2000 and my invite to Great Britain team was in 2004. I haven't looked back since, it did help that I had a great coach and my mum has always been the best support team!

**You're pretty good at it, what was your first competition like?**

My first competition was in Jersey against my sister, I was pretty bad with the Olympic discipline, I lost, so I swapped to compound archery. With every loss there is a success.

**Would you hunt food with a bow and arrow if you had to?**

My coach is an American and he has built up his name and career by doing this. I however will wait for the zombie apocalypse to do so, I can't imagine killing something unless I was going to eat it, and we just don't have the need to do that here!

**You're a personal trainer, do you have to mix the disciplines?**

My personal training has been awesome for my archery career, it gives me the flexibility to go to a competition every weekend, my clients are great and are so supportive (thank

you guys). They know that when I'm back I will work them hard so it is not too much of a concern. I am quite picky about technique with everyone but I think that comes hand in hand with being an archer. It is all about getting your body into that perfect alignment for optimum muscle efficiency and I treat my training in the gym, with myself and my clients the same. There is always a better position the body can be in.

**“I started with the bows that had sticky arrows that you could shoot at a window. When I moved to Jersey I started shooting properly in 2000 and my invite to Great Britain team was in 2004!”**

**What other sport would you like to have a crack and at why?**

For my height I think I should have always been a horse rider (I'm small and strong) we did it a bit when we were kids, but with the archery travel I could never afford it. If I had grown when I was younger, I wished I could have been a tennis player. I think I would have to be 5 inches taller than I am now! I would have loved to have been class at that sport and had the opportunity to mingle with Federer.

**You're heading to the world championships in Mexico, what do you expect and how's your Spanish?**

My Spanish is pretty much 'zero' I'm afraid to say, but luckily the world archery

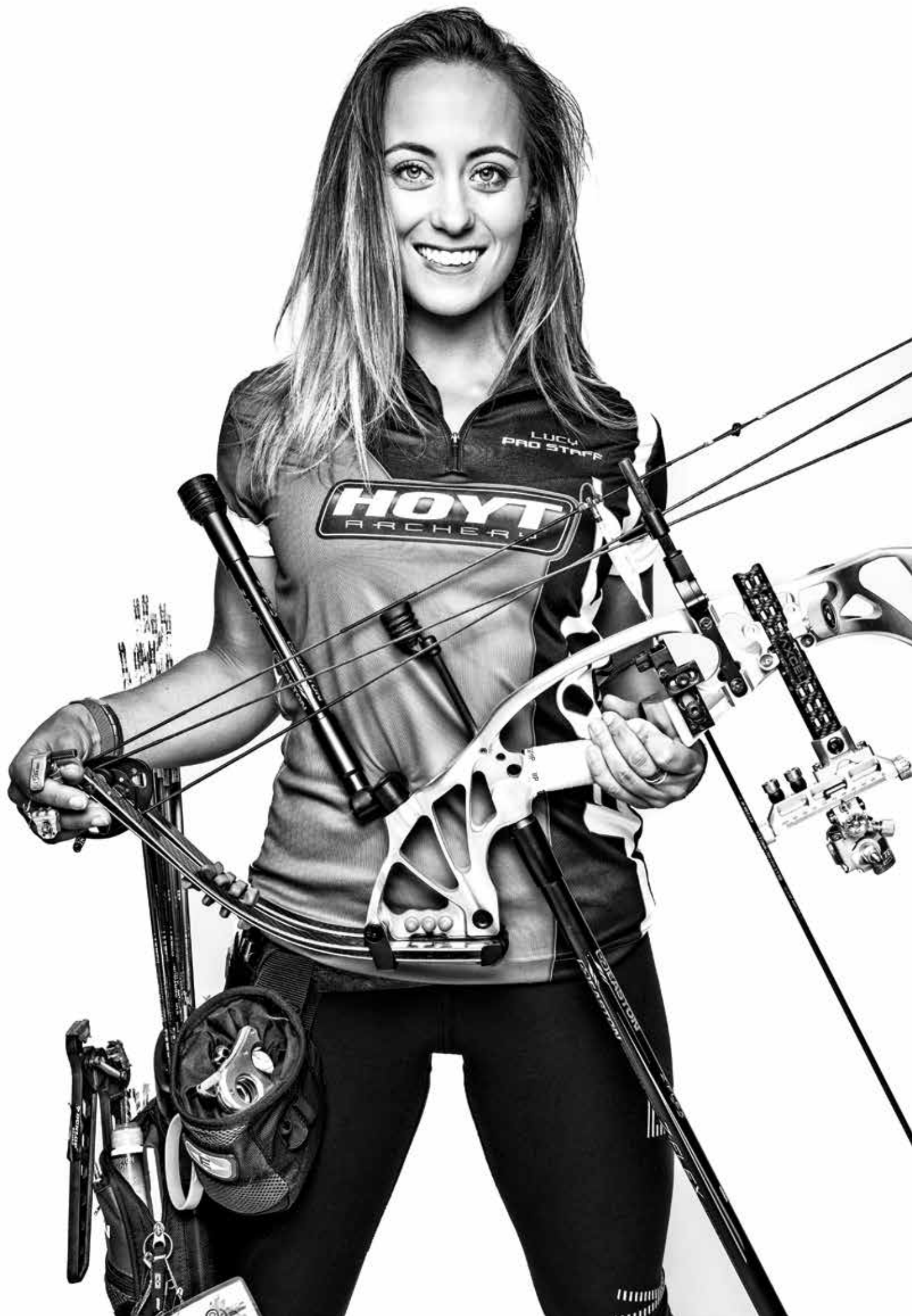
language is English and French. So I can get away with talking to different countries and at different competitions with those languages. I'm expecting great things out in Mexico, I'm on for being number 1 in Britain in the rankings, I'm off to the National Series finals (which is the top 8 women in GB) and we came second in the world in Berlin this summer; so whatever happens it's been a great year, I just need

to enjoy Mexico and shoot the way that I'm shooting now, thanks to my coach, who I saw in USA in April.

**What would be your advice for anyone thinking of picking up a bow?**

It's harder than it looks to become "good" at archery, so if you want to get some serious satisfaction from the sport, go to a club and get some coaching. Both archery clubs are looked after by the Archery Association of Jersey so check them out, and join up. The other thing to mention is ENJOY it. This year I have really fallen in love with my sport again. And guess what? That's equalled success!

**Check out Lucy's archery at [lucyosullivanarchery](#) (Facebook) or [@lubowandarrows](#) (Instagram)**







## WET & WILD

IT'S CERTAINLY THE TIME FOR COMPETITIVE EVENTS IN JERSEY. WITH THE JERSEY MARATHON AND SUPER LEAGUE TRIATHLON TAKING PLACE JUST AS WE GO TO PRINT, WE WERE WOWED BY THE AMAZING SHOTS SENT THROUGH BY THE TEAM AT BRECA FROM THE BRECA JERSEY 2017 LAST MONTH.

There are no bikes to relax on in this discipline; 47 kilometres of cliff paths and 6.5 kilometres of ocean swimming isn't for the faint of heart! The organisers tell us that 2017 was an exceptionally tough race too. Although the high winds of the preceding days had abated somewhat, there was sufficient swell left in the water to push the teams to their limits.

The course has swimming stages on three sides of the island, and the sea state on each can vary dramatically. And so it was this year, as the benign waters on the first few swims rapidly gave way to swell, currents and churning eddies. This is where the team aspect of swimrun came to the fore – the teams had to work together to find the right line on the swims and pick their way over the technical, rocky transitions. So challenging were the conditions that athletes that raced both years found themselves 40 minutes behind their previous times.

**“Although the high winds of the preceding days had abated somewhat, there was sufficient swell left in the water to push the teams to their limits.”**

This is not to belie the challenges also presented by the coastal path. It's no exaggeration to say that the trails on Jersey are world class: they encompass rolling hills, steep climbs, technical descents and fast cliff top stages. Around each corner is a stunning new view of the island, the sea, of crumbling castles and Martello forts - it's hard but rewarding running. It was inspiring to see everyone adapting and working together to tackle the course – congratulations to you all, what an amazing achievement.

The organisers were quick to thank the brilliant Breca Jersey volunteer team for their hard work and good humour, providing fantastic support for the athletes throughout the course and we would also like to thank the water safety team who performed their job exceptionally in challenging conditions.







## BRECA JERSEY RESULTS

### MENS

- 1st:** Horny Nutella *Nick Thorne & Richard Tanguy*, **07:23**  
**2nd:** Chris and Dave *Dave Howell & Chris Bell*, **07:50**  
**3rd:** Ren & Stimpy *Jonathan Haworth & Chris Ashton*, **08:39**

### WOMENS

- 1st:** Team LJ *Jenny Fitzgerald & Lisa Howley*, **09:27**  
**2nd:** Waverunners *Rose Leith & Gabriella Dillon*, **10:10**

### MIXED

- 1st:** Old Man and the Jock *Peter Haworth & Alisa Macfie Main*, **09:47**  
**2nd:** The Water Babies *Robert Kenning & Jude Harford*, **10:10**

## BRECA JERSEY SPRINT RESULTS

### MENS

- 1st:** Scott & Andy *Andrew Ruddy & Scott Doherty*, **03:40**  
**2nd:** Coalition of Chaos *Simon Griffiths & Ian Jones*, **03:43**  
**3rd:** The Jamaican Urchins *Nicolas Riviere & Guennolé de Trogoff*, **03:45**

### WOMENS

- 1st:** The Two Suzies of the Apocalypse *Suzy Cole & Suzanna Crane*, **04:05**  
**2nd:** Down from London *Claire Pepper & Rhian Ravenscroft*, **04:13**  
**3rd:** Joannies Round 2! *Jo Pickering & Annie Pickering*, **04:20**

### MIXED

- 1st:** Lord & Lady: *Rachel Hales & Steven Lord*, **03:47**  
**2nd:** Rock Lobsters: *Frankie White & Andy Crane*, **04:17**  
**3rd:** Jumping Llamas: *Jade Wright & Chris Goldsack*, **04:28**



### Smooth Qualifiers

### The World International Triathlon Union Final

11 of our Jersey athletes qualified for The World International Triathlon Union final, held in Rotterdam on the 14th-17th September, to go head to head in gruelling competition against the best triple threats of the world. A series of qualifiers have been held in the UK over the last year where the top 4 from each race go forth to the next round. Katie Silva qualified at Eton for the sprint distance along with Ollie Turner with Mel Messervy (who came 1st in her age group), Philippa Worth and Louise Bracken Smith qualifying on 24th June. Jo Gorrod who got 1st place at the Island Games, Tom Perchard and Nick Gorrod all entered the race at Redcar a few weeks ago to qualify as well as Della Roderick and Nick Saunders qualifying in Yorkshire. Along with those making up a healthy Jersey squad to represent Team GB at Rotterdam, Fintan Kennedy and Louise qualified as Irish Overseas Residents. Although our athletes were busy taking places on the podium and picking up medals to give us a full low down, Mel Messervy (who came in as the 2nd GB athlete in the Olympic Distance Race in Rotterdam) said there were some awesome results to report including a silver medal for Jo Garrod and places secured for the World Championships in Australia next year! We look forward to catching up with the athletes to hear all once they stop for a well deserved break!





# POWER UP,

## BRAZILIAN STYLE.

WORDS Jess Stanier

**I've never really thought about my strength until I found myself into a bit of a sticky situation, where I was trying to push a 6foot-something, very drunk man away from my direction on a night out. He'd got himself in one of those states where he clearly just wanted to talk and talk, and had just decided that I needed to be whispered to, in the smoking area outside the Royal Yacht. Needless to say, he had absolutely no idea about personal space whilst encroaching closer and closer into mine.**

I tried to back away but I'd got myself stuck in a corner, trying to duck under his arms. Just as I went in for what I thought would be a very strong hand-on-chest-push, I realised that I may as well be trying to push a house over with a feather. Were my arms really THAT weak? That was the moment I realised; this guy was just an annoying heavy-breather, talking too close to me on a night out. Imagine if the situation was a really bad one? What would I have done? How would I have defended myself? Could I?

After mentioning the story to a gym-friend, he suggested I try Martial arts. Apparently

I would learn to 'use a stronger person's weight and power against them'. As we talked, all I could think about was the music video Kung-Fu Fighting; me in a funny white pyjama-set, kicking and 'haaaaaa-yaaaaah'ing all over the room. Besides that daydream I was also wondering how martial arts would help, whether a normal 5-foot-2-curvy-26-year-old-non-skilled-female could pick up what seemed like a really difficult and old 'art' form and thirdly, what 'Martial' meant? Was it was just a name, like Marshall Mathers? I had a moment of self belief and found myself agreeing to go along to a group sesh the following week, and giving it a bash.

I really had no idea what to expect, or even what to wear? I mean I didn't own big white pyjamas and I felt a bit assumptive buying some, so I thought I would just go casual-active-wear and hope for the best. I reached the door, feeling extremely nervous about taking a class with not one person I know. I was also wondering what the HELL I was doing thinking I could learn a new skill like Martial Arts – and thirdly wondering what the HOLY HELL Martial Arts really was, and would we be dancing to Kung-Fu fighting?

My fears quickly abated. No one was in the white pyjamas (turns out that was actually the following day's class) so my leggings



and tee was perfect. Well done me. As I walked into the steamy room I saw a large 'herd' of athletes, all dressed in black, moving as if in a zone of their own. Each was rotating in a circle whilst looking down, hunched and moving shoulder to shoulder. For the random onlooker, this group of people look like listless, well-built zombies... but, nope, this was the Brazilian Power Team. And in about 5 seconds, I would learn why their middle name is 'Power'.

There were about twenty of us in the humble training room, a big space filled with what I can only describe as crash mats. Soon we were being lead by the shapely coaches, copying their movements, running circuits, leapfrogging over one another and



We start in pairs, and alternate between attacking and defending - with one person holding the 'power' of that position, and the other person getting out of the position, utilising the moves that the talented coaches patiently taught us.

**“I’ve never seen stamina like it. Shortly after warm up, while us newbies were getting our breath back and learning how to kick, the regulars began doing the coolest looking jumping spinning kicks I’ve ever seen, landing each one with deafening power.”**

ducking under legs before sprinting across the mats. It's 'Fight Camp' I'm told by one of the regulars, the time after summer where all the athletes are getting into top shape for their upcoming winter season of competitions. I've never seen stamina like it. Shortly after warm up, while us newbies were getting our breath back and learning how to kick, the regulars began doing the coolest looking jumping spinning kicks I've ever seen, landing each one with deafening power. It is AWESOME! I'm sure I saw the beginners eyes change, and we were all suddenly working our asses off to master the technique and put our all into kicking those pads, each imagining that someday we could be like those guys.

The next hour and a half consists of 'drilling' (basically rehearsing or repeating a series of) various moves and situations.

By this time I'd gathered that about half of the group are new kids on the block, like me. Fight Camp has attracted quite a few people who I realised have experienced a similar situation to me; questioning their strength and power and wanting to learn a couple of moves that could help, should they ever need to protect themselves in real life.

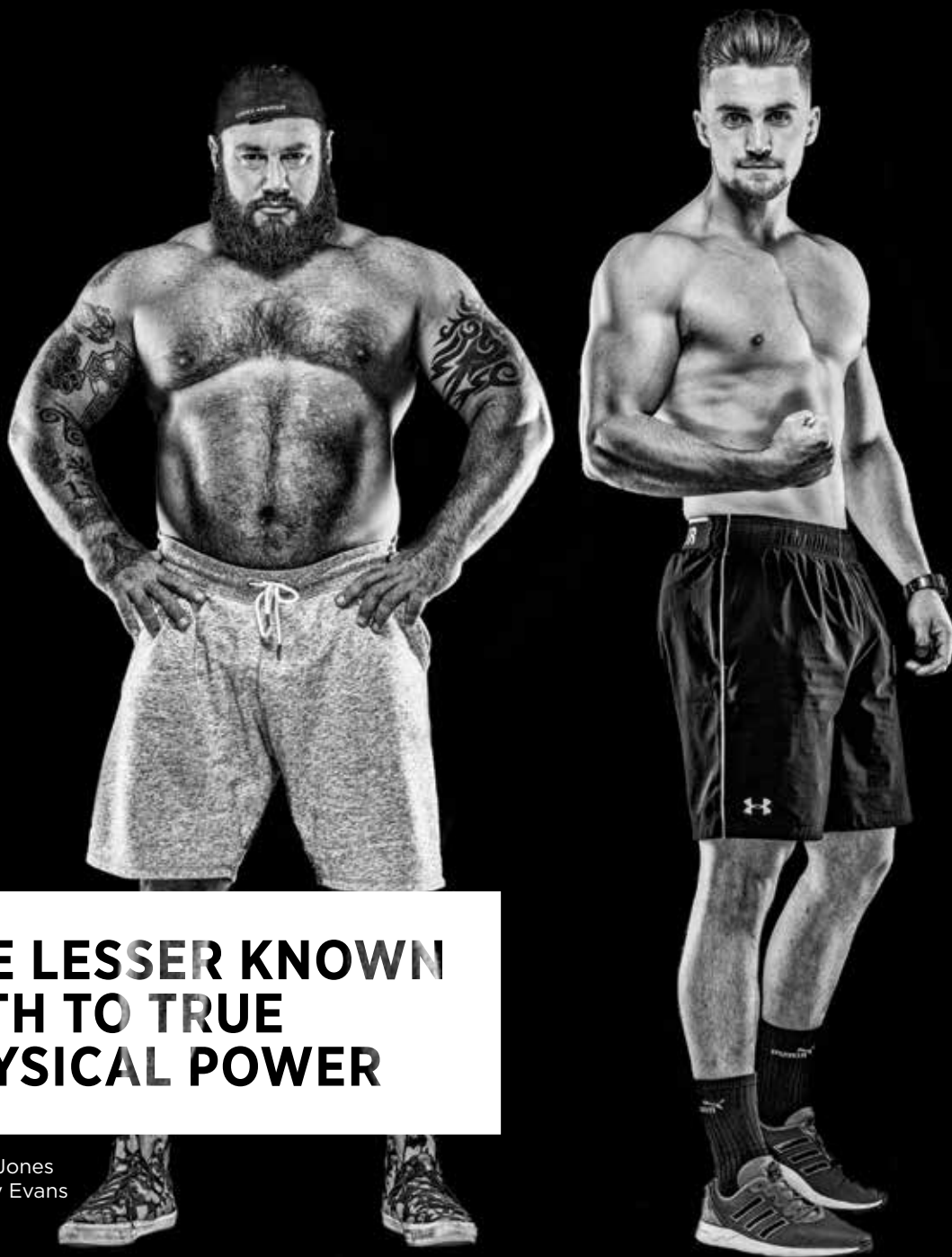
My main disappointment is that we did not wear white pyjamas and sing the song in my head but I mean, I did walk away from my very first session knowing at least one way to counter an attack. Which, is pretty damn cool right? In that session, I sweated, I worked my ass-off, and I left feeling serious 'power' knowing that I was more equipped than I was an hour and a half previous.



## WANT TO POWER THE POWER?

Brazilian Power Team are looking for sponsors. As Jersey's most active competition team, the local athletes from BPT attend events nationally and internationally - bringing home gold medals is something they're well versed in. But competing is expensive, and to keep up their brilliant work, they need financial support. Interested? For more info [bptjersey@gmail.com](mailto:bptjersey@gmail.com). If you'd like to get a little more serious, the islands's next MMA event, Rumble on the Rock, on 2nd December is offering the opportunity for 'White Collar' or 'no-experience' competitors to get involved! Take a new challenge, raise money for charity and get in top-shape by signing up to the 12 week fight camp, before showing what you've learnt in the Octagon in December!





## THE LESSER KNOWN PATH TO TRUE PHYSICAL POWER

**WORDS** Rick Jones  
**PHOTO** Danny Evans

**Over the last three-or-so-years, there's a standard line in 'small talk' that's developed between nighttime customers I meet (I work – perhaps stereotypically – as a doorman, these days).**

You see, during this time, along with a few other Islanders, I've devoted myself to something of a niche sport – one that changes you psychically, mentally, neurologically and, in my case philosophically.

Said conversation usually goes along the lines of:

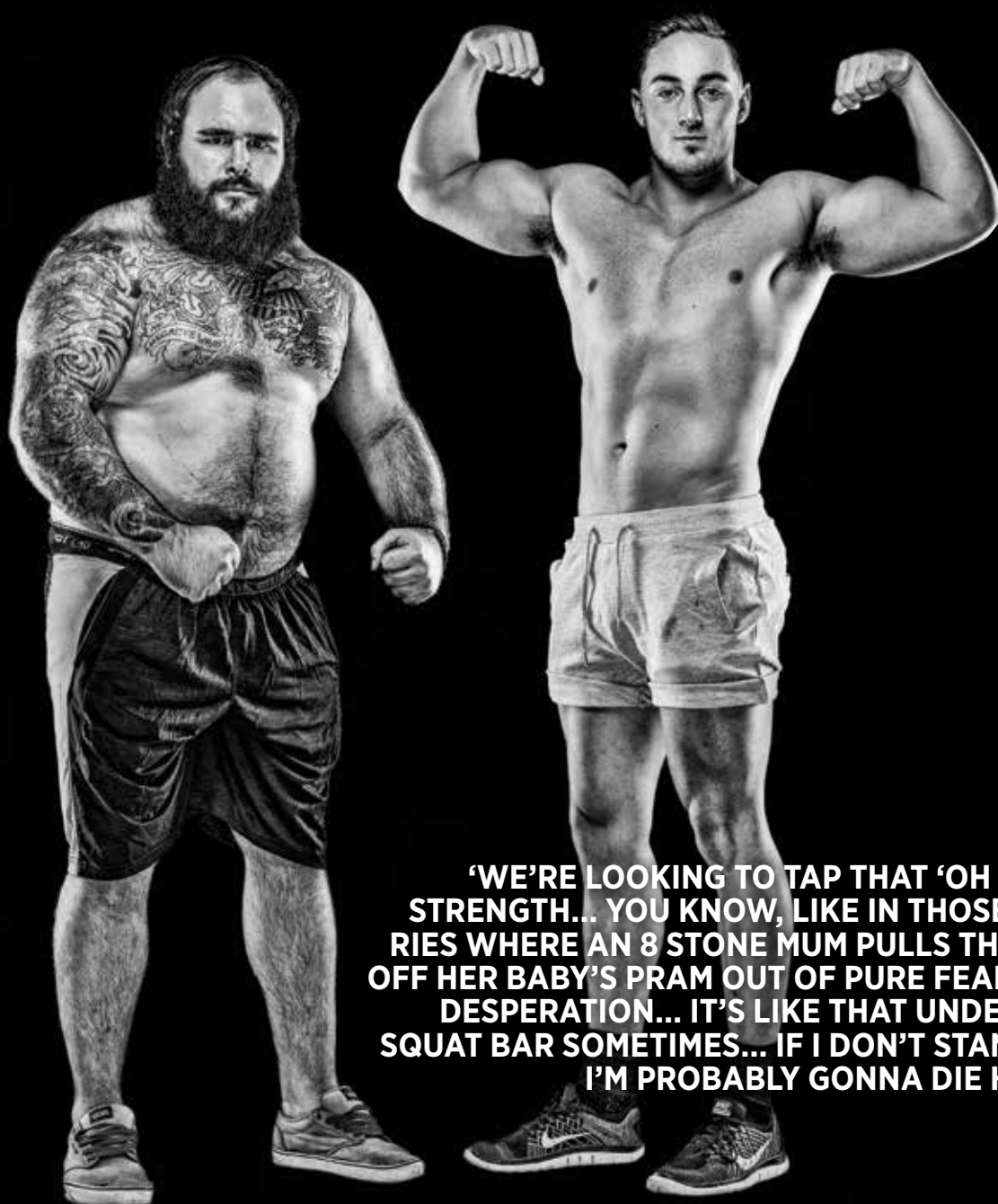
**Customer:** “(Insert expletive), you're a big lad...”, usually followed with a confused “(are you a) Rugby player?”

The confusion is fair enough, I currently weigh around 140kgs or 22 stone in old money.

**Me:** “Erm, thanks... I think, and no.”

**Customer:** “You obviously work out though... (confused) are you a bodybuilder?”

**Me:** “I do lift weights, yeah. Not a bodybuilder though. I compete as a powerlifter.”



**'WE'RE LOOKING TO TAP THAT 'OH FUCK' STRENGTH... YOU KNOW, LIKE IN THOSE STORIES WHERE AN 8 STONE MUM PULLS THE CAR OFF HER BABY'S PRAM OUT OF PURE FEAR AND DESPERATION... IT'S LIKE THAT UNDER THE SQUAT BAR SOMETIMES... IF I DON'T STAND UP, I'M PROBABLY GONNA DIE HERE!'**

**Customer:** "Oh, right... like on the Olympics?"

**Me:** "No, that's weightlifting".

**Customer:** "Ahh, so like World's Strongest Man, then."

I usually end it there with a "yeah, sort of". See, the truth is that although many World's Strongest Man competitors do or at least have competed as powerlifters, it's a different sport again from the stuff you probably watched at Christmas/New Year featuring

mostly Scandinavian giants pushing, carrying and throwing all manner of weird and wonderful (and heavy) implements.

You see, unlike the Olympic sport of weightlifting - which requires the mastery of a huge amount of technique, speed and flexibility - or Strongman which evolved from Highland Games and is equal parts athleticism, strength and the ability to withstand torturous suffering - powerlifting is about just one thing: building and displaying pure brute strength.

Sure, you have to learn some technique - mostly so you (hopefully) don't get injured - but simply put, Powerlifting is an all-out attempt to lift as much weight as you can for just one repetition in the squat, bench press and deadlift, respectively.

Competitions take place using calibrated weights loaded onto specific bars and on 'platforms' like the ones you see the Olympic Weightlifters using.

**CONTINUED...**



## CONTINUED...

They always begin with the Squat lift. Taking a barbell with a weight of your choosing (your first is known as your opener) across your lower shoulders/upper back, you sit into a squat until the crease of your hip is lower than the top of your thigh, then you stand back up again. Sounds simple, doesn't it?

Trust me, at the kind of weights required to be competitive, it will not only test your leg strength, but your core strength (the bar will 'fold you up' if you don't brace yourself well), balance and even will to live. Hell, it even tests your courage... stepping under 300-plus-kilograms (a weight that could and might injure or even kill you) requires you to absolutely believe that you can do it! If you don't, you won't.

After three progressively heavier attempts (you aren't allowed to go lighter than the weight you choose to open), the competition moves to the Bench Press.

Here, you lay on your back on a bench, the weight is passed out to you, and the referee gives you a 'start' command, whereby you lower the bar to your chest and stop. When the ref gives the 'press' command, you lift the bar straight up over your face and hold it - again, weights can be up to quarter of a ton here, and require some self belief. Lastly, the ref calls 'rack', and you return the bar to the hooks on the bench.

Three (progressively heavier) attempts at 'benching', and you move on to the most primal, beastly lift of all: the deadlift. It's simple, but don't confuse that with 'easy'. You simply grip the barbell from the floor, start to stand up and drag that sucker up your shins and thighs until you can 'lock out', stood up erect and gripping for dear life to the weight that's trying to remind you that gravity always wins in the end.

Romantically, you say "not today, gravity", except you don't... you're too busy praying for the ref to say 'down', so that your lift is over, and was satisfactory.

**'IN THAT MOMENT, WHEN THE WEIGHT IS CRUSHING YOU AND VICTORY IS MERE INCHES AWAY, YOU DON'T HAVE TIME TO STRESS ABOUT THE BILLS OR YOUR CHRONIC PROBLEMS, YOU'RE JUST 100% IN TUNE WITH YOUR BODY, FIGHTING TO GET IT DONE. THERE'S NO ROOM FOR ANYTHING BUT THE PRESENT SITUATION.'**

At the end, the 'total' of your three biggest attempts on the squat, bench press and deadlift is your score, and the biggest score (total) wins.

Maybe I'm biased, but to me it's the ultimate test of willpower and ability to connect every last muscle fibre to every last nerve that tells said muscle fibre to 'fire'. Some of the biggest lifts look slow - we call them 'grinders' - but they're the result of truly explosive contractions of several major muscle groups simultaneously.

If you really want to test and tap into your true 'inner power', it's the ultimate way to find out what you're made of. That you can continue to improve, growing stronger and becoming more 'anti-fragile' (it's not the same thing as 'robust', which doesn't change for better or worse in response to stressors) seemingly forever is testament to the miracle of evolution and adaptability that is the human body.

You should try it. There's power in you that no-one can take away... and you can build it for as long as you're alive. Isn't that something worth experiencing?

N.B. For the first time in many years, Jersey has a growing powerlifting scene, and flourishing team. Local coaches Dan Reis, Ross Kenwright and Will Hall all compete themselves - and train others in powerlifting - and we take a small (but growing) team to the Southern Qualifiers each year, with more of us making Team GB standards every time. It's open to men and women aged 17 years old upwards, with space for competition in all weight and ability classes.



**For more information, contact:**

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 or call 07797910768

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 or call 07829848763

# Sport News



## How Nutrition & Exercise can EmPOWER You

I have always thought that the two most powerful and natural medicines in this world are exercise and nutrition. When your body is strong and healthy, and your mind is balanced and alert, you fill with confidence, and when you feel confident, you can do anything.

As soon as you switch to a healthier diet, you will start to feel how efficiently your mind and body can perform. By eating a nutrient-rich diet your body becomes a healthy weight; instead of lethargy, you will feel energetic, your eyes shine bright and your skin clears. You can literally glow with good health. By stabilising blood glucose levels, you won't feel those horrible energy dips, enabling you to concentrate for longer and make clearer decisions more easily.

As well as nutrition, exercise can be the most empowering activity. You don't have to suddenly take up running (although I'd recommend it). Something as simple as walking is amazing, benefitting heart health and bone density. Mix this in with a 20 minute mat workout to improve flexibility and core strength. As you get fitter and stronger, you will stand tall with better posture, and feel capable of achieving your goals.

Mentally, exercise produces endorphins, which are powerful 'happy' hormones. Setting an exercise

goal and achieving it is also hugely rewarding, which improves your confidence. Getting your heart rate up and a sweat on is one of the best forms of therapy. As I say to my clients, however much you don't want to exercise, it is probably exactly what you need, and you will 100% feel better for it afterwards.

Words by Wellbeing Expert and Celebrity Trainer, Chloë Bowler, who has recently relocated to Jersey.

Chloë promotes 'complete' wellbeing, focusing on mental health as well as physical fitness; producing bespoke packages including personal training, nutritional therapy, sports massage, and even healthy meals delivered to your door.

**For more information call 07797 858 484 or visit [CHLOEBOWLER.COM](http://CHLOEBOWLER.COM)**

***Chloë is offering a discount to all Gallery Readers of 10% off your first package taken before 31st December 2017.***

## JSSC supporting medal-winning athletes

Behind even every good athlete is an excellent physiotherapist. One such physio is Verity Simon, who not only works at the Jersey Sports & Spinal Clinic (JSSC), but also has a long involvement with sporting teams in Jersey, including Team Jets Netball and Jersey Reds Athletic Rugby. It's this involvement that led Verity to be invited to be part of the Team Jersey NatWest Island Games Physiotherapy team, alongside Helen Richardson, in Gotland earlier this year.

Physiotherapy plays a vital role at all international multi-sports event and is often the reason many participants are able to compete after injury or setbacks and win medals. 250 athletes from Jersey traveled to Gotland for the Games in June where Verity and hospital physiotherapist Helen ran an open clinic for Team Jersey. They were there to treat injuries and muscular tension and provide advice and exercises to ensure athletes get the most from their bodies during the week-long competition. Verity and Helen were also pitch side at certain sports such as football, basketball and volleyball, which have a high injury rate and frequently demand urgent physio attention.

Verity has been a physiotherapist for 11 years and has worked at JSSC since 2015. Gotland was her first Island Games experience and the first time she'd worked at an event with such a large number of sports (14 in total). She said: "The greatest challenge was getting injured athletes back up and participating in their sport quickly. It differed from my normal role where we look at a more long term recovery."

Lisa Mann, Director at JSSC said: "We are thrilled that Verity has been recognised in this way and was asked to jointly provide sports recovery and rehabilitation for the teams from Jersey. The Island Games provided great exposure to Verity and



allowed her to develop as a well-rounded practitioner. Our goal at JSSC is to help maximise individual's performance and it is great to see the results of this pay off through athletic achievement at events like the Island Games. She added "physiotherapy can help turn a setback into a great comeback!"

**[www.physiojersey.com](http://www.physiojersey.com)**





# The King of Space comes to Jersey

**Going out gets pretty same-same sometimes, so we love it when promoters make an effort and go above and beyond just opening the doors. It's 8 years since Urban Aristocracy took over Grand Jersey and began the movement for hotel takeover club nights in Jersey. Firethorn/Iconic were involved from the start and now, together with Togetherparties, their Togetherness overnight event parties represent a night to look forward to.**

We've seen Jose Padilla, Roger Sanchez, Basement Jaxx and more come to the island for these highlight events. The model makes sense - who wants to stand in the Weighbridge waiting for a cab at the end of a great night when you can just head upstairs to your room or to a residents' afterparty?

Next month sees another heavyweight artists' artist take to the stage. You would be hard pushed to find a more in-form, in-demand, exceptionally talented DJ, regarded as highly by his industry peers as he is by his huge global base of musically educated fans, as Steve Lawler. A child of the acid house generation, he was been busy with the beats long before current dance music genres were a twinkle in clubland's eye. Although largely seen as a 'Tech' DJ, he's an electronic artist that defies boundaries. From his days organising infamous motorway raves back in the early 90's, his releases & remixes as an artist have seen him signed by many record

labels with clout and, of course, his own recording label VIVA MUSIC has created a platform for a variety of other acts.

Having held residences at Space, The End and Twilo, his performances in Ibiza saw him nicknamed "King of Space". Steve's passion for House, Techno and Electronica is too strong for one simple generic association, and right now his message is louder than ever. 20 years deep and Steve Lawler isn't just at the top of his game, he's pushing the boundaries of what a DJ can do - both technically and creatively - as an artist and as a successful label businessman. We're looking forward to seeing what he brings to Jersey!

***"Steve Lawler isn't just at the top of his game, he's pushing the boundaries of what a DJ can do - both technically and creatively"***

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**Steve Lawler**  
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## OCTOBER MUSIC WHAT'S ON...



### Saturday 7th WATERSPLASH MC XANDER- DJ SPIM- AL PACK

Reasons in association with Blip productions presents; London's MC Xander uses nothing more than his voice, a mic, an fx box and a loop-pedal to create intricate, multilayered music that never fails to amaze. Beautiful choir-esque melodies mix with fat beatbox, growling dubby sub-bass and Xander's conscious brand of lyricism. The sound he makes is so sonically rich and danceable, it is easy to forget it is all from the mouth!

**Tickets:** [Eventbrite//The Splash//18+//R.O.A.R//Photographic I.D](#)



### Saturday 14th KOKO The Last Dance Closing Party

Folies, Platinum & Koko...for 25 years they've partied hard in all 3 venues but it's time for the final dance and to say goodbye as they are closing their doors for the last time on Saturday. They've had some fantastic nights over the past 25 years and will celebrate with nothing but anthems from 1993 to the present day, doing the honours will be DJ Danny Cockram Koko resident for the last 5 years, DJ Gerry C Platinum and Koko resident for the last 12 years and Al Spencer Folies, Platinum and Koko resident for the last 17 years.

**Tickets:** [Free entry//Koko//18+//R.O.A.R//Photographic I.D](#)



### Friday 20th-Sunday 22nd THE PARADE The Jersey Craft Beer and Street Food Festival

A brand new 3 day craft beer and street food event held at The Parade, St Helier. Join the guys behind Reasons for a weekend of gin and wine tasting, pop-up street food vendors and industry experts sharing their know how and delicious produce including well known brands such as Beavertown Brewery. Live music from DJ's and local artists will echo through the streets including a couple of big name headliners TBC!

**Tickets:** [Eventbrite & on the door//The Parade//18+//R.O.A.R//Photographic I.D](#)



### Saturday 28th WATERSPLASH Vanguard DNB Halloween Fest 'Clocks Go Back 3am' Extravaganza

Join Vanguard DNB for the ultimate Halloween event delivering one of the biggest line-ups ever seen in Jersey rolling on late as the clocks go back A once in a lifetime event NOT to be missed, the line up includes Void Nexus Sound, Serial Killaz UK and a host of DJ's and live performances. Inside a fully decked out venue, prizes will be given out for the best Halloween fancy dress!

**Tickets:** [Eventbrite//The Splash//18+//R.O.A.R//Photographic I.D](#)



### Saturday 28th ROJO Reasons to be Fearful

The Halloween spectacular we know and love is back with DJ Spim, Adesse Versions alongside Thomas Turgoose and Andrew Shim famed from This Is England and headliner Radio 1s DJ Monki! This all out fancy dress event is themed 1970s New York held at Rojo's roof bar and terrace fully decked out to get fearful. Think horror in the city, grunge, crime and thrills! Inspired by the 1979 movie 'The Warriors' a showing will take place in the run up before the event for a little pre-party to get you in the mood; These boys know how to warm up Autumn celebrations!

**Tickets:** [Eventbrite//ROJO//18+//R.O.A.R//Photographic I.D](#)

## ARE WE MISSING SOMETHING?

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Just email it all to [hi@gallery.je](mailto:hi@gallery.je)





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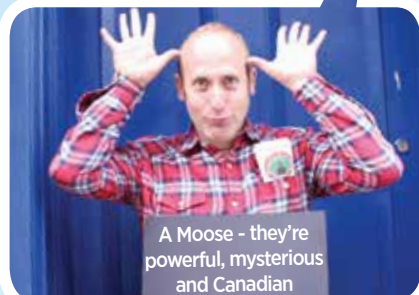
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