

# gallery



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**LIVINGROOM**  
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# gallery

**#159**  
**[FEMININE]**

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.

## SOME PEOPLE THAT HELPED WITH THIS ONE...



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# edito

**D**ry January, Veganuary, Fanuary, Tanuary. The guilt of Christmas consumption has an ever-increasing variety of ways you can rename the month in an effort to reframe your approach to life for the first 31 days of the year. Whether your demon is alcohol, meat, body hair or admitting it's winter, this is the month when you can adopt your very own set of mantras and motivational social media posts to share the new found you with the world.

It's like Hallmark Holidays, created as an excuse to send cards for decades or arbitrary occasions created to celebrate your organisation or industry. National Hot Dog Day? It's in the middle of National Hot Dog Month, as designated by the National Hot Dog & Sausage Council. July 8th this year, if you're interested. This month we have Chinese New Year on the 5th and the obvious big-hitter on the 14th. With saintly associations and alignments with love since Chaucer started writing poems in the 14th century, Valentine's Day is a fairly legitimate occasion marker. Recently it's more likely to be associated with chocolate, underwear and expensive flowers but well, what's not to love? All those can be bought for the special girl (or boy) in your life. There are a few recommendations over the coming pages.

This month also plays host to International Women's Day, which takes place on March 8th. We therefore adopted a Feminine theme this month and our contributors have profiled a powerful female sportsperson, taken a look at independent female travellers and a wry look at the way men are adopting female stereotypes. Our shoot this month is one just for the girls but we've also dedicated some space to a shoot of the surfboards; created for Healing Waves' 'Art of Surfing' Auction coming up this month. Living in Jersey, surrounded by the sea we may sometimes take it for granted. The guys at Healing Waves use the ocean as therapy, helping physically and neurologically disabled people to enjoy the benefits of the water and water based activities we take for granted. Check the exhibition and silent auction later this month.

BD

**#159**

[FEMININE]



COVER CREDITS

THE ART OF SURFING  
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secrets



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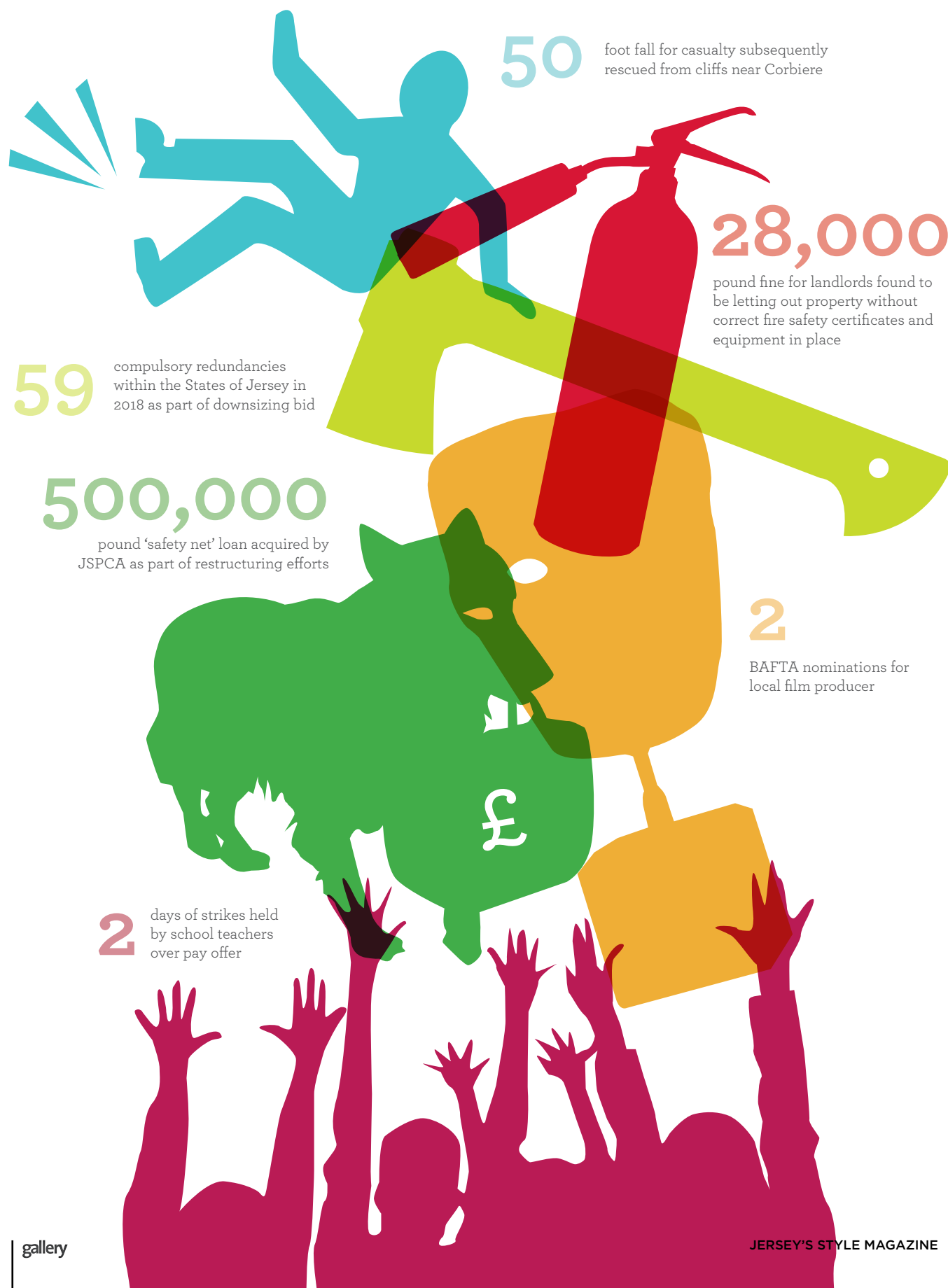
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# NEWS IN NUMBERS







Gallery has a new country cousin.



While Gallery is looking to take care of Jersey's urbanistas, Places grows this year to become our new Islander publication. Parish and property focused, Islander will which will be dropped to all homes in St Ouen, St John, St Mary, Trinity and St Martin each month, starting in February.

**places**  
islander

PROPERTY | PARISH | LIFESTYLE

# YES, I PLAY RUGBY. YES, I AM A WOMAN.

WORDS Imogen Pickering

PHOTOS Danny Evans

**WHAT DOES IT MEAN TO BE FEMININE? IN 1965, TEEN MAGAZINE ASKED SOME OF THE WORLD'S MOST POPULAR ACTRESSES THIS QUESTION AND BUZZFEED HAS RECENTLY REMINDED US OF SOME OF THEIR ANSWERS. NOW, THIS WAS OVER HALF A CENTURY AGO, SO DON'T BE TOO SHOCKED WHEN I TELL YOU THAT MULTI-AWARD WINNING ACTRESS, JANE FONDA, SAID THAT, "FEMININITY IS KNOWING HOW TO LISTEN - MEN LOVE IT" OR THAT GOLDEN GLOBE AWARD WINNER, SANDRA SEE, SAID, "YOU MUST BE METICULOUS IN YOUR CLOTHING, MAKE-UP, SKIN — TO BE CLEAN, FRESH, AND NICE ALL THE TIME."**

Thank goodness times have changed, right? But have they really? Academics argue that in this day and age, femininity is, by definition, not large, not imposing, not competitive. Feminine women are not ruthless, not aggressive, not victorious. It's not feminine to have a killer instinct - to want to win with all of your heart and soul.

So what does that mean when it comes to the world of sport? For male athletes, it's pretty simple. Icons such as David

and Denise Lewis, encounter more difficulty in their careers as they attempt to balance a stereotypical feminine image with the 'masculine' qualities associated with their sports.

Female participation in sport is often thought to be less appreciated in Western cultures, since the industry is primarily male dominated and characterised by masculine qualities, such as strength, aggression and competition. However, despite the rise of

has long been associated with notions of traditional masculinity, making it difficult for female players to strike the balance between their sport and modern femininity.

However, as well-established female athletes such as English rugby union player, Tamara Taylor, who has made more than one hundred appearances for her country, said recently, "You can tackle and still be a woman", it seems that the well-established boundary dividing gender between masculinity and femininity may be beginning to fade.

**"I HAVE PLAYED AGAINST SO MANY WOMEN WHO SHOW SUCH STRENGTH AND CHARACTER WHEN THEY PLAY, THAT I FIND IT A REAL SHAME THAT MANY WOMEN STILL WOULDN'T CONSIDER A SPORT OF THIS KIND FOR FEAR OF BEING SEEN AS 'MASCULINE'."**

Beckham, Dwaine Chambers and Anthony Joshua, are praised not only for their athletic achievements, but also for their physical appearance and representation of hegemonic masculinity in sports that require power, speed and strength.

Female athletes on the other hand, who do not necessarily represent the 'feminine ideal', such as Serena Williams, Mia Hamm

female participation in sport over recent years, women still face multiple challenges when it comes to balancing what it means to be feminine with their athletic desires, which are largely due to gender norms established long ago.

One particular sport often in the firing line, is women's rugby. Traditionally a game of brute strength, aggression and power, it

So, what is it like to be a woman who exudes her strength and power in such a male-dominated sport? I met with Jersey Reds Women's Rugby captain, Lauren Lowe, to find out.

**What has been your experience when it comes to the participation of women in a sport as hostile as rugby?**

"You don't look like a rugby player" - is something I often hear when I tell people I play rugby. However, this is normally followed by a lot of respect and admiration because I'm a woman who is willing to play such a physical sport. I have played against many women who show such strength and character when they play, that I find it a real shame that many women still wouldn't consider a sport of this kind for fear of being seen as 'masculine'.





**It has been argued that competitive sports make women 'less feminine'. Would you agree?**

Competitive female athletes demonstrate favourable attributes such as strength, determination and passion. As a society, these are all qualities we should admire and not attribute to being 'less feminine'. Fortunately, I do think that we are now overcoming this stereotype, as female participation in sport has had a significant rise over the last decade.

**How has playing rugby personally affected what you believe to be feminine?**

I have been playing rugby since the age of 6, which I believe has hugely influenced me to become the self-assured and determined woman that I am. Maybe, yes, I do feel more feminine when I'm dressed up rather than on a rugby pitch covered in mud, but I embrace my strength and power as a woman while I'm playing. Just because I have no trouble in completing the physical act of tackling someone to the ground, it doesn't make me any less feminine.

**Do you think we need to redefine what it means to be feminine?**

I do believe that we have moved on from the traditional idea of 'femininity' being delicate and gentle. It is more acceptable now to see women participating in contact sports like rugby and wanting to gain an athletic physique, but as a society, should we be questioning a woman's femininity because they choose to do so?

**How do you personally define what femininity means?**

Femininity is something that I have never really thought too much about. It is a term that is very easy to stereotype. Personally, I define it more by attributes over appearance. Personality traits such as independence and courage are shown by many women, alongside emotional qualities such as thoughtfulness and empathy.



The idea that some characteristics are inherently masculine or feminine is as old as human society. Gender roles vary depending on what group of humans you are talking about, but they often elaborate a handful of biological characteristics into non-scientific assumptions about our brains and personalities. Some made sense in the days when you couldn't trust a pregnant woman to take down a mammoth, but there's little to be gained by using the same logic in a world where men seldom hunt anything more dangerous than the TV remote.

Although gender stereotypes are also bad for men, for most of history women have undeniably had the worse end of the deal - but are there signs that things are about to change? Ladies are excelling at traditionally-masculine jobs, men are being expected to change nappies, and the rise of #metoo has meant that at least a handful of celebrity pervmen have endured a strict talking to. Will the lairier sex lose out? Might men become redundant, or even one day oppressed?

A lady expert might point out that men still earn more, occupy most positions of power, and are statistically more dangerous, but as an expert in little more than having testes and a deep voice I'd still get away with talking over her if we both got invited on the telly to discuss it. I do care what the ladies think though, so in order to distract from the pay gap I will shed some light on a few ways that men are adopting tendencies that we've historically stereotyped as being feminine. Please ladies, allow me to mansplain.

### Stereotype #1: being obsessed with your appearance

I recall the men of my grandfather's generation as a parade of interchangeable beige blobs with one of three possible haircuts. They used to laugh about their wives, the amount of time they spent getting ready, the money they wasted on clothes and makeup. Far better to spend your money on sheds and quality magazines (Fiesta; Carp Talk) to read in them. Never mind experimenting with clothes or makeup, boys were punished for daring to imagine a fourth haircut was possible - "what are you lad, French?" Today, even men who do cage fighting have got the salon on speed dial and it's acceptable for an alpha male to own more shoes than the boney one from Sex & The City. We might associate plastic surgery with ladies, but trailblazers like Simon Cowell and the late Michael Jackson have shown us that men have a right to lift and botox their faces til they too resemble a monster from a fairground ghost train. Adult men now feel pressured to wax their privates, stay unrealistically slim and fire out selfies around the clock - which constitutes a perverse blow for inequality in the sense that they are now interchangeable with the target audience for Cosmopolitan.





## Stereotype #2: being very emotional

Until I was in my twenties I thought it was manly to control your emotions utterly, as if they were bears and tigers that needed to be oppressed until they would only perform at appropriate moments - like shedding a single tear on your wedding day, or patting your best friend on the arm when you've both had ten beers and are talking about how your fathers never hugged you. I don't watch football, so I never got to enjoy a socially acceptable sobfest when one group of millionaires failed to win the shiny teapot. I assumed that repressing your emotions would always and forever be the manly way, but I've since learned that being highly and publicly emotional isn't just permitted for younger men, it's something to aspire to. The world of social media is full of young millionaires, and few of them have any discernible talent beside being able to summon an intensely emotional reaction to mundane experiences like playing a video game or eating a sandwich. I wish I could speak to my younger self, and say that there's nothing feminine about a man who shows his emotions - as long as they are expressed by EPIC groans or a flood of ragey tears because you lost at Fortnite. If I too can earn millions by filming a tantrum accompanied by sodding ukulele music then I'm more than willing to abandon my social role as the strong and silent type. Father, I love you.



## Stereotype #3: reading self-help manuals and fad diets

Plenty of men enjoy a good laugh at their partners for reading harmless rubbish like horoscopes, or gloopy self-help manuals like 'The Secret' or 'Eat Pray Love'. A man would never read a book about finding yourself on a yoga retreat - because men only read books with names like 'Alpha Sniper: Jungle Warrior.' This stereotype would be untrue even if men weren't secretly reading the horoscopes in Bella, because the only difference between feminine and masculine self-help manuals is that the latter has cover art of soldiers, bodybuilders or a businessman who looks like he needs a poo. Men even have their own version of those women's books that give relationship advice to make you act like a psychopath. Instead of advising a girl to dump any man who doesn't drive a BMW and bring her roses on the second date, the masculine equivalent is a lengthy screed by a self-appointed relationships expert who is either a borderline sex offender (all 'pick-up artists') or a creepy uncle with hair plugs who sounds like Kermit the Frog (Jordan Peterson). Men also love the kind of fad diets and 'transformational' workout plans that you get in supermarket landfill like Woman's World - the key difference is that a man feels more comfortable drinking a diet shake if it has a picture of a grenade on the bottle.

## Stereotype #4: Being obsessed with babies

The ultimate stereotype assigned to femininity is the idea that women cannot escape being obsessed with babies. It's drilled into them from the time they are babies themselves, so it's inevitable that there are many adult females who are incapable of going longer than ten minutes without talking about the nappy factory they squeezed out of their nethers. I'm equally proud of the love and nurture that went into my beer belly, but somehow it's unacceptable if I get that out and show it to people in Waitrose. I used to take refuge in all-male gatherings, because caring too much about your children was seen as a sign of weakness, but the tide has turned and men are now trying to outdo each other with tales of cleaning bottoms, learning first words and swaddling a newborn in a blanket woven from their massive beards. It's got to the point where I feel less of a man because I can't tear up talking about my son's fridge drawings, which I then had tattooed on my back to commemorate his first day at school. I expect the tattoo artist would also cry; we could film us both crying with our shirts off and then put it on YouTube. It's a wonderful thing to be a proud masculine parent, although weirdly I have learned that it doesn't necessarily extend to pausing your career or sleeping for less than four hours a night. Until women can demonstrate their mammoth hunting skills it looks like there are some gender lines that men are just unwilling to cross.



pet  
OF THE  
month



Yoghurt drop  
incoming!



## Pepper & Pi

If you were to picture a 22 year old girl and her two pets, what would you think of? Two cute french bulldogs? Maybe a couple of well-groomed cats?

Meet Niamh and her two pet rats, Pepper & Pi. Having adopted twenty-two rats in her life so far, Niamh says that pet rats are “like having small pocket-sized dogs”. We met Niamh and her two girls to find out more.

### How did Pepper and Pi come into your life?

I received a phone call from the JSPCA shortly after one of my former pet rats passed away, asking if I would be interested in rehoming a rat they had in the shelter called Pepper. Having the same name as the rat I had sadly lost, it was too much of a coincidence to ignore - it felt like fate! I saw Pi (formally called Martha) advertised a couple of months later and went straight there to adopt her as well. They've been inseparable ever since!

### We have to ask...why rats?!

I get asked this so often! I got my first two rats during a difficult time in life. Since then, I have quite literally not been able to say no. I have adopted 22 rats since my first two, including Pepper and Pi. They're like small, pocket-sized dogs - they learn their names, they can be toilet trained and you can teach them tricks too!

### One thing you love most about them?

Their tails (which is what everyone else seems to hate!) They use their tails for balance, so I love the way they spin in circles like a helicopter when you pick them up.

### Niamh

Age: 22

Favourite food: Melon

Pet hate: Slow walkers

Happiest when: Socialising

### Pepper & Pi

Ages: Approx. 22 months

Favourite food: Yoghurt drops

Pet hate: Travel cage

Happiest when: Chewing things that shouldn't be chewed



# What's On.

## A rundown of key events from the official tourist guide to Jersey this month

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.

📅 02-02-2019 ⌚ 09:00 - 18:00

### World Wetlands Day with The National Trust for Jersey

Come along to the Wetland Centre in St. Ouen's Bay, to enjoy activities to mark World Wetlands Day. With guided walks around the island, talks and guidance from bird-watching experts as well as crafts and games for children in the classroom, there will be something for everyone! 📍 The Jersey Wetland Centre, Grande Route des Mielles, Jersey, JE4 5RL

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enquiries@nationaltrust.je  
nationaltrust.je/events

📅 12-02-2019 - 12-02-2019 ⌚ 20:00 - 23:30

### Piers Lane

London-based Australian pianist Piers Lane stands out as an emerging and highly versatile performer, at home equally solo, chamber and concerto repertoire. 📍 Jersey Arts centre, Phillips Street, Jersey, E2 4SW,

☑ +44 (0) 1534 700400  
enquiries@artscentre.je  
artscentre.je/

📅 15-02-2019 ⌚ 10:00 - 17:00

### Go Wild for Durrell

Take a walk on the wild side, and unleash your animal spirit to help raise funds for Durrell Wildlife Conservation Trust. On Friday 15 February, we're calling on all our supporters, anywhere in the world to enjoy a day of wild activities and fundraise wildly for the world's endangered species. 📍 Jersey Zoo, Les Augres Manor, La Profonde Rue, Jersey, JE3 5BP,

☑ +44 (0) 1534 860000  
info@gowildgorillas.org  
wildlife.durrell.org

📅 16-02-2019 ⌚ 20:00 - 22:30

### The Lionel Richie Songbook

'The Lionel Richie Songbook' is back in 2019 with a stellar line-up of world class musicians including Talon's own Jonny Miller and the awesome talent of Malcolm Pitt as the voice of Lionel Richie in this high octave show which includes all the greatest hits 'Easy', 'Say You Say Me', 'Stuck On You' and 'Dancing On The Ceiling' 📍 Gloucester Street, St. Helier, Jersey, JE2 3QR,

☑ +44 (0) 1534 511115  
boxoffice@jerseyoperahouse.co.uk  
jerseyoperahouse.co.uk

📅 18-02-2019 - 22-02-2019 ⌚ 10:45 - 16:00

### School Holiday Family Fun

Get Outdoors this Half Term! We have activity sessions open every day during half term, so come and get active at Valley Adventure Centre. Aerial Trekking and Powerfan, Zip Wire, King Swing, Climbing, Archery and much more. Want a great family day out? Our Family Fun Packages are just the thing for a get together. 📍 Valley Adventure Centre, La Mont a la Brune, Jersey, JE3 8FL,

☑ +44 (0) 1534 638888  
info@valleyadventure.je  
valleyadventure.je

📅 02-02-2019 ⌚ 14:00 - 15:30

### Reach for the Stars

The Emma Jane Dance Academy are proud to present their 13th annual show, proudly sponsored by JEMEC Automotive, Five Oaks., , An extravaganza of ballet, modern, cheerleading, jazz, tap and street dance. 📍 Phillips Street, St. Helier, Jersey, JE2 4SW,

☑ +44 (0) 1534 700400  
enquiries@artscentre.je  
artscentre.je/

📅 14-02-2019 - 14-02-2019 ⌚ 19:00 - 23:00

### Valentine's Day 6 Course Tasting Menu

Fall in love all over again by dining with us this Valentine's Day. Relax and enjoy our specially crafted six course tasting menu in the peaceful, romantic surroundings of Greenhills Country House Hotel. 📍 Le Mont de l'Ecole, St. Peter, Jersey, JE3 7EL,

☑ +44 (0) 1534 481042  
events@greenhillshotel.com  
seymourhotels.com/greenhills-hotel/events

📅 16-02-2019 - 17-02-2019 ⌚ 09:00 - 16:00

### Valentine's Day Special

Looking for something different for Valentine's Day? What better way to spend time with your partner than getting outdoors at Valley Adventure Centre. For just £70 treat yourselves to 3 hours of excitement on our Aerial Trekking and Powerfan Drop, our 145m Zip Wire and awesome King Swing. Give us a call for a Valentine's Day with a difference. 📍 Valley Adventure Centre, La Mont a la Brune, Jersey, JE3 8FL,

☑ +44 (0) 1534 638888  
info@valleyadventure.je  
valleyadventure.je

📅 17-02-2019 - 21-02-2019 ⌚ 10:00 - 16:00

### Pirates at the Maritime Museum

Ahoy there me hearties! Join Jersey Heritage for five days of pirate fun with stories, action activities, crafts and general marauding mayhem. This fantastic event has something to entertain everyone! All visitors are actively encouraged to dig out their eye patches, parrots and Jolly Rogers to become a pirate for the day. 📍 Maritime Museum, New North Quay, Jersey, JE2 3ND,

☑ +44 (0) 1534 811043  
info@jerseyheritage.org  
jerseyheritage.org/whats-on/pirates-at-the-maritime-museum

📅 20-02-2019 - 23-02-2019 ⌚ 19:30 - 22:00

### Drama Lab Presents: Gargantua

When Mr. and Mrs. Mungus have a baby, it wasn't the blue-eyed boy they were hoping for. After a two and a half year pregnancy they give birth to a monster; one with an accelerated growth rate and an insatiable appetite for anything that moves, especially joggers! 📍 Jersey Opera House, Gloucester Street, Jersey, JE2 3QR,

☑ +44 (0) 1534 511115  
boxoffice@jerseyoperahouse.co.uk  
jerseyoperahouse.co.uk

📅 09-02-2019 ⌚ 11:00 - 16:00

### Orchid Foundation -Charity Open Day for JAYF

Enjoy spectacular orchid displays at this special charity event held by kind permission of the award-winning Eric Young Orchid Foundation, with handy tips on looking after these beautiful plants. Delicious cream teas will be available. And don't miss out on the raffle, prizes to include orchids generously donated by the Foundation. Admission £3. 📍 Eric Young Orchid Foundation, La Rue du Moulin de Ponterrin, Victoria Village, Jersey, JE3 5HH

☑ +44 (0) 7829 712279  
jayfgardens@gmail.com  
facebook.com/JAYFgardens

📅 15-02-2019 ⌚ 20:00 - 22:30

### Alison Moyet

Fresh off a world tour in support of her critically-acclaimed album 'Other', Alison Moyet will be performing in Jersey for one night only. The Basildon girl has been credited with reinventing British dance music. For 4 decades, Alison has sold millions of albums, sold out tours across the world and collaborated with the biggest names in music. 📍 Fort Regent, Mount Bingham, Jersey, JE2 4UX,

☑ +44 (0) 1534 449600  
active@gov.je  
https://fortregent.je

📅 16-02-2019 ⌚ 14:00 - 15:30

### Theatre Tours & Afternoon Teas at Jersey Opera House

Explore the nooks and crannies behind-the-scenes and learn about the history of this iconic venue and what really happens behind the curtain. Join the tour guide on an intriguing journey dating back to 1865, then take it all in over Afternoon Tea in OH! Cafe bar. 📍 Jersey Opera House, Gloucester Street, Jersey, JE2 3QR,

☑ +44 (0) 1534 511115  
boxoffice@jerseyoperahouse.co.uk  
jerseyoperahouse.co.uk

📅 18-02-2019 - 22-02-2019 ⌚ 08:30 - 17:30

### February Kid's Adventure Club

Our Adventure Clubs are the perfect way to keep the kids entertained during the school holidays. Whether you book for the whole week, or a single day, your kids will be guaranteed a fun filled time, where they can make new friends, learn new skills and grow in confidence. Perfect for childcare, or a treat day for holiday makers. 📍 Valley Adventure Centre, La Mont a la Brune, Jersey, JE3 8FL,

☑ +44 (0) 1534 638888  
info@valleyadventure.je  
valleyadventure.je

📅 23-02-2019 - 24-02-2019 ⌚ 19:00 - 22:00

### The Little Prince

Welcome to the incredible story of The Little Prince, retold in this live show by a pilot stranded in the desert. Find out how the Little Prince leaves behind his own tiny asteroid and journeys through the universe, coming face to face with the baffling world of grown-ups! 📍 Jersey Opera House, Gloucester Street, Jersey, JE2 3QR,

☑ +44 (0) 1534 511115  
boxoffice@jerseyoperahouse.co.uk  
jerseyoperahouse.co.uk



### The Savoy Soirée

#### THE SAVOY

FRIDAY 23RD DECEMBER

To celebrate their 50th anniversary, the Lora family, who has owned The Savoy for 25 years, organised a wonderful party to mark this fantastic milestone. Owner Robert Lora commented "We wanted to celebrate our individuality and spirit of adventure by introducing our new

Gin Passport at the same time, and emphasising our musical heritage as Jersey's best Jazz bar. It was a great party, people loved the passport and the idea of sampling some of our 200+ gins."



### Quilter Cheviot Christmas Drinks

#### WINDWARD HOUSE

THURSDAY 13TH DECEMBER

Quilter Cheviot's Jersey office recently hosted their Christmas party, with team members and clients attending a drinks reception. Commenting on the event, Tim Childe, Head of International and the Jersey Office, said it was "great to be celebrating another successful year. Everyone here has a very close working relationship, and this has been central to

our achievements, with Quilter Cheviot now maintaining the largest investment management team in the Channel Islands. Our new office is ideally situated next to the evolving International Finance Centre and the whole team are looking forward to a well-earned break, while looking forward to building on what we have achieved, next year."



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## Prosperity 24/7's Christmas Party

**SIROCCO, ROYAL YACHT**

FRIDAY 23RD NOVEMBER

Prosperity 24/7 hosted a fun-filled evening with a wonderful James Bond inspired theme 'Day of the Dead' from the film Spectre. It has become an annual event with clients eagerly anticipating the theme ahead - and many of the guests donned elaborate face-paints and outfits. This event is Prosperity 24/7's way of thanking their clients and colleagues alike. Sirocco was full

to the rafters with over 120 guests, enjoying the casino tables and entertainment. The night ended with several lucky guests winning fantastic locally-filled hampers.



## Jersey Business: Ready for Brexit

**RADISSON BLU**

WEDNESDAY 16TH JANUARY

In partnership with the Government of Jersey, Jersey Business hosted a seminar for local business owners in preparation for how Brexit will change the process and documentation needed when importing or exporting products from Jersey. Attendees

learnt of Jersey's approach to Brexit, the implications for wider international trade, the revised customs processes and how their businesses may be affected.



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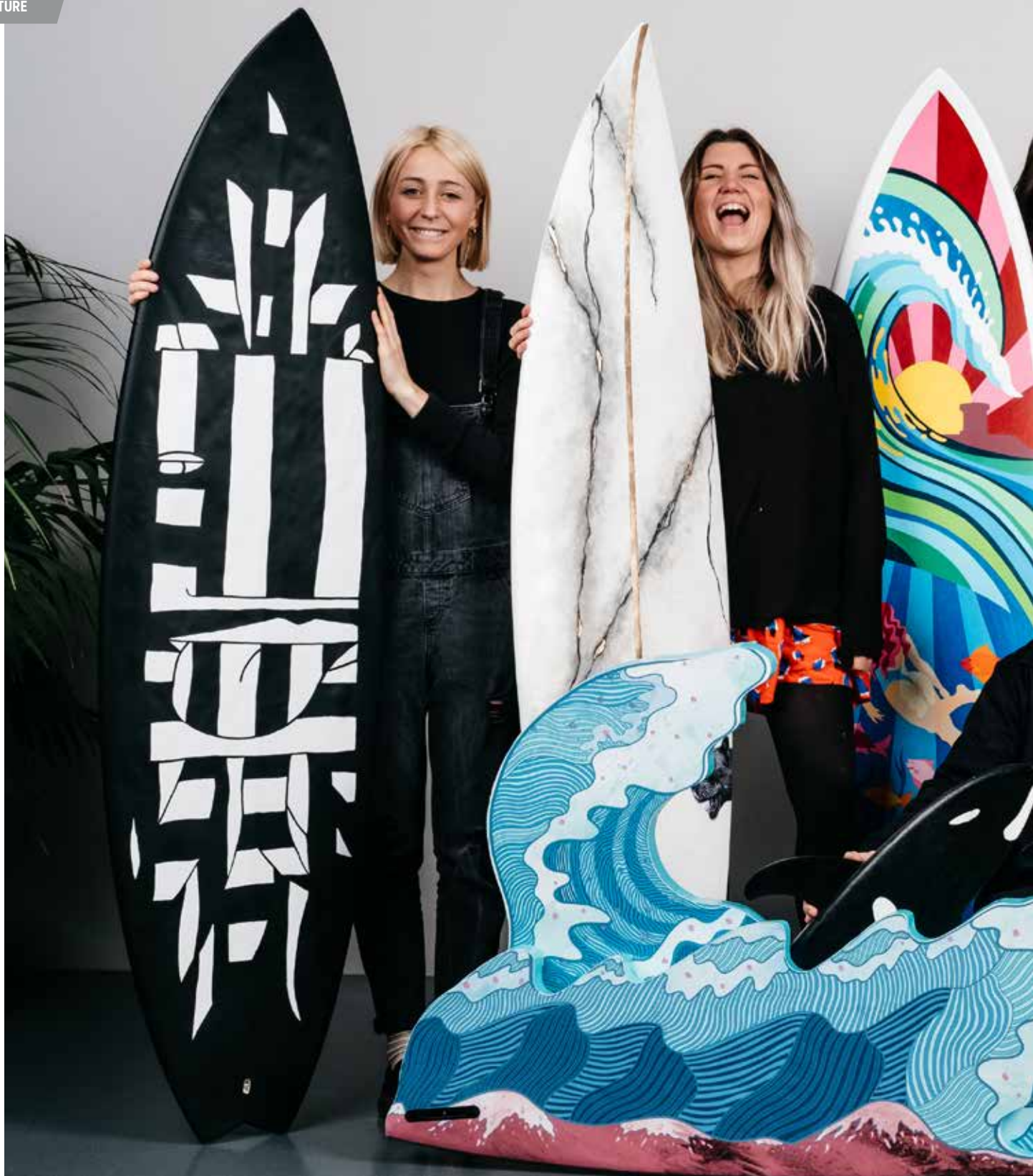
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# The Art of Surfing.

Photography | Studio M

This month Healing Waves are presenting their first artistic venture, *The Art of Surfing*, featuring exclusive artwork by artists; Abi Overland, Amy Dorey, Gabriella Street, Mark Barrett, Tom Rolls, Travis Cracknell & Will Bertram. Selecting media that reflects the cause, the artists have created one-off artworks using

up-cycled surfboards as their canvas. Check them out over the coming pages. The boards are set to be formally unveiled at Fort Regent Art Gallery on Friday the 8th of February 2019 and will be displayed there until the 28th. The boards will all be placed into a silent auction to raise money for 'Healing Waves - Ocean





*"HW have been really excited to announce this event and hope that the exhibition will appeal not just to the art and surf communities, but also the wider general public. We are so grateful to the artist who took part in the first event of its kind. All have created some truly captivating pieces that really display their individual talents."*

*- Healing Waves' Max Wiltshire*

Therapy' and we invite all to place a bids. This unique exhibition not only celebrates talented artists, but supports Healing Waves and the work they do for the community. Make sure you get up to Fort Regent this month, check out the work and make your bid! We'd imagine these items will be popular and all for a good cause!

**Healing Waves present**

**The Art of Surfing Exhibition and Silent Auction**  
Fort Regent Art Gallery, 8th-28th February.

learn more at [www.healingwaves.org.je](http://www.healingwaves.org.je)



### 'The Amazing Story Board'

Mark Barrett

For me surfing has always been about really great stories. When I think of Healing Waves I also think of a really great story filled with lots of other stories of people who have been inspired by their encounter with the ocean. So I've called my surfboard 'The Amazing Story Board'. The energy, heat and flow is generated from the tail of the board and then bubbles up towards its heart, creating the power of the wave. This culminates in the truth that if a story is really inspiring - then it has to be a story shared.



### 'Untitled'

Amy CD

When I get given something to work with I tend to know straight away what kind of design I want to have. Proportion and colour wise, I had an idea the moment Healing Waves mentioned the project. A lot of my work consists of concepts that are on my mind, this one I kind of freestyled and didn't want to make it too conceptual or about me specifically, as it's for Healing Waves. It was a pleasant process, I wanted to make it fun, bold and something that sits nicely with the charity, so I just worked with vibes I got from the guys. It doesn't have a name, I will give the new owner the chance to name it.

### 'Guardians after Hokusai'

Will Bertram

Contemplating the sea, I decided to repurpose my board to create a 3D homage to the famous wood-block print 'The Great Wave off Kanagawa' by Hokusai. Using vinyl stickers from Captured Dreams, I wanted to make a stylised illustration that contrasted the ominous tide from the original print, with one that provides space, shelter and nourishment for its inhabitants. Using the Orca's as the seas guardians, I was hoping to remind everyone of the importance of the sea and it's healing properties, whilst subtly alluding to the damage our lack of respect is doing to our oceans and the creatures within it.











### 'She is the Sea'

Travis Cracknell

My thoughts are scattered, I've examined you for the hundredth time, overwhelmed with admiration for your power, beauty and scale. The untold mystery of the Ocean captivates us all. What words can I use to describe you? My dilemma, I find few words to accurately communicate you truly. The solution is through the use of visual communication. Who is she? Amphitrite; Goddess of the sea, wife of Poseidon and daughter of Oceanus. She is the embodiment of the third element. She is the sea. A representation of the wondrous and mysterious creatures, both real and mythological, that inhabit our oceans.

### 'Marbled Panther'

Abi Overland

I wanted to use this opportunity to have fun with pushing the boundaries of what I can do using new techniques, but without losing my signature style, and wanted to create a piece that would be complimentary to my existing artwork without necessarily being the same. I liked the idea of turning a surfboard - something used to being rough and ready - into something rather fancy and selfishly something that I'd like to have on display in my own house!



### 'Freedom'

Gabriella Street

When planning the design of my surfboard, I knew I wanted to celebrate the amazing work that 'Healing Waves' does, so I focused my design on how the charity affects many individuals experience with ocean therapy. There are so many beneficial properties that come from fully immersing yourself in nature, and when it comes to the sea it can feel amazing.

I wanted to channel the sensation of freedom that I personally feel when I am in the water into my design, and with the use of bold lines and bright colours, give it energy and power.

### 'Face Your Fears'

Tom Rolls

For this project, I thought it would be appropriate to name the board "Face Your Fears". First, I encourage you to view the board from afar, and then up close because your interpretation of it will change from different perspectives; let's see how many hidden faces and themes you can spot. In my artwork, I enjoy depicting figures, facial portraits and the human form, and in this case my intention was to explore mental and physical wellbeing. Beyond the surreal and dreamlike imagery lies a deeper theme relating to the importance of supporting those around us, and ensuring they live a full and prosperous life. "Face Your Fears" was not a planned piece; It was a splurge of spontaneous states of mind that combine to form a bigger picture, visible only to those who wish to see it.



## GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



### Move quickly to get a helping hand from the Co-op! Deadline 11th February!

Local charities and community groups are being invited to apply for funding from The Channel Islands Co-operative Society Limited's Helping Hands fund. Now in its 24th year, Helping Hands provides support and funding to local organisations and groups, so they can set up extra projects that would usually be out of their budgets. So far the fund has donated over £301,000 to worthwhile causes in the Channel Islands. In 2018, over 130 organisations applied to the Helping Hands fund. The Society was able to give £18,155 to over 30 charities, schools, churches and organisations across the Channel Islands. Some of the recipients of the 2018 funding in Jersey included Beresford Street Kitchen, who offer people with learning disabilities and autism the chance to develop workplace skills and engage with the community in an inclusive, safe and supportive environment. Funds also went towards Healing Waves' 'waterwheels' floating wheelchair and converting a trailer into a mobile office and changing facilities. Healing Waves enables individuals, despite their condition and/or disability, both physical and neurological, to access the ocean in a safe way.

To apply complete an online application form at [www.channelislands.coop/helpinghands](http://www.channelislands.coop/helpinghands)



### Genuine Jersey gets the island growing again...

Primary school children, constables, the media, and Women's Institute branches are preparing to sow their seed potatoes as part of the annual Genuine Jersey Royal Potato Growing Competition. The event, which is sponsored by The Channel Islands Co-operative Society and supported by Belles Fleurs Garden & Plant Supplier and The Jersey Royal Company. A particularly cold and stormy beginning to 2018 made last year's competition tough with more than a few entrants disappointed to discover that their buckets yielded no potatoes. We missed out on holding on to our media category win from 2017 as we took a year off, but we'll be back for 2019 and looking forward to watching our potatoes getting weighed in May! St Peters Schools producing the highest number of tubers per bucket last year, winning in three of the School's competition categories. Every primary school on the Island is now involved with the event with a whopping 8,025 pupils taking part last year. Growing your own Jersey Royals serves as an important lesson on the value of fresh, local produce and also teaches youngsters about Jersey's heritage. Each entrant receives a free growing kit comprising two Jersey Royal seed potatoes, compost, fertiliser – and a bucket to grow them in. All you need to add is time and patience. This year's event will be judged at a weigh-in event to be held in early May at St Ouen's Parish Hall. Get down there, they usually have a strong tea and biscuit game...



### New local cookbook raises money for Jersey Hospice Care

Would you like to support Jersey Hospice Care by eating well and getting creative in the kitchen? Local healthy eating fan and nutritionist Rachel has compiled some of her favourite recipes using expertise honed from her professional chef experience, and three generations of her foodie family. The book is raising money for a cause close to Rachel's heart. She said that she was inspired to use her passion to give something back after her nan was cared for by Jersey Hospice, something for which she says she will be eternally grateful. 100 per cent of the book's £4.99 cover price will be donated to them. Rachel's recipes have been composed with everyone in mind, and are both adaptable and not overly complicated, with many of the recipes able to be adapted for meat eaters, vegetarians or vegans. Rachel herself is plant based, but happily creates all kinds of dishes for friends and family, continuing her family's tradition of the 'crazy kitchen', which inspired the book's title. The book is on sale at Healthhaus at the Hotel de France, JFTU Town and Country at Sion, Valley Foods at St Martin, Le Marquand Brothers on Pierson Road, Bardec Limited at St Lawrence and The Chocolate Bar on Conway Street. Check out more of Rachel's recipes on her website, [racheldecaen.com](http://racheldecaen.com) and please help to support this fantastic charity by purchasing a copy of Crazy Kitchen. For further information, please contact Rachel on 07797 750436 or email [rdc@bardec.com](mailto:rdc@bardec.com)

### Design a Fairtrade Bag, get free fairtrade stuff.

Fairtrade Fortnight takes place from the 24th February until 10th March 2019 and this year the Channel Islands Co-operative Society Limited is inviting pupils to take part in its 'Design a Fairtrade Bag' competition, as part of its continued efforts to reduce the use of single-use plastics across stores. The Co-op is looking for students to design the new Fairtrade bags, which will be available for purchase by shoppers in stores. Participants must illustrate the positive effects that buying Fairtrade products can have in their designs. The competition is open to students in Jersey and Guernsey, aged between four and 18 years old. There will be two winners in Jersey. The four winners will receive a goody-bag of Fairtrade items as a prize. The winning designs will be printed on 250 bags each and 1,000 Fairtrade bags will be available to purchase in total. The closing date for entries is 11:59pm on Friday 22nd February and the winners will be announced on Monday 4th March 2019.

To enter the competition, please go to: [www.channelislands.coop/designabag](http://www.channelislands.coop/designabag)



## Skipton give 10k for 10th Anniversary

Skipton International is celebrating its 10th year in the Channel Islands by giving more community projects a helping hand, adding an extra £10,000 into their Community Fund for 2019. The extra £10,000 in the Community Fund pot brings the total sum available for grants up to £30,000, with applications of up to £1,500 being considered for each project. The leading Channel Islands bank will be launching a programme of anniversary celebrations throughout 2019, with a strong focus on the community and how to best celebrate the Island.

*Aaron Walden, Commercial Manager of Skipton International said:* "We had such enormous success from the Fund last year, assisting so many worthwhile projects in both islands that really benefited from us shining a light on them. We hope that with this extra sum of money available we will be able to attract even more projects to apply to the Fund which would grant us the opportunity to help many more inspirational and worthy causes. "We are immensely proud of what Skipton has achieved as a bank over the last ten years. Not only have we continued to grow as a business, but we have supported some of the Island's most successful fundraising events/ community events such as the Skipton Open Studios."

**Skipton is now accepting applications for the Skipton Community Fund for 2019. Further details can be found on their website [www.skiptoninternational.com](http://www.skiptoninternational.com)**



## Pulling together

Once again the tennis centre at Les Ormes will be buzzing with the sounds of whirring motors and enthusiastic rowers for one day in April as Macmillan Cancer Support Jersey brings us the annual Indoor Rowathon.

This extremely popular event, kindly sponsored for the 10th year by RBS International, sees teams of six men, women, or mixed, row the equivalent distance from Jersey to Sark (30,000m) on an indoor rowing machine.

This year's Rowathon will take place on Saturday 27th April and teams can choose to register in either the 9am or 1pm session.

The event has prizes for the fastest men's, women's and mixed teams, as well as trophies for fastest bank and trust team. Michelle Parker, Communications and Events Manager at Macmillan Jersey, said "We've also had one registration from a rower who is going to row solo and even increase his personal distance to 42,000m (a marathon), and there is talk from some participants that there may be other exciting personal challenges on the day!"

**Registrations can be made via the Macmillan Jersey website: [www.macmillanjersey.com/rowathon](http://www.macmillanjersey.com/rowathon)**

## Intertrust supports FOJO and the Corbiere Ward to raise awareness of mental health

Friends of Jersey Oncology (FOJO) and the Corbiere Ward at the Jersey General Hospital are working with Intertrust to promote wellbeing among patients and staff. Intertrust is providing funding for the nurses and patients of FOJO. The nurses will attend an eight-week mindfulness and meditation course at Club Soulgenic led by experienced and accredited teacher Dan Ireland from Awareful. Patients will be encouraged to consider their mental wellbeing via the use of the meditation app Calm. The app, the provision of which has been funded by Intertrust, can be used by patients during treatment to help reduce stress and anxiety. Intertrust will also be working with the Corbiere Ward team at the Jersey General Hospital to support them with a compassionate care and wellbeing project where they will receive hands-on massage therapy and reflexology by resident therapist Sue Hill. The Corbiere Ward is a 16-bed acute medical ward and treats a wide variety of medical conditions, including strokes. Helene Senior, Head of CSR at Intertrust in Jersey, said: "At Intertrust we take our employees' health and wellbeing seriously and in 2019 we're continuing this focus outside the office. Nursing is a demanding job at the best of times so we want to ensure that those who care for patients also look after themselves and we hope our funding will help patients and nurses with their mental wellbeing".





# GOING SOLO

WORDS Rebecca Evans

**HAVE YOU EVER DREAMT OF SPENDING A WEEK, OR A MONTH, OR EVEN JUST A COUPLE OF DAYS DOING EXACTLY WHAT YOU WANT TO DO, WHENEVER YOU WANT TO DO IT, AND WITHOUT HAVING ANYONE ELSE'S WANTS OR NEEDS TO TAKE INTO ACCOUNT? IF THE ANSWER IS YES THEN REST ASSURED THAT YOU'RE NOT ALONE.**

The Association of British Travel Agents (or ABTA to you and I) reported in October 2018 that interest in solo holidays is booming, with 15% of travellers in the previous 12 months going it alone, up 12% on the previous year. While the idea of a 'single traveller' may bring to mind 19-year-old backpackers on a gap year, or lonely widowers joining Saga tours, you may be surprised to learn that the biggest increase in those going it alone has been in the 35-44 age group, and that the majority are Women.

Specialist site Solotravelerworld.com have seen searches for 'solo female travel' increase by 52% year on year, and when surveying their users found that 46% of Women travelling alone are doing so for freedom and independence, 22% weren't willing to wait around for a suitable travel companion, and a further 15% wanted to challenge themselves. While many Women travelling alone do

so because they don't have a significant other, or friends and family aren't available to travel when/where they want to go, an increasing amount are making the decision to go it alone regardless of who would or could accompany them. Some Tour Operators have reported a rise in busy mums somehow making the time to squeeze in a short break just for them, in order to return genuinely relaxed and rejuvenated, something that rarely happens during a week away with kids in tow (or so I've heard).

Despite this rising trend in solo adventures, as a 35 year old Woman who has holidayed alone a number of times, I can attest that the

**“There’s often an assumption by those that haven’t done it that travelling alone would be lonely or boring, but in my experience that’s never been the case.”**

reaction from peers is not always positive - when I told people about a solo trip to Paris I was planning last year I was met with a mixed bag of responses, at least one of which questioned my sanity. But this stigma is misplaced; of course it can be nerve-racking going somewhere new without the reassuring presence of a companion, but once you take the leap then the real benefits far outweigh any perceived negatives.

There's a wonderful selfish freedom in being able to stick entirely to your own holiday schedule without needing to make allowance for anyone else. Fancy spending the entire day on a lounge with a book? Do it! Or getting up at 4am to take an excursion to somewhere that interests you but would bore your spouse or friends senseless? Not a problem. In Paris I spent some time at Disneyland and indulged my inner-child by waiting 45 long minutes for a photo with Donald





Duck, without anyone to raise a whimper of objection. On the other hand I saved much longer than that by taking full advantage of single-rider queues.

There's often an assumption by those that haven't done it that travelling alone would be lonely or boring, but in my experience that's never been the case. So long as I am armed with my Kindle (on solo trips I treat it a bit like Wilson in *Cast Away*; a constant companion, source of emergency entertainment and handy shield against unwanted approaches) and a rough plan of things I'd like to do/not do then being bored isn't even on the radar. As for being lonely, the world is full of interesting people to talk to, and when we travel with a ready-made source of chat then we largely miss the opportunity to engage with them. In the interests of full disclosure there have been times when I've thought 'it would be nice to share this moment with someone' but when that's not possible and the alternative to drinking champagne up the Eiffel Tower alone would be to be surrounded by people but sitting at my desk back in Jersey, it's not hard to weigh up which is the better option.

For me, taking a holiday alone and completely devoid of compromises feels empowering, character-building and a tiny bit badass, not to mention generally being more relaxing than most of the holidays I've taken as a group or part of a couple.

As positive as all this independent adventuring is, and however much I'd encourage all Women to take the occasional solitary sojourn to somewhere exciting (even if it's just a day trip to St Malo. Who wouldn't love a quiet day of people watching with a nice chilled beer and a bowl of mousles, miles away from the demands of home?) it would be remiss of



me not to mention safety. It's a sad fact that no matter how far we've come in equality, a Woman on her own is simply more vulnerable than a Man in the same position.

Thankfully serious attacks of a type that make the news are rare, however it pays to stay savvy, pay attention to your surroundings and don't take risks. No matter how much of a budget you might be on, safety is worth paying for. Upgrade your hotel if your first choice doesn't feel comfortable, and take a taxi instead of walking late at night. In Paris I was anxious about negotiating the unfamiliar Metro and finding my hostel late at night, so I splashed for an Uber door to door, and left the map-reading until daylight. Research your destination in advance if it's somewhere new to you, keep a tight hold of your valuables and don't be too quick to trust a new friend or acquaintance, no matter how honest they seem. For an extra layer of reassurance check page 72 for an array of gizmos and gadgets designed with travel safety in mind. ■



**“In Paris I spent some time at disneyland and indulged my inner-child by waiting 45 long minutes for a photo with Donald Duck, without anyone to raise a whimper of objection.”**





# Magical Majorca

Imagine boarding a comfortable jet aircraft right here in Jersey, and just a short time later stepping out into the Mediterranean sunshine, relaxed and ready to start your holiday. No long day spent waiting around in Gatwick, no danger of missed connections, and no repeated pleas of 'are we there yet?' from the kids.

FlyDirect, owned and operated by C. I. Travel Group, have been offering direct sunshine holidays from the Channel Islands for over 40 years and are preparing to celebrate carrying their 25,000th passenger this February.

This wealth of experience combined with a passion for customer service creates a booking experience as quick, convenient and comfortable as the flight itself. Whilst destinations have varied over the years, firm favourites have been established and for 2019, flights will operate weekly from February through to November, and include three diverse and exciting holiday hotspots. 11 departures to Tenerife provide a dose of much needed winter vitamin D, whilst the Costa del Sol is the place to be in spring and autumn.

During the summer months, from May to September, the magical Island of Majorca remains the most popular holiday choice with FlyDirect clients, and provides the perfect island to island getaway. With a direct flight time of less than two hours, it's not unfeasible to be stepping through your hotel room door less than 5 hours after locking up behind you in Jersey, a fact that can't be ignored when it comes to maximising your precious holiday time.

If the above wasn't enough to convince you already, here are the top 5 reasons to book a FlyDirect holiday to Majorca this summer.

## FAMILY FUN

Majorca is awash with family friendly hotels and attractions. From self-catering apartments offering the freedom to set your own routine, to all-inclusive hotels with fun-packed splash pools, kids clubs and play areas.

## GREAT FOR GROWN UPS

Not just a paradise for families, Majorca also has an adult side, and FlyDirect feature hotels such as the Barcelo Illetas Albatros or Sol Beach House which style themselves as boutique child-free havens with the emphasis on chilled vibes and chilled cocktails.

## CULTURE CLUB

The compact Island capital of Palma holds its own against any major European city when it comes to art, history and culture. Highlights include the breath taking gothic Cathedral dominating the old quarter skyline, nearby Palau March which plays home to an impressive selection of modern sculpture, and the well-preserved Arab baths which provide a fascinating peek into history.

## TEMPTING TAPAS

No matter which resort you choose in Majorca, gastronomic delights are guaranteed. From cosy back street tapas restaurants in Palma to fashionable high-end sushi in Portals Nous, all tastes are catered for.

## BEACH BLISS

From the long sandy beaches of Alcudia in the North to the craggy shallow water coves of the east coast, beach life rules here. Pack your bucket and spade or hire a paddle board and explore the coastline from above the waves.

FlyDirect offer the freedom to book flight only and do your own thing, or the reassurance of a complete package booking with hotel, transfers and rep service included. Take a 7 night break, unwind completely with a fortnight away, or book a one-way flight (available selected dates) and return when (and if) you feel like it.







## GET INVOLVED - CALL TO ARTISTS!

### CCA Galleries International invite applications for the Jersey Summer Exhibition 2019

CCA Galleries International are inviting visual artists to apply to take part in the Jersey Summer Exhibition. The exhibition is based on the successful model at the Royal Academy every summer – exhibits are selected by a panel of professional artists and shown in a group selling exhibition.

As well as exhibiting at a prestigious, international gallery, being selected for CCAI Summer Exhibition has helped launch the careers of promising Jersey artists, as well as enforcing that of those already established. Last year's winner of the Summer Prize – awarded to the artist who the panel agree exhibited the most accomplished piece of work, was painter Katy Brown. As a consequence, the gallery supported Katy in her first major exhibition in Jersey for 10 years – a successful joint exhibition at CCA Galleries International with International sculptor Anna Gillespie.

The CCA Galleries International is known for bringing Internationally esteemed artists to Jersey and making their work more accessible through the sale of limited edition prints and hosting artist performances, discussions and workshops. The Jersey Summer Exhibition developed through the growing appetite for high quality, curated visual art in Jersey. The exhibition launched in 2017, with over 120 artists applying to take part. All work is for sale and is hung and curated by CCA Galleries Int. The work generally sells to

collectors from Ireland, Scotland, Germany and the UK as well as to enthusiastic locals.

The application deadline is Tuesday 12 March. All work should be submitted digitally in the first instance, together with an application form and fee (£15 per artwork submitted). Further information, application form, terms and conditions are at [www.ccagalleriesinternational.com](http://www.ccagalleriesinternational.com).

If an artist's work is selected, they will be asked to submit actual work for the final judging process on 25 April. If work is chosen to join the Summer Exhibition, it will be exhibited and for sale in the gallery this summer (20 June – 26 July).

All visual art forms are welcome, including original prints, paintings, drawings, architecture, sculpture, film and photography. We accept applications from artists with links to the island who may be working elsewhere as well as locals. CCA Galleries International offer advice on framing and pricing to successful applicants as needed.



**“All visual art forms are welcome, including original prints, paintings, drawings, architecture, sculpture, film and photography.”**



# Culture News

## The Dance

*Jersey Arts Centre, 1st - 23rd February*

An exploration of the notion of movement, travel and flight (and much more besides) to mark 36 years of Jersey Arts Centre and the Berni Gallery. With only 36 hours, over four days, to create their pieces, local artists have once again been given the challenge of producing their work straight onto the gallery walls, using the above as a stimulus. Each artist will have just 36 hours, in situ, to create and complete the work.

This exhibition follows in the footsteps of the previously successful '5x4' in 2006, 'Self Portrait' in 2011, 'Conflict' in 2014, 'Sporting Bodies' in 2016, 'woman/man' in 2017 and 'Art 35' for Jersey Arts Centre's 35th anniversary celebrations in 2018. After the exhibition has finished on Saturday 23 February, the gallery walls will be repainted, covering up the work forever. Don't miss your chance to experience this unique exhibition – it won't be there for long!

*Image: 'Art 35' by Kerry-Jane Warner, 2018*



EXHIBITION



## The Little Prince

*Jersey Opera House*

*24th February, Stalls £15, Dress £17 (concessions £2 off)*

Welcome to the incredible story of The Little Prince, retold in this live show by a pilot stranded in the desert. Find out how the Little Prince leaves behind his own tiny asteroid and journeys through the universe, coming face to face with the baffling world of grown-ups!

Once on planet Earth, the Little Prince is welcomed by a mysterious snake and a wise fox before encountering the lone pilot. Together they discover the beauty of friendship and the complexity of love. Based on the world-famous story by Antoine de Saint-Exupéry, The Little Prince is brought to life using Protein's award-winning mix of dance, humour and spoken word. With an original score by Frank Moon. The classic tale reimaged on stage for children and their grown-ups!

## A Viennese Strauss Gala

*Jersey Opera House, 27th February, £24 (concessions £22)*

This wonderful show is back in the UK by popular demand with a sparkling new anniversary production for its fifteenth year. Recreating the season it will remind you of a bygone era of glamorous soirees romance of the Viennese festive and Strauss waltzes. The show features highlights from some of the great operettas of the Strauss family, and Kalman and Lehar, including Die Fledermaus, The Merry Widow and many more. The European Orchestral Ensemble will accompany four soloists from major opera companies such as Opera North, English National Opera and D'Oyly Carte. Cleverly staged, choreographed and authentically costumed, this show will appeal to the romantic as much as the music aficionado.



PERFORMANCE

## Amici Artium: Piers Lane

*Jersey Arts Centre*

*12th February, £20 - discounts available for children/students/JAC Members*

London-based Australian pianist Piers Lane stands out as an emerging and highly versatile performer, at home equally in solo, chamber and concerto repertoire. Five times soloist at the BBC Proms in London's Royal Albert Hall, Piers Lane's concerto repertoire exceeds ninety works and has led to engagements with many of the world's great orchestras including the BBC and ABC orchestra; the Australian Chamber Orchestra, Orchestre National de France and Warsaw Philharmonic Orchestras among many others.

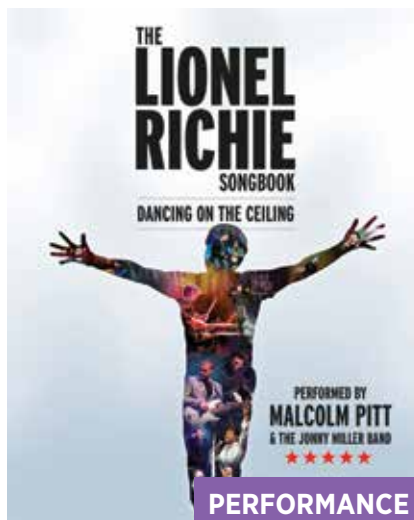
## The Lionel Richie Songbook: Dancing on the Ceiling

*Jersey Opera House*

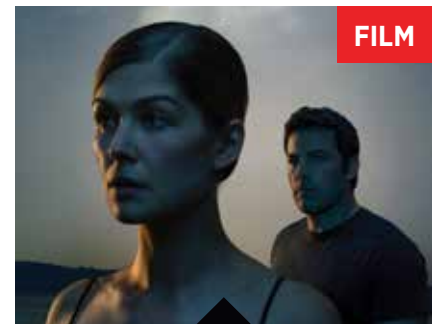
*16th February, £22.50*

*(concessions £20.50)*

'Easy', 'Say You Say Me', 'Stuck On You', 'Dancing On The Ceiling', 'Three Times A Lady', 'Hello', 'All Night Long' and many more... Following his recent TV appearances on the BBC's 'Graham Norton Show' and ITV's 'Sunday Night At The Palladium' with the man himself, Malcolm Pitt delivers a powerhouse and breathtaking performance as the iconic Lionel Richie in this must-see theatre production. We're gonna be 'Dancing On The Ceiling' 'All Night Long' with a magical evening of pure Lionel Richie and the Commodores!



PERFORMANCE



FILM

## Alternative Valentine's: Gone Girl

*Jersey Arts Centre*

*14th February, £5 - discounts available for students/JAC Members*

Forget flowers, chocolates and expensive dinners. Here at Jersey Arts Centre we've got your alternative Valentine's Day covered with a film all about mysteries, manipulation and missing wives...

On Amy and Nick's fifth wedding anniversary, Amy goes missing. Where is she? Is she alive? Is Nick innocent?

This popular thriller based on Gillian Flynn's best-selling novel is the perfect antidote to Valentine's sopppiness – see you there!



## Young Arts Week in St Helier

*The Arts Society Jersey  
Liberty Wharf  
15th - 20th February.*

Young Arts Week, the brainchild of three Hautlieu students with sponsorship from Young Arts Jersey, will take place in St Helier from Friday 15 February to Wednesday 20 February inclusive.

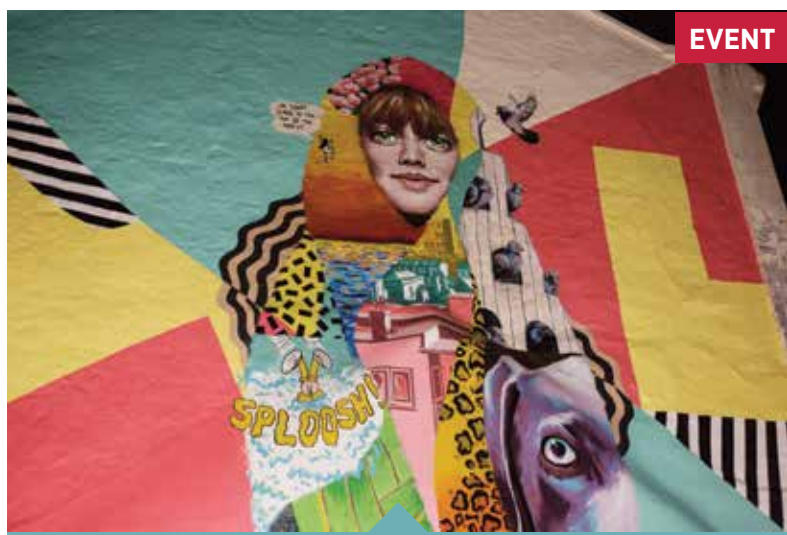


EVENT

The event, based in Liberty Wharf, will display student art from schools islandwide and host a variety of performances and workshops. These include graduate textiles designer Kyle Moody, demonstrating his skill at turning fabric into fashion; artist Tim le Breuilly, who will conduct a workshop on drawing and mindfulness; and art historian Geri Parly, who will be speaking about the darker side to William Morris' iconic designs, which have recently been revived by H&M.

Organisers Keira Melville, Lizzie Pirouet and Ione Howells are all members of Young Arts Jersey, an offshoot of the Arts Society Jersey run by 14-20 year olds. The February event is intended to celebrate creativity and individuality in student arts and highlight the wide range of arts available, encouraging and inspiring young people across the island to get involved.

*Image: Participant Tim le Breuilly by Isaac Evans*



EVENT

## ArtHouse Jersey launch their largest community mural project

The Skipton School Mural Project, produced by ArtHouse Jersey, will see local artists work together with school children and the wider Jersey community to develop up to 15 different murals at schools across the island. The project, sponsored by Skipton International, aims to inspire young people to engage with art and create murals with lasting impact for the Jersey community.

ArtHouse Jersey, formerly known as the Jersey Arts Trust, has supported the significant increase of street art across the island by commissioning murals on a range of properties throughout St. Helier as part of the Skipton Art Series. Now, this exciting new project will see street art expand across all areas of the island for the benefit of local children and the wider community. As part of the project, some of the most talented artists in our community will go into schools across the island to run workshops where children will make art that will then inspire the design of the mural at their school. ArtHouse Jersey aims for up to one thousand students to benefit directly from their participation in the project and that the work created will have a lasting impact on them, as well as on their peers, parents and the wider school community.

*ArtHouse Jersey is currently welcoming applications from local artists and schools to participate by the deadline of 4th February 2019. Application forms and further information about the initiative can be downloaded from [www.arthouse.je](http://www.arthouse.je) or you can email [alice@arts.je](mailto:alice@arts.je)*

## JERSEY OPERA HOUSE



### THEATRE TOUR AND AFTERNOON TEA

*Special Half Term Offer For Families*  
SAT 16 FEB | 2PM TICKETS: £19.50  
HALF-TERM FAMILY TICKET: £58.50



### OH! WHAT A FEELING

*The music of Lionel Richie & The Commodores*  
SAT 16 FEB | 8PM TICKETS: £22.50



### LUCA SILVESTRINI'S PROTEIN PRESENTS THE LITTLE PRINCE

\*\*\*\* "Charming, imaginative and playful" The Stage  
SAT 23 FEB | 7PM & SUN 24 FEB | 3PM TICKETS: £15-17\*



### A VIENNESE STRAUSS GALA

*Beautiful costumes, excellent voices and some fine acting too*  
WED 27 FEB | 8PM TICKETS: £24\*



### AN EVENING OF ERIC & ERN (With Ian Ashpitel & Jonty Stephens)

*A show full of most loved routines, songs & sketches*  
FRI 8 & SAT 9 MARCH | 8PM TICKETS: £24\*

### SPACES FOR HIRE

PERFORMANCE - MEETINGS - CONFERENCES  
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*\*Check for concessions and/or member discounts*

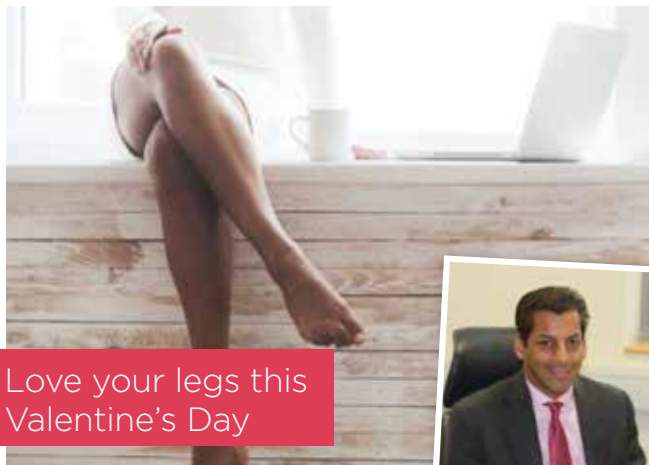
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## BEAUTY NEWS



Love your legs this Valentine's Day

*Mr Sudip Ray, a vascular specialist in Jersey, tells us how to look after our varicose veins.*

#### WHY DO VARICOSE VEINS SOMETIMES GET WORSE DURING THE WINTERTIME?

We avoid outdoor activity during the winter, and most workers spend an average of 30 minutes more at their desks each day rather than taking a break outside. Unfortunately prolonged sitting allows blood to pool inside our legs causing damage to the lining of the veins, and may lead to the worsening of varicose problems such as aching, heaviness, restless legs or skin irritation.

#### WHAT ABOUT STANDING STILL FOR LONG PERIODS?

This is particularly bad for leg veins as they become exposed to high gravitational pressure, and is a cause of occupational varicose disease in surgeons and nurses. Going for a short, brisk walk reduces this harmful pressure by up to 80%, and elevating the legs reverses it entirely.

#### ARE THERE OTHER REASONS WHY VEIN DISEASE WORSENS OVER THE NEW YEAR?

We tend to put on weight over Christmas and this adds more pressure to the leg veins, as does standing up during long office parties. Wearing 3-inch stilettos also reduces leg vein flow by 20% so bring barefoot dancing back in fashion!

#### HOW CAN WE IMPROVE OUR VEIN FUNCTION?

Regular exercise keeps vein pressure low and burns off those extra calories. 150 minutes of brisk walking or cycling each week is the recommended target, and if it's cold outside the veins may shrink too. Elevating your legs to horizontal or higher for 15 minutes 2-3 times per day will help relieve the symptoms of varicose veins.

Wear fitted compression stockings or tights when sitting or standing for long periods. During the winter they won't stand out and should also keep you warm.

Enjoy your Valentine; there is evidence of a deficiency of oxytocin, also known as the "cuddle-hormone", in varicose veins so perhaps spreading the love is good for both heart and legs!

#### WHEN SHOULD ONE CONSIDER GETTING RID OF VARICOSE VEINS?

If the measures above don't relieve your symptoms then it may be better to have them permanently sealed by VenaSeal "superglue" closure or radiofrequency ablation. Recovery is normally quick and treatment in the New Year allows ample time for the best cosmetic result when the sun returns.

**Mr Sudip Ray is a Consultant Vascular Surgeon at the Hunter Suite, Lido Medical Centre. 020 3000 6900 or [www.endovein.co.uk](http://www.endovein.co.uk)**

Acupuncture & massage - a safe, natural support for women's health and pregnancy.

**WORDS** Lorna Jackson BSc (Hons) MBACc, AFN

*Thinking of starting a family? Traditional acupuncture believes that the health of both parents at the time of conception helps determine the health of the child. Focus is placed upon raising your general health levels and any problems you may have with a view to helping produce healthy pregnancies and babies.*

Research increasingly shows that stress or anxiety does have an impact upon our health and fertility, and trying to conceive can place a great deal of emotional stress on both partners month to month.

We design treatments to support your medical care. Following your initial consultation treatments are designed to support you and your baby through the different stages of pregnancy. Health Point Clinic works to assist in preventing common pregnancy ailments such as nausea, fatigue and back pain as well as maintaining your general wellbeing.

Acupuncture and massage may play a very useful role throughout each stage of pregnancy:

**FIRST TRIMESTER** - can support pregnancy following IVF or natural conception, calm the mind and alleviate nausea.

**SECOND TRIMESTER** - could continue to support you through minor pregnancy ailments such as lower back pain.

**THIRD TRIMESTER** - Towards the end of pregnancy, we have seen many women benefit from pre-birth acupuncture to prepare them for childbirth and build energy reserves for the post-natal period.

**PREGNANCY ACUPRESSURE CLASSES** - These techniques can be used through the later stages of pregnancy and during labour.

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

**TREATMENTS AVAILABLE** - Acupuncture, acupressure, Chinese cupping, Tuina (Chinese massage), deep tissue/Swedish massage, reflexology.

**For more information visit [www.healthpointclinic.co.uk](http://www.healthpointclinic.co.uk)**



LORNA PICTURED TEACHING A PREGNANCY CLASS FOR LABOUR, PAIN MANAGEMENT AND STRESS REDUCTION





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Establish your perfect balance with acupuncture, the long-term natural health care solution. We can help with pain relief, sports injuries, women's health, pregnancy pains and more.

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- Reflexology

Lorna Jackson  
1st BSc (Hons) MBacC, AFN.

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Health Point Clinic



## Look your best for the New Year

Personalise your own skin care with a choice of 100% non surgical procedures, tailor made Medical skin treatments and pharmacy strength products not seen on the high street, along with the increasingly popular "Hydrafacial". The Laser Centre has also recently introduced the NEW REVOLUTIONARY PLASMA PEN, the most up to date facial anti ageing device.

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

The Laser Centre (established in Jersey since 1997)  
Island Medical Centre  
14 Gloucester Street, St Helier

## Ready to show your legs this summer?

Get the VenaSeal Procedure for your varicose veins

There is a new solution to the discomfort, swelling and appearance of varicose veins that doesn't involve the longer recovery or bruising associated with vein stripping or laser. The VenaSeal procedure is a medical super-glue which offers a fast recovery and minimal discomfort. It is now available in Jersey on a walk-in, walk-out basis by a specialist vascular surgeon.



Learn more by visiting our  
website [www.endovein.co.uk](http://www.endovein.co.uk)  
or call us to make an appointment  
**020 3000 6900 / 07797 817964**



# New Year, New You

We've rounded up a selection of the latest and greatest products which have made it on to our 'Must Try' list!



## Laura Mercier

Flawless Lumière Radiance  
Perfecting Foundation

*Available from Voisins*

Out this month this luminous foundation give 15 hours of hydration and a weightless, medium-to-full coverage. So it ticks all the boxes! With Vitamin C helping reveal brighter, clearer, more even-toned skin over time as you use it. It's brilliant that this will diminish the appearance of fine lines with use! How clever? Well worth checking out.



## Sisley

Anti-Wrinkle Concentrated Serum

*Available from Voisins*

This beautiful bottle contains a whole lot of high tech research to give you a powerful anti-wrinkle serum that reboots your skin's mechanism for renewal and reawakens your own collagen production. This is what the future looks like and it's smooth skinned!



## Jo Malone London

Red Roses Bath Oil In A Heart  
Shaped Box

*Available from Voisins*

Instead of actual roses we'd love this luxurious red rose bath oil for a sumptuous treat that lasts! Created from a blend of seven of the world's most exquisite roses, it will also soften and nourish the skin. For the first time ever Jo Malone has released its iconic box in a beautiful heart shape just in time for Valentine's Day.



## Schwarzkopf

Live Metallic Spray in Starlight Silver

*Schwarzkopf.co.uk*

We are all over the sparkling metallic hair trend for 2019. This magical spray delivers thousands of micro flecks of glitter which catch the light and give an iridescent shimmer. Perfect for special occasions and festivals. Simply washes out.



## Miller Harris

Noix de Tubéreuse

*Available from deGruchy*

A homage to the great tuberose flower; sensual, bold and glamorous. Conjures up a scene of sunsets, lying in the fields beneath the flowers and gazing at the sky as it changes colour from orange to pink to purple. Intoxicating and ideal if you're looking for a signature scent.



## Dermalogica

Rapid Reveal Peel

*Available from RIO Hair & Beauty*

A professional-grade at-home peel that helps reveal brighter, healthier skin in just minutes. This maximum-strength exfoliant delivers powerful results using a unique complex of phytoactive AHA extracts, Lactic Acid and fermented plant enzymes to help reveal new, firmer skin ready for 2019!



## BRAND NEWS



What do we want? LINGERIE!

When do we want it? VALENTINE'S DAY!

Wacoal was founded in 1946 and has been designing exceptional lingerie ever since. Their mantra is 'to make women look and feel their best', and this is at the heart of every one of their beautiful designs. If you haven't already discovered this fantastic brand then it's definitely worth a try - as their pieces are oh-so-flattering!

**Both lingerie sets pictured are Wacoal and are available from the Voisins Lingerie Department on the 1st Floor.**

### Bagsie

The Kelly Bag by Baum und Pferdgarten is a beautiful and versatile leather handbag, sure to become an everyday favourite.

With additional straps and a vibrant statement bow (both pictured) you can mix and match to transform the bag from sophisticated simplicity, to high-trend fun. How clever is that? A bag to match your moods!

**The Baum Und Pferdgarten Kelly Bag in Green is available from Manna, £340.**



### Heartfelt

Make a classic statement with this beautiful yellow gold heart pendant, earrings and matching ring. Set with delicate diamonds, this will surely set hearts alight and score you some major brownie points this Valentines Day. This collection is also available in white gold and what's more, if you can't make it to the shop, you can purchase online at [www.rivoli jewellers.co.uk](http://www.rivoli jewellers.co.uk) or call the shop on 601930 for free local delivery.

**PICTURED: 9ct Diamond Heart Pendant, £209.95, 9ct Diamond Heart Earrings, £155.00, 9ct Diamond Heart Ring, £179.95. All available VAT Free from Rivoli Jewellers on King Street.**



### Let your heart sparkle

Swarovski is celebrating love in all its forms this season with a Valentines Day collection that truly encapsulates modern romance. Challenge conventional notions of romance with contemporary jewellery designs like the Swarovski Lifelong Bow (pictured on the model), a fun and flirtatious symbol of unconditional love.

**Available now at Swarovski on King Street. #FollowYourHeart**

### Shoes Glorious Shoes!

Feeling flush with cash? Then let Gucci help you out and take it all in return for some ridiculously cool shoes.

Pictured: Gucci Trip crystal-embellished leather Chelsea boots, £696, Gucci Princetown horsebit-detailed embroidered leather slippers, £512, Gucci Flashtrek embellished logo-embossed metallic leather and mesh sneakers, £945.

**All available from Net A Porter**



# TAKE A WALK IN MY SHOES

WORDS Laura Morel



**T**hey say you can tell a lot about a man by looking firstly at his shoes. Never is a expression truer than with David Cullen, for hidden within his contemporary Italian-made sneakers is a lengthy love affair with fashion, a brand eager to make a modest mark on the world and a Jersey-born concept that may finally put the island on the international fashion scene.

Frustrated with the lack of footwear buying options for his Roulette store, David decided to take matters into his own hands by launching his own brand of designer sneakers under the name of 'Unseen'. "Customers were always asking me for a shoe that could take them from a casual day in the office into the evening, they wanted a smart trainer that wasn't covered in branding. Whilst there were designers making these shoes, they couldn't be stocked in Jersey or the UK. There appeared to be a huge gap in the market and I realised that if I was having these issues - other retail outlets would be too."

More than just a solution to his customers' demands, the strength of the Unseen range of sneakers lies in its relatable brand identity. The classic sports style shoe is logo-free apart from a subtle embossment which sits on the tongue of the shoe under the laces and a reflective panel on the back. This pared-back branding is a response to what David sees as a move away from the bold and brash fashion of late, to something simpler and more refined.

David wasn't always understated in his fashion choices and in his youth used to wear his logos loud and proud like many others. But after 15 years at the helm of menswear retail outlet Roulette, David's tastes have matured and now, along with his customers, he opts for quality and function over any designer's name. "No one wants to have names blazoned across their footwear or tops anymore, they want the product to speak for itself."

The debut collection of luxury menswear sneakers has surpassed even David's expectations. The result of a collaboration with renowned London designer Daniel Bailey, the footwear line combines British sensibility with the quality and craftsmanship of Italian producers. At a

**"No one wants to have names blazoned across their footwear or tops anymore, they want the product to speak for itself."**

designer price point the sneakers are of the highest quality craftsmanship, made at the same factory that provides footwear for names such as Prada and Gucci.

With each design reflecting a classic sports silhouette, they are named after parishes in Jersey, something David hopes will help draw more to exploring the opportunities that exist for fashion on the Island. "We are an incredibly unique mix in Jersey of British and European influences and just as we have become a stepping stone into Europe for the finance industry, I believe we can also do this for fashion. So many brands I deal with have no idea where Jersey is, so Unseen is a nice way of putting the Island on their radar."

It's a risky time to launch a new fashion brand, with retail taking a hit across the UK and with Jersey's high street in particular suffering huge decline, but it's a punt David is happy to take. "I've been working on this brand for three years now and it has really reinvigorated my love for fashion. I'm very excited about helping to shape fashion instead of just buying it." The brand has already grabbed the attention of some of David's close circle of fashion buyers colleagues, along with buyers for top UK stores including Selfridges.

Could the Unseen line be proof that it is possible to run a successful fashion brand from the Channel Islands? "There's a lot of difficulty in operating the brand from Jersey, you need to be travelling a lot to meet buyers and networking, which means I will be off-island a considerable time next year, plus I have a strong team of consultants helping me with the launch. I also don't think I could have imagined Unseen without the experience of Roulette behind me. Only from my years as a buyer and building up contacts have I established a platform which will allow this brand to become a success."

With a solid business plan in place from which to launch the footwear into the wholesale market, it is set to be a busy start to the year for David and his team. Along with a pop-up shop in London, he has earmarked key stores around the UK in which he would like to see the line selling, before taking them across for Paris menswear fashion week. "I believe that people will invest in well-made shoes if they can see the quality and understand the story behind them." A lifetime's devotion to the industry has taught David that fashion is instant language, and he is more than ready to let his shoes do all the talking.



For more style ideas and to explore the best Jersey has to offer, follow my blogging adventures on [www.nineby5.com](http://www.nineby5.com)

*Fashion and lifestyle blogger Laura Morel of Nineby5 rounds up the best buys on the Island for this month.*

# NINEby5

**After the exhaustion that was the Christmas season, the start of a New Year is a time for fresh beginnings, trying out new trends and for me... total comfort dressing.**

If I could get away with wearing pyjamas and baggy jumpers every day I would, hibernating in their volume until the festive bulge has worked itself off. Luckily volume is high on the agenda for the Spring fashion season with wide leg trousers, fluid midis, generous macs and utility-wear making a most welcome return.



My go-to place for the most luxurious pjs in town in a range of fabulous prints is Plums lingerie who stock the London brand, Derek Rose. Their cotton floral designs are dreamily soft for night



time and I find the colours really lift me in the mornings. It's like a little bit of Spring in your bedroom!

Thankfully for daytime, bed-wear and pyjama-style dressing are still big trends and these slinky co-ords from Dante6 at Ashworth and Bird are equal parts comfort, concealment and style. The new Dutch label in the St Helier store delivers some great clean silhouettes in mouth-watering colours and a mixture of luxurious fabrics, continuing our style obsession with all things Scandi.



Ensure that all eyes are on you this month with latest Duo Evil Eye collection from Swarovski; dainty pieces of jewellery with a real contemporary feel, it's easy to see why this is one of their best-sellers. This ring would make a fab alternative to more classic Valentine's Day jewellery. Hint, hint.



January is the last month of my partnership with Boden and I've found them such an easy company to order from to the Island, with free return offers and the automatic deduction of VAT. Their whole collection is high quality and has provided me with some great staples for the coming Spring season. This new slogan sweater (main image) is just the comfort piece I need with a modern twist, dressed up with a silk skirt or down with some denim. Head over to my Instagram feed for a discount code off your next shop with them.

# Imogen's picks



With the temperatures showing no sign of rising anytime soon, Autumn/Winter fashion trends are still in full swing. Animal prints are still at large, as well as classic tailored fits, with dark and neutral tones remaining winter wardrobe essentials.

...for the girls

5



1



8



7

6



2



4



3



1. Grey Satin Snake Print Midi Skirt, New Look, **£22.99**
2. River Island Brown Faux Fur Longline Coat, Voisins, **£95.00**
3. Miss Selfridge Black PU Paperbag Trousers, Voisins, **£45.00**
4. Oversized Longline Jumper, Topshop, **£39.00**
5. Plain Satin Slip Dress, Topshop, **£35.00**
6. Zebra Print Slip Skirt, Next, **£38.00**
7. Mint Velvet Audrey Print Shirt Dress, de Gruchy, **£107.00**
8. Mint Velvet Black Washed Leather Biker, de Gruchy, **£251.00**



...for the boys

1. Long Sleeve Cord Shirt, Next, **£28.00**
2. Armani Exchange Sweater, Voisins, **£90.00**
3. All Saints Bodell Coat, Voisins, **£329.00**
4. Oat Overcoat with Wool, Topman, **£85.00**
5. Adidas Y-3 Crew Sweatshirt, Roulette, **£149.00**
6. Stone Puppytooth Trousers, Topman, **£35.00**
7. Scotch & Soda Logo T-Shirt, de Gruchy, **£31.45**
8. Gant C-Neck Sweat, de Gruchy, **£121.50**



#VoisinsLoves

## Adore Venetian Collection

Love month is upon us,  
and we're loving this Wacoal  
'Adore' Venetian lingerie set.

Give yourself a little 'lift' with some  
delicate florals for spring, or delight  
your someone special with a gift.

Lingerie Department  
Floor 1

**Wacoal**





# COMMAND CONFIDENCE





Tommy Hilfiger Bra **£36.00**  
Tommy Hilfiger Knickers **£21.50**  
*both from Voisins*

**PHOTOGRAPHY & STYLING** Danny Evans  
**MAKE-UP** Decia at Kiss&makeup  
**MODEL** Emilie



Triumph Bra **£32.40**  
Triumph knickers **£23.40**  
*both from de Gruchy*





Sloggi Bra **£28.80**  
Sloggi Knickers **£16.20**  
*both from de Gruchy*







Spanx bodysuit **£57.50**  
*from Voisins*

# This Valentine's Day treat yourself or treat a loved one to some pretty undies!

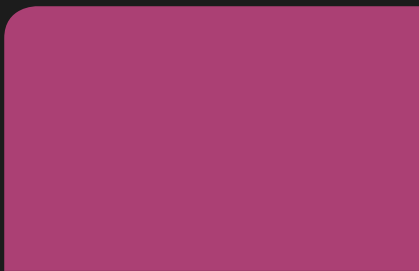
## WHEN LIFE GIVES YOU MELONS...

If only your lingerie was as supportive as your best mate. Enter Freya, the fashion-forward lingerie brand for bigger busted women. Whether it's everyday basics or bold prints, there's a lingerie set for any occasion, any time of day, any outfit. A perfect fit for a diverse life, whatever you're looking for to make you feel fierce, Freya's got you.

This brilliant brand is dedicated to giving you lingerie and underwear that fits beautifully and looks gorgeous. Their hottest styles are made from a B to K cup and this brand is renowned for their incredible, supportive, comfy fit!







The brand Freya, and lots of the styles pictured, are available from the Voisins Lingerie Department on the 1st floor



# Style Stalker

*There's plenty to love about crisp winter days, especially when you get to wrap up in layers of fashion's finest offerings. In a sea of mid-winter greys, did you manage to stand out from the crowd?*



**Jamie Lovatt, 30**

Jamie really commanded our attention in this bright red military inspired coat from Zara. Such a bold statement piece needs little else, which is why he opted for all black outfit to let the coat shine. His unique pointed shoes are from T.U.K and the look is finished off with an animal silver pendant and chain.



**Inese Bajuka, 44**

In one of the cosiest looks on the streets of St Helier, Inese is a real fan of this season's faux fur trend. Her beautiful coat is from a store in her home country of Latvia and her bag is a Christmas present. This is someone used to dressing for the cold, wearing the holy trinity of hat, scarf and gloves.



**Tristan, 19**

Major props to Tristan for his sustainable approach to fashion as he rocks a chunky style knit from a car boot sale. Proof that individual style can be reworked many times from the same one item, the second-hand purchase gives his look a casual, relaxed vibe. Thrown over his Moss Bros trousers, Tristan is the perfect mix of style and comfort.



**Anna Pajak, 38**

Mustard really is the colour of the month, with Anna also choosing the tone as a base for her outfit. Her scarf and Accessorize bag bring vibrancy to her look, along with her bright hat which was generously knitted for her by her mum. The look is wrapped up in a houndstooth Next coat complete with yellow flashes.



**Sophie Juniper, 34**

Not one to let the January blues get in the way of being colourful, Sophie is rocking a rainbow of an outfit for an outing with her family. Her mustard coat from New Look is matched perfectly to her hat and highlights the colour from her lightweight Boohoo skirt. Birkenstock style shoes complete what is a fantastic, slightly kooky look.



**Maria Krupacz, 30 & Alexandra Andries, 33**

There's no bond quite like that of a style sister! These two Romanian friends are looking very on trend this winter, with an eclectic mix of designer and high street finds. Maria is wearing a checked coat from Whistles with her Next jeans, while Alexandra has on Karen Millen wool culottes with a long Max Mara coat. Her statement bright scarf and pearl accented shoes are both from stores in Romania.



**Melody Wiseman, 24**

They say people start to look like their pets, but in Melody's case we think there is a close similarity to her scarf! Managing to match the pink fur flash perfectly to her hair colour, Melody's accessories really tie together this high street look. Her black embroidered jacket from New Look and bag from Topshop prove that black needn't mean boring this Winter.



**Magdalena Thebault, 20**

We love how Magdalena has styled a summer skirt to work for her in the winter months. This Boohoo maxi gives her outfit a bohemian vibe, with tie-dye set to be a big trend for the coming Spring season. The monochrome look is broken up with a Primark puffer jacket and the chain detailing on her ASOS bag.





• THE •

# Genuine Articles

**Christopher Callaghan, Ph.D.**

IHP Limited (Jersey Hemp)

**PHOTO** Glen Perotte



## HOW DID IT ALL GET GOING – GIVE US A BIT OF BACKGROUND?

This journey started in 2013 when the founders of Jersey Hemp, three full-time firefighters, first encountered the hemp plant while researching the combustion of different building materials. During this time, they discovered 'Hempcrete', a sustainable building material possessing excellent fire-resistant properties.

Made from the woody core of the stem and mixed with lime and water, Hempcrete forms a sustainable, breathable insulating material that can be used to form walls, floor slabs, ceilings and roof insulation in both new builds and restoration projects. As it is also fire resistant, and does not produce toxic smoke, this sparked their interest to do further research.

After investigation, the diversity of hemp-derived products became clear with hundreds of unique end-uses identified. A plan for hemp cultivation and processing in Jersey was created and presented to the local government for approval, with a trial commencing in 2017.

## WHAT DO YOU PRODUCE?

We cultivate hemp (*Cannabis Sativa*) for the stems and seeds. The seeds are cold-pressed into hempseed oil which is commonly used in cooking, cosmetics and nutritional supplements. Hempseed oil is highly nutritious with an optimum ratio of omega3-to-omega6 fatty acids and high levels of vitamin E. It is also suitable for vegans and those who are gluten free.

Our hempseed oil is then mixed with high quality imported cannabidiol (CBD) or raw cannabis CBD extract to make our

range of nutritional supplements. CBD is a non-psychoactive cannabinoid extracted from the flowers of the hemp plant which interacts with the bodies endo-cannabinoid system to maintain homeostasis.

The stems are currently being stored until we have enough quantity to warrant purchasing the specialist machinery to separate the fibres from the shivs.

## WHAT MAKES YOUR PRODUCTS UNIQUE?

Our products are processed from cannabis sativa, a controlled substance, requiring a licence for the possession, cultivation and processing into end products. The 2018 crop was the first commercial harvest of hemp in Jersey for over a 100 years.

## WHAT'S A TYPICAL DAY LIKE FOR YOUR BUSINESS?

The cultivation of hemp is a seasonal activity with growth occurring over the summer months and harvest starting in autumn. Once harvest is complete, we start to process the raw materials over the winter and produce our end products. As a start-up all team members must engage with all aspects of the business so daily roles are often varied and dispersed throughout the offices, warehouse or fields, work days can run for 12-15 hours.

## BEST BIT OF YOUR JOB?

The overwhelming positive feedback we have received from customers. It is great to think a product you have grown and produced is being so well received.

## WHERE DO YOU WORK?

We are headquartered at Warwick Farm on Queens Road where all the processing and

production of Jersey Hemp products takes place.

## WHAT'S SOMETHING PEOPLE MIGHT NOT KNOW ABOUT YOUR PRODUCTS?

The endo-cannabinoid system is also found in all higher animals and our products are safe for use with pets and animals, even your gold fish has an endo-cannabinoid system.

## WHAT ARE YOU WORKING ON AT THE MOMENT?

After five years abandonment, Warwick farm is being renovated to create a shop and further processing facilities. We'll look to renovating the greenhouse at a later date. Product wise, we are looking to extend the CBD range to include e-liquids, capsules and ointments as well as producing the CBD ourselves. Our hempseed oil will be further processed into a range of cosmetic and beauty products.

We are also researching the utilization of the stems to produce Hempcrete, a sustainable building material, bio-plastics and bio-fuels. Our ambition is to find an applicable end-use for all parts of the plant; wasting nothing.

Our new e-commerce website is expected for launch in the next few months.

## WHERE CAN PEOPLE BUY YOUR PRODUCTS?

Our products can be bought online through our website, [hemp.je](http://hemp.je), or directly from the farm. Some products are also available in selected pharmacies and health food shops in Saint Helier. We expect to be available elsewhere in the near future.

# BEACHSIDE BLISS

Mark Jordan At The Beach

WORDS Ollie Watts

If it is true that perfection is 'lots of little things done well', then Mark Jordan at The Beach is banging on the door of perfection. From the moment you enter this wonderful bistro, the little things begin mount into a sense of quality.

Chef Mark Jordan has a veritable smorgasbord of accomplishments to his name, whether it's his 11-year stronghold of a coveted Michelin Star during his occupancy at The Atlantic Hotel's Ocean Restaurant; his previous colleagues and partners consisting of chefs like Novelli, Keith Floyd, Steven Saunders and Michel and Albert Roux or managing to maintain a Michelin Bib Gourmand award since 2012.

This plethora of experience amounts to something very special. The bistro itself, as the name suggests, is situated next to the beach and it takes great pleasure in enjoying this backdrop. The intimate dining space is tastefully decorated with work created by local artist, Nick Romeril. A sea of swimming silver fish adorns a section of wall, which again highlights the bistro's coastal location. Little details, like this, are what make the restaurant special. From the butter being served on a small beach pebble, to the stone placemats, purposeful thought has gone into creating a sincere sense of being by the sea.

This affinity with the sea is taken beyond the restaurant's location and finds itself sitting pretty throughout Mark's menu. Whether you are opting for an opening course of natural Jersey Oysters, or a more decadent whole Jersey Lobster, it is clear to see how important it is that local produce is showcased and respected.

Although this relationship with the nautical is clearly apparent throughout the restaurant, it never once becomes gimmicky or taken for granted. The rustic charm of the

forementioned butter stone and other such references are entirely offset by the delicate and beautiful nature of the food. From the presentation, this shows not only elegance but flair, to the flavours which make apparent the true talents of the chef. Some of the stand-out dishes include the roasted loin of Venison and the shallow-fried gnocchi, both of which are guaranteed to delight for their coherent flavour pairings and pure fineness.

As from March 2018, Mark has been back in the kitchen full-time! This personal touch has completely transformed the food and the team, which is led by Mark's long-term restaurant manager, Martinho. They have been working alongside each other for over a decade now, starting at Ocean Restaurant. The knowledge and experience brought to the table by these two men along with Mark's wife, Magda, have made this bistro into what it is today, a delight that has gained consistent acclaim for its quality, service and value.

It can't be said that there are too many restaurants like this on the Island, where you can receive Michelin standards without the hefty price tag that inevitably follows. You can just picture yourself, sitting outside on a warm summer evening, glass of wine in hand, savouring the best of what Jersey can offer. All of these small aspects have been expertly threaded together to allow for a truly special dining experience, and this is why a seat at 'Mark Jordan at The Beach' should be on everyone's wish list in 2019!

**Call 780180 to book.**



**"It can't be said that there are too many restaurants like this on the Island, where you can receive Michelin standards without the hefty price tag that inevitably follows."**





# YOU HAD ME AT MERLOT.

**Gorey Wine Cellar is delighted to welcome one of the world's leading wine experts and influential wine writers to Jersey next month - the very charming and entertaining Matthew Jukes.**

*The Roadshow, which is kindly sponsored by Canaccord Genuity Wealth Management, will take place in the Assembly Room at the Town Hall on Thursday 7th March from 5.30pm - 7.30pm. Tickets (£30) are selling fast and must be purchased in advance from Gorey Wine Cellar or online at [www.goreywinecellar.com/#events](http://www.goreywinecellar.com/#events)*



Part of Matthew's job is to taste over 40,000 wines every year - that's an average of over a hundred every day; so even if you manage to taste all 50 wines at the event, that is merely a half day's work for this man!

Matthew has been MoneyWeek's wine writer for over a decade and the Daily Mail wine writer for its Weekend section for nearly 20 years, his column being the most keenly followed in the UK with 9 million readers every week.

**“There is no need to spend more unless you are after decent sparkling wines (Champagne style) which start at twenty quid. It is a myth to say that you get more flavour the more you pay.”**

Every year Matthew compiles his 100 Best Australian Wines report which is commonly regarded as a true barometer of the finest Aussie wines on the shelves in the UK each year. Matthew then takes a selection of wines from his report 'on the road' throughout the UK, to China and now, for the third year running, to Jersey.

We were lucky enough to nab an interview with Matthew ahead of his visit:

**What made you decide to get into the wine industry?**

I ducked out of a Physics Degree in London

after drinking a lot of bitter; writing a paper on how a boomerang flies and also playing some pretty brutal rugby. Physics didn't feature highly on my list of activities in my first year at Uni, but wine and food did. My mother was teaching at Prue Leith's Cookery School in Kensington and at a wine lecture there, I walked up to the lecturer and told him that I knew everything that he was teaching and wasn't that a little odd for a 19-year-old? I had always been obsessed with wine labels, looking them up in our

Atlas and remembering the various regions and villages. The lecturer concurred and suggested a job in the industry. I quit my degree, hopped on my bike and headed down to Barnes Wine Shop to line up an interview. This happened 32 years ago and I have never looked back.

**What is your favourite type of wine and why?**

You will hear this answer a lot from members of the wine trade, but I adore great white and red Burgundy. Nothing comes close to stellar bottles of these two styles of wine, but they are rare and there are often

expensive Burgundies which promise the world and often fail to impress. I still think that top Chablis, as regards white wine, is a flavour which is phenomenal, and yet most commonly available Chablis is lacklustre. Perhaps a more interesting reply to the question is Barolo; I have made it one of my vinous missions to spread the knowledge and appreciation of this wine.

**What's your happiest wine drinking experience?**

I have hundreds of amazing wine memories and most of them involve my wife, Amelia, as she is also in the wine business. There is nothing like sharing a bottle of delicious wine with the right food in the right location.

**How much do you spend on a bottle on average for wine to have with a meal at home?**

I usually hang out in the £8 - £15 zone. This is the sweetspot these days and it is where the vast majority of my recommendations lie. There is no need to spend more unless you are after decent sparkling wines (Champagne style) which start at twenty quid. It is a myth to say that you get more flavour the more you pay.

**Where is your favourite place to have a drink?**

Juveniles Wine Bar in Paris. It has the most wonderful atmosphere, the food is simple and delicious and the wine list is stunning value for money.

*Matthew's thoughts, recommendations and tasting notes are followed very closely by the wine world at large and we are so lucky to have him over to Jersey, thanks to Gorey Wine Cellar who organise this fantastic annual event.*

*If you would like to taste an epic range of 50 Aussie wines including well known Estates such as Leeuwin, Jim Barry, Howard Park, Yabby Lake & Paringa Estate, get your friends and colleagues together or invite your clients as this is a tasting not to be missed.*



**WORDS** Imogen Pickering

**A** loving home to the current vendors for almost 28 years, Roseden is a spectacular Georgian house located at the lower end of Old Grouville Hill, which sits patiently waiting for its future residents to inject the next generation of life into its walls.

Built in 1840; and adhering to traditional Georgian design, the property has only housed three different owners, all of whom have taken great pride in its grandeur, with much of the original architecture left untouched. In a market now heavily saturated by high-gloss cabinets and glass panelled staircases, there's something unparalleled about a property of this standard. A family home for almost two centuries, all this house needs is the commitment of an enthusiastic individual, to carry out a little modernisation for it to become an outstanding stately property to be enjoyed for generations to come.

Approached via electric gates, a long carriage driveway leads the way past the orchard, woodland and circular lawn, before reaching the front facade of the property, which sits proudly within a near acre of grounds. Completely enclosed, with a myriad of mature trees and plants, dotted with charming granite features, this secret garden-style outdoor space makes for a magnificent welcome.

A set of granite steps lead up to the front door, which opens into the impressive entrance hall. A spacious and well-lit room, with exquisite marble floor, high ceiling, stained glass windows and ornate cornice work, sets the tone for what's to come. Following the entrance hall further into the house, you are met with an inner reception hall, decorated with herringbone parquet flooring, which leads the way to the remaining three large reception rooms.

To the left, an enormous, grand drawing room with views of the front lawn through its three large sash windows. Complete with a beautiful, ornate chandelier and impressive fireplace, it's not difficult to imagine this room being host to many a

grand get-togethers in its time. Following on from the drawing room is the family dining room - another impressively sized space which looks out onto the front lawn. Knocking through the dividing wall would open up this space to an enormous fifteen metre long room, offering great potential to turn it into a huge, open plan living area.

Behind these two rooms are the property's existing sitting room and kitchen. With its own log burning fireplace, the cosy and less imposing living area is a nice juxtaposition to the rest of the house, making an ideal space for a snug, cinema room, or home office.

The large eat-in kitchen is full of character with its wooden fitted cupboards and tiled floor. A glass-panelled door from the kitchen opens onto the property's sundeck, which overlooks the beautiful back garden, complete with a meandering brook, which runs along one side of the lawn. Peacefully quiet, it's certain that the warmer months would invite residents to enjoy long afternoons in this space, dining alfresco with friends whilst overlooking the garden.





*“Waiting for a new family to restore its grandeur and bring it into the 21st century, Roseden presents a fantastic opportunity not to be missed.”*



Roseden is certainly a property to host a large growing family. On the second floor, four enormous double bedroom suites mean that every member of the family benefits from having their own sizeable space. The master bedroom is particularly impressive, with a dressing room and bathroom almost the same size as the bedroom itself, and with wonderful views over the front grounds and parish beyond.

Following the original polished wood staircase up to the top floor of the property, you are met with a delightful 50sqm loft room. Filled with natural light and with plenty of eaves storage, the space has fantastic potential to be utilized as a fifth bedroom, playroom, home office or artist's studio.

As if Roseden doesn't have so much to offer already, further opportunities present themselves with the property's basement and the derelict coach house located to the side of the main house. With two separate staircases leading to the foundation level, an integral double garage, utility room, workshop and additional playroom make up the property's ground floor. Ideal for those who need plenty of storage, or



indeed with a vision to maximise living space. Outside, the derelict coach house has had planning approved to convert it into a two-bedroom cottage. With a host of opportunities once converted, this space could easily be utilized as a guest house, second generation living quarters, gym or large outdoor shed.

Roseden is a family home that has been loved by generations. Evident as soon as you step inside is how much life has soaked into its walls, I really hope this property will continue to be loved and serve as a spectacular home for years to come. Waiting for a new family to restore its grandeur and bring it into the 21st century, Roseden presents a fantastic opportunity not to be missed.



**Roseden**  
*Grouville*

**£1,625,000**

**Maillard's Estates**  
**T: 01534 713600**  
**[www.maillards.je](http://www.maillards.je)**

- Jersey Georgian house set in one acre
- Derelict coach house for second generation
- 4 bedroom suites
- 4 generous reception rooms
- Large loft playroom
- Integral double garage
- Freehold

# JANUARY 2019

## 2018 was a great year for the Jersey economy, with growth being seen in most areas apart from the retail sector.

With a high level of well remunerated employment, staff were starting to see pay rises and bonuses again. Houses and flats were being constructed or refurbished everywhere, house prices rose by over 6% and interest rates remained at very low levels.

With Brexit, the extraordinary twists and turns that have led the country to this point have proved just how much the path has been paved with uncertainty – 29th March is the crunch date by which the UK is due to leave the European Union and most of what happens between now and then is uncertain or worse still, unknown.

### MARKET CONFIDENCE

Discussing market confidence with our clients during the past few months suggests that most buyers and borrowers aren't too bothered about Brexit or UK politics, but are concerned about the cost of their mortgage should interest rates suddenly increase. Crystal ball gazing should not be the forte of a mortgage broker, although a study of market trends in recent years along with forward projections suggest that the Bank of England must keep base rate low for fear of upsetting the fragile economy, regardless of whether the UK remains in the EU or leaves. Peace of mind is available in the form of fixed rates of interest for periods of between two and ten years.

We should never be complacent, although after the 2007 and 2008 financial crisis, too many people put their lives on hold

and then regretted having done so when they realised the lost opportunities.

### STAMP DUTY CHANGES

Back on home ground, the States' Budget for 2019 provides help to both first-time buyers and home movers seeking mortgage finance in the future.

In summary, the changes provide for a reduction in Stamp Duty by increasing from 2018 levels, the threshold for first time buyers' relief on properties from £450,000 to £500,000; abolition of stamp duty on mortgages for homes costing up to £600,000 and a tapered charge for homes valued between £600,000 and £700,000.

These concessions will be funded by a 0.50% increase in standard stamp duty for homes valued over £500,000.

To be added to our monthly bulletin list please send your request to: [kerrie@mortgageshop.je](mailto:kerrie@mortgageshop.je) Visit [www.mortgageshop.je](http://www.mortgageshop.je) to find out more.

## JERSEY HOUSING MARKET

Activity in the housing market in Jersey at the beginning of each year will usually give an indication of how things are going to pan out for the rest of that year, so as we enter that crucial period it will be interesting to see just how much of what is going on outside of Jersey will influence activity within the Island.

### MORTGAGES IN JERSEY

Current Best Rates taken from a cross section of Jersey lenders haven't changed since November, although no doubt the usual competitive jockeying for position by lenders will resume in the next few weeks.

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

60%	Tracker	1.44%
60%	2 Year Fixed	1.54%
60%	5 Year Fixed	1.92%
60%	10 Year Fixed	2.49%
85%	Tracker	1.82%
85%	3 Year Fixed	2.04%
85%	5 Year Fixed	2.25%
90%	Tracker	2.09%
90%	2 Year Fixed	1.79%
90%	5 Year Fixed	2.39%
95%	2 Year Fixed	3.09%
95%	5 Year Fixed	3.49%
100%	5 Year Fixed	4.74%
60%	BTL 2 Year Fixed	1.69%
60%	BTL 5 Year Fixed	2.49%

Rates correct as at 08/01/2019 BTL = Buy to let mortgage



Tel: **789830**



# Planning to move this year?

Best to start with some good advice!

Let **the mortgage shop** help you buy your new home.



the mortgage shop

Registered with the Jersey Financial Services Commission

Telephone: 789830

Email: [info@mortgageshop.je](mailto:info@mortgageshop.je)

Website: [www.mortgageshop.je](http://www.mortgageshop.je)

Find us: 31 Broad Street, St Helier

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

## The best agents. The most accurate listings.

That's why more than 13,000 people used Places to find property in January\*

\* until Gallery went to print with another week to go.

Places is built for Jersey with local agent feedback. It's the best portal for Jersey, hands down, with more property and more accurate data than any other local or UK portal. If you're buying or selling, make sure you're on Places!



Property matching / Open viewings / Historic transactions

JERSEY'S PROPERTY PORTAL

**places**  
JERSEY'S PROPERTY PORTAL

[WWW.PLACES.JE](http://WWW.PLACES.JE)

# Finishing Touches

In light of our FEMININE edition, we're celebrating all things girly in the interiors department. Think florals, pinks, fluffy textures and sequins... you may not convince your hubby that our top picks are home essentials, but you've got our support.



**White Artificial Hydrangea Stem**  
Jersey Oak  
£6.00 each



**Just Wing It Plaque**  
Ransoms Garden Centre  
£10.00



**Emma Bridgewater Pansy Mug**  
The Potting Shed at Ransoms  
Garden Centre  
£18.99



**Ted Baker Bergamot  
& Cassis Diffuser**  
de Gruchy  
£29.75



**Kylie Minogue Cadence  
Silver Cushion**  
Voisins  
£31.00



**Sheridan Bligh  
Rosewood Cushion**  
Voisins  
£71.00



**When It Rains Print**  
Lauren Radley  
£20  
(available at [laurenradley.com](http://laurenradley.com))



**Small Flower Beaded Lantern**  
M&S  
£19.50





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# INTERIOR NEWS



Pink is a color that is perpetually associated with femininity in the world of interior design. While it gets a bad rep for being overly feminine, pink accents can be paired with mixed metals fixtures, lacquered black doors and grey accents to add serious wow factor to any room, without being overly girly.

## 1 POPPY 3 SEATER SOFA, MYPAD, £1130

This striking sofa will add a splash of avant-garde to any room with its modern look. Perfect in its simplicity of design, complex shape and clear form, the high quality materials and precise execution guarantees high comfort. Ideal for those wishing to introduce a statement piece of furniture to a room, without being too 'out there'.

## 2 SLOANE DRESSING TABLE, NEXT, £599

A girly girl's dream - this beautiful glass dressing table with bevelled detail is the perfect rosy addition to any bedroom. Featuring slow close flock lined drawers, sleek minimalist design and subtle blush pink hue, it's the perfect piece to pair with more earthy and masculine tones such as black and grey. Place in a monochrome room for ultimate wow-factor.

## 3 CONFORM GYRO EVITA SOFT PINK ARMCHAIR, DAVID HICK, £1,058

One of Europe's most sought after chair manufacturers, Conform's beautiful designs combined with easy to use functionality make their pieces a great addition to any living room or home office setting. Developed in cooperation with architects and designers, there's no doubt that craftsmanship is their focus, proving that function and comfort need not to compromise with design.

## 4 ALEXANDRA BED FRAME, MYPAD, £625

The striking headboard of the Alexandra bed frame delivers a sense of grandeur to this alluring design, combining beautifully with the soft-edge contouring of the base. Available in a range of luxurious colour choices including gold, lilac and steel, it's an ideal and affordable piece for those who want to make a statement and are not afraid to do so.

## 5 FARROW & BALL NANCY'S BLUSHES PAINT 2.5L, ROMERILLS, £41.85

This true pink is named after the scrumptious rosy cheeks of a much loved little girl called Nancy. The uplifting shade of Nancy's Blushes certainly grabs your attention when paired with bright white, but can create quietly charming interiors when contrasted with a soft neutral in shady rooms.

## 6 PACIFIC LIFESTYLE PINK ROUND TABLE, JERSEY OAK, £28

Too afraid to go big on pink? Start small by injecting minimalist style pieces such as this pink hued side table from Pacific Lifestyle. Compact enough to be used as additional storage or display in any corner of the room, this small pink round table looks great as a stand alone piece in your living room.





## Heathmount

This modernised Victorian Gothic residence overlooking the bay has the added benefit of a detached granite cottage, which would be perfect for guests or staff. Heathmount is an exceptional 5-bedroom traditional Jersey granite home in a beautiful rural location, a luxury home that has traditional character plus all the requirements for modern family living and entertaining.

Approached via a gated entrance the grounds surrounding the home provide plenty of family play and amenity space. The gardens are landscaped, with patio areas, lawns, beds filled with trees and shrubs and a wooded Cotil. In summer full advantage can be taken of the seamless connection to the outdoor environment with a choice of spots for al fresco dining and sitting in the sun, with views over the valley to St Ouen's Bay and the sea.

Planning permission has been granted for swimming pool with adjacent entertaining complex. Heathmount is a superb blend of traditional architecture and stylish contemporary interiors, beautiful bathrooms, and living space, the house is filled with natural light and the level of specification throughout speaks for itself, a perfect choice for family needs.

**£2,595,000**

Geri O'Brien  
Savills Jersey  
**07797 727 700**

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# places

## FEATURED

Here are some of the latest family-friendly instructions from these great agents...



### **Immaculate second-floor apartment**

**£379,000**

This second-floor purpose built apartment was constructed in 2012 and is presented to the market in immaculate order throughout. Conveniently located at the southern end of Plat Douet Road in St Clement, the beach and bus route is just a pebbles throw away. With electric under floor heating throughout, this apartment also features a balcony that benefits from sea views, a fully equipped kitchen, double bedroom with fitted wardrobes, a single bedroom and contemporary bathroom. A private lock up store in addition to a communal secure bike store is also included. One allocated parking space is provided, plus visitor parking.

**LEARN MORE: 01534 767767**



### **Uninterrupted sea-view apartment**

**£1,095,000**

This magnificent penthouse occupies one of the finest waterfront positions. Its south-westerly aspect allows for sensational, far reaching views across the bay. Offering both privacy and security, it lends itself well as either a main residence, a second home or weekend retreat. Inside there is a whole new living environment. The concierge team, based in the elegant hotel-style lobby, are on-hand to greet you and your guests as well as to arrange transportation and provide mailbox and parcel services. Light-filled living spaces are fitted with a high quality contemporary specification; everything you want for the lifestyle you deserve. All the principal rooms enjoy the spectacular views.

**LEARN MORE: 01534 722227**

**savills**



### **A rural family home with sea views**

**£1,290,000**

A superb family home situated in a rural location with sea views, yet within easy reach of St. Helier. The accommodation provides a luxury kitchen/breakfast room, sitting room, cloakroom, four bedrooms (three of which are doubles with en-suite bathrooms and dressing areas. Externally, there is a decked and lawned South-facing rear garden, front garden, double garage and parking for four vehicles. Available immediately. Early viewing is essential not to miss this fantastic property.

**LEARN MORE: 01534 717100**



### **A top quality contemporary style residence**

**£4,750,000**

Privately set on the heights above Grosnez, with uninterrupted sea views to the neighbouring Channel Islands and Cherbourg Peninsular, this truly unique property stands protected by a large area (4.5 acres approx.) of grassland (designated agricultural) which borders on to the spectacular North coast cliff walks. Additionally, there is an area of domestic garden, together with extensive leisure terraces etc. The property provides a very well secluded and easily managed prestige home, offered for sale in walk-in condition throughout. The property benefits from mains water, septic tank and soak away drainage, full under-floor central heating and air conditioning to sports / leisure complex.

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# Business News

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## Hand Picked Hotels invests for corporate success

This month sees two more improvement projects completed as part of Hand Picked Hotels investment programme at its Jersey properties. The group has spent £40,000 installing a new purpose-built bar in the Park Suites at the AA Five Star Grand Jersey Hotel & Spa. Park Suites is the hotel's dedicated compact and flexible business centre, which boasts its own entrance and several event spaces including a private cinema. The bar provides an opportunity for guests to help themselves to barista style coffee in a social area as they break out from business meetings, and it is well stocked with a large selection of wines, spirits and other beverages to cater for private parties and corporate events.

Hand Picked Hotels has also invested £15,000 refurbishing the Boardroom at the AA Four Red Star L'Horizon Beach Hotel & Spa. The sophisticated space has been upgraded with new flooring, tasteful window coverings, comfortable high backed chairs along with an upgraded sophisticated AV system including integrated data points in the stylish 16 foot table and air share presentation links to the 60" TV using Wi-Fi technology. This is the latest phase of the substantial refurbishment programme undertaken since Hand Picked Hotels acquired the Jersey properties and it underlines their confidence in them as two of the leading business centres in the Island.



## whynothaveashorterurl.je

We've long been an advocate of using a .je domain name, with gallery.je being our address for many years. It did hurt to have to pay twice the cost of a .com though with a registration and first year costing £88 from the backward registrar in Alderney. Digital Jersey has been working with wholesale providers to reduce this cost and it's now open season on .je domains so you can now pick up a .je for £25. Which really makes it more attractive to be a Genuine Jersey company with a Jersey URL. Sure, if you're starting a global brand it's a bit provincial but still, fly the flag with pride! Local web design firms Blue Llama and Codentia.



## Digital Hub now has an academy

New for 2019 at Digital Jersey Digital Hub is the Digital Skills Academy. Digital in digital in digital! It's a great means for those considering a career in digital to get a qualification locally, with university-accredited qualifications and professional training, ranging from degree apprenticeships to short courses on offer. It comes after the Digital Jersey expands its desk space in The Hub from the current 28 to around 75 to meet unprecedented demand. These permanent desks are in addition to the hot desks used daily by Digital Jersey members. Work to expand The Hub will begin in mid 2019 with the Digital Skills Academy due to open in September 2019.



## Moving Technology Forward in 2019

**WORDS** Jensen Nixon, CEO, WARM

Globally, we are seeing people pushing back against the accepted status quo. Perhaps triggered by the global financial crisis a decade ago and the subsequent economic, political and social challenges, there are numerous examples where, collectively and individually, people are realising they can have their say and they don't have to conform to accepted ideals.

In the UK, the Brexit vote split the population in half and the issue remains intense. Donald Trump's election to President of The United States shocked many, but was possibly symptomatic of people who were ready to try a new approach to politics.

The global banking system has been disrupted by the rise of cryptocurrencies. It may have been around for 10 years or so, but there has been a significant shift in users' acceptance of a currency that stands apart from the centralised banking system.

Technology has always played the role of the disruptor and this continues unabated. On a business level, many companies are eager to use ground breaking technology to their advantage to drive efficiencies and savings and expand customer base.

Huge corporations can be weighed down by lethargic systems that may have once been cutting edge, but now slow down employees and clients and limit innovation; reluctance to make a change is a dangerous place to be in business.

The answer certainly isn't always to scrap the legacy system, but to create and implement new systems that complement the old: modernising to fit the new world order. It's an exciting time to be working in tech research and development alongside forward thinking blue chip multinational companies that are focused on being fit for the future.

**WARM is a Jersey-based tech R&D company. To find out more please visit [www.warm.je](http://www.warm.je)**



### Fancy being a Director of the Co-op?

Channel Islands Co-operative Society Limited is inviting applications from its Members interested in standing for election to serve as Director. The Society is looking for eligible Members who reflect its commitment to diversity, equality and inclusion to apply for the role. The Society's businesses include food and non-food retail, sub-post offices, bureau de change and other non-regulated money services, fuel forecourts, travel agency, general medical practices, pharmacies and funeral services. The Co-op's Chief Governance Officer and Society Secretary, Chris Lintell, said: 'We look forward to receiving applications from Members who share the same passion and commitment for the Society and its role within the community in the Channel Islands'.

Members with experience in retail, property, information technology, business services and the Co-operative or third sectors, can apply via the Society's website: [channelislands.coop/becomeadirector](http://channelislands.coop/becomeadirector)



### Sanne expand in all directions.

SANNE's network of offices starts 2019 with expanded diversity as they welcome both an Amsterdam and Tokyo office. Tokyo office will be operational from the start of 2019 and will initially focus on servicing existing real estate clients in the region while continuing to offer core services for alternative asset managers. It adds to SANNE's already strong network of offices across the Asia-Pacific region and adds further capability and scope to the services SANNE can offer its clients. SANNE first established a presence in Asia in 2010 when it opened offices in Shanghai and Hong Kong, further opening a Singapore office in 2014. Mark Bennett has been welcomed as Country Head of SANNE's Japanese business. Meanwhile, in Amsterdam, Yasemin Demirtas, Director and Country Head for the Netherlands, will be based in the Amsterdam office managing the members of permanent staff.



### Travelmaker shortlisted for power list

The Channel Islands Co-operative Society's Travelmaker branch has been shortlisted in the prestigious Travel Trade Gazette (TTG) Top 50 Travel Agencies 2019 in association with Kuoni, in the British Isles. The branch has been selected as one of the top five high street agencies in the southwest region and once again made the shortlist and top five for the Top Touring and Adventure agency in the UK, which was a new TTG category introduced last year. Chief Marketing Officer, Carl Winn, said: 'After another successful year, it's fantastic that Travelmaker has been shortlisted in these prestigious awards once again. Our Travelmaker Guernsey colleagues have also been named as a top five agency within our region. It is a huge achievement for our Travelmaker branches to feature twice in the top five shortlist. We hope to report good news in 2019 that we have retained our 'Best in the Southwest' accolade.'

### Carey Olsen is Legal 500's Offshore Firm of the Year

Carey Olsen has been named Offshore Firm of the Year in the prestigious Legal 500 UK Awards 2019. Carey Olsen's success comes after the firm achieved top-tier status in all 17 of its practice areas for the second year in a row in the most recent edition of the Legal 500 UK, published in October 2018. Carey Olsen was the only offshore firm to achieve Tier One rankings across the board. Testimonials from clients interviewed by Legal 500 as part of its research process saw Carey Olsen described as 'the stand-out firm in the Channel Islands' with a reputation for providing 'the perfect balance of client-handling skills, legal acumen and commercial nous'. Everyone needs some nous, right?

### Tamba Arcade changes hands

Last month saw a change of ownership at Tamba Arcade as Tamba sold out to a new operator. Tamba Arcade Ltd and Cafe Quest Ltd were both sold to a Mr Ian Jennings. Let's see what will happen to the bright lights and food operation of the challenging site under new ownership in 2019.

"It should be no surprise that a Jersey company is designing major systems for some of the world's largest financial institutions".

JENSEN NIXON / CEO / WARM



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# Movers & Shakers

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## Three new Partners at BCR

BCR Law welcomed three new partners last month as Advocate Adam Harrison, Advocate Michelle Leverington and Advocate Emma Wakeling were all appointed as Partners and to head their respective teams. Adam joined BCR Law in 2016 following several years in practice with a large Jersey law firm. Adam is a specialist in criminal law as well as regulatory and health and safety law. Adam qualified as a Jersey solicitor in 2010 and was called as an Advocate in 2013. Michelle was sworn in as an Advocate of the Royal Court in 2016, having been admitted as a Jersey solicitor in 2011. Michelle heads BCR Law's residential conveyancing practice as well as dealing with the administration of estates including those involving foreign testators and complex assets such as family run businesses. Emma was called to the English Bar in 2009 and qualified as a Jersey Advocate in 2012. Her specialism is in family and criminal law and, whilst maintaining an interest particularly in criminal advocacy. In her role she advises on a wide range of family work including divorce and the attendant resolution of financial matters and on issues involving children.

## Grant Thornton Appoints Jo Buchanan to Head of Marketing

Grant Thornton Limited has appointed Jo Buchanan as Head of Marketing (Jersey) to support and drive their bold and exciting growth initiatives from 2019 and beyond. Jo, is an experienced marketing communications specialist and digital marketer with over eighteen years' experience supporting organisations in the field of lending, customer operations and change management. She is a Fellow of the Chartered Institute of Marketing and holds Chartered Marketer status. She joins Grant Thornton from Marbral Advisory Limited, a boutique change and project management specialist, where she worked as Head of Communications.



## Dickinson Gleeson announces two senior appointments in its disputes team

Dickinson Gleeson have announced two senior appointments in its highly ranked dispute resolution team. Advocate Robert Christie has been promoted to Partner and Pierre Ali-Noor has joined the firm as a Senior Associate. These appointments, which build upon a hugely successful year for Dickinson Gleeson in 2018, mark the firm's continued organic growth and expansion as it cements its place in Jersey as a leading disputes-focused law firm. Robert, who joined the firm in 2015 having previously worked for Ogier in the BVI and practised at the English Bar in London, is continuing to build a practice focusing on trusts, company, commercial and insolvency litigation. Robert has been included in Legal Week's Private Client Global Elite "Ones to Watch" list, a global list made up of 100 up and coming lawyers in the private client sector, for both 2017 and 2018. He qualified as a Jersey Advocate in 2017. Pierre joins the firm from Mourant where he was a member of the Jersey dispute resolution team. Before moving to Jersey in 2016, Pierre previously worked for the London office of Herbert Smith Freehills for a number of years. Pierre has also been recognised in the 2018 Private Client Global Elite "Ones to Watch" list and been listed as one of eprivateclient's "Top 35 Under 35" for 2017 and 2018. He has been described by the Legal 500 UK as being "as smart as they come" and a name to note.



## New Senior Associates at Carey Olsen

Carey Olsen has made two senior promotions in Jersey with Claire Brazenall and Rebecca McQuillan each having been promoted to senior associate. Claire advises on all aspects of the establishment, regulation and operation of investment funds. She also has considerable experience advising clients on a wide range of restructuring, co-investments and portfolio acquisitions and financings. Rebecca joined the corporate team in 2014 and has a diverse finance practice, with a particular focus on acquisition finance, fund finance and restructuring. Rebecca advises both multinational and local clients, acting bank side and for sponsors and corporate borrowers. Carey Olsen group managing partner Alex Ohlsson said: "Developing and rewarding talent is a key part of our firm's strategy and I am pleased to congratulate this hugely talented group of lawyers on their promotions which are fully deserved."



## Simon Mackenzie takes a Chair at Intertrust

Intertrust has appointed Simon Mackenzie, Managing Director of Intertrust in Jersey, as Chair of a new Intertrust Channel Islands executive leadership team. In addition to Mr Mackenzie's current role to oversee the establishment of the Intertrust brand in Jersey and build on the firm's fiduciary services business, he will take on additional responsibilities of chairing the new executive leadership team. Simon will be supported by Marie McNeela, who was recently promoted to Managing Director of Intertrust in Guernsey. They will jointly ensure a strong collaboration between the two offices to further strengthen the company's position across the islands and provide superb client service. Mr Mackenzie said: "This initiative demonstrates how committed we are to the Channel Islands, our people and the clients that we service. With our Jersey and Guernsey teams working more closely together, we will be able to strengthen and expand our business across the region."



## Appleby advise Santander on move.

Appleby has advised Santander on the transfer of their banking businesses in Jersey and Isle of Man. The businesses of Santander UK plc, Jersey branch and Santander UK plc, Isle of Man branch, were transferred on 17 December 2018 into the respective Jersey and Isle of Man branches of Abbey National Treasury Services plc, pursuant to a transfer scheme in each jurisdiction, which have both received court-sanction. Speaking on the transactions, Group Head of Corporate in Jersey, Wendy Benjamin commented; "We are delighted to have advised on this complex multi-jurisdictional restructuring involving court-sanctioned schemes in Jersey and Isle of Man. We continue to be the only advisors in the Crown Dependencies with experience of this kind, which is a testament to the extensive knowledge and hard work undertaken by the Appleby team."



## Brooks Macdonald bolsters int'l reach into Middle East

The CI subsidiary of independent investment manager Brooks Macdonald has bolstered its international capabilities with the appointment of Stephen Le Lievre as Senior Investment Manager. With more than two decades of experience in the international financial services industry, Stephen previously headed the Managed Advisory business for Société Générale Hambros in Jersey. Before that, he was a director of Barclays Wealth whilst he has also previously held senior positions at ABN AMRO in Jersey. Commenting on the appointment, Darren Zaman, CEO, International, Brooks Macdonald, said: "We continue to play a key role in driving forward Brooks Macdonald's international growth strategy here in the Channel Islands, and the Middle East remains a core overseas market. Having formed some strong partnerships with intermediaries in the region and built excellent relationships with clients there, Stephen's appointment is a critical part of our ongoing plans and a reflection of our commitment to the market."



## New GM at the Atlantic

The Atlantic Hotel has welcomed Alexander Stiller as their General Manager ready for the start of their 2019 season. Originally born and trained in Germany, Alexander has a wealth of experience managing award-winning, boutique hotels across Europe and the USA. These include Relais & Chateaux Hotel Ermitage am See in Switzerland, Relais & Chateaux Hotel Gutshaus Stolpe in Germany, Lenape Heights Golf Resort in the US and most recently, Burley Manor in the UK. Alexander spent two years in Jersey at the Somerville Hotel earlier in his career. Alexander is dedicated to ensuring exemplary customer service, enjoying the opportunity to be hands on in day-to-day operations which is possible at a small luxury hotel. He is particularly pleased to be returning to Jersey where his youngest son was born, believing the island to be perfect for families with its welcoming community. Outside of his time at the hotel he loves exploring the hidden bays and secret beaches to be found around the island.



## New MD for Nedgroup Trust

Daniel Bisson has been appointed managing director of Nedgroup Trust, the Channel Islands-based trust and corporate services business of Nedbank Private Wealth. Daniel will be responsible for leading the team to grow the international trust business across both Guernsey and Jersey. Based in Guernsey, Daniel has over 20 years' experience in the global fiduciary and corporate sector. Most recently employed at Butterfield Trust, he previously spent nine years at RBC Wealth Management International where he held a number of senior strategic roles including managing director of wealth preservation and family governance, and head of fiduciary management.



Email your news to [business@gallery.je](mailto:business@gallery.je)

# SAFE Travels

WORDS Rebecca Evans

*Ladies (and gents of course; there's no sexism here in the Feminine Issue), if this month's travel section on page 32 has inspired you to pack a bag and jet off into the big wide world for an independent adventure, your first priority (after choosing a destination, booking a flight and planning your holiday wardrobe) should be making sure you stay safe on the move. For this issue I've taken a look at some travel gadgets designed to give provide extra peace of mind.*



## DEFENDER SLIMLINE PERSONAL ALARM

While keeping your personal effects safe is one thing, in the grand scheme of things it's our personal safety that's more important.

The Defender Slimline Personal Alarm is lightweight and discreet but packs a 130 decibel punch should the very worst happen. Easily attached to a set of keys or a bag with the supplied key ring and lanyard attachments, the alarm is activated by pulling the pin and is loud enough to ward off an attacker and attract attention, if required. Attach to both yourself and your bag to deter a snatch and grab, or carry in your hand at any time you feel vulnerable.

Meeting UK Police preferred specifications this is one of the highest quality personal alarms on the market, and also features a powerful torch as an extra layer of convenience and safety.

**The Defender Slimline Personal Alarm is £5.95 from [www.redlinesecurity.co.uk](http://www.redlinesecurity.co.uk)**



## LIGHTWEIGHT CABLE LOCK

It's a known fact that opportunist thieves will always take the easy option. A 'phone protruding from a back pocket, a wallet left sitting on a restaurant table or a handbag slung over the back of a chair are all manna from heaven for the unscrupulous.

So the key to keeping your stuff locked down (pun intended) is to make it look like less of an easy grab that someone else's stuff. Small and light enough to throw in your handbag, the lightweight cable lock features a self-coiling 900mm cable and a 3 digit combination. Particularly useful when napping by the pool or eating al fresco, thread it through your bag handles and around a less movable item (a chair leg or the lounge you're lying on) to make your goods appear less of a good option.

Yes it might seem a bit extra to chain your bag to a table, you might even feel a bit silly, but not as silly as you'd feel wasting days of your holiday trying to obtain an emergency passport or a replacement bank card.

**The Lightweight Cable Lock is on sale at £3.99 from Mountain Warehouse**



## LIFEVENTURE TRAVEL DOOR LOCK

Whether travelling for business or for pleasure, one of the major concerns that Women face when staying in a hotel room alone is who else may have access to a key for the door. Whilst sometimes there's an interior bolt or chain in place to add some reassurance, this isn't always the case, particularly in small hotels and hostels in far flung parts of the world.

Weighing just 10g; taking up next to no space in your luggage and costing less than a large glass of wine, the Lifeventure Door Lock is a travel essential. Made of reinforced nylon this little gadget works on almost any internal door, provides a tamper proof extra level of security and allows you to sleep peacefully, safe in the knowledge that you are protected from intruders.

Simple to install and quick to release I can't think of a reason NOT to pack one.

**The Lifeventure Travel Door Lock is £5.99 from [www.lifeventure.com](http://www.lifeventure.com)**



## BIGGER VIEW. BETTER SHOT. GREAT VALUE.

After shipping 200 million smartphones worldwide in 2018 and overtaking Apple in the global rankings, Huawei have started 2019 with a bang.

Strategically positioned for the mid-range market like the previous P20 and Mate20 Lite phones, the NEW P Smart 2019 brings the latest design and technology to consumers at an incredible price.

This smartphone boasts 3GB RAM and 64GB of storage, perfectly capable of supporting the latest games. The superior Huawei power management system provides excellent battery life and an average of 8 hours 'screen on time' with 100% charge in just 2 hours.

Of course, it wouldn't be Huawei without a great camera. The P Smart 2019 comes with a triple Leica lens, featuring a combination of a 13-megapixel primary camera, 2-megapixel secondary sensor and an 8-megapixel selfie shooter.

And you won't be disappointed by its appearance and feel. A glossy ceramic-like finish houses an eye-catching aurora blue design with a rich and vivid 6.2 inch full-view display.

The price? When you consider all of the above, the Huawei P Smart 2019 is a killer budget smartphone, available from just £7 per month at JT.

**Pick up your Huawei P Smart online at [jtglobal.com/HuaweiPSmart2019](http://jtglobal.com/HuaweiPSmart2019)**

## AIRBOLT SMART PADLOCK

It's all very well keeping a close eye on your luggage when it's in your possession, but at some point on most journeys you're going to have to wave it off down a conveyor belt into the hands of goodness knows who, and just hope that it will turn up to meet you at the other end, with contents intact.

Padlocks and combination locks are all very well but there's an ever-present danger of losing those fiddly little keys, or forgetting the code that seemed so unforgettable when you set it 6 years ago before that girls trip to Magaluf.

Enter the AirBolt Smart Lock. Pricier than your average lock it's surely worth it for the reassurance that nobody is rummaging through your smalls. This almost indestructible lock is made of die-cast zinc alloy and stainless steel rope chain. Linking to your smartphone via Bluetooth the accompanying AirBolt app allows you to track your luggage, monitor whether your bag has been opened by TSA in transit and unlock it straight from your phone.

The good people at AirBolt have thought of everything. Lost your phone? Log into the app on someone else's handset and unlock from there. Dead battery in the middle of nowhere? There's a back-up combination lock. A tendency to put your bag down and wander off? Set a distance alert and an alarm will sound when your phone and bag part ways.

Waterproof and featuring a rechargeable lithium ion battery, the lock is compatible with all IOS and Android devices that feature Bluetooth 4.0 or higher.

**The AirBolt Travel Lock is £69.99 from [www.thefowndry.com](http://www.thefowndry.com)**



# THE TEAM BEHIND THE TEAM

The Jersey Sport Foundation was set up in 2014 by Dominion Founder, Ben Cooke, with the intention of providing support services to help local people achieve their aspirations in sport. Since 2014, under the lead of the Head of Services, John Scriven, the team have significantly strengthened the talent pathway in Jersey, providing essential modern scientific approaches to enhancing athlete development, to keep Jersey ahead of the game. An organisation unknown to many islanders, we met with the team to find out more.

## SO TELL US, WHAT DO THE JERSEY SPORT FOUNDATION ACTUALLY DO?

On a daily basis, JSF practitioners provide free services to local coaches, associations and their athletes aimed at the optimisation of training programmes, maximising competition outcomes and enhancing holistic health.

We also provide a range of added-value benefits to the sports we work with at an organisational level, by providing expertise around the implementation of effective long term participant pathway delivery.

The organisation operates in four main areas; Performance Services, Talent Development Services, Research Innovation and Consultation & Education. We like to be known as 'The team behind the team'.

## HOW DO YOU SUPPORT OUR ISLAND'S TOP ATHLETES?

Our Performance Programme supports over 60 nationally and internationally ranked athletes and their coaches, by providing high quality strength and conditioning, athlete monitoring, sports medicine,

nutrition, lifestyle and psychology services. Athletes on this programme are already performing or close to performing at the national or international levels, many of which you will see representing Jersey at the Island and Commonwealth Games.

## WHAT DO YOU DO TO ENSURE THAT JERSEY IS AHEAD OF THE GAME WHEN IT COMES TO SPORTING TALENT?

Jersey is a small population, so in order to be seriously competitive on the national and world stage, we have to be savvy about how we intelligently detect, identify, map, develop and transfer talent. We do this in two ways:

Our 'Talent Development' Programme is available to 12-16 year olds who aspire to be the 'stars of the future'. Children are able to get a taste of the services that senior performance athletes receive, whilst providing them with vital information such as health, wellbeing, mentorship and sport selection mapping guidance. This is all about finding the 'rough diamonds' and giving them structure and direction, whilst providing young athletes who have already

found their sport with the extra support needed to help their journey and their coach.

The 'Talent Transfer' Programme has developed a number of innovative campaigns aimed at enhancing the performance output of sport in Jersey. Athletes with desirable and transferable skills from other sports are mapped into new sports, where they may be suited and have a quicker, more realistic performance trajectory. Readers may be familiar with our Power2Podium Olympic Weightlifting Programme and Fight4Gold Judo Programmes. In the first 9 months of operation, these programmes have already seen medals at county, regional and national level.

## WHAT DO YOU DO WHEN IT COMES TO NURTURING THE NEXT GENERATION OF LOCAL TALENT?

The JSF works alongside other local sports organisations with the ambition of strengthening the foundations of performance - 'the grassroots' level of sport and physical activity. Our particular interest is the development of programmes that relate to child activity and physical





literacy, as performance and health start from the same place. Recently, a large piece of published collaborative research reviewing the holistic physical activity levels of Jersey's children has been developed, which provides a benchmark and recommendations for the Island against a wide number of international jurisdictions. The organisation has also been a major partner alongside Jersey Sport in the development of physical literacy monitoring, which Jersey is now globally recognised for.

#### **HOW IMPORTANT IS EDUCATION IN THE DEVELOPMENT OF OUR ISLAND'S SPORTING INDUSTRY?**

We recognise that coach and association education is essential to enhancing the development of sport. The JSF offer a range of coaching qualifications and workshops related to athlete development, which are usually free, and enable access to voluntary coaches and organisations. The organisation has now hosted three annual conferences, hosting world class speakers and experts on island.

**“Our goal is to advance our services further to enhance the development of top-level athlete and coach centred performance services.”**

We are firm believers in developing local talent; and as such we also a free internship which includes formal qualifications and high level hands-on experience under the mentorship of professional coaches for anyone aspiring to get into performance coaching or support services.

#### **WHAT DOES THE FUTURE LOOK LIKE?**

Our goal is to enhance our services further; thus enhancing the development of top-level athlete and coach centred performance services, as well as the continued development and strengthening of the local talent pathway services. We foresee the continued use of intelligently led

performance talent detection, identification and transfer campaigns, which provide a sustainable and clear pathway for athletes. Success in these will allow Jersey to continue to punch above its weight on the international sporting environment.

Clearly the employment of high quality local staff and effective long term staff development will grow, as will the importance of strong collaboration with our key partners like Jersey Sport, the Commonwealth Games Association of Jersey, the multiple local sports associations and their athletes.



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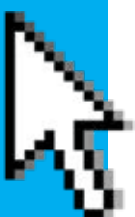




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To start off the year, we asked our Facebook followers:

**“What does the word *feminine* mean to you?”**

# boardom



**Amanda Philippe**

*“Powerful - it has very positive connotations”*

**Mark Charlton**

*“Kylie Minogue”*



**Lucia Faith**

*“Feminine represents the connection to the part of your consciousness responsible for nurture, intuition, and empathy, regardless of your gender”*



**Lorraine Pannetier**

*“To me feminine means tuning into my intuition and living life aligned to my core values”*

**Kathryn Garland**

*“Strong, sensitive and nurturing”*



**Elly Stannard**

*“Confidence”*

**Lisa Le Brocq**

*“Worry worrier”*



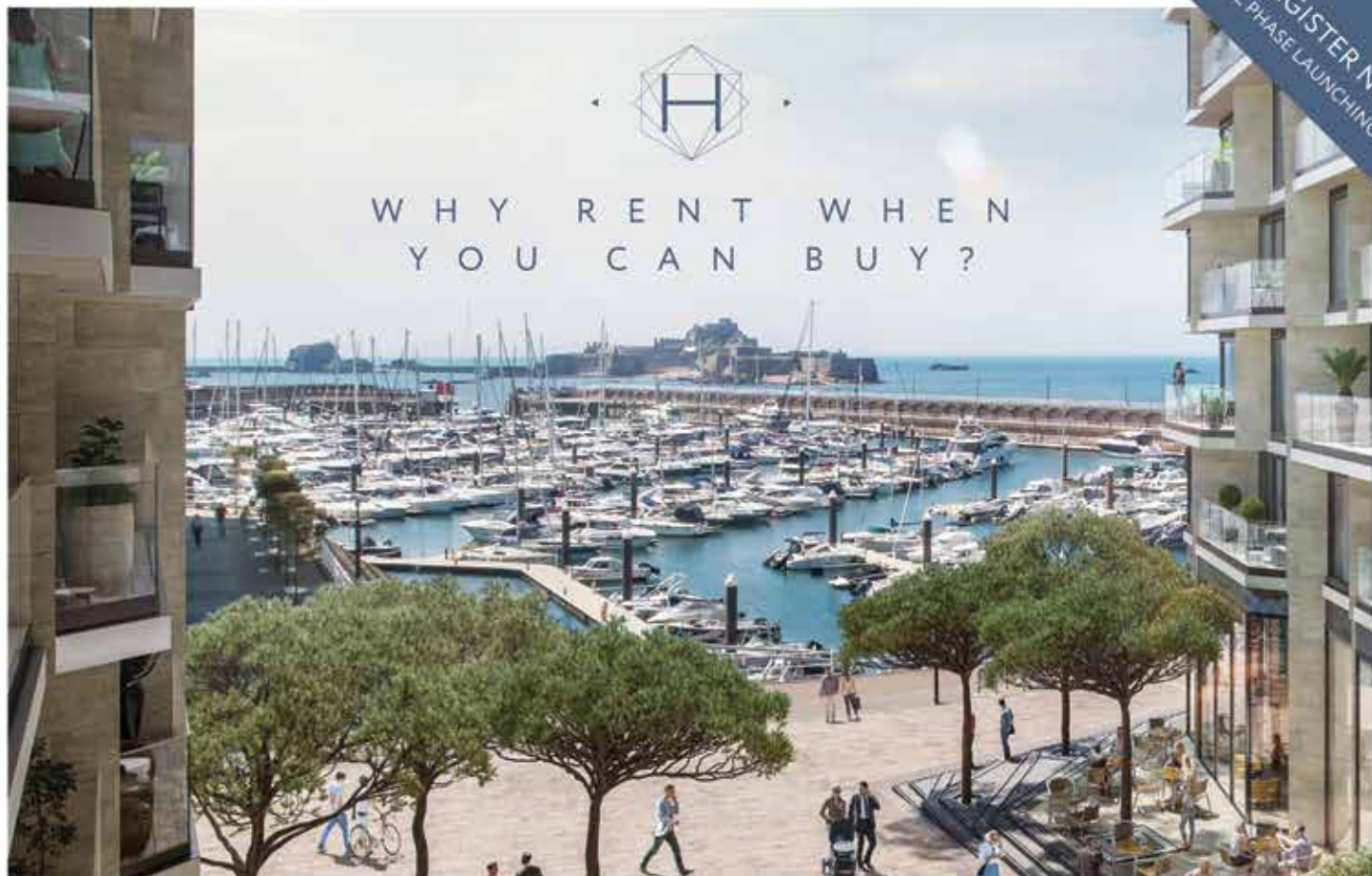
**Sandra Jasmins**

*“Everyone has a feminine side, no matter their gender. I feel feminine when I wear lipstick, my nan would have said it's because I'm a good cook. It all depends on what makes you feel feminine”*



Want to take part in our next edition of Boardom? Like us on Facebook to get involved!



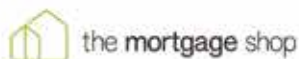


## WHY RENT WHEN YOU CAN BUY?

*If you've always dreamed of owning your own home,  
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<b>TWO BED APARTMENT</b> Price: £395,000	Borrowing 90%: <b>£355,500</b> <b>2.50% 5 Year Fixed*</b>	Over 30 Years - <b>£1,406.62</b> per month Over 35 Years - <b>£1,272.55</b> per month
<b>TWO BED APARTMENT</b> Price: £470,000	Borrowing 90%: <b>£423,000</b> <b>2.50% 5 Year Fixed*</b>	Over 30 Years - <b>£1,673.69</b> per month Over 35 Years - <b>£1,514.17</b> per month



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\*Your home is at risk if you do not keep up repayments on a mortgage or any loans secured on it. The Mortgage Shop is registered with the Jersey Financial Services Commission.

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