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edito

he oldest woman the world died last month, the day I was writing this edito. She was the last remaining person to have been born in the 19th century. In a world where the average life expectancy is 80 for women, she got to the grand old age of 117. That's almost an extra lifetime compared to that of the average earth dweller. Her name was Nabi Tajima and she lived in the town of Kikai in southern Japan. It seems that the Japanese have something right, frequently ranking amongst those that manage a way higher life expectancy. They average 7 years more than the world average but seem to have also consistently provided some of the world's longest lives too. It's not just the girls either, The Guinness World Records certified 112-year-old Masazo Nonaka, of northern Japan, as the world's oldest man earlier this month. So how do they take care of themselves in order to live that long?

It's ironic that the culture and race that perpetuate the salaryman image of men sleeping under their desks and crushing themselves into bullet trains, busting their guts to earn money and get to the top is also the country that lives the longest. But the Japanese seem to work hard, rest hard and eat light. They know how to take care of themselves; a low sugar and fat diet, cleansing teas, meditational movement and bathing in their onsen bathhouses seems to do the trick. All of things are achievable for us Jerseyites, but it's just making the time and having the inclination. Self-care and taking time to consider your wellness has become all the rage in recent years, but for some countries selfcare methodologies are integral to their psyche, not just snappy mantras in playful fonts to post on Instagram.

Around the world the thing that provides self-care varies. For the Swiss it's mountain retreats, for the Taiwanese a midday nap. The Lebanese swear by rose water and the Argentinians are all about talk therapy, while Swedes turn to saunas. So what should we do in Jersey? The beaches and sea air have to be a start. I could dress it up as an Instagram friendly Haiku in a moment, but it's really just a case of making time. Time to talk, time to address your body and mind. With this in mind we chose the former and selected some practitioners to profile for this care edition (pg. 20), people who can relieve little niggles with just an hour of self-care here and there. Just a small change like addressing that pain in your back can get you on a positive path. So take some time to relax, light a candle (there are a selection on page 76) and reflect on your self-care strategy. And, If all that seems a bit boring, check out our Grant's update to the Care Bears on page 16.

ΒD

#151 [CARE]



COVER CREDITS

MODEL Grace

CLOTHES Jacket by Marc cain from Renaissance, leggings by Ivy Park from Voisins

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gallery #151 [CARE]

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.

THE PEOPLE THAT HELPED WITH THIS ONE ...

- EDITORIAL CONTRIBUTORS Leroy Wallace Ria Wolstenholme Rebecca Evans Grant Runyon
- Tasha Reis Ollie Watts Russ Atkinson Laura Morel Jessica Myhill

ILLUSTRATORS Will Bertram Jamie O'Neill

PHOTOGRAPHERS Danny Evans

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10 Minden Street St Helier Jersey JE2 4WR

WHO DOES THIS?

SALES / ACCOUNT DIRECTOR Ceri Baker DD: 870082 M: 07797 744345 *ceri@factory.je*

> DESIGN DIRECTOR Russ Atkinson DD: 870268 <u>russ@fa</u>ctory.je

DISTRIBUTION DD: 832072 distro@factory.je

ACCOUNTS DD: 870237 accounts@factory.je

> PUBLISHER Ben Davies DD: 870185 ben@gallery.je

00 44 1534 **811100**

hi@factory.je

WWW.FACTORY.JE

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TEL: 01534 617386 • ADDRESS: 26 Hillgrove St, Jersey
renaissance_boutique_jersey
renaissance.jersey@gmail.com

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NEWS IN NUMBERS

250,000

pounds proposed to be spent on rejuvenating Halkett Street

30,000

slates laid on the new roof of the Maritime Museum at the New North Quay

217,000

pounds lost by islanders as the result of internet scams last Christmas

180 ours community service

hours community service for attempted knife robbery youth

million pound airport redevelopment plans approved

year anniversary celebrated by the JSPCA 5

percent increase in parking charges to cover inflation and SoJ now having to pay parish rates



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JERSEY'S STYLE MAGAZINE

You can never force someone to care about something. What we regard as important or worth our time stems from our own beliefs and morals. But when it comes to sexual harassment and assault, there is no good reason you can give me to not care about it. Because the #METOO and #TIMESUP movements are something that everyone needs to care about.

In case you are totally unaware of what I'm talking about, here's a little back story. The Me Too movement was a social media campaign, started in 2006 by Tarana Burke on Myspace. The movement was created to help survivors of sexual violence, particularly young women of colour and low wealth communities, to find a way to heal. The idea behind the movement is to empower through empathy, to ensure survivors know that they're not alone in their journey.

In recent months, the hashtag #MeToo has resurfaced, and exploded on social media. On October 15th 2017, it was actress Alyssa Milano who encouraged the use of it as part of an awareness campaign to uncover the ubiquity of sexual abuse and harassment. That same day, more than 4.7 million people in 12 million posts used the hashtag to share their own story.

This movement

propagated internationally after the Harvey Weinstein sexual abuse allegations in Hollywood surfaced. A former American film producer and executive, Weinstein has a reputation for forcing models, actresses and other women in the entertainment industry to perform acts for him in order to be cast in his productions.

More than 80 women in the film industry have come forward and accused Weinstein of sexual abuse and misconduct.

According to the reports given by said women, Weinstein would invite young actresses or models to a hotel room or office, on the pretext of discussing their career. Once he had them, he'd demand massages or sex, telling them if they complied, it would help their professional prospects. Renowned actresses and models Angelina Jolie, Myleene Klass, Cara Delevingne, Lupita Nyong'o, Gwyneth Paltrow and Salma Hayek are just a handful of the many who have come forward with their own stories of his misconduct.

So hopefully now you know a little more about why you keep seeing this #MeToo hashtag. And hopefully you see why this is such a serious but momentous thing to happen. This movement has allowed millions of victims to find the power to speak up about their experiences, and be shown that they're not alone. It's opened the world's eyes to the realities of what men and women in every country are enduring and staying quiet about, through fear of humiliation or the demise of their lives and careers.

What really hits me is that of the thousands upon thousands of those who have spoken out, just imagine how many more haven't. Imagine the people who are yet to find the courage to break their silence. It's heart-breaking, but it needs to be acknowledged.

Some have criticised the movement, claiming people, women in particular, are 'playing the victim' by making these accusations. Recently the American self-help celebrity Tony Robbins suggested that many women speaking out as part of the movement are "turning victimhood into personal gain". In addition, famous designer Karl Lagerfeld has said he's 'fed up' with the #MeToo

> movement, saying "If you don't want your pants pulled about then don't become a model!".

Imagine being a young girl, on the brink of being introduced to the world of boys. Yet to experience the first time they feel trapped by those boys and men, who take advantage of you, who touch you in the club without consent, who shout at you as you walk down the street. Watching this, and being told it is not ever ok to be forced to do something you didn't give consent for, would

THE IDEA BEHIND THE MOVEMENT IS TO EMPOWER THROUGH EMPATHY, TO ENSURE SURVIVORS KNOW THAT THEY'RE NOT ALONE IN THEIR JOURNEY.

> give them the power to speak up, and stand up for themselves. In fact, it WILL give young girls, and young boys, the foundations to speak out against sexual misconduct and abuse. Because this is just the start.

> This kind of thing cannot, and should not, go ignored or side lined as another internet façade that will die a death. Because this movement, these voices, and these allegations are only the beginning of the start of a new chapter. So don't sit by and watch it happen, or claim you don't need to know about it because you're not the problem. Ignorance is bliss, but it can also make you look a fool; so look up, speak up, and listen. Because this is something you should care about.



WORDS Grant Runyon ILLUSTRATION Will Bertram

In 2011 many former children were overjoyed when TV bigwigs took the bold decision to reboot My Little Pony. Not only because they had fond memories of the original from the 1980s, but because it followed the modern trend of making kids' entertainment that grownups can also get into. Like a weirder version of those adults who can somehow tolerate the Minions, for MLP the audience for the new show is split between a core audience of small children and a sizeable fandom of sweaty males in their twenties and upwards.

They call these scraggly-bearded oddballs "Bronies" and, thanks in part to their large disposable incomes, the reboot has made steaming horse-sized piles of cash. This has proved that there's definitely nothing weird about adults buying children's toys, not at all, so the TV execs are on the lookout for the next 80s property that can be warmed up to fund a new fleet of Bentleys from the merchandise sales. Again, something which is officially not weird now is adults spending hours writing stories set in the fictional universe of their favourite TV show. It's not sad when you do it for Star Trek (nope), or Buffy (definitely not sad), or even The Golden Girls (not sad, sexy even) so I've been hard at work coming up with new stories in my own beloved world of the Care Bears. I've had to make it a bit more contemporary and give the bears a modern twist for the new generation, but I hope I've captured enough of that 80s magic to take my stories onto the TV screen and out of the spare bedroom at my mum's house, where I've been living since the divorce. I just can't wait to introduce you to my imaginary bear friends - and it's nice to be able to say that without somebody reporting me to the people who own Snapchat.





Millennial Bear

The leader of the Care Bear bunch is Millennial Bear, the cool young bear with the sarcastic attitude and the endearing catchphrase - "what's the wifi password, Dad? I hate you." He has an iPhone on his stomach and is addicted to avocado toast and milky coffee. Along with the other bears, he spends his days sharing funny images online and playing the video game Fortnite instead of doing any work. He wears a £400 pair of trainers made by Kanye West and has a tattoo of a Pokémon on his neck.

Bitcoin Bear

Bitcoin Bear is the geeky, technology-obsessed bear. He's a blue bear with lines of code on his stomach, which may or may not contain your Facebook password. He doesn't have the greatest social skills, but he's always helping the other bears out by fixing their computers, hacking their school grades to an A+, and trading blockchain-based currency on the dark web to facilitate tax evasion and assassinations. Bitcoin Bear, you big nerd! In the 80s Care Bears cartoon the bears could immobilise threats by shining beams out of their stomachs - in this reboot Bitcoin Bear just explains how cryptocurrency works and enemies run away or fall asleep.



Youtu-Bear

The twin brother of Bitcoin Bear is Youtu-bear, who is also rich, but instead of mining for bitcoin he has millions of followers on Google's video-sharing platform. They log in to watch this greenfurred bear shriek at computer games, do dangerous practical jokes on strangers, and sometimes apologise for making semi-racist jokes. None of the other bears can understand why he's famous, because his jokes aren't funny and he has a super annoying voice. He has the Youtube logo on his stomach, which he did in exchange for money. He carries a ukelele, which he is unable to play.



Gym Selfie Bear

Setting a positive example to the other bears, up to thirty times a day, is Gym Selfie Bear. She lives her life for exercise, meditation, a paleobear diet, and the countless opportunities these give her to share inspirational snaps of her life to her 10,000 Instagram followers. She has a hashtag on her stomach and is sponsored to wear a different combo of lurid leggings and knitted trainers every time she appears onscreen. Although Gym Selfie Bear preaches positivity, anybody who makes a negative or even neutral comment about her outfit/recipe/pug online will inevitably be de-friended, although only after receiving a vile stream of abuse via private message.



Hipster Bear

Hipster bear has an elaborate moustache, wears a monocle and scoots around on a vintage French racing bicycle. He looks down on the other bears for their mainstream and predictable tastes, whilst enjoying artisan tea and the solo albums of Morrissey. Despite being born in 1996 he has the logo of the Commodore 64 computer on his stomach. Although he maintains an ironic detachment from the activities of the other bears, his real passion is collecting vinyl records and merchandise from the original 80s version of the Care Bears cartoon. His blog lists his occupation as "graphic design / typography / analogue fotograf" but his only income come from his trust fund and barista job.



Bad Hair Bears

Every kids' cartoon needs villains, and the best kind are bumbling incompetents who are easily outwitted by our heroes, but can always be relied on to provide humour. The next generation of Care Bears will set out to foil the dastardly plans of a trio of international bears united by their wacky hairstyles and contempt for democracy - Brexit Bear with his blonde bouffant, Donald Bear and his unpredictable comb-over, and Korean Nuclear Bear. His haircut looks like an e-fit of a subway flasher. I hope you'll join me and the Next Generation Care Bears on their wild and crazy adventures - particularly if I don't get official permission, because it will be a wild and crazy adventure to a factory in Shenzen that doesn't ask too many questions about copyright.

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the saddle!

cause - Prosperity Day. Prosperity Day#4, will be even BIGGER, we are inviting up to eighteen corporate rivals to take to the saddle once more and #VentYourFury #HeadToHead. Your teams will need to be able to ride a bike, shout for (at) each other and have fun - that is about the sum of it! Prosperity Day is the ultimate event to hotly contested between Sure, Camerons settle corporate rivalry from the safety of

In 2017 we had 18 teams racing for pride and esteem, striving to take the top spot at our evening celebration event and lift the cherished Prosperity Cup.

Competition was fierce, both from race day performance and through fund raising activities (we run leaderboards for both and the winners have to perform exceedingly well on both fronts to have a chance of lifting the Cup). Last year's final was

and JT Global with Camerons taking the coveted trophy by comprehensively topping the fund raising leaderboard with a truly sterling performance which contributed to record funds for Teenage Cancer Trust and Durrell.

Why do we run Prosperity Day? Prosperity 24.7 isn't a company who does CSR just to tick a box, we do it because being a part of our community is a critical part of who we are. We held Prosperity Day for the third time last year. The event saw 18 local businesses racing head to head with 54 riders

on turbo trainers cycling up a stage of La Vuelta in Spain, 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 and this is why we run Prosperity Day!

NTYOUR FUL

This year Prosperity 24.7 are supporting two incredible charities – The British Heart Foundation Jersey and Jersey Cheshire Home - both provide essential services to Islanders' so we really want to make a major contribution with the support of all the teams and their friends, this is why:

Heart and circulatory disease is a huge burden on people in the Channel Islands and across the UK. Responsible for one in four deaths each year, it's one of Jersey's biggest killers. It's a big problem, but with your help, we're leading the fight against it.

JERSEY'S STYLE MAGAZINE

Get back in the saddle

n Friday 15th June 2018 in St. Helier, businesses will

a huge amount of fun whilst venting their corporate

fury by settling a score in public, in safety and all for a brilliant

once more have the opportunity to compete and have



ProsperityDay

BIG MAGGY'S have helped to source the Virtual Race hardware and software, are providing bikes for the day.

BARANNES are supporting on the day by providing refreshing fruit smoothies to ease aching bones from incredible levels of exertion!

SURE are helping the islands to connect, thanks to their 4G bandwidth which will ensure every business can track the efforts of their colleagues racing on the day.

JT provides remarkable support up to and on the day of Prosperity Day, through their robust fibre connectivity to Broad Street which in turn will ensure the required bandwidth is available for all the highly connected technology on the day.

BKOOL are helping Prosperity 24.7 to deliver such an incredibly innovative event – they provide outstanding Virtual Race technology globally

RACE NATION are supporting our event by providing a fantastic platform that solves the problem of donating to multiple Channel Island charities.



AND....RELAX....

After the event there will be an awards ceremony for participants at the Museum Brasserie. This will be an opportunity to mingle with other competitors and celebrate the success of the event and rest those weary quads...





IN JERSEY BHF HAVE:

Funded the introduction of two BHF Specialist Cardiac Rehabilitation Nurses at Jersey Hospital between 2010 and 2013, both of whom are continuing their important roles at Jersey Hospital today.

Funded a new 3D Echo machine at Jersey Hospital in 2008.

As members of BHF's UK Alliance Scheme, the BHF cardiac nurses, physiotherapist and 3D Echo Technician in Jersey receive specialist training and qualifications to help patients in Jersey.

Worked with Jersey Heart Support Group to organise local fundraisers and offer support to the local community.

The participants of Prosperity Day will get an added extra this year, thanks to Prosperity 24.7's support we hope to bring a novel 'heart bypass tent' to the heart of St. Helier so participants can be monitored before and after their endeavours to get an impromptu health check up!

JERSEY CHESHIRE HOME

Jersey Cheshire Home is the only residential facility for physically disabled adults on the Island.

Demand for such services is growing and the charity is investing £2 million in a major extension and refurbishment project named the Big Build, which is due for completion in October.

The home provides 24/7 care and support to those living with a range of disabilities including Multiple Sclerosis, Parkinson's, Epilepsy, Spina Bifida, Strokes and Head injuries. Some residents are victims of tragic accidents.

Our purpose built facility may only cater for a limited number of full time residents, but through our additional Day Care, Aquatherapy & Physiotherapy services we help over 400 people a month to manage and improve their condition.

Over the 30 plus years we have been operating our support staff have helped many hundreds of people with complex conditions to get through some extremely challenging times. Their dedication and commitment considerably benefits those we care for and creates the welcoming place our residents call home.

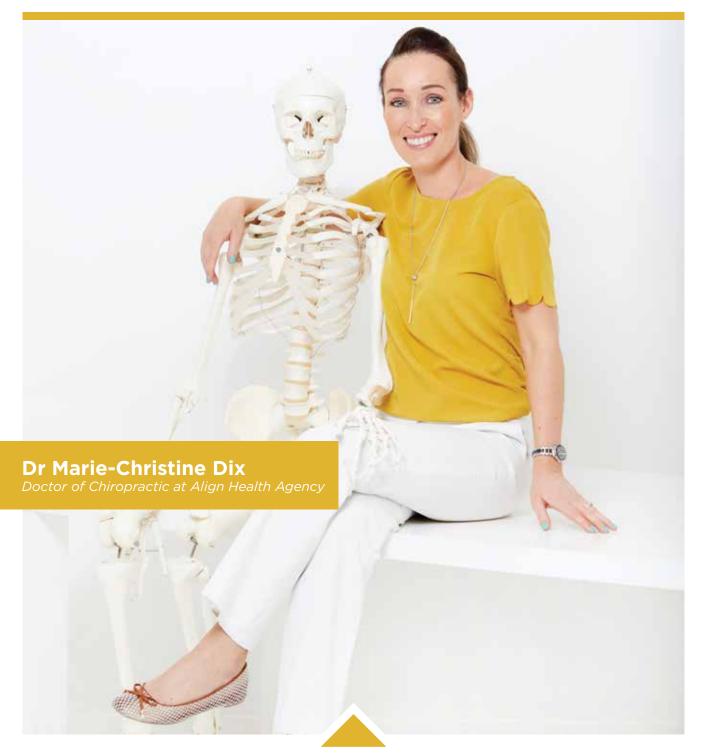
GET INVOLVED

Your three team members will need to be able to ride a bike for 10 minutes and agree to have fun! For the 'Head to Head to Head' there are only 18 slots available, 14 of which have been taken by Legal practices, Trust companies, Telecommunications businesses, Construction companies and Fitness centres. You will need to pay a registration fee of £600 (100% of which goes towards your fund raising total) and commit to raising a minimum of £500 for the charities – all funds raised are passed on equally between the charities as we strive to raise £24,700 once more. Learn more and sign up at:

www.prosperity247.com/prosperity-day-2018/

Taking good care of you...

FOR OUR CARE EDITION WE HEADED OUT TO MEET FOUR WONDERFUL WOMEN WHO CARE FOR A LIVING.



"Chiropractic is a primary health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on your general health and wellbeing. Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches. As a natural health professional I look at the whole health picture including nutrition, lifestyle and how stress and emotions impact this picture. Chiropractic is a safe, gentle and effective hands on technique and I treat newborns though to the elderly."



Clare Bourne Senior Physiotherapist at The Jersey Sports & Spinal Clinic

"I am passionate about what I do. Physiotherapy takes a 'whole person' approach to health and well-being, by helping guide tissue repair, reduce stiffness, increase strength and mobility to help achieve active movement for life! Physiotherapy is constantly evolving and so, too, my treatments changed throughout my career from hands-on treatments to education and tailored exercises. My ultimate aim is to enhance health and wellbeing throughout our client's lifetime. I treat people suffering from musculoskeletal problems arising from injury, illness, lifestyle and ageing. I care by carrying out thorough assessments to formulate an accurate diagnosis and get people better as quickly and safely as biologically possible."

Lorna Jackson

Owner, Acupuncturist and Massage Therapist at Health Point Clinic

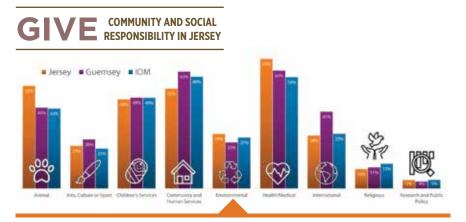
"I use traditional acupuncture and massage to rapidly release myofascial adhesions, elongate hypertonic muscles and increase blood flow to injured tissues. My patients come to me for pain relief, or to help improve sleep and reduce stress. I also help support patients during fertility treatment and throughout pregnancy.

Acupuncture involves the insertion of ultra-fine single use sterile needles into specific acupuncture points on the body. Acupuncture

is a pain free, relaxing treatment so much so that many patients fall asleep on the treatment bench. Although many come in with a specific condition or area of focus, lots of people also pop in to just relax and switch off after a busy day, as acupuncture is a great way to calm the nervous system down. With relaxing music, a lavender eye bag and a cup of tea after to recoup, patients float out of the treatment room. Although acupuncture is a medical treatment it generally feels more like a relaxing minibreak without the passport."



"Most people don't realise how important their feet are until something goes wrong with them! As a Podiatrist (or we're also called Chiropodists) we specialise in lower limb conditions, from difficulty with nail care and hard skin to mechanical problems such as; heel pain, shin splints, bunions, clawed toes, tendinopathies and even knee and lower back pain. We recognise that foot pain can range from a mild annoyance to a complete disability and our aim is to reduce pain, improve function and leave you with happier healthier feet. Other services we provide include low level omega laser therapy, diabetic foot assessments, permanent ingrown nail removal, orthotic therapy and footwear assessments. While we realise we can't solve every problem, we have a holistic approach and work closely with fellow health professionals to make sure that you get the best care available from top to toe. Think of it as an MOT for your feet!"



Jersey loves animals!

Islands Global Research conducted a charitable giving survey in December 2017 and January 2018. It turns out that respondents in the survey from Jersey, Guernsey and the Isle of Man are all a generous bunch. 97% of people gave to charity in 2017, about 60% give money while a third give their time. It's estimated that Jersey gave £20 million in 2017. About half of the respondents gave up to £100 annually with 10% giving over £1000. The individual islands had slightly different profiles with Jersey edging ahead in support of animals and health where Guernsey supported community and arts projects. **Read the report at www.islandglobalresearch.com**



Why do 3 peaks when you can have 5 rocks?!

Next month an intrepid team of runners will take on the islands in a multi island, coast running, boat hoping adventure. The crew have done a few 10k races and the odd marathon in the past but concocted this challenge to make themselves worthy of the 'Ultra' prefix. Initially the discounted standard Ultra events so decided to create their own and 'a pint or 2 later' they had a firm vision to run around Sark, Alderney, Herm, Guernsey and Jersey. As the weeks progressed and the hangovers faded, the planning and preparation gained some traction and clarity. The eight started drinking less and training more as they set themselves to become the first group of guys to complete the challenge within a 48hr time window. Why? Why not! They told us 'Whatever you think, we'd appreciate your support, emotionally and financially!' All the funds we raise will go in support of a fantastic charity - MIND; an independent charity that provides support to people living with mental illness. The team are going to be supported by Quay Boats and Rubis who will be helping the crew get between the islands. They can set a challenge and run 108 miles, but they can't walk on water!

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JT relaunches Books-for-Tablets primary school campaign

JT's annual 'Books-for-Tablets' campaign has launched, with primary school pupils all over Jersey being encouraged to collect old telephone directories to recycle them, in exchange for FREE tablets for their school. Every year this campaign aims to encourage islanders to help reduce waste and teach children about the importance of recycling by getting involved. For every 150 directories a school collects, JT donates a pupil-friendly, touch-screen tablet to help students access the internet and use educational apps in a safe and secure environment. Last year a record, 25 local primary schools took part in the campaign, collecting over 8,000 directories and securing over 50 FREE tablets between them. Winner, St Peter's Primary School collected staggering 1,425 directories and received nine new tablets from JT. In second place, St Lawrence Primary School collected 680 books in exchange for four tablets, with

Galleryrally expanded for 2018 with the help of CPA Global

With an incredible early response, the standard 15 spots in our annual Galleryrally charity event were gone in record time and we've had to expand the event for 2018. September the 26th will now see 40 competitors take to the road for a 4 day challenge across Europe, raising money for local good causes. It's our tenth event, having spent the last decade taking a wide variety of road trip loving adventurers to The Riviera, Barcelona, Milan, San Sebastian. Paris and Geneva. We've seen some incredible sights, solved some ridiculous clues and done some rather odd challenges and raised over £270,000 for local good causes along the way.

We're celebrating the tenth year by taking our ralliers back to where it all began with our first Gallery Magazine Monaco Rally in 2008, set to roll into Monaco on the weekend of the Monaco Boat Show, so it should be a grand finale. As our main fundraiser, Gallery subsidise the event, but this year we have the kind support of a sponsor, CPA Global, whose contribution will help pay for our costs and make the rally the best one yet. Several of CPA's staff have taken part over the years and its great that they are supporting the event and will enable us to raise even more for our ralliers' charities.



St Christopher's Preparatory School a close third, having collected 608 directories and also receiving four tablets. New for 2018, the school that collects the most directories will also be taken on a tour of Lodge Farm in St Saviour. Pupils will learn about the dairy industry as well as how JT is helping farmers to introduce digital technology. The prize was chosen to align with the new 2018/2019 directory featuring Roseland Roy Boy Tulip on the cover, a cow who lives on a 'smart' farm in Jersey.

The JT Books-for-Tablets competition runs from 16 April to 25 May. Schools that are interested in taking part or would like more information should contact Natasha Marriott on 01534 882336 or email Natasha.Marriott@jtglobal.com

100+ Christmas gifts donated to Family Nursing & Homecare for local children





300 +

Staff volunteering in community activities

Helping the Community through Staff Initiatives

We focus on a variety of initiatives in supporting our local community, whilst enabling our team to take part in fun and fulfilling activities. From sports events and beach cleans with schools, to Victorian artefact cleaning at Hamptonne.

Find out more about what we're up to at bnpparibas.je





4,800

School children received tennis coaching









The bank for a changing world



A Variety of Easter eggs, thanks to Sure.

The Sure Community Foundation donated 100 Easter eggs to the Variety club in Jersey last month to give deserving children a cracking Easter. Variety in Jersey is part of a worldwide organisation which raises money to improve the quality of life for children. The charity helps local disabled and underprivileged children with food, clothing and other basic needs. Variety also helps to provide specialised equipment for disabled children such as wheelchairs and walkers. The children in need are from low income families. With so many worthy causes on the island, the Sure Community Foundation only donates to registered charities and ensures that money raised in Jersey remains in Jersey. The Sure Community Foundation was established in Jersey in 2017 as a recognised charity with a committee made up of staff from across the organisation. Initiatives such as a tuck shop run by staff and dress-down days raise money for the Foundation and the business also contributes to the fund. Since January, the Sure Community Foundation has made a £1,000 donation to Mind Jersey and donated an iPad to Macmillan Cancer Support Jersey for use in "The Oasis" for volunteers to complete tasks and service users to find information online. Sandra Auckland, this year's Chief Barker for Variety, said: "The children have been ecstatic with the Easter eggs; often dayto-day meals are hard for these families to provide so any extra treats like Easter eggs are usually out of the question.

Pictured above: Michael Ovens of Sure Guernsey and Sandra Auckland, Chief Barker for Variety



Superhero duck to help support military heroes and their families at the Barclay Jersey Boat Show

11 year old Aimée Flack's superhero 'Bubble Duck' will be the star of this year's Barclays Jersey Boat Show. The design, created by Aimée, was voted for by the public on Barclays' Facebook page and will feature in the popular 'hook-a-duck' game in the Barclays' marquee at the St Helier Marina this month. The game plays an important role in raising funds for the charity beneficiary of the show which for 2018 will be the Royal British Legion. Last year's 10th anniversary show raised over £18,000 for Teenage Cancer Trust, EYECAN, NSPCC Jersey and the Royal Navy and Royal Marines Charity, and organisers hope that Bubble Duck, who will be joined by some special superhero friends, will encourage islanders to donate much needed funds for this year's cause.

Aimée was presented with the first duck by Paul Savery, managing director of Barclays in the Channel Islands, last week at Aimée's school, Helvetia House. The Barclays' duck has become an icon of the show, which is the largest free-event in the Channel Islands, since its first appearance in 2010 and is a firm favourite with both adults and children alike. There will be an opportunity for islanders under the age of 15 to enter the competition to design the 2019 duck. Entry forms will be available at the Barclays stand during the Show weekend. There will also be a 3D printer at the show from the Barclays Eagle Lab, which supports entrepreneurs to create, innovate and grow, showcasing its abilities by producing 3D plastic ducks during the show. The 2018 Barclays Jersey Boat Show takes place from 5-7

May at the St Helier Marina. www. jerseyboatshow.com

Emerald Isle Ball

NSPCC action gets experienced gavil bearer

The NSPCC Jersey fundraising committee have announced that BBC's Martin Roberts will be attending their Emerald Isle Ball which will be held on 30th June 2018 at Trinity Manor as celebrity auctioneer. Martin is one of the UK's most respected Property, Travel and Lifestyle TV presenters and journalists. Over the past 25 years he has appeared on BBC TV and Radio, ITV, CNN and Satellite TV Worldwide. He was a regular presenter on ITV's top rated travel show 'Wish You Were Here..?' for 8 years and the travel editor of 'Woman' magazine for 15 years. Rumour has it he's doing the appearance for free too, what a nice chap!

For the past 15 years Martin has written and presented the hit BBC property auction show 'Homes under the Hammer'. which is shown on BBC1, Satellite and internet Channels Worldwide and is now in its 23rd series. He is a respected UK and Overseas Property expert, appearing as expert guest on programmes such as 'BBC Breakfast', 'BBC News 24', 'Sky Sunrise', the Jeremy Vine Show and BBC Radios 2, 4 & 5 Live. He has been a celebrity contestant on Eggheads, Celebrity Mastermind, Pointless, Ready Steady Cook, Masterchef, Through the Keyhole and Hole in the Wall.

In November 2016 Martin entered the Australian Jungle to take part in ITV's flagship family entertainment show "I'm a Celebrity...Get me out of here!". Watched nightly by over 12 million viewers, his hatred of beans and rice, love of trees and talcum powder, and fun, engaging and spirited character made him hugely popular with the viewing public. He ended in sixth pace, surviving all but two days in camp.

The Emerald Isle Ball is supported by Dandara and will take place on the 30th June at Trinity Manor. It raises funds for the NSPCC in Jersey, based at the Gower Centre in Stopford Road. Services provided in Jersey include 'Letting The Future In' which helps children who have been sexually abused. For details on the ball or to reserve tables, please email nspccball@gmail.com or call Laura MacDonald on 07797714807.

DOES YOUR VOTE REALLY MATTER?

As you probably already know, Election day is Wednesday 16 May 2018.

But does your vote really matter?

The Island is living through interesting times. Many of the choices that States members must make will affect you and your daily life directly.

Think about it. GST, which levies 5% on everything you buy; the Island Plan, which will affect what you can do with your own house and land; a Register of names and addresses, which you will have to have your name on, and which all States departments will use; and new controls on housing and work. These are just a few examples of decisions which have been made that affect us all directly.

So how do we make sure we can influence the choices that States members make when they consider new laws and policy? The starting point is to make sure that the States members who make these decisions are the people who share your point of view, or who you think will represent you best.

You can only do this if you vote. Your vote gives you the power to make sure that the right people are put in the right place.

You have to be registered in order to vote. If you are 16 or over and have lived in Jersey for either the last 2 years, or for the last 6 months (but a total of 5 years previously) then you can vote in the election, irrespective of your nationality (See the flowchart on this page). You can register online at www.vote.je/register

WHY CAN'T I VOTE ONLINE?

Although you can register to vote online, it does not mean that you will be able to actually cast your vote online on election day. A lot of work needs to be done before the introduction of electronic voting, to ensure that the voting public and candidates can be confident of the integrity of the voting process.

YOU CAN VOTE BEFORE ELECTION DAY

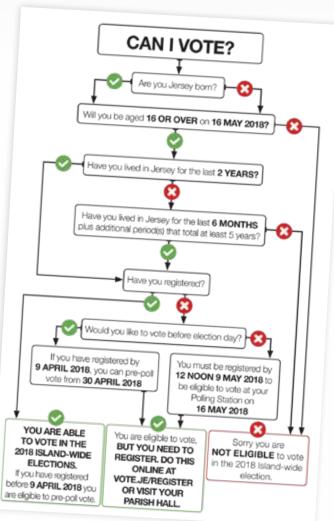
If you registered to vote before 9 April, you can vote before election day. Pre-poll voting is open at St Paul's Gate in New Street, St Helier from 8.30am to 5.15pm Monday 30 April until 2pm on Monday 14 May (Closed Bank Holiday Monday 7 May and Liberation Day Wednesday 9 May).

There is also weekend prepoll stations available for all Islanders at Trinity Youth Centre from 10am-1pm on Saturday 5 May 2and Communicare, St Brelade from 10am-1pm on Saturday 12 May 2018.

DON'T LET OTHERS CHOOSE FOR YOU

With or without your vote, States Members will be elected who have views on issues that affect you, so don't let others choose them on your behalf. You can just vote for just one candidate if you wish.

All the election candidates and their manifestos are on www.vote.je



BALLOT

BOX

For this month's 'care' edition we have a 'Me and My Pet' that shows that sometimes a canine can be more than just a pet.



Whoever said that diamonds are a girl's best friend obviously never owned a dog.

Introducing:



Dr Dog II.

WORDS Louise O'Reagain

Known as AJ to most, this man in black is living proof that there is no such thing as 'just a dog'. Very much a prescribed part of my life, AJ is my best friend, house mate, colleague and personal cheerleading team. He's even been trying to convince me lately that he'd make a really good dustbin or composter, though I'm sceptical straying so far from Royal Canin Hypoallergenic and the occasional carrot baton is such a good idea. Horrendous diarrhoea at 4am doesn't exactly make a trial seem worth it. Sorry AJ.

'You need a dog' I heard

countless times. My four-

legged companion always

felt like oxygen to me; but

I hadn't realised quite how

So why is AJ 'prescribed'? and what is it about my health that requires such an intervention? I could just tell you that I have Autism and ADHD, both of which were only picked up in adulthood. But the question requires a better explanation than that, and a mention of a certain lady and faithful companion who my family said our goodbye to just a month before AJ touched down in Jersey with FlyBe. Nandi, our family dog of fourteen years was my childhood companion and best friend.

Nandi came bounding into O'Reagain family life when I was twelve years old and swept us all off our feet. Scampering through every part of family life and at least as hyperactive as I was, Nandi has gone down in O'Reagain family history. She put the trailer of Marley and Me to shame: swap the football stadium for sports day at FB Fields and we've been through every single one of those scenarios with her bar the car incident. Admittedly, the latter was ticked off by myself and some friends after a party one night in sixth form many years ago. I was enchanted with Nandi –I still am. She was prism through which I saw my world and she helped me navigate what could be a very confusing and unpredictable world.

I view both Autism and ADHD as gifts as they offer me a unique perspective and experience of the world that I wouldn't be without. It's important however to acknowledge that it is this that can make them a very painful gift at times. Whatever way you look at it, my life is hard and I face challenges each day that those without Autism or ADHD cannot relate to.

One example is the sensory

dysfunction I experience. Like many with these difficulties, I am a mix of hyper and hyposensitivities. How many people can sincerely say they are able to routinely hear electricity humming in walls? My hearing is too good in that it is very sensitive, but what is gains in acuity, it can lack in discrimination. Busy restaurants can be very unpleasant for me: I can hear the sound of cutlery on plates the other side of the room along with drinks orders being made several tables away. It seems that being able to solely tune into my table would require a zorb being fitted around it.

At the other end of the scale, there's the hyposensitivities which dominate my sensory profile. I've broken a few bones in my time, and never once has it been obvious to me because of my high pain threshold. The staff at A&E have uncomfortably watched me a few times wiggle a broken bone, perplexed by its new diagonal slant. I also don't easily realise whether I'm hungry or thirsty; too hot or too dinner (or when I was getting a little hangry). She was an instant destress; turning challenge into victory each time.

cold. Growing up, I had Nandi to return home to if we'd been out for

As she began to grow frail in the two or three years before going to her final resting place, my growing anxiety at prospect of saying goodbye was matched by the professionals involved in my care. 'You need a dog' I heard countless times. My four-legged companion always felt like oxygen to me; but I hadn't realised quite how apparent this was to those around me. My family confirmed the dog requirement hardwired into my system – my mum approaching me in the last year of Nandi's life asking me whether I'd thought about getting another dog. She feared the simultaneous impact on my health and wellbeing of losing Nandi and not having a dog. Nandi, my first Dr Dog was nestled at the heart of my care from her beginning. She arrived less than a year before I sailed unwittingly into stormy seas and she helped me navigate storm after storm. She somehow made my toughest years some of my best, and a sterling example of courage and hope.

> I write this now, with AJ at my side. He keeps me on track during the day providing me with structure, routine and prompting me in all my activities. In the last year I have reached a healthy BMI because though recognising when I'm hungry is till often an enigma to me, AJ still doesn't let me forget. He used to remind me to take my epilepsy medication too, though I am now seizure-free for the first time and so don't need his help with this anymore. I should also mention then he even

apparent this was to those around me. to take my epilepsy medication too, though I am now seizure-free for the first time and so don't need his help with this anymore. I should also mention then he even provided the unexpected service of alerting to some of my seizures ahead of time when I was still having them (he was less than five months old when he started doing this). AJ steps in when I'm feeling stressed, taking the initiative to engage with me – and just as Nandi did, he effortlessly turns frowns and fears into laughter and smiles. Of course, above all just like Nandi, AJ provides me with a friendship that helps me navigate a world that is so often confusing and unpredictable. Like a tour guide he shows me

around, and things all of a sudden – like pieces of a jig-saw falling

in place – begin to make sense. In loving memory of Nandi, a dog known for being full of character.

Nandi Sally O'Reagain 09.07.01 - 13.08.15



What's On.

A rundown of key events from jersey.com this month (and beyond).

This selection of events is taken from What's On. 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.



■ 05-MAY > 07-MAY ④ 9:00 > 18:00 Barclays Jersey Boat Show 2018 The Barclays Jersey Boat Show is the largest free-entry event in the Channel Islands and gets the boating season off to a great start. The 3-day show takes place in and around St Helier Marina and adjacent Weighbridge Place. It offers a variety of Jersey lifestyle features as well as activities both on and off the water, food and entertainment.

Ø St. Helier Marina, New North Quay and Free 01534 505926

info@jerseyboatshow.com www.jerseyboatshow.com



Islands 'Genuine Jersey' Market This regular artisans' market takes place in the pretty harbour village of St. Aubin in front of the parish hall. There will be local wares on display, including goods from producers and craft workers. All goods sold by Genuine Jersey Members will have been crafted, brewed, baked or processed by the stall holder. @ Parish Hall, St. Aubin 🚍 12a 🏵 Free 07797 780383

john@genuinejersey.com www.genuinejersey.com



○ 09-MAY ① 11:00 > 17:00 Bouley Bay Hill Climb The first hill climb was held in 1920 when the road surface was concrete. Today the club organises a number of hillclimbs a year and has a membership in excess of 500. Demanding, technical and challenging are just a few of the descriptions used by the UK competitors who visit each year for the British National Hillclimb championship.

Ø Bouley Bay, Trinity a 4 TBC 01534 852952 secretary@jerseymotorsport.com www.jerseymotorsport.com



■ 13-MAY ④ 9:00 > 18:00 The Durrell Challenge 2018 Durrell Wildlife Conservation Trust is delighted to announce the return of 'The Durrell Challenge 2018', a 13k road race from St. Helier to Jersey Zoo and the Superhero Stroll, which invites all children under the age of 16 years to complete an interactive lap around the zoo

Peoples Park, Pierson Road , 3 \$ \$ 20 - \$40
01534 505926

info@doitfordurrell.com www.doitfordurrell.com



26/27-MAY (21:00 > 0:00) Whitney Houston Tribute

01534 724231 events@mertonhotel.com www.seymourhotels.com



 27-MAY (1) 14:00 > 1:00
 Sunshine - A Little Music Festival
 Following on from the huge sell-out success of last year, 2018 sees the return of the Sunshine event and this time Stocked Music are giving you a chance to see more new emerging artists. A night of awesome live music across two stages.
 The Watersplash, La Grande Route Des Mielles,

The watersplash, ta Grande Koute Des Mienes, St. Peter 📮 12a ♀ £10 - £20 01534 859000 info@stokedmusic.co.uk

https://www.facebook.com/ events/732141546967940/?active_tab=discussion



© 09-MAY ① 10:00 > 18:00 Liberation Day Celebrations

The Channel Islands were the only part of Britain to be occupied by German forces. The five-year occupation came to an end on 9 May 1945. Liberation Day, an event still celebrated in Jersey with an annual Bank Holiday will once again bring that historic time to life, with events taking place at various locations in and around St. Helier.

⊘ Liberation Square, St. Helier □ na ♀ Free 01534 859000

info@jersey.com www.jersey.com



➡ 18/19-MAY ① 21:00 > 22:30
Patrick Monahan - Rewind Selector 90s
Patrick Monahan compares life as an Irish/Iranian teenager in 90s Cool Britannia to today's Teen Brexit Britain. Rewind Selector 90s is about identity, fitting in and enjoying the decade. 'Drink and drugs and rock n'roll' was the trademark saying of the 1990s, but for the tee-total and drug free Monahan it was 'cake and tea and R n'B!'

Ø Gloucester Street □ na ≌ £10 - £20
 01534 511115

boxoffice@jerseyoperahouse.co.uk www.jerseyoperahouse.co.uk



■ 31-MAY > 03-JUN ① 11:00 > 18:00, 20:00 > 23:00 The Jersey International Motoring Festival The Jersey International Motoring Festival is the largest annual motoring event in the Channel Islands, which includes competitive sprints and hill-climbs for classic & vintage cars and motorcycles. There is a full programme of events for touring cars and motorcycles and the largest static motor show in the Channel Islands. Ø Victoria Avenue, St. Helier ☐ na Pree 01534 767726

admin@jimf.je www.jimf.je

What's On.

EVENTS





An exclusive evening with the Hawksford Wills and Probate team PROJECT 52 THURSDAY APRIL 19





Guests joined Hawksford's Charlotte Elliott, Wills & Probate Lawyer and her team for an exclusive evening at the stylish Project 52. A fine selection of deli style meats and cheeses followed by a 'speed tasting' hosted by the professionals at Love Wine made for a fantastic evening. Hawksford's 60-year-old private client





heritage makes them one of the most trusted names in the administration of private wealth and the bespoke event reflected the reputation held by the Wills and Probate team for delivering a truly personal and tailored approach.





Beast Premiere CINEWORLD WEDNESDAY APRIL 25TH



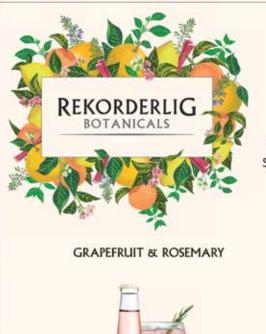


Local Writer / Director Michael Pearce greeted audiences last month at the premiere of his film, BEAST. The psychological thriller based on the story of the Beast of Jersey is getting rave reviews around the world with a 7





on IMDB and 90% or Rotten Tomatoes. Assembled guests, friends and family got the opportunity to see the film ahead of its official UK release date and celebrate our local film talent.



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drinkaware.co.uk for the facts



I DON'T VOTE BECAUSE NOTHING CHANGES BECAUSE I DON'T VOTE

ELECTION DAY 16 MAY 2018

With or without your vote, States Members will be elected that have views on issues that affect you, so don't let others choose on your behalf.

For more information contact your parish hall or visit vote.je

MAKE SURE YOU ARE REGISTERED TO VOTE. CHANGE IS UP TO YOU. VOTE.







Quilter Cheviot Baking Masterclass BOHEMIA WEDNESDAY 25TH APRIL





Great British Bake Off Winner, Candice Brown, impressed guests with her baking skills at a private event hosted by Quilter Cheviot Investment Management in Jersey's Bohemia bar and restaurant. Quilter Cheviot arranged the Masterclass evening with Candice, and Head of International and Jersey Office, Tim Childe,





giving guests a hands-on opportunity to improve their baking skills. The evening was hosted by BBC One's One Show presenter Joe Crowley, he said: "The event was a huge success and great fun to host; there are now a few more fully fledged bakers on the island!"





Good Vibrations Festival THE SPLASH SPIRITUALLY SOME TIME IN THE 80S





We never did a lookback at the time so, with the Good Vibrations festival on its way next month, we thought we'd throw back to the event last year. The event aimed to promote a healthy outdoor lifestyle with a day of complete 80s themed fun. The event incorporated a surf contest for surfers and





non surfers, a five a side tournament, live music, workshops, stalls and an after party at the Watersplash. This year it's happening on the 9th June, so save the date!



Found a place you like? Time to pop in for that chat ...

Email: info@mortgageshop.je

let the mortgage shop help you buy your home.

Telephone: 789830

the mortgage shop

Find us: 31 Broad Street, St Helier

Website: www.mortgageshop.je

Sizzling Summer BBQ's at the Radisson Blu

Summer is just around the corner, now is the perfect time to enjoy a delicious. Waterfront BBQ buffet. Summer Sizzlin' BBQ Packages for your private and corporate events are the perfect way to start the Summer Weekends. All our BBQ packages are perfect for pre-booked private functions on the Terrace, with use of our stunning Elizabeth suite also. So, what are you waiting for? Come and get your Summer Sizzle on!



To make an enquiry or book your event: Call 01534 671 100 or email Jacqueline.mcdermott@radissonblu.com



STREET

GOOD MOOD FOOD

Follow modern food trends in a no-fuss casual range of boozy milkshakes and trendy beers, this local neighbourhood restaurant is the perfect place for an impromptu get together.



Opening hours 11.45am – 9pm M

Just random things to amuse you.

DSIM

SEAGULL SAUSAGEFEST

Seventeen years after being given a lifetime ban from a hotel in Canada, a man who was responsible for causing quite a mess of his hotel room while on a business trip has returned to apologise.

When I write that it 'isn't how it seems', you might think, having read the headline, that he said something similar to the housekeeping lady when he'd eventually decided that he was out of his depth at the scene of the incident which took place at The Empress hotel in Victoria, Canada, but Nick Burchill recalls that, looking around at the destruction, the only word that he managed to utter was 'sorry', before exiting the room and going downstairs for dinner and trying to ignore what'd just happened.

It may sound bizarre, which is why you're reading about it on Gallery's Misc page in the first place, but during his trip he'd purchased enough pepperoni to fill an entire suitcase with the intention of posting the sausages as gifts to his friends in the Navy. Thankfully, that's about as weird as it gets, but what happened next was a combination of both poor judgement and poor luck.

Not wanting the meat to go off prematurely in his warm hotel room he opened a window before he left for his appointment, returning to discover that a flock of around 40 gulls had decided to embark on a feast whilst he was out. Fending off the stragglers using a combination of one of the hotel towels and his shoe, launched as a projectile (who throws a shoe?!), the ensuing wetting of the room and attempted drying using the hotel supplied hairdryer, which eventually caused a power outage, didn't yield the results he'd no doubt been dreaming of whilst attempting to both physically and metaphorically dig himself out of the shit, at which point he called housekeeping.

Trying to ignore the situation, having been moved to a significantly smaller room whilst he tried to enjoy his dinner that evening, his employer later received a letter explaining that he'd been banned, but this year he decided to try and set things straight. Thankfully, the hotel found his tale amusing and lifted the ban, although Nick likes to think that the pepperoni he took them as a gift might've helped the situation this time.



Quoted: Salvador Dali

"I don't do drugs. I am drugs!"



MEANWHILE, DOWN UNDER...

A 27 year old man became involved in an altercation with a 20 year old male friend in the Beerwah Hotel bar on Australia's Sunshine Coast before being kicked out.

Continuing the fight outside, presumably because that's the Aussie way, things took a potentially serious twist when the younger chap stabbed a knife into his mate's back (presumably *not* the Aussie way, it's probably worth mentioning).

Being a red blooded, steak eating, beer swilling bloke though, the 27 year old man proceeded to re-enter the bar and casually order another pint despite having a knife protruding from his back, seemingly without a care in the world (there's your tenuous link to this month's theme, incidentally).

After finishing his beer, he went to the Sunshine Coast University Hospital for treatment. It doesn't get much more bogan than that - Mick Dundee, eat your heart out! Then drink another beer, make a comment about the derisory nature of the knife used and go to hospital for a transplant. A spokesperson for Queensland police commented that a 'substantial' amount of alcohol was involved and that the man didn't wish to press charges against his attacker. What a sport!

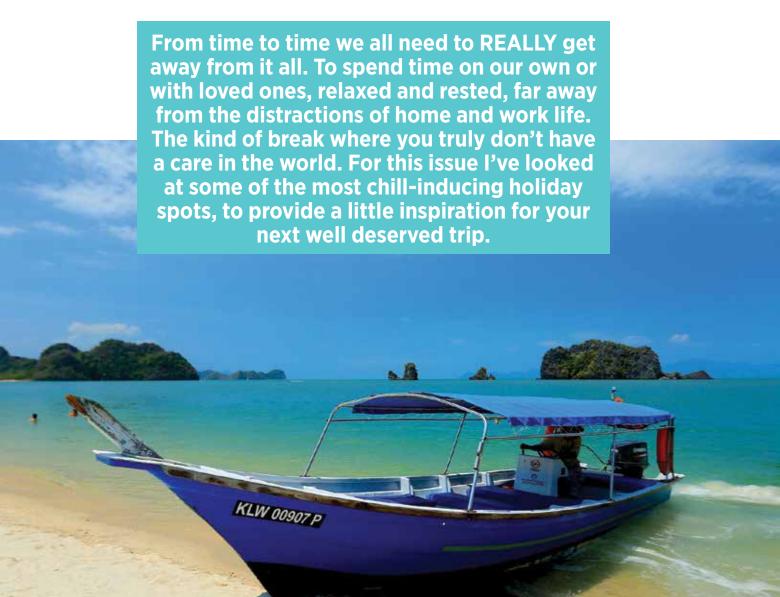
Bad jokes: "Why did the Mexican throw his wife off a bridge? TEQUILA!"

TRAVEL



IN THE WORLD ...

WORDS Rebecca Evans





Bora Bora French Polynesia

Nestled in the South Pacific, almost as far as you can get from Jersey before you start coming back (before the Geographers start writing in, Dunedin, New Zealand is actually the furthest point, but what's 5000km between friends?) Bora Bora is the jewel in the crown of French Polynesia.

Around a quarter of the size of our own Island and accessed via an incredibly scenic 45 minute flight from Tahiti, this little piece of paradise is widely considered one of the most romantic and relaxing places on the surface of the earth; at least once us Europeans have recovered from the 30+ hour we journey to get there.

The Island itself is formed from an extinct volcano, surrounded by a sparkling sapphire and indigo blue lagoon, which is in turn encircled by smaller islets, or motus. With two rain forest covered balsatic peaks rising towards fluffy white clouds, this is an Island reminiscent of fairy tales and adventure stories, and it would hardly be surprising to see a pirate ship at full sail rounding the bay, or hear the tick tock of a cartoon crocodile.

The shallow lagoon and scattered motus lend themselves to the most decadent of accommodation, with many resorts offering over-water villas. These most private and luxurious of hotel rooms were first imagined in French Polynesia before being adopted in other idyllic atolls across the world. What could be more dreamy than descending into the crystal clear water directly from your own private sundeck, having room service delivered by outrigger canoe, or watching the marine life going about their business undisturbed, as you observe through a glass floor.

Whilst Bora Bora must surely be high on many a travel bucket list, it seems that not many of us ever make it there, with the remote location and petite size rendering the whole French Polynesian archipelago one of the most secluded in the world. I'm (reasonably) reliably informed that more visitors arrive in Hawaii every 10 days than French Polynesia welcomes in an entire year. Those that do make the journey are well rewarded with picture postcard white sandy beaches, friendly locals, and the finest local seafood.

Activities here are, unsurprisingly, largely water based, with scuba diving, snorkelling and paddle boarding all being popular options. Those whose idea of utter relaxation still includes a little adrenaline can tour the lagoon by jet ski, or hike the main Island, but many opt to do nothing more strenuous than swing in a hammock and let their worries be carried away on the breeze.

It's hardly going to come as a shock that many visitors to Bora Bora are on Honeymoon, however those who aren't already in a bubble of love can take advantage of a quaint local custom by wearing a Tahitian Gardenia flower behind their right ear, which marks them out as single and open to flirtation, should the idea of meeting a native and settling down in paradise appeal (and frankly why wouldn't it? I'm already packing my bags). Those who aren't already in a bubble of love can take advantage of a quaint local custom by wearing a Tahitian Gardenia flower behind their right ear, which marks them out as single and open to flirtation





Who hasn't dreamt of spending a week or so reclined on a lounger, being soothed into absolute calm by the swishing of palm leaves and chirping of the rich bird life?

Langkawi Malaysia

Around the other side of this spinning lump of rock we call Earth is the archipelago of 99 Malaysian islands and islets that make up the heavenly Langkawi. Perhaps better known than Bora Bora, and certainly easier to access with regular flights from London via Kuala Lumpur, but no less ideal for a relaxing getaway.

Surrounded by tropical azure seas, the largest Island of Palau Langkawi is around 4 times the size of Jersey, and made up of a lush fertile interior of forest and paddy fields, ringed by palm lined blonde sand beaches.

From beachside bungalows or resort hotels, to more of those picturesque over water villas, the accommodation options in Langkawi are varied, but whether economical or exorbitant, they all share a common theme of peace and tranquility. Who hasn't dreamt of spending a week or so reclined on a lounger, being soothed into absolute calm by the swishing of palm leaves and chirping of the rich bird life?

If, like me, being close to nature and wildlife contributes to your sense of repose, there is plenty of it around here. Monkeys and flying lemurs occupy the lower forest canopy, whilst the greater mousedeer and malay civet nose through the undergrowth, and over 500 species of butterfly flutter through the air. Overhead, Eagles soar above the jungle-draped valleys, and bats swoop through twilight skies. It's not just those with wings who can experience a bird's eye view of Palau Langkawi and its



surrounding islands, courageous human visitors can take one of the world's steepest cable cars (not for the faint hearted) to 700m above sea level, in order to walk the impressive 125m long sky-bridge and admire breathtaking panoramic views of the verdant rainforest, tumbling waterfalls and beautiful coast beyond.

Back at ground level, secluded soft sand beaches are abundant, providing a place

for everyone, where hours or days can easily be whiled away, to a soundtrack of gently lapping waves. If a change of scene is required, island hopping boat trips crisscross the archipelago, transporting happy holidaymakers from one scenic islet to the next, like crossing stepping stones to paradise.

Whilst shopping during a relaxing vacation is some people's (my) idea of a nightmare, it takes all sorts to make the world go around, and keen consumers can snap up endless duty free bargains in the town of Kuah. Just bear in mind your baggage allowance; there's nothing that will undo the benefits of a stress-free week like crossing swords with Easyjet on the way back home.



CULTURE



Culture News



Cake and tea and R n'B

Patrick Monahan compares life as an Irish/Iranian teenager in 90s Cool Britannia to today's Teen Brexit Britain. Rewind Selector 90s is about identity, fitting in and enjoying the decade. 'Drink and drugs and rock n'roll' was the trademark saying of the 1990s but for the tee-total and drug free Monahan it was 'cake and tea and R 'n'B!'

Monahan explores what life was like for teenagers in the 90s growing up with basic technology, unlike teenagers today who are growing up with technology that's more powerful than a NASA space ship in the 1960s! He compares the current problems teenagers face, such as faulty phone charger leads, dabbing and whether they should Instagram their dinner or just eat it!

18th May, Jersey Opera House Studio, 8-9:30pm. £14



Piano in the mists

British pianist Ivana Gavrić has attracted considerable praise for her interpretations of Janacek, Liszt, Schubert, and more recently Grieg. She created a sensation with her debut disc 'In The Mists', winning BBC Music Magazine Newcomer of the Year for 'playing of an altogether extraordinary calibre'.

Ivana has performed with the Royal Philharmonic Orchestra, Royal Stockholm Philharmonic, the Trondheim Soloists and Aurora Orchestra. Following her US solo debut, the Washington Post described Ivana's playing as 'impressive, insightful...a ravishing performance". Ivana has been heard on the major concert platforms including The Wigmore Hall, the Barbican, Royal Albert Hall, KKL, Lucerne, Gilmore Festival Rising Star Series, as well as across China, Canada and Japan. Programme includes: Haydn: Sonata in F HXVI: 23; Grieg: 3 Slatter; Chopin: 4 Mazurkas Op.24; Scherzo No.2; Schumann: Kreisleriana

May 16th, Jersey Arts Centre, 8-10pm.£20 (£13 students/children) / Members: £17 (£11.05 students/children)

Jacques Prévert - talk and poetry reading.



Fancy a bit of French culture? Head to the Alliance to admire some collages and poems of Jacques Prévert, one of the greatest french artist of the 20th century. See the work of the poet, screenwriter and lyrics writer whilst having a few snacks and, naturally, some wine. Enjoy poems in French and their translation in English. Their teachers will also give you a presentation of the artist and his work. Collages and poems will be displayed all month. *May 15th, 2018 at 6:00pm - 8:00pm £4/£6 Alliance Française de Jersey 5 Library Place*



A brutal talking point.

From Art-Deco to Brutalist concrete and Post-modern cladding: why it's crucial to conserve the C20's least popular buildings. Join Catherine Croft, Director of the C20 Society for a lecture on architecture at CCA Galleries this month.

The C20 Society campaigns for the preservation of the best buildings constructed from 1914 onwards. Catherine Croft is an expert on postwar architecture, and the public perception of C20 design, particularly changing attitudes to brutalism and post modernism. She lectures widely on architecture and heritage, in the UK and abroad, and was a judge of the Carbuncle Cup award for the worst new building in the UK in 2017. It was won by the big red beastly Nova development, opposite London's Victoria Station.This lecture will be of interest to architects, town planners, students and anyone with an interest in the arts, culture and the built environment. May 17th, CCA Galleries. 6-8.30pm. £12.50

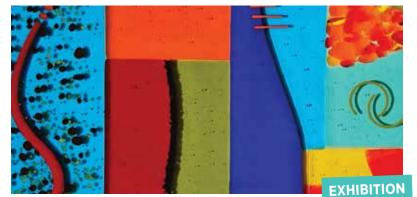


Aquarius

As the weather gets warmer, being inside watching a film isn't the first thing on your mind but it's worth coming off the beach to catch the classic movies shown by the Jersey Film Society. This month sees them screening Brazilian Aquarius. Starring Sonia Braga as Clara, the film is a portrait of a 65-year-old woman refusing to be bullied out of her seafront apartment by developers. It was selected to compete for the Palme d'Or at the 2016 and gets a 7.6 on IMDB.

21st May, Jersey Arts Centre, 8pm. Adult £5 Student £3

LAST CHANCES Catch these two early this month!



Colour and Glass.

This exhibition by Clare Morvan focuses on her glass work. Clare loves colour - especially translucent layers of colour and the way it reflects light. There is no better medium than glass for displaying the intensity of colour. Clare learnt how to fuse glass at Highlands College mainly under the tutelage of Marc McCarty. She admits she continually pestered Marc with more and more questions which he very patiently answered. This allowed her to experiment and develop her own personal style of fusing glass.

The glass bowls in this exhibition consist of three main ranges: large and medium sized square bowls and circular coral bowls. Each bowl takes at least two days to make in her home studio. Many of the pieces have the feel of summer on the beach. They convey the light heartedness and fun of sun, sea and sand. As all of the pieces were made over the winter months, some cooler pieces have inevitably crept in which form an interesting contrast. Whether using glass or paint, Clare finds that her art keeps returning to the sea and coast. This is unsurprising as she was born and raised in Jersey.

Celebrating Colour - An exhibition in glass by Clare Morvan - until 7th May, The Harbour Gallery, 10 - 5:30pm. Free.



... and Wood; Rescapes.

René Alemawo is a self-taught abstract wood sculptor from West Africa. His speciality is that he only uses traditional tools to sculpt his wood - mainly teak, acacia and African blackwood - without any use of electrical instruments. He has held several exhibitions in Europe, as well as in Oman and in the USA. A former street child from Togo, René now lives in Senegal where he runs his own art workshop and gallery on the Island of Gorée, a UNESCO World Heritage site famous as the largest centre for the slave trade on the African coast. Inspired by the exhibition 'Made with Love' at the Jersey Arts Centre prior to Jersey Refugee Week in June 2017 showcasing Jersey's support of refugees, RESCAPÉS - the Survivors celebrates the ability of individuals and humanity in general to pull through adversity to continue to function and even prosper, in spite of opposition, hardship and setbacks. In short, to survive and thrive. In his daily work in Senegal, René searches his surroundings for discarded pieces of wood and patiently brings them back to life as beautiful shapes and forms. Using this metaphor, the exhibition features a few rough pieces of wood alongside a collection of finished sculptures, with the intermediate process of transformation and revival illustrated through live demonstrations of his skilled craftsmanship. René Alemawo (ADER) - until 5th May Berni Gallery, Jersey Arts Centre. Free.





NT LIVE: MACBETH Rory Kinnear and Anne-Marie Duff as Macbeth and Lady Macbeth. THU 10 MAY | 7 PM TICKETS: £13.50*



AN AMERICAN IN PARIS Tony® Award-winning Broadway musical. WED 16 MAY | 7.30PM TICKETS: £13.50*



PATRICK MONAHAN - Rewind Selector 90s "A Fringe Legend!" The Mirror FRI 18 - SAT 19 MAY | 8PM TICKETS: £14*



RUSSELL WATSON – SONGS FROM THE HEART The UK's best-selling classical crossover artist of all time. THU 24 - FRI 25 MAY | 8 PM TICKETS: From £43.50



BACK TO BACHARACH An exciting show celebrating the magic of Burt Bacharach! SAT 2 JUNE | 8PM TICKETS: £23*

Theatre Tours & Afternoon Teas available *Check for concessions and/or member discounts

BOX OFFICE: (01534) 511 115 www.jerseyoperahouse.co.uk

Culture News



DATES FOR THE DIARY 23rd-24th June and 30th June-1st July

Skipton Open Studios, sponsored by Skipton International and produced by ArtHouse Jersey, is returning this summer to celebrate Jersey's diverse creative community of talented artists and makers.

Over seventy artists and collectives are taking part this year, working in almost every style and medium imaginable. If you've ever wanted to see behind-the-scenes of a photography, pottery, recording or design studio then you can visit over thirty different locations for free. Artists will not only be opening the doors of their private homes and studios for the public, but many Creatives will be taking over a number of Jersey's unique historic properties, such as the Moulin de Quetivel Mill in St Peter's Valley, and the newly restored property-turnedgallery on Pitt Street, managed by the National Trust for Jersey. Venues like the Frances Le Sueur Centre in St Ouen's Bay, La Folie Studios and 10 and 20 Commercial Buildings will also house several artists' exhibitions in one place, making it easy to see multiple artists' works in one go.

Beyond the two open studio weekends themselves, the ArtHouse Jersey team is busy producing a broad programme of events, including workshops, art installations, street art tours, pop-up events and parties. In other words, no matter your age, artistic preference or own creative background, there's something for everyone to get involved with.

Alice Bravery, Producer at ArtHouse Jersey, said: 'Highlights that people can look forward to include a pop-up Drink and Draw night hosted by local illustrator Abi Overland, a unique supper-club experience mixing food with art in partnership with Nourish and Love Wine, and people can learn expert photography skills in a Food Styling and Photography workshop with the Bean Pot and Holly Smith Photography. We're also continuing to add to Jersey's street art scene as part of the Mural Project part III, coordinated by local artist Ben Robertson (aka, BOKRA).

Last year Ben worked alongside other visual artists to create three new murals, inspired by Jersey and its community, at Parade Gardens and Colomberie, as the first two parts of the Mural Project. This summer ArtHouse is commissioning an additional ten murals, on both a miniscule and mega scale, which will form part of Jersey's first Street Art Tour.'

Visit www.skiptonopenstudios.je for more information



9th - 19th May 2018

Fifteen internationally acclaimed stars perform beautiful and atmospheric music in stunning settings celebrating the Liberation of Jersey.

Event highlights:

Wednesday 9th May 2.30pm Musical Walk 6pm Liberation Concert

After a musical walk from Corbiere Phare in St Ouen's, enjoy a concert in a war time bunker celebrating the liberation of the island with cellist Dora Kokas.





Saturday 12th May - 8:00pm Liberation Celebration: Alexander Sitkovetsky & Friends Opera House

A celebration of Jersey's Liberation features eight international soloists performing great music from Brahms and Mendelssohn.

Sunday 13th May 11:45 - 4:30pm Jazz at Hamptonne

Enjoy a family day out at the beautiful Jersey Heritage site Hamptonne, with multiple award winning Joanna L'Estrange and her jazz band performing popular jazz classics.





Thursday 17th May – 7pm Music and Talk & Screening The Artist – Opera House

Winner of 7 BAFTAS, and 5 Oscars including for Best Picture and Original Soundtrack this dramatic comedy is a "must see" on the big screen.

Saturday 19th May - 8:00pm Liberation Gala – 10th Anniversary Jersey Chamber Orchestra at Opera House

A stunning Gala concert to celebrate the 10th Anniversary of the festival with a major new commission by Errollyn Wallen MBE for global music stars Kosmos and the Jersey Chamber alongside classics by Mozart and Elgar.

For more information: **www.liberationjersey.com** Tickets: Jersey Opera House **511115** or **Eventbrite**



BEAUTY & WELLBEING



Tom Ford Soleil Blanc Shimmer Body Oil UK RRP £72 de Gruchy £63

SUMMER READY

Get set for summer with these covetable products from Tom Ford and Benefit, Give your skin a natural sun-kissed glow and tempt the senses with their captivating fragrances.



degruchys.com 1 50-52 King Street, St Helier, Jersey, JE4 8NN



Benefit Gold Rush Blush UK RRP £25.50 de Gruchy £21.50

Beauty News

HAIR CARE

John Varney Senior Stylist at Rio Hair & Beauty

How long have you been hairdressing?

I have been in the industry and hairdressing for 18 years now and I still feel like I'm learning every single day. It's amazing to have a job where each day is different and you are challenged in different ways. Who could get enough of making people feel great?

Your life in the industry:

After qualifying just before I turned 18 I was very keen to get on the floor and build my clientele! I worked up to senior stylist by the age of 20 with Regis International, working with the artistic team focusing on both cut and colour techniques. I also spent a lot of time with the senior barber, Tony, who helped to me fall in love with men's hairdressing too. I have worked at Rio for over 10 years now and have been lucky enough to go on courses with Mahogany, Hobb and 365, along with other members of our team. There is a massive amount of art in each aspect of what we do and I am fascinated by learning new techniques.

What cut do you think is most current?

I love sharp heavy lines in haircuts but I would say long natural waves are very in at the moment. Royal weddings are front page news and it's caused a massive movement in what clients want.

What colour trends are you seeing for 2018?

Rio is the only salon in the Channel Islands to use Paul Mitchell colour at the moment and we have had a relationship with them for many years. When they release new products the team will come over and it gives us a great insight into what they are doing (which would normally take a while to filter to Jersey). Blondes are going back to warmer honey and caramel tones and away from the cool ashy tones we've been seeing. Pastel colours are great for making an individual stand out too, so there's no reason to feel limited!

Which celebrity always nails it with their hair do?

For me it's Ruby Rose! She can go from a hard, almost masculine, crop to a soft elegant blow dry with the same haircut. I think a lot of people are scared of short hair but it can be so versatile there's no need to be.

What are your top 3 must have hair products?



1. Awapuhi Wild Ginger Shampoo If you're looking to get or keep the vitality in your hair then this is

vitality in your hair then this is amazing! It is keratin active and highly moisturising.



2. LAB Elastic Shaping Paste

This is my favourite finishing product for short hair male or female. Dry, matte and so easy for clients to use.



3. Celeb Luxury Gem Lites New to Rio these shampoo's will help maintain your salon colour, keep vibrancy or eliminate unwanted tones in natural hair.

All available from Rio

We are a small professional healthcare practice offering support for all stages of life, from pre-conception and babies through to adulthood and end of life care.

Craniosacral Therapy, Physiotherapy and Reflexology.

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Phyto Replenish Oil works in three stages to achieve healthy, luminous skin



Hydrates to help smooth fine lines

Strengthens the skins natural barrier

Shields against free radical damage



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Kirsa Alberts. Owner and Director of Pure Skin, is excited to be the first in the Channel Islands to offer the sought-after Plasma Pen treatment by Louise Walsh International.

Plasma Pen offers a next generation treatment to dramatically repair, reverse and mitigate the classic signs of ageing. It treats wrinkles, lines, creases, including upper and lower eyelids, eye bags and crows feet, plus lifting, smoothing and tightening skin anywhere on face and neck.

No scalpels, cutting or scarring. Very short downtime. Quick and easy procedure with rapid recovery. Long lasting results (usually around 3 years with many results permanent).

Call us on 747107 for a free consultation.





Pure Skin Suite 2.5. Lido Medical Centre St Saviours Road, St Helier

www.pureskin-jsy.co.uk

A Haven For Health And Wellbeing

Whether you have a painful back, a painful mind or simply need to nourish yourself before starting a new family, the wonderful team at The Neroli Clinic will give you the support, guidance and treatment that you seek.

Practitioners Polly Ashton and Jane Fullerton offer acupuncture, counselling, craniosacral therapy, reflexology and physiotherapy. Their approach is to combine the best of conventional medical and complementary therapies, and to treat every client holistically. They work closely with each client to pinpoint their individual healthcare needs and provide an integrated approach to optimise health and wellbeing.

In this fast-paced modern world, more and more people are suffering with stress, sadness, worry and pain, and all the knock on negative consequences that come with those burdens. So many couples are struggling to conceive and so many people are living a life in pain. A visit to the Neroli Clinic can truly turn your life around.

JANE FULLERTON (left)

Jane is a physiotherapist, reflexologist and also practises craniosacral therapy. Her focus at the Neroli Clinic is to combine the power of traditional medicine with the wisdom of complementary therapies. She believes that this integrated approach can treat most conditions and people of all ages. "I have become more aware of factors that influence our health such as emotions, stress and tissue memory. My approach is to support the body's natural capacity to self-repair and find health." After further training in reflexology, craniosacral therapy and counselling skills she now offers a new way to nourish and feel well on all levels.

POLLY ASHTON (right)

Polly is a registered acupuncturist and qualified counsellor, with over 20 years of clinical experience practising Traditional Acupuncture and has been a member of the British Acupuncture Council since it was founded in 1995. Polly has a particular interest in fertility, pregnancy and postnatal care. She has attended training with the Royal College of Obstetrics and Gynaecology in the Management and Treatment of Infertility. "There is increasing evidence that what we eat, drink and how we live our lives before and after we conceive determine the health of our children into adulthood". Polly sees many clients who are either trying naturally or having an assisted approach and want to optimise their chances of a happy, healthy pregnancy.

The beautiful clinic walls are lined with photos of sweet babies, born to clients who started their journey doubting that they would ever fulfil their dream of becoming parents. Thank-you cards are abundant, a testament to their work and the number of clients who have benefitted from their support. These uplifting stories are available to read on the website. Be inspired and get in touch. These lovely ladies are there ready to help you.



"So many couples are struggling to conceive and so many people are living a life in pain. A visit to the Neroli Clinic can truly turn your life around."

> The Neroli Clinic 39 Hill Street, St Helier Jersey, JE2 4UA Jane 07797 741954 Polly 07797 753103 www.neroliclinic.je

The future of skin resurfacing is here

Fibroblasting Plasma treatments are suddenly huge, with celebrities swearing by them and beauty aficionados booking up appointments in the US for months in advance. So we wanted to know more about this new miracle treatment.

Kirsa Alberts, Owner and Director of Pure Skin at the Lido Medical Centre, is the first person to bring this state of the art treatment to Jersey. She uses the Plasma Pen by Louise Walsh International which is the world's leading, most advanced and sought-after plasma device for noninvasive soft-surgery. This treatment is highly effective in wrinkle smoothing, eyelid tightening and eye hood reduction. It delivers rejuvenated skin; a brighter, more contoured and youthful appearance virtually immediately.



HOW IT WORKS

"As we age, our dermal layer thins, less collagen is produced, the elastin fibres which provide elasticity wear out and all these changes in the scaffolding of the skin cause it to wrinkle, sag, lose laxity and texture. Collagen provides significant structural support for our cells and tissues and, without effective cross-linking of the collagen fibres, our skin scaffolding loses its integrity." explained Kirsa.

The Plasma Pen device is specifically designed to help repair, reverse and mitigate all these effects to deliver a more youthful appearance and combat the ageing process using the latest technology.

Kirsa describes the process; "The Plasma Pen passes deep through the skin and starts the skin's wound healing process, which causes the epidermis to generate fresh new skin cells restructuring and strengthen your connective tissue and kickstarts the process of collagen production to help reduce those lines and wrinkles and underpin the structures required to plump and lift your skin."

Your body will then produce new collagen for weeks and months after the original treatment has been performed.

Plasma Pen is the gift that keeps giving because not only does it provide immediate results but it also delivers ongoing improvements in the short, medium and long term.



Plasma Pen vs Cosmetic Surgery

No injectable anaesthetics required

No scalpels, cutting, ablation and no scarring of the skin

No stitches and suturing required

Very low risk procedure without medical risk and potentially life changing complications

Minimal side effects and very short downtimes

Quick and easy with rapid recovery - back to work the next day with noticeable little dots on the skin, or many clients have their treatment on a Friday and are then confident to go to work on the Monday with the use of a little cover up product which is given as part of the treatment.

Dramatic long lasting results (usually around three years with many results permanent).

Guide prices: Upper Eyelids £450-£550, Bags Under Eyes £400-£500, Crows Feet £300-£400, Lines Around Mouth £300-£500. Results last three to five years.

To book in, or for a free consultation call Kirsa at Pure Skin on 747107.

Care for your skin.



Estée Lauder Daywear Eye Cooling Gel-Cream

Available from deGruchy This moisturising, anti-oxident rich product gives a cool rush of hydration. For an extra treat keep it in the fridge for a blissful cooling sensation. It re-freshes, de-puffs protects and deeply hydrates this delicate area which can so easily show signs of ageing. Keep on top of your eye care ladies!



Guerlain Abeille Royale Black Bee Honey Balm *Available from Voisins* At the heart of this is the wonder product is Ouessant Black Bee Honey which boosts the skin's ability to repair itself. This intensely nourishing balm makes your skin the best version it can bee, ideal for face and hands to stop signs of ageing in its tracks. Buzz off wrinkles.



Vichy Ideal Soleil SPF 30 Protective Water for Enhanced Tanning

Available from Feelunique Sunscreen can sometimes feel way too oily or creamy, so the Scientists behind coveted french skincare brand Vichy have developed this ultra light solar water spray for face and body. The radical lightweight solar water formula hydrates and protects while feeling comfortable on the skin.



La Prairie Eye & Lip Care Palette

Available from deGruchy The eyes and mouth are the face's most expressive features and are the first to show signs of age and fatigue. This product instantly reduces dark circles, puffiness, fine lines, and wrinkles. Helps temporarily fill wrinkles and plump lips. Diffuses light to disguise imperfections and gives you a refreshed look. A handbag must-have!



Sisley Youth Protector Summer Body Oil SPF 15

Available from Voisins There are tons of good things about this product, but our favourite is being able to apply sun protection to your whole body (including your own back) in 10 seconds flat. It is just so convenient! On top of this it is one of the very best sun protection products out there; your tan will be radiant and longlasting, fine dehydration lines are smoothed and the appearance of dark spots caused by the sun are minimised.



Shavata

Brow & Lash Strengthener Available from deGruchy Want shinier, longer, thicker and stronger looking eyebrows and lashes? "Hell yeah" I hear you cry! Ideal for encouraging growth on over-plucked eyebrows. Made from 100% cold-pressed nourishing, organic castor oil. The Omega 9 fatty acids it contains make hair thicker and shinier. For rapid results, apply twice a day.

gallery

FASHION



Dolce & Gabbana Removable Frame Sunglasses UK RRP £347 de Gruchy £312

SUMMER SUNNIES

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degruchys.com 1 50-52 King Street, St Helier, Jersey, JE4 8NN



Ray-Ban Marshal Bronze Sunglasses UK RRP £154 de Gruchy£139

Brand News



HATS OFF TO UP & ABOVE

We all love a wedding and what could be better than having a Royal Wedding to watch this month. All those outfits and hats; the hats alone make it worth watching! As Harry and Meghan tie the knot, we will be glued to the TV and relishing every minute.

Ten years ago Vivien Aygun of Up and Above realised there was very little choice in the Island when it came to millinery. Several shops stocked a small selection to co-ordinate with outfits but when the department stores axed their millinery concessions she saw a gap in the market.

Today Vivien has the best choice in hats and fascinators in the Channel Islands and together with her staff they love adding the final touch to outfits, and have enormous fun with customers wanting to look fabulous for the races, especially Ascot.

"We always encourage people to bring their outfit into the shop and this is not just for a colour match it is for style too. It is so important, especially for the Mothers of the Bride and Mothers of the Groom. There is nothing quite like putting the perfect hat to an outfit; be it a large hat or small fascinator or anything in between. Hats can transform a look, and make a great outfit suddenly look spectacular"

There has been a revival of hats in fashion over the last few years, so many more people are really relishing dressing up for special occasions and Vivien has noticed girls are being far more adventurous in their choices, which can lead to stunning results. So if you have an event this summer that you need that added wow-factor for, visit Vivien and her team at Up and Above, No.50 Don Street.



Celebrate in style In celebration of the Royal Wedding of Prince Harry and Meghan Markle, Clogau is launching the exclusive Windsor Pearl collection, inspired by the escalope shells found on the Coat of Arms of Prince Harry.

Prince Harry's unique crest was presented on his 18th birthday and is based upon the quartered arms of England, Scotland and Ireland. It features a lion and a unicorn on either side of the shield, topped by a coronet and a second, smaller lion. The family of the late Princess Diana, the Spencers, is reflected in the coats of arms by small, red escallops which appear on the white collars worn by the lions, unicorn and shield.

The new Windsor Pearl collection will be available from May in Rivoli where a special in-store event will be held on Saturday 26th May to celebrate the new collections. Expect special treats, a glass of fizz and beautiful Clogau jewellery.

Clogau is available exclusively at Rivoli Jewellers, VAT free.

Blooming Beautiful Bags

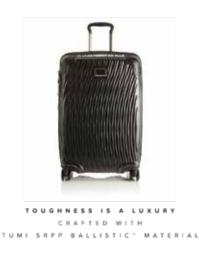
The wonderful selection of Cath Kidston bags in deGruchy have captured our hearts this spring. They're making it seriously tricky to pick a favourite pattern and style. Choices, choices!

PICTURED LEFT TO RIGHT:

DIDWORTH FLOWERS HIGHGATE HOBO, TROPICAL GARDEN LARGE PANDORA BAG, BIRTHDAY ROSE FOLDAWAY OVERNIGHT BAG, SPRING BLOOM MULTI POCKET BACKPACK, ISLAND FLOWERS HIGH SUMMER BUCKET BACKPACK, WELLESLEY BLOSSOM LUNCH TOTE









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Try our classes for just 4 sessions and you will...

- Learn some cool pole dance tricks and moves that will make you feel stronger and super proud of yourself!
- Have fun whilst you workout! Pole dancing is a fun fitness hobby that helps you tone up and sculpt your figure in a way that makes you forget you are exercising. Great alternative to the gym.
- Increases your upper body strength, core strength and flexibility whilst having a good time learning the fun basics of pole dancing.
- Challenge yourself, sky rocket your self confidence and feel great about yourself!

"Pole has given me a great personal confidence boost." *Kelly*

"Pole dancing makes me forget I'm exercising. It's so much fun!" Milly

"Pole dancing is the only fitness class I've ever stuck to!" Kirso

If you would like more information about our Exclusive Learn to Pole Dance classes please text Nikki NOW on **07797 724874** by 31st May. Only 4 spaces!

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Splash Out CALL 811100 TO ADVERT

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zzer'z pickz...

...for the girly.

3

5

"For those who are looking to take care of their wardrobe this Spring, we've found the right pieces so you can do so in style. With the evenings brightening up now summer is getting closer, you may also be looking for the perfect outfit which will make the right impression for your evening soirée."

Cecilie Long sleeved shirt - Manna £95
 Mint Velvet - Lemon Bow Sleeve Blouse - deGruchy £71
 Mint Velvet - Paxton Red Jeans - deGruchy £69

- Phase Eight Jenna Belted Khaki Jeans deGruchy £62.10
 Phase Eight Red Penelope Blouse deGruchy £53.10
- 6. Mint Velvet Pencil Dress deGruchy **£125**





J. Lindeberg - Chaze Chino Beige - Roulette £109
 J. Lindeberg Hopper Flame Str Blazer - Roulette £319
 OLMYP Level 5 Body Fit Shirt - deGruchy £58.49
 4. Roy Robson Suit - deGruchy £231
 TOD's - Shoes in blue - Brummells £239









Photography and Styling: Danny Evans Make Up: Decia at Kiss & Make-Up Model: Grace

Jacket **£269** by Michael Kors, shorts **£27** by Ivy Park from Voisins















STALKED BY Jessica Myhill



Ewa

As the days are brightening up, luminous pastel colours are starting to make more of an appearance this season. The orange puffer jacket contrasts beautifully with Ewa's khaki green trainers and subtle blue jeans.



Arthur

This stunning navy blue jacket from Milan, looks very sharp with Arthur's Rayband glasses folded into his warm brown jumper. The folded black chinos compliment his trainers and the rest of his outfit nicely.



Tania

The gorgeous black Stradivarius jacket and classic high-waisted jeans, finish off this casual outfit effortlessly. Tania has combined the silky burgundy jumper with her leather satchel bag to create her chic sense of style.



Fabio

The camo trousers first brought Fabio's outfit to my attention . The details in his madhatter cap bring more excitment to Fabios clothing, as well as his DePop hooded

jacket which has two different illustrations either side of the hood.



Michael

This colour co-ordinated attire with the crimson scarf from France and matching trainers from London, tie perfectly with Micheal's Khaki jacket from Germany. Tying together different cultures to create his very own unique style.



Ling

Blazers are in fashion at the moment, and to create that classy summer fashionista look, why not combine yours with a long floor length skirt? Ling's red striped skirt from china, elongates her figure and the splash of colour makes her outfit even more eye catching.



Karolina

Karolina caught our eye with her Universe themed Superdry jacket. This waterproof coat proves that even when the weather might not be so fresh you can still freshen up your style and the high street at the same time!



Tanya

Bomber jackets are still all the rage. Tanya is definitely making a statement in her animated navy blue and pink one. Matched with dark leggings and trainers, Tanya is focussing the attention on her illustrated Zara jacket and Baines & Band glasses.

APPETITE

HAVE YOUR AD SPACE AND EAT IT

We've been pushing the boundaries for years, so why shouldn't you? Book this space and if you spill over a little, we won't tell anybody



Restaurant Review

WORDS Ollie Watts

Unless you are a pizza, The answer is yes, I can live without you.

Bill Murray

The last 12 or so years have been a dramatic time for the restaurants of Jersey. In 2007 when The Atlantic Hotel's Ocean restaurant as well as Bohemia won Michelin stars it would seem that the Island we knew and loved was transforming from a fish and chip seaside town to an epicurean wonderland.

When Tassili and Ormer both added stars Jersey became one of the most Michelin starred destinations in the UK. This gastronomic progress inevitably led to change, as it so often does. The introduction of exciting new restaurants was quickly pounced upon by locals and due to this, Jersey is a vastly different place, gastronomically, from what it once was.

Now, I'm all for progress and innovation, but when I found out that my beloved market tearoom was being stripped from under me like a carpet made of cartoon banana skins, I gave up this appreciation of change and pined for the good old days. Days where you could get a solid full English breakfast and a can of Irn-bru (or coke if you are that way inclined) and still receive change from £5. Alas, the good times were seemingly over and for weeks we were faced with empty premises and little hope that what would follow could even compare.

It should be stated at this point that it is entirely possible that Rosie, of Rosie's Tearoom (an adjacent, competing tearoom) called upon her Scottish Mafia contacts to have the Market Tearoom 'taken care of', but these claims remain unsubstantiated.

I digress.

Either way, I was sad to see my favourite greasy-spoon go and due to this I wasn't particularly excited to see its replacement. After a few weeks passed, it was obvious to see that there was something in the works. Internal renovation of the premises began and only at this point did a spark of excitement begin to fester within me.

What was born was Pizza Projekt, a retro/modern industrial/Brooklynesque pizza joint with a pac-man logo and two pizza ovens outside the front door. Run by two friends who honed their skills in Italy, this tiny pizzeria is modest in size but big on personality. When walking in past the two ovens you are faced with a giant blackboard, intricately detailing menu items with bright chalk colours. The first table in Pizza Projekt is an old arcade table, that has been re-purposed as a regular table. I believe it was a Mr. Do machine, but I could be mistaken. I remember St Mary's Country Inn having these back in the early 90's; they were infinitely fun and are a great way of injecting retro flair into the room. There are free-play arcade machines to appreciate between, or after, courses which would put a smile on the face of even the most grown up of grown-ups. The main tables have arcade game screens laser-etched into the wood. But the most impressive part of the room, for me, were the wooden benches that were propped up with old Apple Mac G5 Computer towers. This is fantastic repurposing and really adds to the computer game chic that Pizza Projekt is going for. The walls of the restaurant are solid black, interspersed with stark MDF panels that have been spray-painted with bright patterns, these, along with the graffiti murals suit the ethos of the restaurant perfectly.

After turning up without a booking, we were sat (on the G5 computers) and left to peruse the wall, or menu as others call it. There is no 'American Hot', no 'Chicken Tikka Pizzas' here, from the menu alone you get a sense that the chefs really have an idea of what Pizza should be.

Starting with a garlic bread pizza with cheese is how I like to start most things in life, but I can't in recent memory remember having one like this. The crust was perfect, the cheese was abundant but not all encompassing and the garlic cloves were chopped confidently large, which I love. This was a great way to learn what Pizza Projekt is all about, at the risk of sounding like Gordon Ramsay; simple, fresh ingredients, cooked well.

"Starting with a garlic bread pizza with cheese is how I like to start most things in life, but I can't in recent memory remember having one like this."

Something happened during my visit to Pizza Projekt that really made me happy. Whilst I was enjoying my cheesy starter, a lady and her son came into the restaurant. They asked for a table and were offered the only available space left. Unfortunately, the only remaining space was a bar side table with stools. The lady happened to be pregnant and would clearly not be comfortable sitting at this. The staff simply improvised. They went into the back and found her and her son a small fold away table and made a space where she could sit comfortably and enjoy dinner with her son and child to be. This simple act of thoughtfulness really endeared the staff to my dining partner and I. We agreed that this was incredibly considerate.

On to the main course. We had ordered a salami pizza and the 'Cheesus'. Simply put, the 'Cheesus' pizza was the stuff my dreams are made of. Consisting of 4 types of cheeses, paired with crushed walnuts and onion marmalade, this was just incredible. From the strong cheese flavours that could easily be deciphered between, to the crunchy texture of the nuts and the sweetness of the marmalade this pizza was just a triumph. The salami pizza was equally perfect. We sprung for the extra crust dipping sauces, a chilli mayo and garlic aioli, which were served in small jam jars. These, again; faultless.

If Pizza Projekt is a sign of things to come in the Jersey food industry then I absolutely, 100% support it. I will no longer be getting my pizza fix from any other Jersey eatery. Bring on my next visit to this fantastic place!

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Appetite News



Make It. Bake It. Eat It.

The wonderful Zoë, from Zoë's Kitchen fame, has a fab new product for 2018; personalised chewy cookie party boxes. Made using only the best ingredients, her tried and tested chocolate chip cookie recipe delivers a truly tasty bake every time.

Party bags are so tricky with kids already having received the typical party bag presents umpteen times, but these sweet personalised boxes are a totally welcome treat. You can spend quality time with your mini budding chef easily creating these tasty treats, or if you need to whip them up in a hurry (emergency chocolate craving perhaps, or hungry guests turning up?) they can be made in three minutes by simply adding some butter, and baked in ten! Leaving your home smelling of freshly baked cookies for hours.

Please can everyone have these as their kids' party favours! We want some now! From £4.95 a box visit www.zoes-kitchen.com



allowed to take off your blindfold and try

and work out what it was you just ate!

unusual ingredients and textures. The

amuse bouche of crab, combava lime and

and the first main course of beef carpaccio,

kalamansi gel was a particular favourite

crosne, crispy shallot, red cabbage froth and quails egg was fantastic, with the

quails egg being a sudden tasty surprise.

As the opulent courses kept coming we got

slightly better at guessing as our senses

blood orange granita and a decadent

food. We can't wait for the next event.

honed in; lobster, sticky shoulder of lamb,

rhubarb pudding were all greatly enjoyed. It

was the perfect evening full of laughing and

great conversation spurred by the incredible

Executive Chef, Nicolas Valmagna, delighted in making it tricky with lots of

A blind date with my husband... dining in the dark

For the second year running The Grand Jersey's fine dining restaurant Tassili held a brilliant *dining in the dark* evening in recognition of Earth Hour.

Earth Hour involves millions of people switching off their lights for an hour to join a global show of support for action on climate; from the Sydney Opera House and the Eiffel Tower to Buckingham Palace.

Not only did Tassili turn out the lights but they also served a surprise seven course sensory menu, guests were blindfolded and the whole room was dimly lit by candlelight.

Having to find the food in front of you and gingerly try to taste a little until you've worked out that it is in fact delicious and you can start trying to devour the lot was so much fun. After each course you're

For fun future events like this one keep an eye out here: www.handpickedhotels.co.uk/grandjersey/offers

PICTURED ABOVE, LEFT TO RIGHT: The exquisitely presented pre dessert of blood orange granita, almond cream and orange foam was a real treat. It had to be seen to be believed.

Not only did you have to guess the food but the wonderfully paired wine too, this bottle was a particular favourite.



A new tasty treat

Rekorderlig have launched an exciting fruit cider range; Rekorderlig Botanicals. Inspired by the lesserknown ingredients of the Swedish countryside; combining fresh fruity flavours, infused with a variety of herbal notes. Rekorderlig Botanicals are available in three delicate flavours; Grapefruit-Rosemary, Peach-Basil and Rhubarb-Lemon-Mint.

Best served in a goblet glass, filled with plenty of ice and with a complementing fruit garnish for the wow factor. Or for something extra special, why not pair up with gin to create a new dimension to your gin and tonic or mixed with spirits to create the perfect cocktail. The Botanicals range suits all and is the perfect after-dinner drink.

Victor Hugo has launched this great product to bars, restaurants and shops around the island. For further information on stockists (or if you'd like to stock) contact 764086.

GRAPEFRUIT MARTINI

25ml extra dry vermouth Squeeze of fresh lemon juice Tsp honey 330ml Rekorderlig Grapefruit - Rosemary

Build over ice in a Rekorderlig Botanicals goblet and garnish with toasted rosemary and a slice of lemon.

THE MONTH(ISH) I TURNED VEGAN(ISH)

WORDS Tasha Reis

The absolute number one rule of becoming vegan is telling everyone and anyone you can find - a delight I took very seriously, of course. Rather surprisingly, the first response I received when telling someone I would be turning vegan for a month was a baffled look and one simple question. Why?

It all started on a Wednesday night. I fancied something to watch that a) would not need to much of my attention and b) is somewhat interesting and actually might take up all of my attention. The balance is precarious, but it works. Thus, I set about finding a documentary about the food industry.

It featured nutritionists and food scientists besmirching all things dairy and meat filled. At one point they actually compared drinking milk to eating bacon. It's the same thing they said. You might as well eat bacon they said.

This shook me. My interest peaked. Both eyes were on the television at this point. What happened to the days of our cartons of Jersey milk with the thin blue straws? Wasn't there an outcry that we were all too brittle, too breakable and that it was a must that we all consumed as much calcium as we possibly could?

Upon further research, apparently our overconsumption of dairy and thus calcium was actually having a detrimental effect on our health. It was making our bones more brittle and thus more breakable. In our quest to be indestructible we have been making ourselves vulnerable.

Or so a quick google search told me.

Suffice to say I wandered into work the next morning and regurgitated the documentary to my fellow colleagues. Then came the idea from my boss; why don't we all try going vegan for a month?

Please remember that in this moment of enthusiasm I saw no task ahead of me. *We'll start tomorrow* we all declared. Actually... *how about Monday?* we suggested to one another. Yes, Monday is more appropriate and as anyone who has ever been on any diet can attest, it's the perfect day to start any dietary change. Starting even a second before this would mean we would all be doomed.

And so, we set off on our vegan journey. Having emptied my entire bank account on replacements (there are both vegan cheese and eggs available; who knew?), I felt ready. This month would be smooth sailing. I. Was. Ready.

I wasn't ready. I later found out that honey is in fact not vegan. A slight oversight on my part and a wonderful start to each day of my first week. What really made me terribly unready was the fact that I was not organised. In fact, anyone who decides to challenge themselves to turn vegan, my advice to you; be organised. This I cannot stress enough.

I didn't make a single lunch. My lunch hours consisted of looking for places that sold vegan food without avocado. I'll repeat that one more time. Food *WITHOUT* avocado. This in itself is a challenge these days, what with the avocado now holding the esteemed title of health and wellbeing champion. I

"At one point they actually compared drinking milk to eating bacon. It's the same thing they said. You might as well eat bacon they said."

had a plain bread roll for each lunch. Not the image of healthy eating but the only thing I could find that I'd like to eat (on a budget).

The real challenge came on day 5, when faced with something that would either make or break this experiment. Alcohol. While a joy, this also brings with it temptation. A few too many and all inhibitions fly out the window and flying back in is crispy squid that you've ordered at two o'clock in the morning. Or so I've been told.

While everyone at work was praising this lifestyle change and embracing how they felt, I stayed silent. Aware that the weekend had been filled with squid and a roast. A chicken roast. Non-vegan chicken. If any of my esteemed colleagues are reading this - this is my confession. A blistery, shame filled, nonvegan confession. Signed, sincerely yours, the

worst vegan of all time.

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As a member of the local media it's always a privilege to get an invite to a fantastic event. Since having children I've found less time to take advantage of these generous invites and watched in envy as we sent writers out on amazing assignments. However, some offers are worth making time for. When I arrived at The Atlantic Hotel last month, after an invite to see their new 'Tasting Room', I have to admit I was a bit out of practice and hadn't not properly read the brief.

As it was the launch event, I'd anticipated a few drinks, a few words and some canapes; an opportunity to view the new string to the bow of the hotel's suave Ocean Restaurant. On arrival, it became clear that the evening was more of an experience than I'd anticipated with just two local media invited, along with a variety of UK and international press as well as representatives of Small Luxury Hotels, an organisation of which the hotel is a member. This high calibre crowd had come to the island to experience the best of Jersey produce, packed into perfect morsels in a brand new setting. The Tasting Room concept has been devised by new Executive Chef Will Holland, who joined the Atlantic last year. He describes the menu as 'a modern adventure in food and wine'.

Whilst this approach is applicable to Will's overall governance of Ocean Restaurant, it is within the cosy confines of the Tasting Room that guests will be able to experience the most concentrated representation of his skills; the room is intimate, serving just 14 covers. Ordinarily the space is divided into tables of two or four. For our visit it was arranged as one central table, accentuating its application as a fantastic private dining room for a larger group. This group, assembled for the evening, were introduced and the first course, Crispy Jersey cockles with vinegar, chilli and sea vegetables was presented. I'm not sure some of the table quite knew how to take it. The dish was pretty but looked more like an artistic arrangement than a first course. Served alongside were canapés of Warm gougères with cave-aged Jersey cheddar, a

hit of Worcestershire sauce and mushroom and the delicious smoked ham hock nuggets, made with Jersey black butter, mustard and apple. This little ensemble of dishes was a multi-disciplinary tour de force as a starter. Even the bread and butter(s) were on point.

At the end of the meal the hotel's Managing Director, Patrick Burke asked for a vote on the favourite dish of the evening. Despite having had seven plates by that point, the first plate, Jersey scallop carpaccio, served with avocado, passion fruit and shiso, came out on top. The tender scallop, slight of citrus and sharp yet sweet flavour couldn't fail to satisfy. It was light and tasted incredibly healthy. The next course; Retired Jersey dairy cow tartare offered, contrastingly, the turf to the scallop's surf, rich with flavour. The name sounds a little confusing but retirement for a cow certainly doesn't mean the meat is at the end of its life. If you enjoy beef tartare, this dish alone would draw you to the menu. It's a menu that definitely makes some brave and punchy choices; a perfect example of a chef pushing his boundaries and setting out his stall, all while harnessing the best of what is available with local provenance.

Ocean Restaurant seems like the perfect home for Will Holland. Before being tempted across to Jersey, he went from a career in traditional fine-dining restaurants to opening his own widely respected relaxed 'Coast' in Pembrokeshire, Wales. Having worked in Michelin-starred restaurants since the age of 18, he was awarded a Michelin star before he was 30 and the Good Food Guide has pegged him as one of its predicted 10 most influential chefs for the next decade. The tasting menu seems to communicate his varied experience, marrying the quality you'd expect of a Michelin starred restaurant with an approachability. The dishes are simple, but simply very well put together.

It's a tasting menu that seeks to gain notoriety and the sort of reputation that would make someone travel, in this case to an island, to sample a must-have star dish. After all, the whole idea of holding a Michelin star is that your customers would be willing to burn a lot of rubber to get to your door. Considering our location you'd think that the logical choice would be a seafood dish and the Turbot fillet with yoghurt, coriander and teriyaki was actually my favourite. But that's not quite it. The dish I think will get most tongues wagging, and wider coverage for The Tasting Room, in pages beyond these is the middle course; Salt-baked Jersey Royal potato with onions, caper and comte. Yes, the potato course; it was delicious. I'm not usually a great potato fan but this singular island star shone bright in its earthenware bowl; the mixture of accompanying flavours and squishy Jersey Royal goodness was heaven and a mouthful I think will gain some strong word of mouth.

By the time our final savoury course, The Confit Jersey pork neck with squid, celeriac and preserved lemon arrived I'd begun to realise that if you're coming to the Atlantic for a tasting menu, the only sensible choice is to push the boat out and accept that it's a Carback night. The wine pairing and the enthusiasm with which it was delivered by Food and Beverage Manager, Jaroslav Sedlacek, is too good to miss. Palates were cleansed with the bracing Citrus sorbet before the dessert, which claimed the second most 'favourite dish' votes, the 'Mojito'; bitter chocolate, mint and kalamansi was served. When I scan the dessert section of a menu, it's usually the chocolate option that gets my



"On arrival, it became clear that the evening was more of an experience than I'd anticipated with just two local media invited, along with a variety of UK and international press along with representatives of Small Luxury Hotels, an organisation of which the hotel is a member."

vote and this one didn't fail to impress. The little kick of bitter and sweet to top off the meal was perfect. Tasting menus have the potential to leave you feeling a little over indulgent but despite a full seven courses, I still had room for a gin and tonic at the bar while I waited for my lift.

During our meal the Hotel Manager, Nick Walley told us about what brought he and his wife to Jersey. After an illustrious career that took him on a journey of five star properties, including some enlightening experiences at The Ritz, he found himself visiting and standing on the lawn at the Atlantic, admiring the view - only to be told that with a Manager role at The Atlantic his accomodation would be pretty much in the grounds. He was sold. I think once you've seen that view and thought about waking up to a view of St Ouen sweeping out in front of you each day, it would be hard to resist. As you're at a hotel with one of the best views in Jersey, if you're considering sampling the island's newest tasting menu in the Tasting Room, there's a pretty strong case for booking another room, for the night, and treating yourself to sleep off your meal with that view to look forward to in the morning.









PICTURED CLOCKWISE FROM PAGE LEFT: Retired Jersey dairy cow tartare. Bone marrow, egg yolk, watercress. Salt-baked Jersey Royal potato. Onions, capers, Comte. Jersey turbot fillet. Yoghurt, coriander, teriyaki. Crispy Jersey cockles with canapés. The Tasting Room. Jersey scallop carpaccio. Avocado, passion fruit, shizo. The Tasting Room at Ocean Restaurant, The Atlantic Hotel. Reservations 01534 744101



Julie Pearce

Seymour Ceramics

Julie both hand-builds and throws pieces on the potter's wheel, with stoneware, earthenware and porcelain clays, creating unique functional and decorative items.

Julie is inspired by the sea and coast, and this is often reflected in her work. Many pieces have a Jersey theme, and locally sourced driftwood often features.

Julie's work can be viewed on Seymour Ceramics facebook page, and found at the St Aubin Craft Markets through the Summer months, and at the Harbour Gallery also in St Aubin. Viewings at Julie's St.Brelade studio can be arranged by appointment. Details of other events where pieces will be available to purchase will be advertised on Seymour Ceramics Facebook page as they come up.

Natasha Dowse & Anna Boletta

Minioti Ice Cream

Qualified paediatric speech and language therapist Anna and personal trainer Natasha Dowse produce a healthy and tasty ice cream for children, although it's suitable for the whole family. Minioti has teamed up with Jersey Dairy to produce their luxurious brand, which comes in three flavours: classic vanilla, rich chocolate and fruity strawberry.

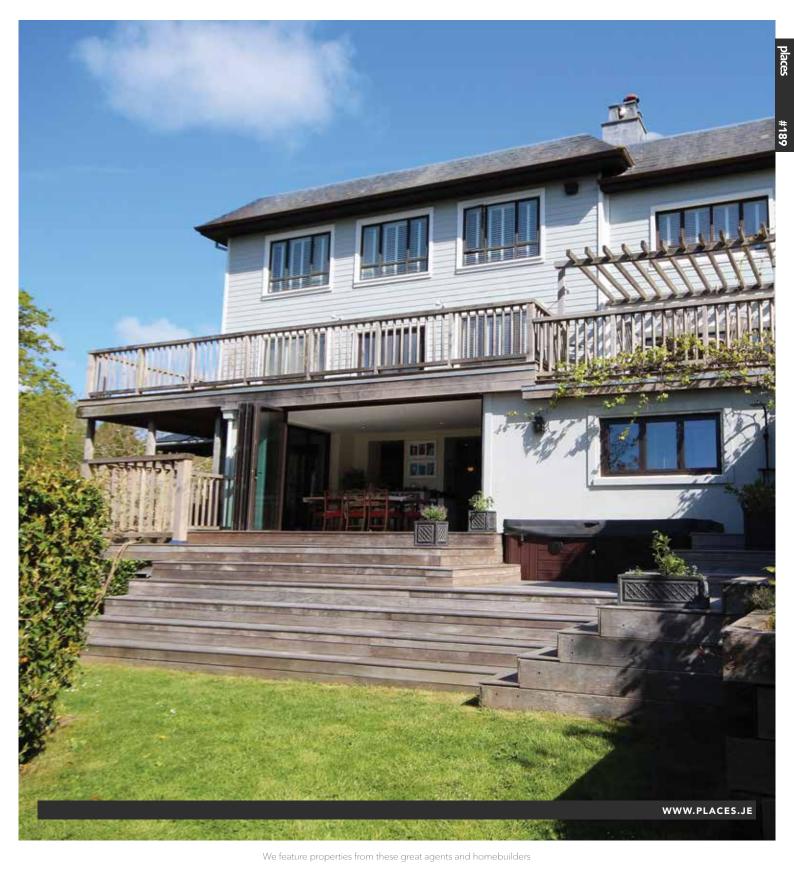
Anna said: "We started this project because we are passionate about feeding our children healthy food and saw a gap in the market for products that could combine indulgence and health. We want to show that companies can and should have a responsibility towards the general wellbeing of children and manufacture healthier products for them. We are both mums so we genuinely care.

"We want to sell our ice cream locally but we'd also like to export it to different markets around the world. We want to show the great produce and innovation that can come from this small island."

Pictured; Natasha Left & Anna Right.



places



E GALLAIS

Mone @querund rock.

WILSONS Frank

dandara

Standon Hunt | trees

UNLOCKING THE VALLEY'S SECRETS

WORDS Laura Morel

Overlooking the top of Vallee des Vaux, E'cluse stands proud as a true design marvel. A historic farmhouse that dates back to the 1800's, the home was once responsible for maintaining the lock to the valley's water, which flowed down to the Mill at what was the Harvest Barn.

Nowadays, the water has dropped significantly to a babbling stream abundant with the best of Jersey's wildlife, which the family home overlooks from its elevated position. The seven-bedroom property has undergone several transformations, the history of which is still there to be discovered for those that look hard enough. As well as the main building the grounds include a separate two-bedroom cottage, tucked away at the end of the tree lined drive and a selfcontained flat sitting underneath the farmhouse.

In the 1920's the property underwent its largest transformation when a tower was added to the home increasing its size and setting out the living space over four vast floors. Numerous additions and extensions to the property were brought together by famed Jersey architect, Arthur Grayson in 1939, who modeled the design project with a Canadian feel. The house now stands as an innovative blend of design features with thick granite walls offset against thinner timber cladding. Wooden framing, decking and sash windows keep the property looking very much at home in amongst its natural woodland surroundings.

The last redesign of the house saw the farmhouse windows enlarged, which now wrap around two sides of the property, spilling out onto a veranda. From nearly every room of the farmhouse there are views out across the valley and agricultural land, home to wildlife including herons, rabbits, squirrels and ducks.

Through a large stairwell at the heart of the house, the farmhouse joins together the old and new, with modern furnishing and shaker style interiors making the property feel cohesive, with a natural flow from room to room. The whole house is light and airy, with special attention given in its design features as to how the outdoors can creatively be brought inside.

Each level of the home has its own specific purpose, with the first-floor home to family living and entertainment and the second floor featuring a drawing room and master suite. The children's rooms are contained together on the third floor, along with a large guest bedroom.

The property and its grounds are steeped in history, with features still existing from the original building providing glimpses of what the property was like in times past. Evidence from World War II, when the house was used as an officers' mess, can be found in the grounds through the bunkers which remainin hidden in the landscape. There are plenty of stories to be discovered, and a beautiful setting within which to create many more.





The master suite is one of the most impressive rooms of the house, with access to a balcony overlooking the grounds and generous windows letting in the rising morning sunlight. The suite includes a dressing room with plenty of storage space and a spacious bathroom with a feature Japanese bathtub. The floor is completed with a room off the main suite currently dedicated to music, but which would lend itself to becoming a nursery, office or hobby room.

The seven vergees of agricultural land on which the property sits have been landscaped under the current ownership, to include an orchard with apple and cherry trees and a garden to cultivate summer berries. With plenty of scope to satisfy any budding gardener, the property comes with a lean-to greenhouse and a separate herb garden. The grounds have been carved out over different levels to separate communal areas such as a sun deck and BBQ area. There are plenty of secret places left for adventurers to discover in the undisturbed woodlands which home an abundance of wildlife. Down by the stream there is also plenty of plant life and animals to be found, including the property's resident kingfisher.

The trickle of the stream can be heard throughout the property in this calm and peaceful location. Most of your time will want to be spent sitting out on the veranda which wraps round the house, taking in the setting and views. A porched area has been included to lend shade for summer months as well as plenty of room for outside entertainment. Bi-folding glass doors allow the open plan kitchen area to open up, inviting the outdoors in. The kitchen area is perfect for social events with an impressive Mark Wilkinson New England kitchen taking pride of place on the first floor.

The property has a long and happy history of providing a home to large families, including Jersey's own superman, Henry Cavill, for a period of time. Once used for two-generation living, there is the capability to redesign the house to accommodate separate living arrangements once more. This is in addition to the separate studio flat which sits beneath the property and the two-bedroom cottage within the grounds, which could provide a good income to any owner if leased out.

The house is a masterpiece of design and architecture, a clever build ahead of its time which has to be seen to be truly appreciated. The farmhouse is a chance to own a slice of Jersey history, set out in one of the most idyllic and convenient locations the Island has to offer. *"There are plenty of secret places left for adventurers to discover, in the undisturbed woodlands which home an abundance of wildlife. "*



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- 7 vergees of land
- Approx 4,644 sq ft

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MORTGAGES IN JERSEY

Last month it looked as though lenders had decided to put a review of their mortgage interest rates on hold in the light of the predicted rise in base rate in May. This month, there have been five modest changes in our list of Best Rates, with two of the fixed rates increasing, whilst two fixed rates and a tracker have been reduced.

This looks to be good news for borrowers as it suggests that the lending market remains stable for the time being as the UK struggles to find its feet on the new path that it has chosen towards Brexit.

The single largest factor that will influence the Bank of England's decision to increase base rate is inflation, which rose rapidly towards the end of last year and resulted in base rate being increased to 0.50%.

THE JERSEY MARKET

Holidays have such an influence on the property market in the Island and is the time when we see enquiries and activity usually starting to fall away before holiday periods and for at least a week after a return to work. It doesn't always happen that way, and this Easter has been a busy one for our advisers, perhaps because fewer people have gone away, preferring to spend the holiday period looking for property The latest statistics on inflation however, show that it has fallen and could continue to do so in the medium term, which in turn means that a base rate rise will not be warranted in May.

There are however many other factors which will influence the Bank of England's Monetary Policy Committee in the next few months, although our message to existing borrowers and to those entering

or coming in to meet our team to find the best mortgage.

A shortage of suitable property in all sectors prevents the market from becoming overheated, which is good news as the last thing that we want to see is sharp increases in asking prices. Many purchasers also find themselves restricted, not by income and the multiples that The Mortgage Shop is able to achieve for them, but by the size of the deposit that

 60%
 Tracker
 1.19%

 60%
 2 Year Fixed
 1.38%

 60%
 5 Year Fixed
 1.85%

 60%
 10 Year Fixed
 2.39%

 85%
 Tracker
 1.39%

 85%
 3 Year Fixed
 1.89%

85%	5 Year Fixed	2.09%
90%		1.79%
90%	5 Year Fixed	2.44%
100%	5 Year Fixed	4.49%
60%	BTL 2 Year Fixed	1.69%
60%	BTL 5 Year Fixed	2.49%
60%	Intorost Only Var	2 49%

Rates correct as at 6th April 201 BTL = Buy to let mortgage

the market for the first time is think seriously about booking a fixed rate of interest, so taking advantage of some of the best mortgage interest rates that lenders will ever be able to offer.

they are able to put down, as this often dictates how much a lender will offer, as the larger the deposit, the higher the multiple on income that can be accessed with some mortgage providers.

The feedback that all of our clients regularly give us is that perseverance will usually find you the apartment or house that you are searching for, so don't give up too easily!

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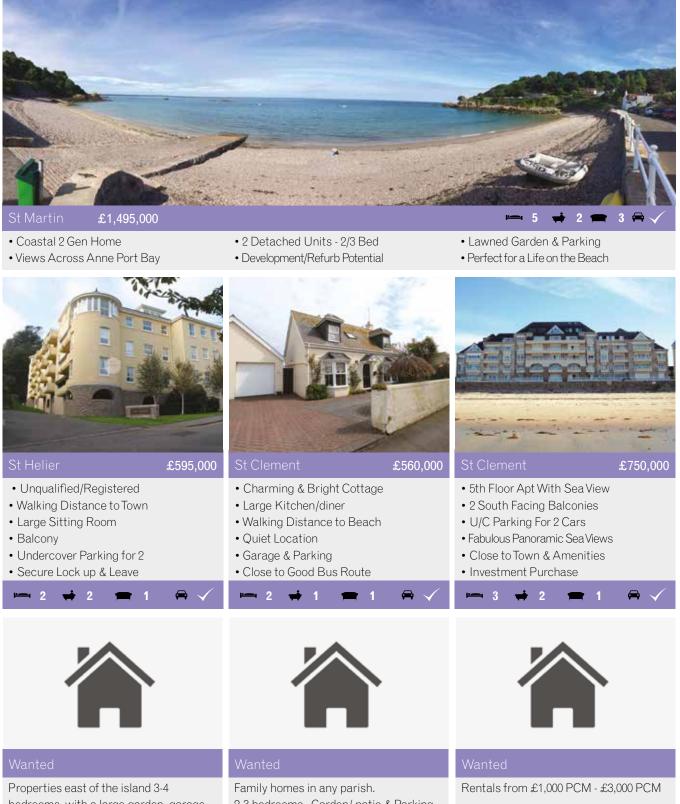
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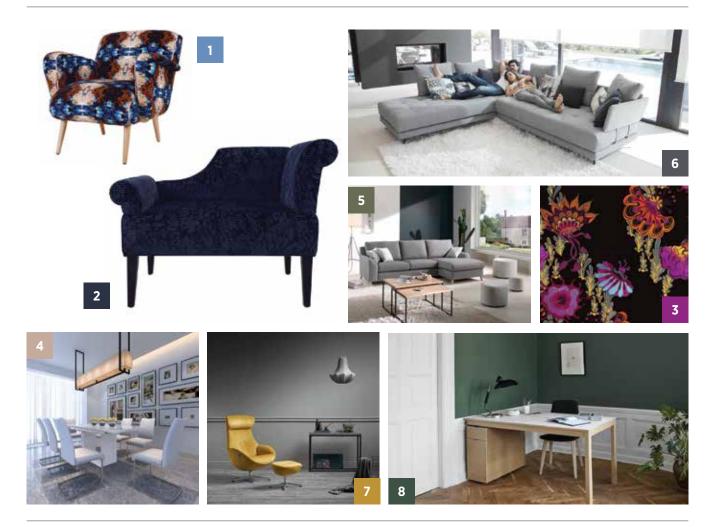
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Interior News



1. RITA ARMCHAIR - £600 - TLC

Ideal for living rooms, kitchens or studies. This bold, retro design and plump seat with oak legs is furnished in a psychedelic fashion. Flattering the delicious velvet upholstery and piped trim.

2. GRACE MINI CHAISE - £850 - TLC

The abstract design of this mini chaise is a designer's dream. The sweeping shape of the back and arms give this chair resplendence and charm. This is a statement piece with real sumptious glamour, from its velvet upholstery to the welcoming rolled arms.

3. TOGETHER ALWAYS DAMSON **£79 per metre** – TLC

The pattern of this fabric resembles that of a midnight soiree midsummer, with bold shapes and patterns inspired by nature and surrealism. Finely created by Brontey the inhouse designer. All TLC's bespoke fabrics are available to order by the metre, for own projects and creations.

4. Monaco White Lacquer Extending Dining Table and 6 Chairs £1379.99 - Romerils

This distinct table makes the right impression, with it adding the much-needed edge to any modern dining room. This set also is available in alluring grey or a dynamic black. With a Large range of lounge pieces available in the Monaco range, there's something available for any interior look.

5. Louis Chaise Group £999.99 - Romerils

Contemporary and cosy, the wooden legs compliment the cushioned seating seamlessly. Making this the sofa you would dream of coming home to. Available in various colours and sizes.

6. Fama Pacific Corner Group £3149.99 - Romerils

This stylish yet comfortable family sofa is offered in a large range of colours and sizes. Made to fit perfectly for your convenience, so it can fit snuggly as the new edition to your living room.

7. David Hick Interiors in St Lawrence are the exclusive representative for Conform.

Conform is a Swedish company whose craftsmanship is focus. Clean lines meeting timeless shapes, high quality and comfort. David Hick Interiors offers a wide range of armchairs in a lot of materials and functions. Developed in cooperation with architects and designers, with each individual model always consisting of equal level of comfort and design More can be seen on their website: www.conform.se/en-us/

8. A wide range of dining and living furniture from Skovby is now on display at David Hick Interiors.

Skovby furniture design builds on 80 years of experience with furniture production and a solid and strong opinion on raw materials, production and design. Skovby is 100 % Danish and their furniture 100% Danish design. More can be seen on their website: www.skovby.com/en-gb

gallery

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PLACES FEATURED Here are some of the latest instructions from these great agents...



Breathtaking sea views

£541,000

The Carlton is an exclusive residential development of luxury two bedroom beachfront apartments situated beach side at Havre des Pas and built by Antler Homes, renowned for creating impressive limited edition homes in hand-picked locations. Each sea front apartment is fully air conditioned and has a generous balcony along with large double glazed windows that fill the rooms with light allowing maximum enjoyment of the breathtaking sea views. Ideally suited to the professional couple or to those looking to downsize and "lock-up-and-go", The Carlton is idyllically located a short walk to the nearby restaurants and shopping amenities, yet also a five minute walk into the town centre. With secure undercover parking and an external lock up store, this development must be considered if you are seeking quality, location and quite simply, a lifestyle.

Three bedroom terraced house in St Saviour.

£690,000

Ideally located close to Five Oaks for a family requiring ease of access to town and schools. The property will also appeal to those who appreciate the rural setting and beautiful country walks on the door step. The home briefly comprises a welcoming entrance hall, cloakroom, living / dining room with plans passed for an orangery and a fully equipped kitchen / breakfast room, the first floor with two double bedrooms and house bathroom (with plans passed for the addition of a window), whilst the top floor provides a grand master suite with built in bedroom furniture and an en suite. The garden is south facing with a patio, raised deck and mainly laid to lawn. Parking is provided for three cars in addition to visitor parking.

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Romand



Detached bungalow with enormous potential

£850,000

Built in the early 60's this fantastic home was built by the current owners, immaculately kept throughout the property is in need of light modernisation. Currently comprising spacious entrance hall, living room with an open fire and views over the valley, kitchen, dining room, 3 bedrooms and recently updated bathroom. The property is full of potential as you could extend, adding another floor or easily add an orangery/conservatory.

The beautiful south facing tiered garden provides complete tranquillity. Spacious, and with a green house and vegetable patches, the garden also consists of flat and cotil land with rural views over the Valley. Also benefiting the property is an extremely large basement store, large double garage with extra an store and parking for 6 cars in front.



Contemporary, light and airy

£1,050,000

Situated down a private lane along La Rue de la Corbiere, the property briefly comprises 3 double bedrooms downstairs, 1 with an en-suite, house bathroom, 2nd reception room, separate kitchen/ diner. Upstairs there is a spacious double bedroom, spa bathroom and living room enjoying distant sea views toward Corbiere Lighthouse and Guernsey. The kitchen is bright, modern and sociable with a large centre island with granite worktop. Low level cappuccino fitted units with a stainless steel sink, integrated fridge, freezer, washing machine/dryer and dishwasher, and also an electric oven and hob with fan over. French doors lead out to the garden and alfresco area. The 2nd reception room is bright and spacious, it could be used as a dining room or ground floor living room. It has ample natural daylight filtering in through the large windows and modern wall mounted wood burner. On the first floor is the main sitting room with distant sea views towards Corbiere lighthouse, there is plenty of natural day light and a modern wood burner for the colder nights.

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agenda

ON THE AGENDA THIS EDITION: Law

Runs Stall

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...

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(Re)Setting the Agenda

WORDS Advocate Jonathan Hughes Partner andGlobal Senior Service Line Head, Ogier

The business of law is evolving as traditional law firms adapt to meet the same forces that conjured up Amazon, Facebook and Spotify, and disrupted the retail, banking, communications and music publishing industries.

Forward-thinking law firms are as focused on innovation, on technology and on collaboration as they are on the traditional values like technical excellence and client service. And that means that today's battle for talent isn't just about law firms fighting over great lawyers, it's about law firms seeking to recruit the best legal business professionals in the market including lawyers, IT, HR, business development, marketing and client service professionals who all have key parts to play in a successful and progressive legal business.

This change is affecting people working in all roles and at all levels within law firms. Like a lot of lawyers in Jersey, I started my career as an associate in a City law firm – but when I started out, it was in a very different world to the one facing a newly-qualified associate today.

And as the business of law changes, so too do the qualities that law firms are looking for in legal practitioners. Lawyers today are expected to be a lot more comfortable with technology, a lot more collaborative with colleagues across the business and a lot more innovative and agile in how we work. They also have expectations of their own in terms of work-life balance and what they want from their firms.

One of the most interesting and refreshing things about dealing with the people that work at my firm is how individual and diverse they are. That applies to all roles and levels within the organisation – basically, there's no such thing as a "typical lawyer".

Jonathan



Prosper

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Prosperity 24.7 is growing organically at an unparalleled pace; this pace is being driven as their clients' embrace digital transformation to adopt modern ways of working at a greater speed than ever before.

Chris Clark, CEO of Prosperity 24.7 elaborates "Digital transformation isn't about powerful technology, cloud computing, artificial intelligence, machine learning, robotic process automation or some other wonderful phrase. It's about freeing people to explore and experiment with technology, safely, swiftly yet effectively. Creating a culture of innovation, trial & progress to drive a better business, working smarter. This is what sets Prosperity apart. We help our clients to make the most of technology to achieve real, measurable, tangible business results, this is critical to a digitally enabled future, this is what digital transformation really means to us and this is the vision that we are sharing with our clients through our exceptional team of talented individuals.

We evangelise, empower, excite and educate our clients from the print room to the boardroom. Industry needs to know what can be done, that it can be done quickly, cost effectively and safely...

Technology and innovation must not be seen as a risk and our clients find that working with Prosperity 24.7 is nothing short of common sense! This is why we are growing all areas of our business to ensure our clients can benefit from new technologies and smarter ways of working and why we are celebrating the continued prosperity of our colleagues as they themselves push themselves to learn the latest technologies to empower each and every client. We celebrate the promotions of five great colleagues this spring and many more will follow as we continue to grow and build scale in the digital economy."

Pictured above from left to right: Chris Clark – CEO | Paul le Herissier - Senior Consultant | Richard Gavey – Consultant Michael Luce – Head of Dynamics 365 | Fabio Hepworth – Senior Consultant | James Molloy – Senior Consultant

Here is what their colleagues say about a career at Prosperity 24.7:

Paul le Herissier Senior Consultant

Business Solutions Team

Recently I have been working on projects so that clients are GDPR compliant and I have been creating self-service web portals so that existing paper-based processes are streamlined and simplified for our client's customers. There is a positive, trusting environment here at Prosperity 24.7 which, coupled with working on interesting technical challenges, means all the ingredients are there to allow me to flourish.

Richard Gavey

Consultant Business Solutions Team

I began working at Prosperity over two years ago as a Junior CRM Developer, after completing a number of exams and gaining insightful practical knowledge I have now made the step up to consultant.

I primarily work with Dynamics 365 implementing solutions for a multitude of clients, large or small. Working at Prosperity has been a dream come true, they have pushed me to learn, develop and grow. The future is relatively big, who knows what's around the corner? Technology is always changing and I am looking forward to embracing it!

Michael Luce Head of Dynamics 365 Business Solutions Team

I joined the team in July 2013 as a Business Solutions Consultant, I was promoted in October 2016 to Senior Consultant and subsequently in February 2018 to Head of Dynamics within our Business Solutions team. I've had the chance to work on a range of projects in that time, from creating mobile apps in Java to leveraging the Microsoft stack of business solutions products for a diverse range of International clients. It's exciting to work for a growing company that uses the latest products and software to help businesses achieve their goals.

Fabio Hepworth Senior Consultant Business Solutions Team

I joined Prosperity 24.7 in 2017 as somewhat of a sceptic; could they be as good as their reputation? I was proven wrong, they are! My main area of focus involves SharePoint, Business Process Automation and Systems Integration.

My time to date has far exceeded my hopes - I have worked with clients from varied sectors, in both a technical and nontechnical capacity. In addition to the interesting and challenging client engagements, Prosperity 24.7 has invested significantly in my personal development.

After a great year I have been promoted to Senior Consultant and I am looking forward to the year ahead; continuing to develop myself and the incomparable offerings we deliver.

James Molloy Senior Consultant Business Change Team

I am a Programme Manager, passionate about working with executive stakeholders to deliver significant programmes of change. Prosperity is a unique company that offers a fulfilling and dynamic working environment generated by the company's enthusiasm to deliver the best for our clients as well as its staff. I can't believe how rapidly my own career and personal development has been accelerated since I joined from the Finance Industry.

Relative Values

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Rose and Eleanor Colley are lawyers at Viberts, who also happen to be the only Jersey-qualified mother-daughter legal duo on the Island. Despite their relationship, Rose and Eleanor practise in very different areas of law. Rose heads up Viberts' family law team, while Eleanor works in Viberts' commercial law department practising non-contentious corporate work.



Eleanor Colley		Rose Colley (pictured right)
My fiction books by Czech authors, which remind me of my time studying in Prague.	— Favourite possession —	My collection of paintings brings me the most happiness, especially the artworks featuring poppies.
The whole rainbow!	—— Favourite colour ——	I love all colours except black and brown. The more colour, the better.
The Aye-Ayes at Jersey Zoo - a fascinating species of lemur from Madagascar.	—— Favourite animal ——	Cats, particularly my newly adopted cat Millie.
Bluebell by Penhaligons	—— Favourite smell ——	The Geranium Bourbon scent by Miller Harris, which smelt of an English summer garden after rain, although sadly it has been discontinued.
Birdwatching or strolling on the beach with my husband, Miguel	Favourite way to	Relaxing with my family, enjoying nice champagne and good food, and watching a Scandi drama or two
Miguel's paella	—— Favourite food ——	I love all sorts of different food, but my favourite meal would be lamb with Jersey Royals and English asparagus.
I'm not a great fan of ice cream, so I would go for Pinkberry frozen yoghurt (in NYC)	- Favourite ice cream flavour -	l don't love ice cream, but if l had to choose it would be vanilla
Walking our new dog Sullivan, who was thankfully rescued by the wonderful Jersey group 'The Company of Dogs'	—— Favourite pastime ——	Probably cooking. At the moment I am working my way through Indian cuisine, trying lots of new curries.
I love musicals, so I would say Grease or The Sound of Music	——— Favourite film ———	Doctor Zhivago - I have seen it at the cinema over 20 times!
I Served the King of England by Bohumil Hrabal (a wonderful Czech writer).	——— Favourite book ———	Wuthering Heights by Emily Brontë, I am fascinated by her ability to write about situations and emotions which she would have personally known very little about.
Anything by ABBA!	——— Favourite song ———	Anything by Leonard Cohen, especially his original version of the song "Hallelujah".
My husband, Miguel.	—— Favourite person ——	All three of my children, I can't possibly choose just one.
Elisabeth Moss is my favourite actress, she is just fantastic in Mad Men and The Handmaid's Tale	—— Favourite celebrity ——	I really don't buy into celebrities, I think the whole celebrity culture is quite damaging.
Definitely clothes, I love vintage fashion	Favourite thing to splurge on	I love beautiful hotels, particularly those in city locations like London or Prague.
The time I spent studying in New YorkCity with my friends.	—— Favourite memory ——	There are so, so manyprobably days out with my grandmother in Margate as a child in the 1960s.



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New Partners at Colin Smith Partnership

Earlier this year ColinSmithPartnership promoted four MRICS Chartered employees to be partners in their Quantity Surveying Practice, based in Halkett Place. The firm was originally established in 1947 and today offers a wide range of services including quantity surveying, cost management, project management, health and safety project coordinator roles, bank monitoring, insurance valuations and built environment and built asset consultancy for all sectors of construction industry. Earlier this year, Paul Whiley, Mark Cashion, Richard Stather and Nathan Woodland accepted an invitation by existing partners Michael Hill and Justin Christie to help steer the future of the business. In addition to the new Partners,CSP employed two new surveyors to the business.

If you've tried to employ a builder recently you'll know that the Jersey construction industry is in abuoyant position, The end of 2017 and beginning of 2018 saw completion of a number of high profile projects including Gaspe House at 66-72 The Esplanade, Police Headquarters, 27 Esplanade, Co-op and Premier Inn at Charing Cross, International Finance Centre 1 and 5. CSP have been involved in all those projects! With a number of similar sized schemes on the horizon the Jersey construction market continues to grow, something that all at the firm are excited to be part of. Justin Christie, Partner at ColinSmithPartnership, said: "With over 53 years of experience at CSP, it was an obvious choice to appoint Paul, Mark, Richard and Nathan. We were fortunate enough to look within for the necessary skills, dedication and hard working individuals. We are pleased that our invitation has been accepted, and all are excited at what this new generation of partners will bring to the business, our clients and to the Channel Islands."

PICTURED ABOVE: Richard Stather, Nathan Woodland, Mark Cashion & Paul Whiley



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Oi appoints former top Microsoft executive as a Consultant

Oi has appointed former top Microsoft executive Chris Atkinson as its Executive Team Development Consultant. Chris has a passion for executive team development and coaching business leaders to achieve their full potential. As a Vice President at Microsoft for over 20 years he understands that if managers are from Mars then leaders are from Venus, and so began his own leadership journey. The true measure of any leadership team is the results they deliver, but the foundation upon which that is built is shared values and trust.

Chris' pursuit of leadership excellence re-invigorated Microsoft's Asia Pacific headquarters, enabled countries in Microsoft South East Asia to become best in class and inspired Microsoft Japan to go from worst to first, overcoming amazing odds. As their Vice President, Chris' biggest contribution to the success of his teams, which spanned more than a decade, was his decision to become a coach to his leaders. 'Chris helped each team build trust; crystallise growth opportunities; achieve goal clarity; create a culture of accountability and implement the disciplines of great execution that deliver results,' said Peter Grange, Oi's CEO. 'We are very excited to have Chris on board and working closely with Oi's executive team, focusing on the agency's next stage of growth.' Oi is now the largest agency in the Channel Islands employing over 30 people.



90 | agenda

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Vishal is an Associate Partner

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Vishal Soorkia has been promoted to Associate Partner at EY in the Channel Islands. Vishal joined in firm in 2007 as a manager in the assurance team. During this time he has gained significant experience within the real estate industry, as well as the banking & capital market and asset management industries. His real estate experience includes property funds, residential and commercial property markets with core operations in the UK, Germany, the Netherlands, Croatia, Russia, Japan and Poland. Prior to joining EY, he gained experience working on cross-jurisdictional audits, due diligence and special assignments for investment and central banks located in Mauritius, Seychelles and East African countries.



Rudi directs family offices at Stonehage Fleming Stonehage Fleming has appointed Rudi Bodenstein as director within the Family Office division. With nearly thirty years' industry experience, Rudi joins Stonehage Fleming from FNB International Trustees Ltd where he spent eight years as a director. Before relocating to Jersey in 2008, he was a partner in a South African law firm and attorney of the High Court of South Africa for eighteen years and specialised in litigation, trust and estate planning, personal and family law as well as international structuring.



Alexis gets the Greenlight

BDO Greenlight has appointed Alexis Halliday-Santos as a Consultant to work on operational improvement focused change projects. Alexis has over ten years' experience in human resources and managing change in the public sector, most recently within the States of Jersey Health and Social Services Department, where she managed key projects based on Lean methodology using Rapid Process Improvement Workshops, a highly effective quality improvement process. As well as having an in-depth knowledge of Lean processes, Alexis is an experienced project manager. She holds the Prince 2 qualification and is also skilled in Human Resources Management, Coaching, Quality Improvement, Employee Engagement and Organisational Development. Alexis said: "After a number of years of delivering challenging but successful change projects in the public sector, I thought the time was right for me to experience change myself. BDO Greenlight operates at the forefront of change and I'm looking forward to working with the company on some exciting, substantial projects and programmes.



Intertrust appoints new client director

Intertrust in Jersey has appointed an experienced director in its Performance & Reward Management team. Melissa McConnell joins Intertrust as a client director, heading up the Deferred Compensation team. She will manage a range of client portfolios, providing trustee and administration services to those clients that are required to defer their bonuses for regulatory or company specific reasons. The team's clients include asset managers, private equity companies, hedge funds, private companies and large listed companies. In addition to this, Ms McConnell will develop the team's service offering further and undertake business development. Ms McConnell has 16 years' experience in offshore trust administration and a broad range of knowledge in dealing with corporate and private client relationships. She joins Intertrust from Dominion Fiduciary Services where she provided trustee and administration services for Employee Benefit Trusts (EBTs), offshore pension plans, private trusts and companies.

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Focus on the Channel Islands



Ogier's local legal services team covers property, employment and regulatory law. We work with clients who are buying or selling a business, entering into a joint venture or restructuring, as well as advising on day to day issues from financing and corporate governance to contracts.

Local legal services in Jersey and Guernsey

Business and commercial law Competition law Dispute resolution Employment law Offshore relocations Planning and environmental law Property and construction law Regulatory law Trusts Advisory Group Wills, probate and estate planning



The Bar Boss

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Breakfast at Samphire with Brian Smith, Owner of The Blind Pig, Ce Soir, and Alfresco Events.

If you've ever wondered who might spend \$250 on a single cocktail, every week, and then treat the bar tender to dinner, you should ask Brian Smith.

The owner of two of Jersey's most innovative bars, The Blind Pig and Ce Soir, Brian has the entertainment business down to a T or if it's a Friday night – a G&T.

With both parents in hospitality – his father was a chef and his mother worked in hotels - Brian grew up seeing how bars work.

"It's not just the everyday mechanics of running a bar that matters," Brian said when we meet for breakfast at Samphire, "it's the story. Every bar needs a story if it's going to give people the experience they really want going out – a sense of magic that you've entered a place where you can forget anything and enjoy yourself."

Brian first saw this 'magic' as a child, helping his mother tidy her bar in Scotland. But it was years later, on the other side of the world, that he understood it.

"I was about six when I fell in love with the business. I would see people sitting at the bar laughing and enjoying themselves, while the world went on oblivious. It's strange but I didn't

experience that again until I was working in a cocktail bar in Sydney around 2002. It was an incredible place, with views over the harbour and the biggest celebrity clientele list in Australia. We looked after everyone from Shakira to John Travolta and even organised the wedding for the INXS guitarist."

It was here Brian learnt how to make cocktails that go beyond everyday ingredients.

"Our favourite was the Black Amex. This cost \$250 and you could only buy it if you had a Black Amex. It contained some of the finest ingredients - 1952 Cognac, 100 year old Grand Marnier and a candy stick to sweeten it. We served it in a crystal glass and you got a bottle of Krug to top it up.

"Every Friday a gentleman ordered one, then would sit at the bar with me for a lobster dinner. It was bar policy that if a customer wanted to buy you a drink or food you could sit with them and chat. He was a venture capitalist – a really interesting chap. One night he signed the bill and left me a \$4,000 tip. I think 90% of the experience we have in a bar is the chat and for people who can go anywhere in the world, that was what set us apart."

Fast forward a decade, a few more continents, and many more bars, (Brian was a co-owner of Rojo's from 2006-2011) and Brian was ready to launch his first solo concept in Jersey.

"The Blind Pig was based on the story of the Prohibition. It had a massive impact on America's bar scene and was the reason people drank cocktails. When I walked past bins and washing lines to the space behind Chambers I could immediately see its potential."

Brian used 'school yard marketing' to promote the bar, giving membership cards to 100 people. The password was Scooby Doo – the same as the bar in Sydney which gave Brian the idea.

"I used to go to an amazing speakeasy bar in Sydney. It was below a hotel where actors stayed and the first time I went in, the first person I saw was Keanu Reeves."

Ce Soir followed the Pig in 2014 – another Randalls property where Brian was given creative freehand.

"Originally we were just going to do the upstairs of Ce Soir but when I explained the concept of Mme Fifi and the Moulin Rouge we ended up doing the whole building. I sourced Occupation era JEPs to create wallpaper, found an 1890s bath tub in a farmer's field, and raided second hand shops for accessories."

"Most establishments make more money now on food than on drink, the opposite of a few years ago. We're one of the few places not to do food, but this works for us because we are focused on our cocktails.

> "People used to go out a lot more, but Millennials tend to go out twice a month rather than every week. They drink less the rest of the time too, perhaps going to the gym instead of a bar after work, and when they come out they will have preloaded. It's a different market to when we first started out."

With turnover up 30% on 2017, Brian is clearly doing something right.

sprinkle of fun"

"My first few years running bars involved a lot of partying. I now know you have to pay close attention to profit and loss if you want to be in business long term. Paying bills on time and keeping suppliers sweet is very important. My wife, Stani, does our accounts, and with two young children my partying days are well and truly over. I'll have a couple of beers at the weekend but don't drink during the week."

Brian's approach to breakfast is just as disciplined. He only wanted one croissant and manages to ignore the rest of the carbfest accompanying it. Coffee is decaff, because he has already had two caffeine hits. Jam and butter go untouched. But he does indulge in a spoonful of sugar.

"All businesses need good foundations," Brian said, swirling the demerara. "But bars also need a little sprinkle of fun."

"All businesses need good foundations, but bars also need a little

High Flyer Profile

For this month's Agenda we met with Advocate Paul Nicholls, the founder of Nicholls Law, one of Jersey's newest law firms. Here we discover a little about his career path and what makes him tick.

Paul has practised law for over 25 years and specialises in complex international financial litigation including contentious trust and commercial disputes, fraud, asset recovery, insolvency, compliance and regulatory disputes. He also undertakes criminal defence work. Paul is an experienced courtroom lawyer, representing clients in proceedings before the Magistrates Court, the Royal Court, the Court of Appeal and the Privy Council.

Describe your typical day?

I usually start the day by checking my emails over breakfast. Weather permitting (I am very much a fair-weather cyclist), I will ride to work and begin by attacking the many administrative tasks which go with running a new business. I spend my day working on cases and meeting with clients. I try to leave the office by 6 pm but invariably this proves more of an aspiration than a reality.

What do you enjoy about your job?

I've always enjoyed litigation (and particularly, the tactics of litigation) and never more so than here in Jersey. Because Jersey is a leading offshore financial centre we get some of the very best quality of work. In the same day I can be working on a multi-millionpound trust dispute whilst dealing with an individual who wants me to get him released from custody. My job also frequently requires me to travel and I have worked in places as diverse as Brazil, Nigeria, Kenya, Hong Kong and the US.

What do you dislike most about your job?

I profoundly dislike business jargon or "management speak". I particularly hate the use of terms such as "touch base offline", "blue sky thinking", "circle back", "squaring the circle" and "reach out".

What has been your best experience as a lawyer?

As a trainee solicitor I once worked on a large matrimonial dispute where a spouse was convinced that her husband had been secretly ciphering away money. After going through years of bank and credit card statements, ringing up companies appearing on his statements to try to ascertain exactly what had he had been buying, I managed to track one entry which related to a bed manufacturing company. They were able to tell me that he had bought a bed and where it had been delivered to and this led me to an undisclosed property which had been acquired by the husband and his new girlfriend using the secretly siphoned money.

More recently I defended a man charged with attempted murder. The drama of awaiting the jury to return the not-guilty verdict is something I will never forget.

And your worst?

Whilst working in a very remote part of the world on a large corruption case I was once "escorted" at gunpoint to a secret location to meet a key witness. That experience was nothing short of terrifying.

What do you do in your spare time?

At present my spare time is limited as I am building a new business. I like to spend time with my family, walk our dogs, cycle and "play" the guitar (I have sadly learnt that notwithstanding my very considerable endeavours, I am never going to be the next Eric Clapton!).

What's your favourite business destination?

New York; I have even taken in places as diverse as a gospel church in Harlem and a downtown "rap" club (albeit I suspect that I am one of the few people to have ever attended that club in a suit sporting a conference delegate name badge!).

What changes have you witnessed over your career?

When I started out we communicated with clients through a phone with a round dial that sat on our desks. If we needed to research something we would head to the library. One of the pressing questions I was asked on my first day in legal practice was whether I wanted to share a smoking or non-smoking office!

96 **agenda**

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Learned Advice

Ogier is a growing firm that is constantly looking for new talent to join our international family and be part of our future.

We are one of the few offshore firms to operate a full Citystyle training scheme for qualification as an English Solicitor– but besides qualifications and formal learning, we are also committed to creating a team of energetic, inquiring and dynamic minds. As a firm, we're proud not just of our award-winning and industry-leading teams specialising in Banking & Finance, Corporate & Commercial, Dispute Resolution, Investment Funds, Private Client & Trusts and Property law, but also of the open, friendly, team-based culture that we have built.

Here, three of our team give an insight into their experience of life at Ogier:

Katie Baxter Associate Private Client & Trusts

The best advice I was ever given about a career in law...

"The best career advice that I was given about a career in law is that no matter how long you practice for you will never know everything there is to know. In law you have to keep on learning, you need to keep developing your skills and knowledge, it doesn't come to a stop when you pass your exams. If anything, the more you progress, the more specialised your practice is likely to be so there's an even greater need to stay on top of the latest developments. No single lawyer is ever going to know everything and that is why we work in teams and it's why we all focus on slightly different areas of practice. In my area in particular, change is constant – there is a regular flow of case law and legislation both at a local and international level and regulatory change that we have to understand and advise clients on, so there is never a point at which you know enough and you can just stop learning which is why I was always told never to be afraid to ask a question, and that has stuck with me."

Sarah Parish Senior associate Property law

What I wish I'd been told...

"What I wish I'd been told is that the law will keep surprising you, and that there's not a single, defined personality type that is likely to make a successful lawyer. I think that a lot of people have strange ideas about what lawyers are like from TV and films, but I don't think that picture bears a lot of resemblance to reality for most of us. You meet a lot of very different people as lawyers who have succeeded in different ways for different reasons – some of the time that's down to the fact that litigators for example need different skills to transaction-focused corporate lawyers or private client specialists. But sometimes it's down to the fact that people are just different, and the old clichés don't apply, if they even ever did. So my advice to young lawyers would always be to not pretend you're something you're not, and don't make the mistake of thinking that you're not the kind of person that could be a lawyer."

Julie Melia Partner Property and probate

What I tell trainees about careers in law...

"I always tell trainees to keep an open mind about the law. When you're a trainee you go through seats in various departments to get a rounded experience - and all of that work is very different. The other thing that I would say is that they shouldn't be afraid to change how they work and what kind of law they specialise in, as each area of law has pros and cons in terms of the skills that they demand and the challenges and enjoyment that you might get from a particular type of work. I was in general practice as an Advocate for many years which involved anything from representing defendants in the Magistrate's Court to family and property work. Now I'm a partner in the property law team specialising in major commercial property transactions I also work in probate, dealing with wills, administration of estates, and curatorships. Keeping an open mind is essential, and will enable you to challenge yourself to go further and do things differently."



Business profile

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Pictured above: Barbara Corbett & Nicholas Le Quesne

Corbett Le Quesne is a specialist family law firm, advising on all aspects of family law through happy times and sad times. They can support you at the start of your relationship with cohabitation or pre-nuptial agreements and they will look after you if your relationship comes to an end, helping you through divorce and financial remedies and all matters in relation to children including relocation. The ethos of the firm is to provide you with peace of mind. This is achieved by using both traditional and alternative methods of dispute resolution especially collaborative law, mediation and arbitration.

We met up with Senior Partner, Advocate Barbara Corbett, and Partner Advocate Nicholas Le Quesne to find out more about life at a law firm.

What's the most rewarding part of your job?

BC: Seeing the transformation of our clients. People going through relationship breakdown come to us when they are sad, are suffering and are anxious about the future. Although the divorce process is rarely pleasant, to be able to see our clients grow in confidence and happiness as matters are resolved is very rewarding.

NLQ: Working collaboratively to achieve a fair settlement for our client which allows them to maintain a good relationship with their ex-spouse and children.

Did you always dream of this career?

BC: I started my working life as a journalist studying law at the same time, then after my law degree I brought up my 5 children, returning to study when the youngest were at school. My dream career was always to be family lawyer. It is probably the most important legal work there is!

NLQ: I first worked in a law firm at the age of 14 on Project Trident work experience and was sure from then on that a career in family law was what I wanted to pursue.

Is there a phrase you live by? BC: Don't worry!

NLQ: There is a solution to the majority of problems!

What part of your industry would you like to change?

BC: It would be wonderful if Jersey could bring in nofault divorce and the possibility for couples to make joint applications for divorce when they both agree their marriage is over. I would also improve the support given to families both practical and financial to care for children and when relatives other than parents have to step in. **NLQ:** The implementation of no-fault divorce in Jersey would reduce animosity between divorcing spouses as well as reducing legal costs and is therefore much needed.

Is your job 9-5?

BC: No! If a client is worried and needs reassurance in the evening or at a weekend they can email or call and I will respond. Often a brief email exchange or quick chat on a Saturday morning can avoid a court application on Monday! And when we do go to court it is often necessary to do the preparation during evenings and weekends to fit everything into the time available.

NLQ: No! A stitch in time saves 9 and I am more than happy to talk to a client at 9am or 9pm on a weekend or any time in between if it means giving a client peace of mind.

What is it like to work at your firm?

BC: We are probably biased but I find working at Corbett Le Quesne to be a complete joy. Our offices are modest but they are welcoming and comfortable. The team work really well together, everyone supports one another sharing tasks and maintaining relationships with our clients.

NLQ: It is both a fun and relaxed place to work. Our clients also often comment that the people working within our office and the surroundings make them feel at ease.

What does the future hold?

BC: Corbett Le Quesne has only been open for 6 months but we are very pleased with our success so far. We hope to expand the firm, employing more specialist family lawyers over time but don't have any plans to move away from family law or to outgrow our ability to provide a bespoke, caring and personal service to clients when they most need it. We want to remain a specialist niche firm, offering the very best family law advice and assistance from the very best family lawyers. To give clients peace of mind.

For more information visit www.corbettlequesne.com or call them on 733030.

Where there's a way.



Hawksford's 60-year-old private client heritage makes them one of the most trusted names in private wealth. They are proud to be the only Wills & Probate team in Jersey to sit within a global trust company. The highly respected team has a wealth of technical expertise in succession planning and has the ability to provide wills in various jurisdictions and across generations.

The team is headed by Wills & Probate Lawyer, Charlotte Elliott, who was educated at Jersey College for Girls before graduating with a Law Degree from the University of the West of England. She is a qualified English Solicitor with extensive experience in the legal and trust industry. The Wills and Probate section is responsible for assisting clients with a variety of Wills & Probate Services which include the drafting Jersey and UK Wills, applying for local, fast track and foreign domicile probate applications, estate and curatorship administration and the drafting of powers of attorney. Charlotte and her team guide clients through every step of the Wills & Probate process and is compassionate and considerate to those dealing with difficult and sensitive matters at what is often a stressful and emotional time.

What's the best bit of your job?

It's difficult to pin down, I work with an incredible team of people who I couldn't do the job without but if I was to try and pick one part of my job that makes me happy then it would be seeing how relieved people are when their matter is dealt with promptly and delicately. Whether it's seamlessly sorting someone's Will and putting their wishes in to effect or efficiently administering a loved one's estate. We would like to think that everyone that comes to see us is relieved at the ease at which we can deal with matters. So often people will say "Wow, I have put that off for so long but it really was simple!". That makes me smile. - the lady before us was the deceased's current partner. Instead the Will left everything to his ex-girlfriend! Turns out the deceased hadn't changed his Will after his previous relationship ended. It serves as a lesson to us all to remember to review and update our Wills regularly.

"Wills can be used to make beautiful sentiments, I have heard about a Will that requested flowers be delivered to his wife every month for the next year"

Have you ever had to deal with an awkward situation?

A colleague received a call from a widow saying that their partner had passed away and asking what to do next. We promptly arranged an appointment for her to come in to see us. We sat in a room before her, opened the sealed Will envelope and read out the name of the beneficiary of the Will. As my colleague read out the name in the Will we realised that it was not the lady sat in front of us

Most memorable house clearance experience?

We were acting as executors on a client's estate and attended at his property to review the contents and find any important documents. I arrived to a house that was nearly falling down! Beams keeping the walls up had been removed and replaced with props. The floorboards were missing, electrical wires exposed. I could just about fit from one room to the next, furniture was

piled up from ceiling to floor. I couldn't see a single wall, not one drawer, cupboard or work surface was empty. I simply didn't know where to start! Fortunately I didn't need to empty it myself but the clearance company told us it was the worst house clearance job they had ever had!

Have you ever been contacted by an heir hunter? Yes, only once and we were very sceptical at first as we weren't sure whether he

was genuine but he had discovered that a deceased client had shares in a company in Africa. We had no evidence of these shares ever being owned, never received any dividends in the bank account or any paperwork trail in the deceased's belongings. Fortunately the beneficiaries were all still alive and well but you can imagine how complicated it gets when beneficiaries have died and we have to trace living relatives. These matters often end up costing a lot of money, all because nobody knew the deceased owned these assets.

Have you ever had any unusual requests whilst drafting a Will?

Wills can be used to make beautiful sentiments, I have heard about a Will that requested flowers be delivered to his wife every month for the next year or conditional gifts, a gift of money on the condition it be used to have a great holiday.

We met with the rest of the Wills & Probate team at Hawksford to find out what they love about their working life:



Sophie Guillaume Lorraine McPhail Wills & Probate Assistant

An LLB Law graduate, Sophie assists with the daily administration of Hawksford's Wills & Probate portfolios including the drafting and amending of Wills and the administration of estates

Best bit of the job?

"Passing on the news to friends or distant relatives that they have been left a gift in the Will when they did not expect to receive anything is always heart-warming - they are often very touched by the gift"



Probate Administrator

Lorraine provides Wills and Probate administration to a varied portfolio of clients. Lorraine's 20 year career has included various administration roles at large financial and legal institutions.

Best bit of the job?

"When a Will has requested to leave a gift to a charity, it's always nice to see the generosity of people who continue to support charitable organisations by leaving a legacy and making a difference".

Jeremy Johnson Consultant

Jeremy has completed 38 years as an English Solicitor specialising in the areas of trust, wills and probate. He provides consultation to the business, drawing on his years of experience.

Best bit of the job?

"Welcoming back a returning client. Many clients return years after I first dealt with them, often to assist with a deceased relatives estate or to re-draft their Wills. It is always flattering to have clients return, it shows they value the friendly and personal service that we offer."

Business News

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Three years of sunshine

This month sees the third anniversary of the Co-op's one-of-a-kind solar Photovoltaic (PV) installation at their Locale store in Grouville. The installation, undertaken by Sun Works CI Ltd, is very much part of the 'Internet of Things' and a quick glance at the data produced shows a surprising consistency of electricity production year on year. The project, which was completed in collaboration with Axis Mason architects and Rok Construction Ltd, saw an 'in-roof' Solar PV design installed at the new Co-operative Locale store in Grouville in early 2015. Based on the normal tariff the supermarket has generated and offset about £2800 worth of electricity each year. To put into context, this equivalent power generation would run approximately five Jersey homes per year. We hope this sort of thing gets more popular across the island. Tesla roof anyone?!



A shed bathed in light.

Local design agency The Potting Shed have just worked on a collaborative project with one of the world's greatest active lifestyle photographers, creating a book for Rip Curl. "Adventures in Light" showcases acclaimed photographer Ted Grambeau's remarkable body of work on a visual journey spanning four decades of adventure travel. "After knowing and working with Ted for over a decade on a number of magazines and projects we were very excited when Ted (and surf industry giant Rip Curl, who commissioned the book) approached us to design a coffee table book to document his incredible career," says The Potting Shed's Executive Creative Director Alastair Mitchell. "Adventures in Light" captures the spectacular diversity of Grambeau's work, from perfect waves to high fashion, insightful portraiture to fine art, astute reportage to exotic travel. Ted's staggering body of work, which has graced magazine editorials and advertising campaigns for decades, is brought together here for the first time in over 240 pages of imagery to fuel the surf adventure urge in all of us. Grambeau flew to the Channel Islands in late 2017 to work alongside The Potting Shed throughout the creative process and even managed to fit in a schools visit to Guernsey's Ladies College to talk to students about his work and his travels.



Hawksford shortlisted in Citywealth's Brand Management and Reputation Awards

Hawksford has been shortlisted for four awards in Citywealth's Brand Management and Reputation awards 2018. The awards, which are now in their third year, highlight the best brands that are emerging within the evolving wealth management industry and recognise outstanding work in the internal business development function supporting the industry. Hawksford has been shortlisted for Best Rebranding Campaign, Best Website, and Best Content Curation of the Year. Head of Marketing, Cherith Fothergill, has also been shortlisted for Marketing/ BD Director of the year.

Cherith told us: 'Hawksford had a busy 2017 as we repositioned our brand to reflect our internationally growing business and diversified offering. Our brand and digital experience is now much more in line with the business we have developed into and it clearly communicates the structured solutions that we bring to clients for their business and wealth needs. As a team we have had some really interesting projects to work on and it is fantastic to be recognised for the hard work and dedication that went into supporting the business.'



Life's journey can be full of excitement and challenges we're here for you every step of the way.

 ♥ Viberts House, Don Street, St. Helier, Jersey JE4 8ZQ

 ♥ 888666 ☎ property@viberts.com

 ♥ www.viberts.com

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Business News

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JT to become the first large business to achieve accreditation as a Jersey living wage employer

JT is the first large local company to commit to paying Jersey's new living wage to its direct employees, which is a major boost for the Caritas Living Wage Project. JT hopes its example will lead the way for other local businesses to register with the scheme, increasing the quality of living for as many people as possible. Local charity Caritas Jersey, is running a Living Wage Project to encourage firms to adopt this rate in place of the minimum wage, by offering accreditation to those who have committed to the living wage. JT began planning the implementation of the living wage for its local employees prior to the increase being adopted by the States, this plan will also see JT review their subcontractor's contracts to bring everyone working for JT in line with the new Jersey living wage.

Jo Waring-Hockley, JT's Group Human Resources Director, said: "We hope by signing up to the Jersey living wage project we are encouraging other local businesses to do the same. We believe that when you buy something cheap someone else is paying the price, and we wanted to demonstrate how much we value our people. We are a Jersey company and are proud to employ local people and treat them fairly, which is why we plan to raise the bar to ensure fair wages for our external contractors which will help to support our whole community."





First anniversary for Skipton Mortgage Centre

Skipton International celebrates a successful first anniversary for its Mortgage Centre last month with purple icing on a cake as the icing on the cake. The office in Waterloo Street has welcomed hundreds of customers old and new through its doors since opening in April 2017, helping over 200 applicants find their way onto the property ladder. Since the launch of the Centre, Skipton has experienced a rise of 37% on completed mortgages, evidencing the value of the Centre to the local community. Having provided mortgages in Jersey for over 13 years, Skipton made the decision last year to move their operation to a more convenient town location, allowing them to better cater to the increased demand for their services. Through the Mortgage Centre they have become more accessible to their customers, welcoming passing customers with queries or scheduling appointments for those looking to have a more in-depth chat about their lending requirements. Skipton's aim is to make the purchase of property in Jersey as easy and simple as possible, passing on their knowledge of the local property market through a team of friendly and experienced advisors. Skipton has completed over £500 million of loans in the Island!



Entries open for 2018 ICSA Jersey Awards

Entries are now invited for the ICSA Jersey Awards 2018, to celebrate the professional achievements of ICSA members in Jersey in 2017/2018. The Awards will be judged by a panel of qualified experts and will recognise the work of individuals and teams. The Awards for 2018 are:

- Company Secretarial Officer of the Year
- Corporate Services Team of the Year
- Administrator of the Year
- Administration Team of the Year
- Governance Award (Individual or Team)
- Risk and Compliance Award (Individual or Team)
- The One to Watch (Individual Award)

In addition, the Student Excellence Award will be awarded based on ICSA examination performance in 2017/2018. The ICSA Jersey Awards are open to all ICSA members working for private, public and not-for- profit organisations, and include both individuals and teams. Entries are requested to be submitted by midnight on Friday, 18th May 2018. The winners will be announced at the black-tie ICSA Jersey Annual Dinner Awards & Graduation Ceremony on Friday, 28th September 2018 which, for the first time in ICSA history, will be held at the Royal Jersey Showground. HARDWARE



SHOULD WE delete facebook?

Words by Leroy Wallace Illustration by Jamie Leigh O'Neill I've been writing about technology for long enough to be cynical about any new fads, but I can still remember the thrill of being one of the first people I know to have a Facebook account. Although this now sounds about as as stupid as boasting that you were the first boy to go wee wee, when the site launched it was restricted to graduates from a small number of elite American universities, and a sprinkling of randoms like myself who knew them online.

At the time it merely felt like a less irritating version of MySpace, or Friendster without the sex pests, and never in my weirdest cheese dreams did I imagine the site would be accused by politicians of tipping the scales on the most farcical election in recent memory. I also never thought I'd need to block my mum for sharing sexy memes of Patrick Stewart, but that's the strange new world we live in.

The internet was built to survive nuclear war, not share cat pictures, but historic messages from the scientists and army guys who first went online demonstrate an early potential for light-hearted human to human communications. Email was a world changing invention, but also kind of obvious to anybody who has ever posted a letter - the real innovation turned out to be the group communications that evolved on bulletin boards, internet forums and eventually in walled gardens like AOL chat and Compuserve. Non-nerds will already be scratching their heads at these references, which is why the first person to market an accessible way for normals to interact online was destined become very, very rich indeed. After a few false starts the modern concept of the social network was set in stone by goblin-faced boy king Mark Zuckerberg, and at last everybody in the world could theoretically be friends with people from the other side of it. Except, we've now come to realise, Facebook likes to make money - and it turns out that just as there's gold in sharing cat pics,

there's profit to be made from a 500 post argument with your racist aunt, which involves ten of your family members jumping in, wedding invites being withdrawn, and threats of physical violence from cousins who "liked" Katie Hopkins.

Where there's muck, there's brass

The current scandal around Facebook, and the title of this piece, hinges around us asking how it is that an argument with your racist aunt can possibly have financial value to anybody

- regardless of its hilarity to onlookers. An answer is given by a less humorous example, which is the accusation that Facebook allowed shady research companies such as Cambridge Analytica to indiscriminately mine huge quantities of your personal data so that you could be targeted by advertisers. Some advertisers might just want to sell your Aunt a wolf fleece and some fridge magnets, but some might want to drip information into your news feed in a manner that could sway enough people to vote a certain way. The data from this interaction isn't just what you publicly say to your Aunt, but every private message you send about the subject to anybody, cross-referenced with every thing you like, every link you've clicked on, and the same data for every person you've connected with on Facebook's gigantic servers. This is how Facebook, and Google, make their money - and their algorithms can crunch this mountain of data into such fine informational paste that there are recorded instances of advertisers guessing that women are pregnant before they know it themselves. This is where the value lies: Facebook isn't the product that gets sold to advertisers, you are.

It's easy to read this and think "You're paranoid. Facebook's algorithms are rubbish - they keep advertising things I hate." This is true for me, at the moment, but the current limitations on how accurately my data can be crunched don't mean that I'm okay with

that data being stored indefinitely and sold on to third parties. Many of us wouldn't be comfortable if that private data was used when we're applying for a new job, or trying to enter a foreign country, but without proper controls there's every chance it could be in the near future. We should also be worried about conscious design decisions that encourage us to create more activity data for Facebook to profit from. Apps and pages are forever asking our permission to access the data, and quite often we give it without a second thought. The site arguably encourages negative human interactions, in the form of political arguments, or just personal ones - because any engagement is good engagement as far as Facebook is concerned. It also makes design changes that encourage the compulsive activity of refreshing your feed, which scientists have shown produces a tiny, yet addictive, jolt of pleasure in our brains. Perhaps the only solution is to remove this digital parasite from our lives?

Delete your account Y/N?

Facebook is now so ubiquitous in society that disentangling our lives from its clutches is far easier said than done, and similar arguments about the malign effects of corporate power have been levelled at every new form of media. There's also an obvious counterpoint, which is that Facebook and services like it can foster

"Many of us wouldn't be comfortable if that private data was used when we're applying for a new job, or trying to enter a foreign country, but without proper controls there's every chance it could be in the near future." positive human interactions. The aunt in my example might not be a racist - she might experience real benefits from seeing the lives of nieces and nephews who live in a different town, from chatting to people who are too busy to schedule a phone call, or by learning more about life from somebody who lives in a different culture. I'm still in contact with most of the Americans who formed my first circle of Facebook friends, although ironically a lot of the discussions we now participate in revolve around the issues brought up in this

article. There are really two ways to address the negative effects of social media consumption, and they aren't radically different from the advice I might once have given in a similar debate about mobile phones, or television, or the printed newspaper. The first is that it's essential to take personal responsibility for the way you consume media, and the kind of behaviour this prompts in you. Spend less time responding to disagreeable aunts and more time fostering positive interaction with people who can stay calm. Think about things before you share them, and remain cynical about the motivations and biases of people, including yourself, as well as media organisations. The consistent failure of our society to follow this advice, and to ignore the importance of media literacy, has lead to some really terrible outcomes in supposedly-free democracies. The other way to address this is to do whatever you can to ensure that gigantic corporations are regulated by government and held to account in the ways they make their money. This is a massive task, and seems almost impossible in an era where we've come to accept international media oligopoly, but encouraging us to give up on regulation is a deliberate strategy on behalf of massive corporations. Facebook will easily survive its current tangle with the US government, but we need to make sure we demand concrete political action to see some of its power being held to account. Like and share if you agree.



For those of you who haven't seen the 1990 film *Crazy People*, that title will mean very little. It's a tongue in cheek comment that still applies 28 years later despite being made about a brand that has most certainly evolved and yet there's no denying that it still rings true; *Volvos. They're boxy, but they're good.*

This is especially true given that prestigious magazine *What Car*? have recently announced the winners in their 2018 *'Best Car Safety Award'* with the Volvo XC60 coming out on top. I'll not lie, I had no idea that a -60 sized version of Volvo's SUV even existed as despite being a petrolhead my *Mastermind* subject would undoubtedly be 'crap vehicles from the 1970s and 80s' rather than their contemporary counterparts, but upon initial inspection of a handful of images and some words I came across on the internet I can confirm that it does in fact appear to be both boxy, *and* good.

What I do know without having to carry out any specific research, however, is that Volvo have been at the forefront of innovation in safety for decades and so the XC60's overall

NCAP (New Car Assessment Programme) score of a full five out of five stars doesn't come as too much of a surprise. Whilst the Americans were strapping test dummies laden with sensors into rocket sleds using six point harnesses and firing them into concrete walls at speeds far, far in excess of what any of their mighty V8 motorcars were capable of at the time, the Swedes were pushing eggs down slides in small wooden wheeled contraptions secured with a device that we now all take for granted; the three point seat belt. You guessed it, it was Volvo who introduced the seat belt as we know it in 1959 as standard equipment on their Amazon range, yet across the Atlantic seat belt usage remained low even into the 1970s.

Instead, drivers in the US were offered airbags that at first did little more than

focus their explosive thrust upon the cover, propelling it directly into the driver's face until somebody decided to add a hinge to the cover. True story, albeit one that I can't back up whatsoever. I digress. By 1990 Volvo and a handful of other manufacturers were offering airbags not only in the steering wheel but also curtain style airbags that deployed from the roof and B-pillars and they were proud enough to let everyone know. If you can find a Volvo 850 that doesn't still bear a sticker in the rear screen reading 'SIPS Side Impact Protection System' I'll eat my car's antilock-braking system. With such a track record for commitment to vehicle safety the XC60's 98% adult occupant protection score in the NCAP tests might be expected, but just how did they achieve it and what did it take to pip the likes of Subaru's XV and Volkswagen's T-Roc, who took second and third places respectively, to the chequered crash test post?

As well as those seatbelts and airbags tucked into almost every last area of available space previously mentioned, clever structural design and digital technology also play a huge part in their







safety success. Myriad cameras and a radar system provide the car with an ability to successfully sense when an impact is imminent and assist the driver in either avoiding or mitigating the effects of a collision, big or small. One of the systems onboard has been developed with the sole intention of detecting anything from pedestrians and cyclists to large animals (the Elk is Sweden's national animal, after all) and another is capable of detecting the edge of the road and steering the vehicle back to safety, which I'd imagine would come in handy if you suffer from narcolepsy or have simply had a bit of a long day. All joking aside, the XC60 has the power to recognise a sleeping driver and in the event it does, will pull the car over safely. However, if that happened on a motorway you might have to reassess the definition of 'safely' given that stopping absolutely anywhere on a motorway isn't particularly safe. I honestly wouldn't be surprised if it can use the car's GPS location to determine which side of the road would be best to pull over to based on geographical location and local traffic rules, too. Have they essentually created an autonomous vehicle without the necessary certification that's been getting the likes of Tesla and Google an inbox full of bad press lately?

There's no denying that the name Volvo has been synonnymous with safety for the vast majority of their history, but since their acquision by Chinese multinational automotive goliath Geely eight years ago the research and development budget has certainly been forthcoming and

it's certainly paid off too. The Volvo XC60 is in fact the vehicle with the highest overall NCAP score *ever*. Yes - *ever*.

'Yeah, but Volvos are *boring*', your internal monologue may be vocalising as your eyes digest this article. And that is why this is the point where I mention that their petrol hybrid version kicks out a healthy 407 horsepower. That's right, over 400 horsepower in a hybrid SUV. That's surely enough power to be classed as dangerous in the hands (and feet) of many, so it's a good job for drivers, passengers, cyclists and Elk alike that so much safety has been designed in as standard.

Could this be the safest car in the world? If it's all the same, I'd rather not find out first hand...

"The Volvo XC60 is in fact the vehicle with the highest overall NCAP score *ever*. Yes - *ever*."



WORDS Rebecca Evans

Most of us spend at least part of each day taking care of other people. Partners, Children, Colleagues, Strangers. We don't even realise we're doing it some of the time. But how much time per day do we dedicate to taking care of ourselves? It's important, as if we're not in good health then it restricts our ability to look after others. For the Care issue I've been investigating gizmos and gadgets that harness technology to help keep us healthy.

FITBIT ALTA HR ACTIVITY TRACKER

We all know by now that in order to stay healthy we need to eat well and move, as Humans we're not designed to be sedentary, but modern habits and desk jobs don't lend themselves to an active life. If you haven't already, jump aboard the fitness tracker revolution with the discreet and well-designed Fitbit Alta.

Unlike many of the lower priced trackers, the Alta monitors not only your activity but also your heart rate, keeping a track of how much you've moved, how intense your exercise has been, and in turn how many calories you've burned. Gentle reminders throughout the day spur you to keep moving, and who doesn't like an excuse to spend a minute away from their desk, even if it is just to squeeze a few steps in walking to the photocopier or kettle?

The Fitbit Alta pairs wirelessly with your phone and has its own free app, allowing you to monitor your progress and achievements anytime, anywhere, plus functionality on the watch itself is simple and easy to operate with a simple tap display. Of course when you're not tracking your treks, it also doubles as a watch, and a range of straps are available to suit your style.

The Fitbit Alta HR Activity Tracker is £117 from the Powerhouse





ORAL B GENUIS 9000

Anyone who has ever suffered a moments toothache will attest how much that constant nagging pain makes you want to cut your own head off for relief, disrupts your sleep and makes it hard to function. Keeping our teeth and gums healthy is paramount in avoiding this, and a host of other complications. I would hope that we are all brushing our teeth already, but are we doing it right?

The Oral B Genius 9000 takes electric toothbrushes to the next level, and is the next best thing to have a dentist seated on the side of the bath instructing you. Position Detection Technology not only sounds fancy, it harnesses motion sensors and facial recognition software(!) which when paired with the accompanying app will alert you to any spots you have missed. The brush head has been designed by dentists for maximum plaque and stain removal, and pressure sensors automatically adjust the rotation speed if you press too hard. There's no toothbrush on the market that can come so close to guaranteeing the whitest of pearly whites, and healthy gums.

Supplied with this bright brush are 4 replacement heads, a smartphone holder for your bathroom wall, and a travel case which charges not only your brush, but also your 'phone. Clever stuff.

The Oral B Genius 9000 is £300 from Boots



HAPIFORK

We all know that maintaining a

healthy weight is good for us, and there's

a lot of information out there regarding how to do it. One tried and tested way of managing weight and avoiding a range of nasty gastric upsets is to eat slowly, chew fully, and allow your body to let you know it's full before the point that you've shovelled in a heap of unnecessary calories. It all sounds simple in theory, but sit me in front of a bowl of chilli or a Pizza Projekt pizza (haven't been yet? Check the review on page 64) and all my self-control flies out of the window.

The HAPIfork was originally developed for clinical use, with this exact first-world problem in mind. It uses motion sensors to keep track of how often you're lifting it to your mouth, and if you're throwing food down your throat like it's your first meal in a year (despite it being an hour since you last ate), the handle will vibrate and circular light turn red, as a reminder to take it easy.

Dishwasher safe and charged via USB, the HAPIfork connects to an accompanying app and allows users to track progress and statistics, along with accessing a 21 day coaching program including general tips on eating smarter and healthier. Forking wonderful! **The HAPIfork is \$104 from Hapi.com, including delivery**

LUMIE ZEST WAKE UP & SAD LIGHT

After a winter that seems to have started last Battle of Britain Day, and at the time of writing isn't showing much sign of abating, it's easy to understand why SAD (Seasonal Affective Disorder) is a thing, and why studies have shown that incidences of mental health conditions in general rise in the cold, dark, winter months. Symptoms of SAD can include lack of energy, disrupted sleep, anxiety, loss of libido and depression, and some people think it affects most of us, to a greater or lesser degree.

The Lumie Zest Wake Up & SAD light aims to reduce the symptoms of SAD by providing a hit of bright, sunshine mimicking light, kickstarting our brains into producing the serotonin we need to balance our circadian rhythms and operate at full capacity. The portable light features 5 different light

features 5 different light levels for adjustable treatment, and can also be used as an alarm clock, gently filling your bedroom with a simulated sunrise to stir your body and brain into a natural and refreshing wake up, without the jolt of a sudden alarm blaring in the pitch dark.

Supplied with a detachable stand and mains adaptor, this is pricey for a bedside light but can you really put a price on a good nights sleep and energised morning? The Lumie Zest Wake Up Light is £149.99 from Boots





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iPhone 8 in Red - Saving Lives & Setting New Standards

In the hyper-competitive smartphone market, manufacturers are always looking for the next big thing but with the iPhone 8 in Red, Apple has gone beyond the search for a single innovation, and is trying to rewrite standards across the board.

The most obvious differentiator is the colour. OK, this may not be the first red smartphone but Apple is the first red smartphone manufacturer to give a donation from every sale to HIV/AIDS programmes that provide counselling, testing, and medicine that prevents the transmission of HIV from a mother to her unborn child.

Few design innovations will make as big a difference to the world as these donations but it is worth noting that the iPhone 8 includes a new, durable, all-glass design that makes it look superb and speeds wireless charging.

The iPhone 8's and 8 Plus' Retina HD displays are combined with True Tone technology and dual-domain pixels, to ensure that every image and video you capture is displayed in the most vivid of truelife colours.

Running the new iOS 11 and A11 Bionic chip that Apple claims is the most powerful ever in a smartphone, the iPhone 8 is perfectly equipped to deliver an out-of-this-world, truly fantastic, Augmented Reality experience.

Don't wait any longer! Come into the Sure store and experience the iPhone 8 in Red for yourself!



Keep It Cool

This summer is going to be a scorcher and this nifty little piece of kit is going to keep you cool. Whether you're boiling-over at a wedding, sweating on a sun lounger or need to cool your kids down, this mini gadget can be anywhere you are. Keeping you cool when you need it most. It can also be used for 'wind-in-hair' effect selfies. Bonus.

Available for most mobiles from about £4 on amazon.



WORTHY WINNER

Earlier this month JT picked the winner of their 'Give the Gift' health and well-being competition which they ran over the first few months of this year.

The JT team had a tough time deciding on an overall winner, however from over 60 amazing entries Paula Martyn's nomination story stood out.

Paula was put forward by her niece Pamela after she saw the competition on the JTSocial Facebook page. She said "My Aunty has gone through a lot in the past few years with so many people around her falling ill. Despite everything she never stops smiling, and there's no way you can put into words how much she does for everyone."

Paula has won an array of health and well-being vouchers from many great local businesses including, Physique Transformations, Luella Rockerfella, @Smile Dental Clinic, Moo, The Awakening Club, Sandpiper, Athena and St Brelades Bay Hotel worth over £1,000.

Visit @JTsocial Facebook page to watch the moment JT surprised Paula with her big prize.

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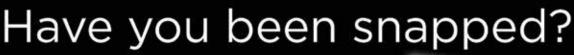


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See all images on this page and more at **www.jerseyvip.co.uk** Jersey VIP is Jersey's online events photo gallery.



























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Harbour Gallery

The largest contemporary art and craft gallery in the Channel Islands: exhibiting and selling the work of over 800 local exhibitors. Stockists of art and craft materials, textile materials in the shop "Sew and Sew" and knitting yarns and accessories in "Knit Wits". The Harbour Gallery is home to "Evolve" showcasing one off fashion designs from Jersey.

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James & Lilyth 26 – Royal Marines



Andrew 17 – Waitrose & Studying Sport

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Christin 25 - Removals





Freya 17 – Student



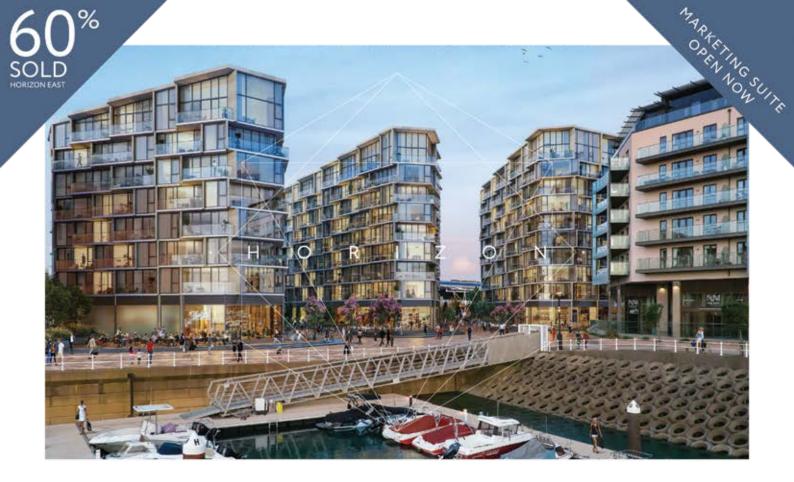
Zack 22 – Waiter



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