

gallery



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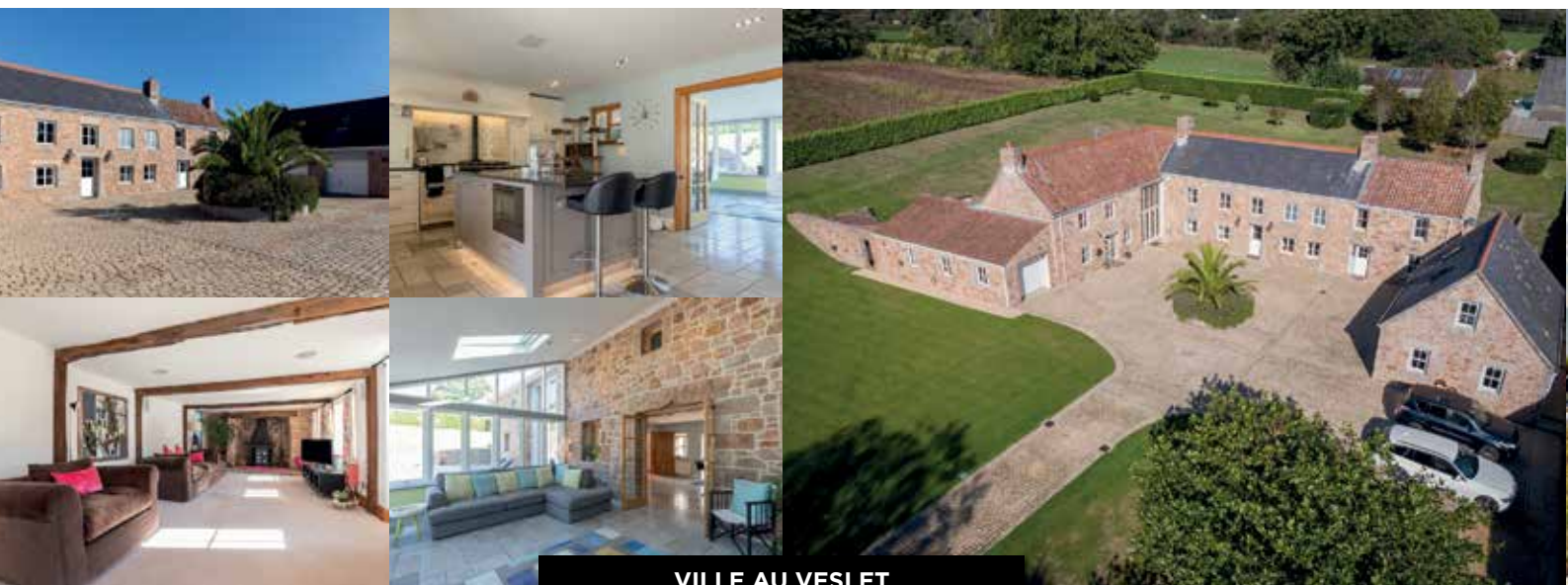


3 THE OLD HAYLOFT

3, The Old Hayloft is an immaculately presented granite barn conversion, located in rural St.Martin. This gorgeous property is situated within easy distance of the nearby school and parish amenities. Set over two floors, the light ground floor accommodation comprises a large entrance hall, sitting room, kitchen, dining room, utility and cloakroom. The first floor offers four generous bedrooms (two en-suite) plus house bathroom. The current owners have had plans passed to convert into the loft and can be easily achieved to create a further bedroom or playroom. Externally, the property boasts a fully enclosed rear large garden with allocated vegetable plot area, a shared meadow, pigsty and parking bay for three cars. A lovely home worthy of closer inspection.

Early viewing recommended to avoid disappointment.

SOLE AGENT ST. MARTIN £850,000



VILLE AU VESLET

On approaching this large 4,500sqft property via your own private drive way, you are immediately impressed by this exceptional granite residence. The main part of the house dating back to the 17th Century, now a fully renovated farmhouse, the whole property has been lovingly restored, extended and beautifully maintained. Situated in a stunning countryside location, the accommodation benefits from four double bedrooms, three bathrooms in the main house, a one bedroom cottage and double garaging with office space above.

With regards to living space you will find a fabulous Artizen eat in kitchen, a large sitting room with two wood burning stoves and a newly built large orangery. A property with many original features spread throughout, and externally provides privacy within the private grounds consisting of a large garden, heated pool with an electronic cover, bbq area, and large parking area. A wonderful family home.

JOINT AGENT ST. LAWRENCE £POA

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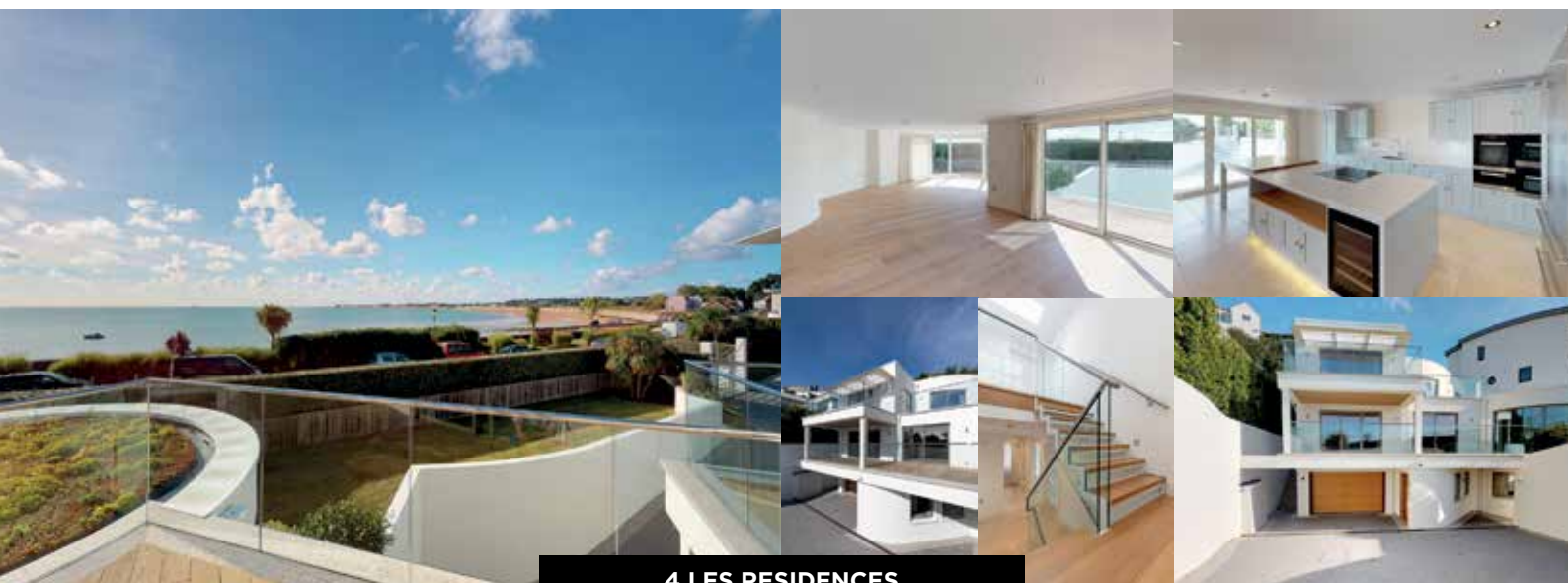
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VALROSA

First time on the market in over fifty years, this beautiful 1930's detached family home offers character and charm in abundance. Situated on a generous plot in rural St. Helier, the location enjoys a peaceful and quiet ambience yet is within a short drive to the centre of town. The 5,254 sq.ft of family accommodation is arranged over two floors with extensive reception space complemented by up to six bedrooms, complete with an integrated apartment - ideal for multi generation capability. Externally, the wonderful mature gardens amount to 2.2 acres - an ideal playground for children to enjoy the fauna and flora or for a keen gardener to enjoy their very own potting shed and greenhouse. A double garage with office space above and extensive levels of parking. A much loved family home that could be enjoyed as is for many years but also provides enormous scope for a future buyer to add their personality without compromise.

SOLE AGENT ST. HELIER £1,795,000



4 LES RESIDENCES

This stunning house was designed for easy living and set within a prestigious private gated development. Within a stone's throw of the beach and Gorey harbour, this detached contemporary house has been designed to take advantage of the sea views with a spacious layout over three floors, complete with an easily maintained landscaped garden, double garage and off-street parking. Constructed in 2014, the accommodation offers a large entrance hallway, leading to the family room, laundry room, cloakroom, additional storage room and an integral double garage all on the ground floor. Upstairs, there is a stunning light and airy kitchen with large balcony and double doors leading into the sitting room, three double bedrooms, all en-suite with additional terraces. An exceptional property which should not be missed.

JOINT AGENT ST. MARTIN £2,850,000



LIVINGROOM
The Channel Island Estate Agent

gallery

#161
[NEW SEASON]

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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FEATURE

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

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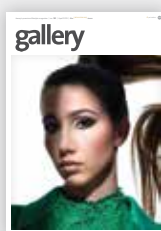
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edito

#161
[NEW SEASON]



COVER CREDITS

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By the time you read this, we should have Brexited. The dates were set, the time has passed, the money's been spent, the politicians have flapped for long enough. I'm just going to predict that it hasn't happened and won't any time soon. I have no crystal ball. I'm pretty sure crystal balls are nonsense anyway and that circus folk can't predict what's going to happen to the country or the economy by rubbing a glass sphere. Fortune tellers are charlatans (sorry Madame Kwang).

Being in a permanent state of will-we-won't-we has been pretty nauseating, but, whichever way it goes, we're just going to have to live with it. A huge mess that's taken place at a huge cost to us as taxpayers. Sort of like spending £60m deciding where to not put a hospital, right? Asking both sides of House of Commons to concur on Brexit is like asking the Crips and the Bloods to decide on a favourite colour. As I write this, EU leaders are agreeing to delay Article 50 and postpone Brexit. And laughing about it. It's amazing that something so significant to so many can provide such a source of humour.

We're a lifestyle title and I'm not here to sway you one way or the other. I have smart friends on both sides of the fence, or water, at least. It's just worth noting that something so significant has become such a, well, *meme of itself*. The 'Still M.A.Y' Dr Dre remix shared on YouTube last week just goes to show how such a serious issue has become a laughing stock (link below) in popular culture.

We elect people who become our representatives and then watch them argue and spend money failing to make decisions. Ultimately, it's our fault; we vote (or not) and allow the majority rule. Whether it's being able to control the straightness of your bananas, the ability of your dog to travel to France without quarantine or whether you want a garden between the Weighbridge and Liberation Square - you have the power to guide decisions. If you don't vote, others will. Therein lies the problem. I actually think it should be compulsory. If you're a taxpayer, you should be made to vote. You're buying your government, so choose what you're paying for. Caveat emptor.

BD

www.gallery.ie/stillmay

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NEWS IN NUMBERS

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people brought back to shore by the RNLI after being cut off by the tide at Elizabeth Castle

177

years after opening, Beghins shoe shop announces liquidation

2,400

plus semi-automatic weapons are currently registered in Jersey

21

medals collected by Special Olympics gymnasts

20

pound Jersey banknote forgeries discovered by local businesses

500

States employees are moved to a temporary building while redecoration works are carried out

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Government of
JERSEY

NEW SEASON

FOOD, FARMING & FASHION

INTERVIEWS Imogen Pickering
PHOTOGRAPHY Holly Smith

THE ARRIVAL OF SPRING WELCOMES LONGER DAYS, WARMER TEMPERATURES AND SEASONAL CHANGES IN MANY OF OUR ISLAND'S INDUSTRIES. TO FIND OUT WHAT THE NEW SEASON IS SET TO BRING, WE PROFILED SOME EXPERTS FROM THE FARMING, FASHION AND FOOD INDUSTRIES TO HEAR WHAT WE HAVE TO LOOK FORWARD TO IN THE COMING MONTHS.

LEE SMITH

HEAD CHEF AT SAMPHIRE

WHAT DOES THE CHANGE IN SEASON BRING TO OUR ISLAND'S FOOD INDUSTRY?

I think the transition from winter to spring is quite a big change for the food scene in Jersey. It kicks off the start of the Jersey Royal season, as well as asparagus. It also brings a whole new feel to the food being produced and cooked. Dishes are more light and fresh with flavours, and it's a sign that summer is on the way.

WHAT CAN WE EXPECT TO SEE ON SAMPHIRE'S MENU THIS SPRING?

People can expect to find things like peas, broad beans, asparagus, lamb, Jersey royals, rhubarb, wild garlic and plenty of lettuces and other leaves starting to come through. Scallops, monkfish and plaice are the fish coming into season, which we are lucky to have great fresh sources for in Jersey.

FOR YOU, WHAT DISH DEFINES THE ARRIVAL OF THE NEW SEASON?

I think spring lamb is a sign for me that the warmer months are coming. You just know that when it's available, everything you can imagine to compliment lamb like peas, beans and asparagus is also coming into season. These kinds of food start to bring different vibe into the restaurant as well.

WWW.SAMPHIRE.JE



LOUISE & LAURENCE AGNES

DOUET FARM

WHAT DOES THE ARRIVAL OF SPRING BRING TO DOUET FARM?

We love spring! The longer days give us more daylight for our farm jobs and gives the grass a good dose of sunshine, which makes it grow faster. Our goats and sheep have babies in spring too, which is lots of fun! It's also fascinating watching the hedging we've planted over the years come into bud and blossom. You can see it happening day by day - it's so lovely to see and a reminder that summer isn't too far away!

■

HOW DOES THE CHANGE IN SEASON AFFECT YOUR ANIMALS?

This spring is the first time we've had goats on the farm, and they've just kidded! We've had 80 baby goats born in just 3 weeks, so it's been very busy, but so much fun! Soon, our sheep will start lambing too and we'll welcome even more babies to the farm!

■

HOW DOES YOUR WORKLOAD ON THE FARM DIFFER DURING THE WARMER MONTHS?

Winter is usually quite quiet on the farm, although this year we've been busy building a new shed for our milking parlour and dairy processing rooms. Spring is a busy time of year, keeping an eye on all of the babies being born, and this coming summer will be really fun and busy, as we'll be launching our goats milk and cheese for sale! Exciting times!

WWW.DOUETFARM.COM



DAWN BALE

ASHWORTH & BIRD



WHAT DOES THE NEW SEASON BRING TO THE FASHION INDUSTRY?

Fashion gives us our identity and a glimpse of our personality, so the new season always brings excitement with the intent to inspire us. We're able to rethink what we wear and how to wear it.



WHAT DO YOU THINK WILL BE A KEY TREND FOR SPRING/SUMMER 2019?

For women, love it or loathe it, animal prints are still a front runner. We'll see these accessorized with macrame bags and woven sandals to complete the look. For men, denim is arguably the most classic trend that's set to stay. Swapping out darker denim in favour of light washes give an instant wardrobe update. Teamed with a tailored jacket, crisp white shirt or a simple tee and he's set for SS19.



WHAT CAN WE EXPECT TO SEE IN ASHWORTH & BIRD OVER THE COMING MONTHS?

We've changed direction quite dramatically this season. We've worked with Custom Made Menswear across our business for over 20 years and the growth we've experienced in Jersey has given us confidence to give Custom Made its own entity. Our new showroom is set up to inspire, with tailoring sampled in an array of cloths for business, formal and wedding suits. Our experienced team will guide customers through this experience from being measured, choosing fabrics and finalising every detail. All this can be done within an hour and the suit will arrive within 4 weeks Custom Made by us for you!

WWW.ASHWORTHANDBIRD.COM





TV REBOOTS FROM BERGERAC TO BEYOND!

BY GRANT RUNYON

ILLUSTRATED BY JAMIE LEIGH O'NEILL

20

For a long, lonely thirty years the faithful people of this Island have waited for beloved crime drama *Bergerac* to brighten to our screens again. Like a morning flight on a foggy Friday the promised return of Jersey's favourite son has never quite landed, and the advancing age of John Nettles had led many to give up hope that his iconic burgundy motor would once again drive into the tunnel and emerge in St Peter's Valley.

This made it all the more shocking when in February it appeared that decades of sacrifices to our pagan idol (Oscar the Puffin) had been rewarded: the Radio Times revealed to its core audience of geriatrics that a new series of *Bergerac* will definitely, probably, possibly happen. This is wonderful news for loyal fans, terrible news for St Aubin-based jewel thieves, but also encouraging for anybody with the creative vision to understand that Jersey's media profile doesn't need to stop at a *Bergerac* reboot. Our Island has more to offer than a Thursday evening slot followed by years of lunchtime repeats watched only by retired people and students. I've already taken steps to trademark the exclusive rights to a string of *Bergerac* reboot websites, and will be setting up both tour companies and a factory in Shenzhen to produce tea towels, but I have also developed a handful of Partridge-style pitches that can showcase Jersey's versatility as a setting for the full spectrum of TV entertainment.

Top Gear Jersey a.k.a. Second Gear

Once the BBC's flagship motoring show, Top Gear has never recovered from the departure of its former presenting team when paunchy Papa Bear Jeremy Clarkson biffed a producer because his porridge had gone cold. The show has thrashed about like a dying haddock ever since, perhaps because there's something truly indefinable about Clarkson's gifts as an engaging host despite being a wholly unpleasant man you'd avoid in any real-life situation. I can't remember the names of the other two. Perhaps the answer isn't just a new presenting team but a new format: the same supercars, but in a location where the average speed is now 20 MPH. At these speeds the BBC could slash insurance costs and more. We've already got the supercars, and also the flabby middle-aged men to drive them and speak in the trademarked Top Gear 'smug dad' voice. You could have celebs racing The Stig along the 5 Mile Road, a feature on the most lane-blocking 4x4s, and a regular comedy sequence where luxury cars are

cheekily parked across both disabled spots outside the supermarket. I guarantee within two episodes Clarkson will beg to come back, although as he's now an expensive item owned by Amazon it will take

days to get him through customs and then he'll be left on your doorstep in the rain.

Søddernjümpe: a gripping Scandinavian crime series set in the isolated community of Grouville

The British viewing public's appetite for damp, moody crime dramas from Northern Europe has yet to diminish. Where *Bergerac* presents a side of Jersey where the sun never goes down, we also have the opportunity to make dramatic use of the wet weather that would result in a visiting filming crew kicking their heels indoors like Sixth Form students waiting for it to be nice enough to skive off and head to the beach. We could work the Scandinavian angle

"The target audience for a *Bergerac* reboot is 40% millennials who'd watch it ironically and 60% OAPs who just can't understand the accents in Taggart."

by making the focus of the drama a glum, unsmiling detective from Sweden - who has decided to take a break from her miserable day job by working for the STS language schools in sunny Jersey. Little does she know that it will rain all the time, the Island is full of dark secrets, and that she will be drawn into a soggy murder conspiracy when the designer of a controversial bridge to France is found dead in rainy, mysterious circumstances. I'm telling you, whatever the opposite of 'hygge' is we've got it in spades.

Strictly Come Battle Idol: St Clement's Got Talent

The target audience for a *Bergerac* reboot is 40% millennials who'd watch it ironically and 60% OAPs who just can't understand the accents in *Taggart*. The other cultural event that both of these groups adore is the Battle of Flowers, most accurately described as "Brighton Pride, but aimed at the audience for Songs of Praise." Along these lines one of the more unexpected phenomena of modern telly is the resurgent popularity of shiny, sequinned Saturday night entertainment spectacles - which have roared back from the 1970s alongside other forgotten favourites like Arctic Roll, measles, and needing to have a permit to drive in France. A TV show that captures the thrilling lead up to the main event of Jersey's summer season has scope to offer everything that Saturday

night TV does best. We've got the glamour of the dancers, the artistry of the floats and the star power of Mr Battle. Who cares that H from Steps once turned us down, and that Jimmy Savile did the job twice? I don't think Peter Andre or the man from the Go Compare adverts will turn their noses up at the opportunity.

The Great British Crown Dependencies Bakeoff

The strength of "the *Bergerac* effect" on Jersey's international profile was something of a sore point for the other Channel Islands. I'm not going to use the word "jealousy," but it's fair to say that people in Guernsey are bizarrely enthusiastic about Midsomer Murders. Now more than ever the islands need to stand together, so if *Bergerac* looks set to return Jersey to its 1980s prominence its only fair that we spread our success around a bit. This can be achieved by a British cooking competition with a twist - that it's entirely themed around the personalities and produce of the bits of Britain that float in the English Channel. Master bakers from the three main Channel Islands (and Sark) will bombard each other with flour and treacle - with the stipulation

that recipes that contain potatoes and full-cream milk are shoehorned in whenever possible. The Jersey-based finale will of course require the contestants to bake a cake with Jersey hemp, black butter and sea lettuce. The winner is given the chef's job at either an over-priced garden centre tearoom or Sark's one remaining hotel.

A Game of Thrones: Isle of Dragons

I don't think anybody's had a similar idea before, but observing the enduring popularity of swords and sorcery entertainment has always made me think that Jersey would be the perfect setting for a high-budget fantasy epic. We have the castles and the dramatic cliffs, and what we lack in glamorous lead stars we more than make up for in an inexhaustible supply of horsey ladies and people who look as though they were born in a hut. Game of Thrones is about to come to its natural end but I've no doubt that the producers won't leave fans or their bank managers waiting for long. We need to make our bid to be next in line to the throne - easily achieved by forcing the inhabitants of St Mary to dress entirely in black and setting out a budget to return the parish aesthetically to the 1400s. Should be a couple of grand at most. As a bonus the special effects men will be thrilled when they learn how regularly the Jersey countryside catches fire.





Mike Waddington's Brikin' It Talk MINDEN PLACE DEVELOPMENT

THURSDAY 28TH FEB

Waddington's put together this brilliant "Brikin' It" evening to highlight Jersey's rich and lost heritage of brick making. Guests learnt about the central part the industry played in the crucial shipbuilding and cod-fishing industries in the nineteenth century. Millions of locally made bricks were used as ballast

on the ships heading to Gaspé, Canada, and then used there for construction. They managed to find a brick made by Charles Copp in Five Oaks in c. 1862 and had it shipped back from Paspébiac in Canada and unwrapped as part of the celebrations to promote the idea of reviving the use of brick on the Island.



Matthew Jukes Wine Tasting THE TOWN HALL

THURSDAY 7TH MARCH

For the third year, Canaccord Genuity Wealth (International) Ltd sponsored the 100 Best Australian Wines Roadshow with wine expert Matthew Jukes. This is Gorey Wine Cellar's flagship event and was rewarded by a sell-out evening. It is a

major coup to get someone of Matthew's global standing to visit Jersey. His ability to engage with wine lovers and novices alike is second to none. He is a wine raconteur and his interaction with those in attendance was much appreciated by all.



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**Private & Public
Exhibition Launch
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Fine Art Dealers, Private & Public, launched their fantastic exhibition 'Pop Icons of the 20th Century British & American Pop Art' on Friday 1st March. Hundreds of guests attended the preview keen to see artworks by some of the greatest American and British artists of the last century including Andy Warhol and David Hockney. Sales

on the night were brisk and there was especially strong interest in new works by the musician and painter Bob Dylan. The party atmosphere was helped along by a curated soundtrack from the 60's and video footage from Warhol's Factory as well as the many people who turned up wearing vintage clothing!



**Terre d'Italia's Spring
Prosecco Party
6 CALEDONIA PLACE, ST HELIER
TUESDAY 12TH MARCH**

Recently launched Italian wine and food shop, Terre d'Italia, hosted a wonderful Start of Spring Prosecco Party for selected guests and friends. Attendees delighted in sampling their cocktails and of course their superb Prosecco which comes from the steep hills of Conegliano-Valdobbiadene, just to the North of Venice. Since opening

in December Terre d'Italia has been gaining popularity amongst locals with their delicious and unique products sourced from artisans who are passionate about the originality and quality of their products. Pop in and visit their brilliant team at 6 Caledonia Place.

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HOWARD DAVIS PARK

ON A TINY ROCK IN THE MIDDLE OF THE OCEAN - ONCE CALLED 'JERSEY' - LIVES WONKY TOWN. WHERE A FEW SURVIVORS OF THE APOCALYPSE GATHERED TO TRY AND PIECE BACK TOGETHER THEIR VERSION OF CIVILIZATION. MADE UP OF 3 KEY DISTRICTS, WONKY TOWN IS UNDER SIEGE OF A CONSTANT STRUGGLE FOR POWER. THE BATTLE IS COMING.

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NEON
CITY

 **ROGER
SANCHEZ**
MELON BOMB

DISTRICT
12

THE PROTOTYPES
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**TEMPLE OF
BOOM**

TO BE CONFIRMED



3 MAIN STAGES, 10 VENUES, A BAZAAR AND A STREET THAT CONNECTS TWO WORLDS!
A LOT MORE NEWS TO FOLLOW PLEASE VISIT [FACEBOOK.COM/WONKYFACTORY](https://facebook.com/wonkyfactory)



Butterfield Jersey Office Launch Event

CASTLE QUAY

THURSDAY 14TH MARCH

Strong winds didn't stop 150 guests from attending the launch party for Butterfield Bank (Jersey) Limited on 14 March 2019. Butterfield Group Chairman and Chief Executive Officer, Michael Collins, welcomed guests, alongside newly-appointed managing director for Jersey, Noel McLaughlin. Also in attendance were employees from the new Jersey office,

representatives from Butterfield's head office in Bermuda, as well as colleagues from Butterfield Bank (Guernsey) Limited and Butterfield Mortgages Limited, based in London. Invitees were treated to a truly Bermudian evening, accompanied by Les Quennevais steel band and Bermudian-themed food and drink.



Hatstone Lawyers Office Opening

HATSTONE OFFICE

THURSDAY 28TH FEBRUARY

Hatstone Lawyers celebrated the opening of its offices in St Helier in style. Will Gorman and his team provided delicious canapes and fine wines that were enjoyed by all. Guests got the chance to explore Hatstone's well-appointed offices with exceptional views over Liberation Square

and the harbour. Hatstone enjoyed the opportunity to thank their clients and advisers with staff and representatives from all of Hatstone's offices in Jersey, South Africa, Panama and the BVI.

places

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*1/1/2019 - 22/3/2019. Source: Google Analytics

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JJLA Dinner
POMME D'OR HOTEL
 FRIDAY 15TH MARCH

The next generation of Jersey's sharp legal minds gathered last month to compare case notes over cocktails as The Jersey Junior Lawyers Association (JJLA) held their annual Black Tie Ball, with sponsorship from Robert Walters. With over 60 attendees from the majority

of firms in the island, this event is one of many exciting events lined up for the year by the organising committee. If you would like to become a member, get in touch with the JJLA.



THE WATERPLASH

JUNE 1ST 2019

GOOD VIBRATIONS

SURF MUSIC UNITY

80S SURF FESTIVAL
OLD SCHOOL SURF COMPETITION

IN ASSOCIATION WITH
MIND JERSEY

LIVE BANDS

ARTIST STALLS

WORKSHOPS

VOLLEY BALL 5 ASIDE FOOTBALL

APRES SKI DISCOTHEQUE

FOLLOWED BY THE AFTER PARTY



FREE DAYTIME EVENT

TICKET INFO FOR
AFTER PARTY ON
FACEBOOK PAGE



mind

Hemp

Breda

MADHATTER
SURF & SKATE SUPPLY

Rok

Dolan

goto

gallery

pet
OF THE
month

Vicki & Rudee

It's finally spring - the season of new beginnings, lighter evenings and of course, baby animals. No, he's not a baby lamb, but we think 16 week old Rudee is pretty cute.

How did you come into each other's lives?

I already have the absolute pleasure of being Mum to Rudee's full sister, Freda. She brings so much joy, love and happiness to our lives, as well as the typical bully stubbornness!

When her breeder told me she was thinking of having another litter, I jumped at the chance to bring a second pup home. Rudee was the first puppy that caught my eye. I felt incredibly lucky to be able to follow his journey and watch him grow. When he arrived here - it felt like he'd always been part of the family.

Describe your perfect weekend together?

We love walking and being out in the fresh air. The beach and sand dunes are our favourite places to hang out. Indoors, Rudee's favourite thing to do is torment his sister and any human that's around. He's always up to mischief!

If Rudee could talk, what would he say?

What wouldn't he say!? He's non stop! "Can I, can I?", "Are we there yet?", "Mum, I love you!", "Is it dinner time?", "Oh I'm very sorry mum for doing a poo in the garden centre...AGAIN!"

Vicki

Age: 37

Breed: Human

Occupation: Child Care Officer - Complex needs

Favourite food: Anything with Chillies

Pet hate: Bad manners

Happiest when: The sky is painted blue!

Rudee

Age: 16 weeks

Breed: English Bulldog

Occupation: Chief chewer

Favourite food: I'm wild for food, but my human will only give me dry stuff!

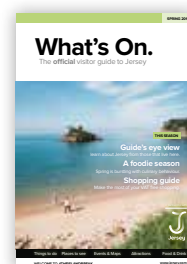
Pet hate: My Shadow - what is that even about?!

Happiest when: I'm tormenting my family, meeting new people and playing



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 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.



4/4 4-6 APR 10:00 - 19:00

Genuine Jersey Simply Spring

A colourful Springtime market event, celebrating the changing season and showcasing locally produced food and non-food goods. The event will feature Jersey's finest artisans encouraging both locals and visitors to 'think twice, buy local'.

The Royal Square, St. Helier, JE2 4SW

Free

+44 (0) 7797 780 383

genuinejersey.com



3/4 3 APR - 6 APR 09:30 - 18:00

Zest Festival 2019

A four day event celebrating the best of local food, service and skills that are on offer in the Jersey hospitality industry. Venues across the island will be hosting special events and creating bespoke menus. Taking place will also be workshops, masterclasses and competitions, such as cocktail-making, butchery, fishmongery demonstrations and lots more for the whole family to enjoy.

Pomme D'Or, St. Helier, JE2 3NG

Not applicable Price to be advised

+44 (0) 1534 721421

manager@jerseyhospitality.com

zestjersey.com



6/4 6 APR 20:00 - 21:00

Chris Thorpe: Status

We all have a nationality. Or almost all of us. Status is a show about someone who doesn't want his anymore. About running away from the national story you're given. About who is responsible for that story and what might happen to it if you give it up. Suitable for 14 years+.

Jersey Arts Centre, Philips Street, St. Helier, JE2 4SW

Not applicable

£18

+44 (0) 1534 700422

enquiries@artscentre.je

artscentre.je/event/status



8/4 8 APR - 18 APR 08:30 - 17:30

Easter Kids Adventure Days

Our Adventure Clubs are the perfect way to keep the kids entertained during the holidays. Your kids will be guaranteed a fun filled time, where they can make new friends, learn new skills and grow in confidence! Activities include aerial trekking, laser combat, zip wire, laser combat, king swing, climbing and more! Weekdays only, ages 7-14.

Valley Adventure Centre, La Mont a la Brune, St. Brelade, JE3 8FL

15 TBC

+44 (0) 1534 638888

info@valleyadventure.je

valleyadventure.je



11/4 11 APR - 12 MAY 10:00 - 17:30

Solo Exhibition Of Work by the Late Peter Knight at the Harbour Gallery

Peter Knight a very popular local artist very sadly died in April 2018. This exhibition will feature original pieces and prints on loan from family, some items will be for sale. The series will show the progression of his work. Peter Knight was a great friend of The Harbour Gallery and a tremendous help in setting it up in 2003.

The Harbour Gallery, Le Boulevard, St. Aubin, JE3 8AB

12a, 14, 15 Free

+44 (0) 1534 743044

info@theharbourgalleryjersey.com

theharbourgalleryjersey.com



13/4 13 APR 14:00

Jersey Reds vs Ealing Trailfinders

Come and watch the Jersey Reds and enjoy the family atmosphere at St. Peter. The Reds were promoted five times between 2005 - 2012 and now play in the Greene King IPA Championship, the second tier of English Rugby.

Rue des Landes, St. Peter, JE3 8AD

9.15 £10 - £20

+44 (0) 1534 499929

enquiries@jerseyreds.je

jerseyreds.je



13/4 13 APR - 14 APR 10:00 - 17:00

La Fête Du R'Nouvé

Welcome in the season of renewal at La Hougue Bie. Join Jersey Heritage for their mini boutique festival and celebrate the arrival of Spring with music, food, artists, creative activities and an unrivalled community atmosphere. Kindly sponsored by Islands.

La Hougue Bie Museum, La Route de la Hougue Bie, St. Saviour, JE2 7UA

13, 20 See website

+44 (0) 1534 853823

info@jerseyheritage.org

jerseyheritage.org



22/4 22 APR, 12 MAY, 27 MAY

14:30 - 18:00

Jersey Horse Races

A day at the races is great fun for all the family, and at Les Landes racecourse you can be guaranteed of a fabulous day out to remember. You can now buy your race and bus tickets online via bank card or PayPal. Save time and hassle by buying in advance in the comfort of your own home.

Les Landes Race Course, La Route de Grosnez, St. Ouen, JE3 2AD

8 Price to be advised

+44 (0) 1534 863484

secretary@jerseyraceclub.com

jerseyraceclub.com/2019-race-meetings/



22/4 22 APR - 9 MAY 10:00 -

Bouley Bay Hill Climb

The first hill climb was held in 1920 when the road surface was concrete. Today the club organises a number of hillclimbs a year and has a membership in excess of 500. Demanding, technical and challenging are just a few of the descriptions used by the UK competitors who visit each year for the British National Hillclimb championship. Ideal for all the family, with amazing views from the top of the valley.

Bouley Bay, Trinity, JE3 5AS

4 Free

+44 (0) 1534 852952

secretary@jerseymotorsport.com

jerseymotorsport.com/hillclimb

GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



It's almost duck hooking time...

Two charities, Girlguiding Jersey and Jersey Scouts, have been selected to benefit from fundraising activities at the 2019 Barclays Jersey Boat Show. Barclays, the event's lead sponsor, chose these charities after a thorough selection process. Each will receive an equal split of donations raised by the bank's fund raising activities at the show, including the return of the popular 'Hook a Duck' game. Managing Director of Barclays in Jersey, Paul Savery, said: "We are proud to sponsor our tenth Jersey Boat Show as well as support two fantastic charities that together help 1,600 young members develop important life skills."

Girlguiding Jersey provides a space for girls and young women where they can be themselves, have fun, enjoy outdoor adventures and gain valuable life skills. The charity will be celebrating its centenary year in 2019. Michele Peace, Island Commissioner, said: "I'm privileged to be Island Commissioner in such an important year for Girlguiding Jersey. We have wonderful plans to support our members in our centenary year. Jersey Scouts, the second charity that the Barclays Jersey Boat Show will be raising money for in 2019, supports and trains young people in Jersey. Glen Militis, Island Commissioner, said: "Thanks to the Barclays Jersey Boat Show, we will be able to develop our programme to prepare more young people with skills for life and improve the support we provide to the amazing leaders who deliver inspiring programmes to our young members."

The Barclays Jersey Boat Show will take place from Saturday 4 May to Monday 6 May 2019.

Rugby legend visits Mont Nicolle School

Grant Thornton Limited welcomed retired rugby legend Sam Warburton OBE to Jersey last month with a special visit to meet the children and teachers of Mont Nicolle School. His visit coincided with a great dinner and talk at the Jersey Rugby Club the previous evening, and a private breakfast event held on Friday, at the Radisson Blu Hotel, exclusively for Grant Thornton's local team.

"Sam shared with us the importance of setting clear goals, no matter how far ahead they may be", explained Adam Budworth, Managing Director of Grant Thornton Limited. "We enjoyed hearing about his sporting; personal and professional experiences in what it means to be able to achieve goals and how you adapt when those goals are not achieved."

Sam headed to Mont Nicolle School where he attended the School's Achievers Assembly, listened to the children sing a song, and handed out awards to those who have won prizes for their individual achievements. He finished his school visit with a quick game of tag rugby on the school's field with the after-school tag rugby team. Hopefully it will inspire some future Jersey Reds!



Symbolic, singing birds to feature on Jersey stamps

A set of six stamps featuring birds which can be sighted in Jersey will be issued by Jersey Post on Tuesday 5 March as part of the 2019 Europa stamp issue, National Birds. Illustrated by Mark Wilkinson, the set includes two Europa stamps which incorporate an innovative feature, enabling those with a smartphone to scan the stamps and hear the sounds of the birds. Each year, European postal administrations are given a stamp issue title to interpret and illustrate by PostEurop, the trade association that has been representing European postal operators since 1993. The aim of the joint stamp issue is to build awareness of each other's culture and history, with Europa stamps eagerly sought by collectors around the world. National Birds is the title for 2019.



Jersey Brain Tumour Charity celebrates huge donation from RBC employees

A massive donation of more than £44,206.40 from the team at RBC will cover, maintaining three, monthly brain tumour support groups for another 18 months and the use of a private counselling room for another year, say the Jersey Brain Tumour Charity. The charity has been stunned by the generosity of the RBC team, who have raised the money with a whole series of activities over the last 12 months.

The £44,206.40 raised will also support an improved website which will hold resources and guides for brain tumour patients and their families, friends and colleagues. Chairman Warren Simmons said: "This is an extraordinary act of generosity that is going to make a

huge difference to the ever-increasing number of people we support through the experience of having a brain tumour diagnosis. The monthly groups are a fantastic way for people to come together and support each other as well as speak to our trained counsellors and clinical specialist, and we know from their popularity that they make an enormous difference. Having a private counselling room is also incredibly important, because with the nature of our work we're talking to people every day about incredibly difficult topics at incredibly difficult times. We cannot thank RBC enough for this, it will make a huge difference."



Carey Olsen raises more than £41,000 for two Jersey charities

Staff at Carey Olsen have raised more than £41,000 for two Jersey charities – Friends of Special Care Baby Unit (SCBU) and Family Nursing & Home Care. The charities, which were chosen by staff to benefit from the firm's fundraising activities for a two-year period, were each presented with a cheque for £20,889.31 by the Carey Olsen Jersey charities committee earlier this month. Over the past two years the charities

committee have organised a series of fundraising initiatives, including the annual Carey Olsen Quiz Night, a tuck shop, cake sales, soup kitchens and 'open the box'. The scheme is part of Carey Olsen's wider corporate social responsibility programme in the island, which also supports local sport, music and the arts. Since its inception in 2013, the charities committee has raised nearly £110,000 for Jersey charities, with

funds previously going to Jersey Hospice Care, Jersey Alzheimer's Association, Jersey Stroke Association and the Royal National Lifeboat Institution.

Carey Olsen staff recently nominated Jersey Hospice Care's children and young adults project and the Jersey Society for the Prevention of Cruelty to Animals as their chosen Jersey charities for 2019 and 2020.

Flying flowers

WORDS Rebecca Evans

NOW I'VE GOT NOTHING AGAINST ANDY WILLIAMS, BUT THE MAN GOT IT ALL WRONG. CHRISTMAS IS GREAT AND ALL, BUT SURELY SPRING IS REALLY THE MOST WONDERFUL TIME OF THE YEAR? SPRING IS A SEASON FULL OF THE PROMISE OF NEW BEGINNINGS, WITH HOPE AND EXPECTATION FOR THE SUNSHINE-BATHED MONTHS AHEAD FILLING OUR COLLECTIVE HEARTS.

The evenings are steadily getting longer and lighter and the temperatures are starting to creep ever closer to double figures. After months of relentless grey skies and bare branches, nothing lifts the spirits in quite the same way as the first signs of new life sprouting from the hedgerows and poking its way through long-barren soil.

From the delicate snowdrops that suddenly carpet a woodland floor to butter yellow daffodils dancing in the breeze, spring flowers are one of Mother Nature's very finest creations. For the New Season issue I've looked at some of the greatest displays of floral fortitude in the world.

JAPANESE CHERRY BLOSSOM

Inspiring haiku poetry as far back as 794AD, the annual cherry blossom bloom or 'Sakura' throughout Japan is one of the most spectacular and recognisable extravaganzas of the natural world.

Each year in March, beginning in the south of the country and quickly spreading north, thousands of cherry trees burst back into life after the winter and proffer clouds of delicate pale pink flowers. Unsurprisingly, in a country built on traditions, the cherry blossom come with their own. 'Hanami' is the practice of viewing and enjoying the blossoms, and locals take every opportunity to get together and sit beneath the boughs with a picnic. So important to the Japanese is this bounty of blooms that parties are thrown at this auspicious time of year, and

many restaurants produce themed dishes for the occasion; from sweet pink rice balls to petal brewed beer. Even McDonalds get in on the act with a Sakura-inspired McFlurry. How very traditional.

Part of the magic of cherry blossom season is its unpredictability (despite the best efforts of the Japanese Meteorological Corporation, who monitor weather patterns from the previous autumn in an attempt to nail down the date) and the fact that a heavy rain shower or strong wind can decimate the whole show no sooner than it's begun.

If you want to experience this fantastic fortnight, then travelling to Japan for the last week in March and first week in April gives you the best chance of getting lucky.

If you don't mind a crowd then Yoshino, due south of Kyoto, is considered the best spot in the country, with 30,000 cherry trees to admire. Alternatively, Tokyo finds spaces amongst its skyscrapers and neon lights for expansive peaceful parks such as Shinjuku Gyoen where tourists and locals alike can take time out to admire the Sakura.



THE TULIP FIELDS IN HOLLAND

Distinctly more cultivated than the Cherry Blossom, yet no less impressive in number, crowds flock to Holland each spring to witness the tulip fields in all their rainbow-coloured glory.

Tulips have been farmed in Holland since the early 17th Century and the 'Tulip Mania' of the time is a recognised period in Dutch history. Originally imported from Turkey, the flat land, long springs and cool evenings of Holland turned out to be perfect growing conditions for tulips and they became so sought-after that at one point a single bulb was worth as much as an Amsterdam canal house!

While they are slightly more affordable now they are no less popular, and despite not being native to the country the tulip has since been adopted as Holland's national flower.

The majority of the 1.5 million tulip tourists visiting Holland each year head for Keukenhof gardens. Around 30 minutes outside of Amsterdam this whacking great wonderland is home to an astonishing 7 million flower bulbs, with carpets of flowers in every imaginable colour (except blue), as far as the eye can see.

The best time to visit is early April to early May. Blomencorso, Holland's very own yet ever so slightly bigger version of the Battle of Flowers is held in mid-April and spectacular floats take a 40km route viewed by over a million spectators.



DAFFODILS IN THE LAKE DISTRICT



Ever since William Wordsworth 'Wandered lonely as a cloud' in the early 1800s, the Lake District has been synonymous with hosts of golden daffodils.

Rolling green hills reflect in sparkling lakes; fluffy clouds scud across blue skies; lambs gambol in the fields and pretty villages are populated by slate-stone cottages. Gift shops burst with Beatrix Potter books and

mittens made from local wool, and it's almost impossible to make it through an afternoon without finding yourself knee-deep in a cream tea. The Lake District in spring is the very essence of the English Countryside.

You don't have to travel far in the area to locate swathes of dancing yellow blooms, but one of the best for a fan of the

aforementioned poem is Dora's Field in Rydal. Purchased by Wordsworth himself in memory of his Daughter and planted with hundreds of bulbs, the land is now owned by the National Trust and serves as a wonderful annual floral tribute to both Dora & Wordsworth. In order to catch the best of the spring flowers in the Lakes, you'll want to visit from Mid-March to Mid-April.

Culture News

FESTIVAL



La Fête Du R'Nouvé

La Hougue Bie, 13th-14th April, Free for Jersey Heritage Members, normal entry price for non-members.

La Hougue Bie's mini boutique festival celebrates the arrival of Spring with music, food, artists, creative activities and an unrivalled community atmosphere. Join the celebrations under a canopy of trees, bring a rug, hang out and look forward to warmer weather together. Sponsored by Islands.

TALK



Lunchtime Talk: Ancient Oils

Jersey Library, 12th April, 1:10pm-1:50pm, FREE

Jersey Library is delighted to welcome Juanita Shield-Laignel MFHT in 2019 for a series of lunchtime talks entitled 'Practical Natural Health & Wholeness.' An author, artist and trained aromatherapist for 27 years, Juanita's talks will be filled with information, ideas, demonstrations, tips and practical uses for essential oils and other natural products. These lunchtime talks will take place in the Jersey Library on the second Friday of every month, starting 4 March and running until 8 November.

EXHIBITION



L'Ile dans les Iles

Jersey Arts Centre, 1st-27th April, FREE

Olivier Meriel was born in Saint-Aubin-sur-Mer in Normandy and has been taking black and white photos for 40 years. Inspired by a life of memories and fresh encounters, his work is based on the dialogue between light and shade, and the composition of foreground and background. Time spent in the laboratory is fundamental to him. His work resembles that of a musical composition: his negative, the score; the development process, his interpretation.

Although he works with the lights of the South (Tuscany, Serbia, Palestine), his lens has always remained faithful to the places associated with Norman history; Norway, Iceland, Scotland, Ireland and Sicily ...and, of course, the Channel Islands. Olivier invites us to discover the Island's shores and inhabitants - strong and endearing visions in these landscapes and faces.

St Mark Passion by Charles Wood

The Town Church, 7th April, 6pm-7:15pm, FREE

A liturgical performance of the Passion Story in a vividly dramatic and moving musical setting. Internationally renowned soloists, Matthew Vine (tenor) and Simon Gallear (bass-baritone) will sing the parts of the Evangelist and Jesus.



PERFORMANCE



The Boiling Sea v1.3 (children of the rabbit god)

Jersey Arts Centre, 13th April, ticket £13, discounts for members/concessions

Back by popular demand, former youth theatre member Jonny Liron returns to Jersey Arts Centre with his UK theatre company, Wolf Kid Theatre, whose shows set out to explore difference, commonality, magic and revolution. A diverse group of artists from different backgrounds once again explore how we are both divided and brought together by race, gender, class, ability, age and sexuality, amongst other things, that may and may not define us. Part-rehearsed and part-improvised, the company will have spent the week leading up to this performance working in the Benjamin Meaker Theatre and responding to Jersey itself. Things that might happen, include: dancing, telling stories, falling, invoking, laughing, fooling, playing, listening, making blessings and speaking curses. What does it mean to be different from one another? What do we have in common? What sort of magic might we each be capable of? A work-in-progress sharing of an anarchic, visual and sensitive show that will once again try to do something genuinely exciting, beautiful and political.

PERFORMANCE



MET OPERA: Die Walküre

Opera House, 14th April, tickets £17.50 concessions £15.50

Featuring some of the most glorious music ever written—including, of course, the Ride of the Valkyries—Die Walküre is the second of the four operas that comprise Wagner's Ring cycle, a story of monsters, gods, and humans on a superhuman scale. When twins Siegmund and Sieglinde find each other at last, Siegmund promises to release Sieglinde from her forced marriage by killing her husband, Hunding. The god Wotan instructs Valkyrie warrior Brünnhilde to defend Hunding. But, moved by the twins' mutual devotion, Brünnhilde refuses to obey, forging an alliance with Sieglinde that has far-reaching consequences for them both. Soprano Christine Goerke sings Brünnhilde, tenor Stuart Skelton and soprano Eva-Maria Westbroek are the love-struck twins, and Ring cycle veteran Philippe Jordan conducts.

SHOW



Jersey Green Room Club: CATS

Opera House, 4th-13th April, tickets £26 concessions £24

The Jersey Green Room Club is proud to present Andrew Lloyd Webber's world-famous musical CATS, based on Old Possum's Book of Practical Cats by T.S. Eliot. This show-stopping musical tells the story of The Jellicle Cats on a special night when they must decide which cat among their ranks will ascend to the Heaviseide Layer and come back to a new life.

Featuring wonderful songs including the legendary Memory, you will be introduced to an array of feline characters, including: Rum Tum Tugger; Mr Mistoffelees; Macavity; Old Deuteronomy; and Grizabella.

ENSEMBLE



Paval Haas Quartet

Jersey Arts Centre, 24th April, tickets £20, discounts for members/concessions

The Pavel Haas Quartet was founded in 2002 by the violinist Veronika Jaruskova and the violist Pavel Nikl, who was a member of the ensemble until 2016. Yet their collaboration has continued – Pavel Nikl has been the ensemble's permanent guest for string quintet performances. Following their victory in the Prague Spring Festival Competition and Premio Paolo Borciani in Reggio Emilia, Italy in 2005, the Pavel Haas Quartet soon established themselves as one of the world's most exciting contemporary chamber ensembles. Performing at the most renowned concert venues around the globe, the PHQ have recorded six critically acclaimed CDs to date, which have received numerous prestigious awards. The ensemble members studied with Milan Skampa, the legendary violinist of the Smetana Quartet. Programme includes: Shostakovich: String Quartet No. 7 / String Quartet No. 8; Dvorak: String Quartet No. 14 in A-flat major, Op. 105, B.193

JERSEY OPERA HOUSE



BARKING DOG PRESENTS:

Catchy sing-along songs and lots of surprises

Teddy's Picnic (6 yr and under): 10AM & 11.30AM

Alice In Wonderland (5 – 9 yr): 2PM & 3.30PM

FRI 12 APRIL ADULT: £7 CHILD: £5



THEATRE TOURS & AFTERNOON TEAS

Discover over 150 years of theatrical history

SAT 13, 20, 27 APRIL | 2PM TICKETS: £19.50*



MET OPERA: DIE WALKÜRE (SCREENING)

A Wagnerian event for the ages // Starring Christine Goerke as Brunnhilde

SUN 14 APRIL | 5PM TICKETS: £17.50*



NT LIVE: ALL ABOUT EVE (SCREENING)

Starring Gillian Anderson (X-Files) and Lily James (Mamma Mia!)

SUN 28 APRIL | 7PM TICKETS: £13.50*



IN THE NIGHT GARDEN LIVE (LIVE SHOW)

Full-size costumes, magical puppets, and enchanting music

WED 1 MAY: 10AM, 1PM & 4PM | THU 2 MAY: 10AM & 1PM

ADULT: £17.50 CHILD: £15.50

*Check for concessions and/or member discounts

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DUST 'TIL DAWN

With a desire to tell stories, explore people, places and communicate passion, local filmmakers SlingShot films advocate the power of working with like-minded creatives to bring a vision to life. The premise behind their latest personal project, “Gold Dust”, came from the desire to explore the notion of skateboarding. With a particular interest in the visual impact of the sport, Mark Errington and his team worked alongside local photographer, Andy Le Gresley, to capture the colours, explosive movements and precise details that occur in the sport, but can often go unnoticed.

Through incorporating highly-saturated powered paint, the creative team were able to capture the sheer power and precision associated with skateboarding.

“We ended up with something far more visually impressive than we imagined,” says Mark, “the setting was incredibly important to us; we wanted to incorporate Jersey’s incredible coastline and juxtapose it with the traditional urban visuals of skate culture for a really impactful end result.”

For Mark, the collaboration with like-minded individuals to bring these types of projects to life is of paramount importance. Prior to filming, the team were introduced to local skateboarder and advocate for the Jersey Skateparks Association (JSA), Dillon Catney. Dillon later introduced the team to another JSA member, Eddie, who helped give further substance to the project in providing

their ideas and helping translate the message of the JSA to the film.

“Collaborating with other creatives is very important for us. When you bring together different people with a variety of skill sets, it helps give more dimension to a project. We really thrive from working with other creatives who are equally keen and as ambitious as we are. For ‘Gold Dust’ in particular, the collaborations we had really enhanced the end result.”

“We really thrive from working with other creatives who are equally keen and as ambitious as we are.”



No stranger to working closely alongside individuals from other creative industries, Mark advocates collaboration over competition as a means of professional growth.

“Having a good working environment on a set so as to share ideas is always beneficial, as it keeps you inspired and pushes you out of your comfort zone. In our experience, surrounding yourself with equally ambitious and creative-minded individuals can only lead to great things.”

There's no question that there's no lack

CONTINUED...

CONTINUED...



of creative talent on our island, but with the finance industry continuing to have such dominance over local graduates and school-leavers, Mark believes that more should be done to educate students on the availability of creative careers.

"We live in a time where people communicate in a much more visual way, whether that be through videography, photography, design, or any kind of visual medium. Even though I think Jersey's creative landscape is definitely growing, I do think there needs to be more opportunities for students and graduates looking to go into the creative sector.

There's a lot to be learned from both training and working for bigger production

"Working for both the BBC and the Olympic games in Rio gave me a real insight into the industry that you just don't get to see on the island."



companies - if this means working with off-island businesses to further young people's knowledge and experience, it would benefit not just the individual, but the island's creative sector as a whole. For me, working for both the BBC and the Olympic games in Rio gave me a real insight into the industry that you just don't get to see on the island."

Not only with the hope of seeing growth in our island's creative industry, Mark hopes his business will be a catalyst for both his personal and professional growth.

"I want to see SlingShot become part of the bigger picture. We constantly strive to work with new and exciting brands, both on and off-island, to further develop our expertise and test our creativity in new ways. The realm of video is an ever-changing industry and one that we are constantly excited by. Personal projects such as 'Gold Dust' are hugely important for us, as it allows us to be ambitious with our ideas, help further develop our skill set, whilst being inspired and building strong working relationships with equally ambitious creatives"

**To find out more, visit
www.slingshotfilms.co.uk**





LOCAL SCHOOLS GET ARTY WITH THE SKIPTON SCHOOL MURAL PROJECT WORKSHOPS

CLOCKWISE FROM LEFT: Ben Misson, Glen Fox at Plat Douet School, one of Ben's murals, Year 5 students at Plat Douet, BOKRA's 40ft high mural

15 different schools across the island are getting creative as they welcome professional artists into the classroom through workshops as part of the Skipton School Mural Project.

Through the project, 15 murals are being created in schools across the island by a collection of artists and over the next few months the artists are working with the students in workshops to encourage the children to create their own artwork which will then inspire the final mural.

The project is being produced by ArtHouse Jersey and their Director, Tom Dingle, said he hopes the project will have a lasting impact on the students and the wider school community: "This project is all about giving children the chance to express, develop and showcase their creativity by working alongside professional artists to create a mural which celebrates their school community. It is wonderful to see children from as young as five-years old right up to young adults get the chance to engage with artists who can help them develop their skills and passion for the arts".

Ben Misson is just one of the local artists involved with project. He first started experimenting with pressurized paint cans at university but when Ben returned to Jersey years later he found there weren't many areas available to encourage artists to experiment with graffiti as a form of art. After being back on the rock for a while he found other like minded graffiti artists creating work under the names SAO2971 and PANZA. Together they formed INKRAMENTAL (IKM) - an artist crew. They rented a studio together and slowly other artists joined.

Over the years as a crew they've put on productions at Reasons festival, Peas and Glove, Jersey Live, Guernsey Live as well as at the Skatepark. We caught up with Ben to ask him about the project.

What made you want to get involved in the Skipton School Mural Project?

I was so impressed when I saw a fellow crew member of IKM BOKRA create a 40 ft high mural at Columberie as part of

another ArtHouse Jersey project. I'd only heard good things from him about the process and he emphasized how rewarding the experience was as a whole. Now I can safely say it has been one of the most rewarding experiences of my life. At the start of the year I got organized and applied myself to this project. It has taken a lot of compromise with my 9-5 boss who has been very understanding and compromising as well as having my faithful diary not far from my side.

Tell us about the plans for the Mural at St Martins School.

The theme for the piece is Music and the style of the piece is Graffiti- (which we call graff for short.) The obvious direction would be to aim towards a hip-hop themed piece but it hasn't been the case. The children have produced the ideas, with a little guidance so it's really been up to them. Their thoughts have been over wide-spanning elements from Mozart

"The furnace of their imagination is burning brightly and all they need is an outlet for that energy"

to Coldplay and from Snoop Dogg to Christmas music. I'm really looking forward to adding all the elements together and creating something produced by so many imaginations!!

The Skipton School Mural Project is the perfect chance to engage with children on an artistic level and inspire the future generation of could be Graff artists.

What has been your favourite part of the workshop so far?

My favourite part has to be the reaction of the class to the anamorphic 3D graff of Portuguese artist Sergio ODEITH. His work features the use of 3 planes and not just a flat wall (2D) to produce 3D images of giant spiders crawling on walls and alligators suspended in tanks of water.

Class engagement is another part of the process that shows what the children think about certain things, not every answer is on subject but that's the point of a brainstorm! The furnace of their imagination is burning brightly and all they need is an outlet for that energy, it's a bit of an honour, really, to help them to harness and focus their imagination.

Why do you think it's important for the kids to be involved in a project like this?

I think people learn habits of self empowerment from their environment, but I also think that people can be encouraged to a greater degree of self confidence and overcome this. I think that some people are naturally better at certain things (say drawing in this case) but with the right honing of skills and having a positive feedback loop the overall class can be brought up to a level where they feel good about what they've created and confident to embark on the next mission. The children can go above and beyond what they thought they were capable of and I think that's the best thing ever.

Skipton School Mural Project Schools and Artists Partnerships

St Saviour's School - Karen Allenet
Grainville - Matt Dufour
Le Rocquier - Mark Clure
Bel Royal - Tim Le Breuille
Samares - Jodie Carney
Springfield - James Carter
St Peters - Ian Rolls
JCG prep - Eliza Reine
St Martins - Ben Misson
Hautlieu - Lulu MacDonald
VCJ Prep - Clare Morvan
Grands Vaux - Lauren Radley
Trinity - Amy Dorey
Plat Douet - Glen Fox
Grouville - Gabriella Street



MEET THE ARTIST WILL LAKEMAN

WILL LAKEMAN IS A JERSEY-BORN PHOTOGRAPHER AND WRITER. HE IS THE CHAIR OF THE SOCIÉTÉ JERSIAISE PHOTOGRAPHY SECTION AND WILL BE PART OF A JOINT EXHIBITION AT PRIVATE & PUBLIC GALLERY FROM THE END OF APRIL.

TELL US A LITTLE ABOUT YOUR WORK

I'm socially awkward, so I take pictures either at night or in locations where there aren't many people around. I have been obsessed with wandering around dark and deserted places since I was old enough to get lost without my parents calling the police. The Island is small and the lights going out gives your imagination a lot more space to expand into, like exploring a darkened city in another world. I grew up in Grouville though, so it didn't take long for that sense of mystery to be replaced by the realisation that everything closed at 7PM. I still try and use everyday locations to create strange and colourful scenes.

WHAT ARE YOUR INFLUENCES?

I know little about art, so my main influences are the horror movies and computer games that warped my growing mind. I also went through a period of experiencing synaesthetic hallucinations (Google it) which probably explains why I am obsessed with bright colours and also afraid of certain innocuous household objects. I'm influenced by the films of David Lynch, Dario Argento and the cyberpunk genre, the cover art from science fiction paper-

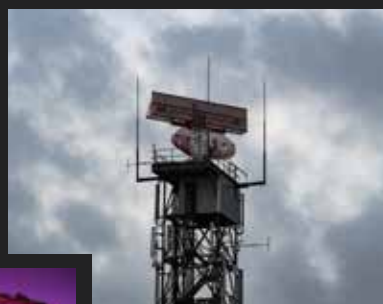
backs and the interiors of bunkers. Photographers I enjoy include William Eggleston, Greg Girard and Todd Hido.

YOU DON'T TAKE VERY TYPICAL PHOTOS OF JERSEY - IS THIS DELIBERATE?

Yes. Maybe I lack the technical aptitude, or I'm just sick of seeing photos of the white house or La Rocco Tower. There's thousands of them and it's boring. I would rather take photos of things people don't recognise, or things they do recognise and don't particularly like. My favourite buildings are the Energy From Waste plant, the Fort Regent dome and the Hue Court flats.

WHAT DO YOU DO FOR A DAY JOB?

I dropped out of school at 16 to wear the Humphrey the Lion suit, but it turns out I'm allergic to felt. I'm now a specialist retail marketing consultant. What that means is that I advise shops and supermarkets on the most confusing place to put the eggs. I'll never run out of work because we like to swap them around every six months to catch you out when you're trying to get the ingredients together for a fry up.



SEE WILL'S PHOTOGRAPHS AT PRIVATE & PUBLIC GALLERY FROM THE LAST WEEK OF APRIL. WWW.PRIVATEANDPUBLIC.COM



CHAIRMANWILL
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DATE FOR THE DIARY!

In *The Night Garden* is probably the only lullaby-filled children's TV programme that has almost caused a parental riot. Why? Because when CBeebies once moved the tots' favourite - featuring the adventures of Igglepiggle, Upsy Daisy, Makka Pakka and friends - from its bedtime slot to an earlier one, it prompted parent petitions, outrage, and a swift u-turn from the BBC.

Igglepiggle and co returned to their popular evening slot, and they've remained there ever since: *In the Night Garden* is the BAFTA award-winning series that's been one of the Beeb's most-watched shows for a whopping 12 years. Only 100 episodes were ever made - so toddlers and their parents around the country will be elated that, following 2010's sell-out live touring show, *In the Night Garden Live* is coming to Jersey with a brand-new show and a brilliant new story to tell on 1 and 2 May.

It's part of a tour of 40 regional theatres which promises to thrill toddlers and their parents or grandparents: there's a reason celebrities including singers Adele and Robbie Williams, Rio Ferdinand, Billie Piper and Amanda Holden are amongst those who have flocked to see *In the Night Garden Live*.

But it's the puppets on stage who are the stars of this show. Whilst the average grown-up might watch *In the Night Garden* and see a strange

plot of cuddly characters apparently speaking gobbledegook to a soporific backdrop, it's all sophisticatedly-tailored linguistics to captivate pre-schoolers. Andrew Davenport, the show's creator, explains: "The characters speak almost entirely in play language, which is hugely important to language development. Children recognise the nursery rhyme silliness of it, they love the funny language and characters and they love the whole fantasy of the *Night Garden* world."

It might be all about having fun, but the makers of *In the Night Garden Live* took the responsibility of putting on what will be a lot of the audience's first trip to a theatre very seriously. As Oliver Seadon, producer of *In the Night Garden Live*, puts it: "It's such a heart-meltingly brilliant thing to hear the hysteria when Igglepiggle first appears on stage in front of his little fans - there's a sort of glow of happiness throughout the theatre. In their minds he exists - he's real - and they're all so excited to see him".

To guarantee that reaction with the latest show, the producers called in world-renowned theatrical experts, which is written by Bing Live writer Helen Eastman, with the puppets' costumes designed by Tahra Zafar. A costumer, puppet and animatronics expert whose career spans the blockbuster Harry Potter and Star Wars films, Zafar even worked with the Queen on her first (and only) acting role, as she was head of costumes at the 2012 London Olympics and Elizabeth II starred in the Opening Ceremony. Yet ask the creative whiz what character she's most proud of working on in her three-decade-long career, and the answer isn't Hermione or Obi Wan-Kenobi - it's Upsy Daisy.

The always-happy dolly with red, pink and yellow hair who Zafar helped create for the original In the Night Garden TV show is, she explains, "just smashing. She's a girl character who avoids the usual stereotypes - she isn't overly bossy, or stuffed with props".

The designer is passionate about the importance of children's theatre under the shadow of cuts to the arts in schools. "Straitened budgets and a 1950s-style emphasis only on reading, writing and arithmetic means that creativity is being sucked out of schools," she believes. "So it's more important for us on In the Night Garden Live, and in children's arts in general, to make sure we do our jobs really well. We have a responsibility to get everything to right to fill that gap. Children's theatre is about being together, taking in a shared experience, escaping everyday worries, being taken somewhere different."

That somewhere different is Igglepiggle's Busy Day, as In the Night Garden Live tells the tale of Igglepiggle's search for his friends, following their funny sounds until he finds them all. Fans will spot all of their favourites. Zafar has spent months working on the design of the characters "because, to the children in our audience, In the Night Garden's characters are like friends that they know really well: they have to look exactly as they do on their screens at home." And the show's writer, Eastman says "All our favourite characters feature in the story, as do the rituals of the Night Garden."

That sense of responsibility is echoed by Will Tuckett, the Royal Ballet stalwart, Olivier award-winner, and one of the Royal Opera House's top choreographers, who is director of the new In the Night Garden Live stage show. "It's not just the actual show that we want to be perfect for our

young audience, but the whole theatre experience," Tuckett explains. "We've trained all the front-of-house staff to make sure everything runs smoothly - after all, it's not every show that sees hundreds of buggies arrive! We're making sure the show works for parents as well as their children."

Tuckett's favourite thing about In the Night Garden Live is that "its style is perennial - a make-believe world, all about how friends operate, how small children play, how they learn about texture, communication - it's very relaxing to watch. Parents might initially think it all looks a bit weird - but kids absolutely love it, and parents love watching their kids love something."

Like the rest of the In the Night Garden Live crew, Tuckett knows he has "a really precious audience for Night Garden. For so many this will be their first time in a theatre; we want the families to go back to see something else, for the theatre to feel like a place they all enjoy going to, to see magical shows. It's a big responsibility."


"It might be all about having fun, but the makers of In the Night Garden Live took the responsibility of putting on what will be a lot of the audience's first trip to a theatre very seriously"



In The Night Garden - Jersey Opera House

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PHOTOBIMODULATION

Light Therapy, drug-free pain relief and better healing!

WORDS Grant Kanaar

Photobiomodulation therapist, Laserway

It is a well established fact that light has powerful effects on living organisms. Significant research has focused on applying specific wavelengths of light directly to skin of individuals in an attempt to effect positive changes with a wide variety of ailments, including pain reduction of various origins and tissue healing. The results are often dramatic and long lasting.

Red light therapy, formally known as photobiomodulation, uses different wavelengths, intensities and durations of application, depending on the ailment. The non surgical, therapeutic application can be used as a highly effective treatment for all manner of conditions, including arthritis, ligament, tendon, cartilage or nerve damage, migraines, acne, tennis elbow, even smoking addiction.

Light is absorbed by certain components - cytochromes - in the cells of both tissues and blood. This causes beneficial changes in nerve fibers, muscle, connective tissue and blood. Both chronic and acute pain, caused by many ailments, are often quickly and effectively controlled.

Laser light, mostly in the red area of the spectrum, (635 to 904 nanometers (nm)) has received considerable research attention.

The therapy is referred to as low level laser therapy (LLLT), red light therapy or photobiomodulation. Low levels lasers operate at such a low power level that they do not burn the skin and are completely painless.

“The non surgical, therapeutic application can be used as a highly effective treatment for all manner of conditions.”

The visible red wavelength (635nm) is the most effective for treating problems close to the surface, such as acupuncture points, cuts, scars and wounds. At the near-infrared portion of the spectrum (890nm-904nm) light of this frequency penetrates to a depth of up to 9 inches. Because of its ability to achieve deep skin penetration, near infrared lasers are highly effective in treating bones, joints and deep muscles.

To give a more technical explanation of how photobiomodulation works; when light is absorbed within a cell, singlet oxygen is produced which in turn causes a change in proton gradients across cell membranes including the mitochondria - the energy storehouse within cells which produces adenosine triphosphate (ATP). Cell membrane permeability increases, leading to increased ATP levels and the cells become more energetic. Subsequently, increases in DNA production, endothelial cell production and fibroblast proliferation occur. In addition,

the application of near-infrared energy increases the nitric oxide content of the blood and blood plasma, resulting in enhanced tissue perfusion, neovascularization and successful wound healing.

For more information on how low level laser therapy can help treat your chronic or acute pain, contact the team at Laserway for an initial consultation. An effective stand alone treatment or can be used in conjunction with your current physio or chiropractic therapy.

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Beauty Products

We round up some new and exciting products just launched for 2019..



Cressida Harte

Rainbow Unicorn 5 Piece Brush Set

Available from Voisins

These unique vegan friendly make-up brushes with super, super-soft hairs are created to be kind to the skin. So cute these would make the perfect gift for the make up lover in your life.



Sisley

Sisleya L'Integral Hand Care

Available from Voisins

Complete anti-ageing care that plumps, smooths, hydrates, nourishes and protects while combating dark spots to treat all the visible signs of ageing on the hands and to lavish them with the same care as the face.



Jo Malone London

Wild Flowers & Weeds

Available from Voisins

A collection of limited edition scents inspired by the unruly weeds and wildly-wonderful plants and flowers that line the countryside. Surprising concoctions with unexpected beauty - pop into Voisins to try them out.



Clarins

Clear Out

Available from Voisins

In a spot of bother? Clear-out will zap zits quickly. Designed to help you break up with breakouts for good - and embrace that flawless nature of yours. Infused with salicylic acid to take down swelling, meadowsweet extract to clear clogged pores and purslane extract to soothe, it's our new favourite magic wand to banish any blemish.



Clinique

Fresh Pressed Vitamin Retinol Duo

Available from Feeluniqu

A powerhouse pairing that combines Vitamin C and Vitamin A for their synergistic benefits, delivering prescription-level results against visible wrinkles. For both day and night, the skincare boosters will leave skin feeling brighter and revived. Stay-fresh packaging protects the potency for maximum effectiveness and results.



BareMinerals

Skinlongevity Vital Power Eye Gel Cream

Available from Feeluniqu

A lightweight eye gel cream, powered by mineral-rich long life herb, that hydrates and brightens the delicate skin around the eye area. California poppy adds antioxidant benefits, and Lempyang ginger helps protect against the damage of environmental stressors to help brighten the appearance of skin.

Cervical Screening: Empowering not Embarrassing

Not going for a cervical screening is one of the biggest risk factors for developing cervical cancer. We spoke to Doctor Lauren Wilson-Kelly, GP at Indigo Medical, to find out more about more about cervical screening and when it's time to get checked out, not to put it off. You can see the full interview at: youtube.com/governmentofjersey. You can also search "cervical screening" at govt.gov.uk

WHAT SHOULD I EXPECT WHEN I TURN UP FOR MY CERVICAL SCREENING?

When you arrive for your appointment, the Doctor will try to put you at ease and will ask if you would like somebody else in the room with you at the time of the procedure. We will invite you to come up onto the bed, ask for you to lie down and remove everything from the waist down. We'll then ask you to bring your heels up towards your bottom and let your knees part to the sides. First, we'll use the speculum, which is a little device that we pop into the vagina that opens up and allows us to visualise the neck of the womb (or the cervix). We then use a little brush, which is made of very soft plastic, and stroke it against the neck of the womb to collect some cells that are later sent off to the lab. At the lab, they collect the cells off the end of the brush, put them onto a little slide, stain them and look at them under the microscope, checking for any early changes in the cells that could later go on to develop into a cancer. If we catch it early, in three out of four cases we can prevent cervical cancer through screening.

WHY AM I NOT OFFERED A CERVICAL SCREENING IF I'M UNDER 25?

I understand there is quite a lot of anxiety from women under 25 who feel they should be allowed to have the test. There are actually good reasons why it's not offered to women under 25, as it's common for younger women to have abnormal changes in the cells of the cervix, caused by the Human Papillomavirus (HPV), which change back to normal and don't increase the risk of cancer. Having treatment in the colposcopy clinic under the age of 25, for cell changes that would disappear on their own, could result in a slightly increased risk of premature birth in a future pregnancy plus cause unnecessary anxiety and distress for young women.

However, the important thing to say is, if you're under the age of 25 and you have any symptoms you're worried about, go to see your GP, talk it through, and potentially have some examinations.

HOW LONG DOES IT TAKE?

Screening is actually quite a quick test, generally less than 5 minutes. Results tend to come back within 2-4 weeks and you will receive a letter through the post containing those results. If you are aged 25 to 49, you

"I know some women will say, "oh I'm so sorry, I haven't shaved my legs or waxed" but that's the last thing on our minds. It's nothing to be embarrassed about!"

WILL IT BE EMBARRASSING?

It's nothing to be embarrassed about. What we are thinking about is trying to put you at ease and doing the screening appropriately. I know some women will say, "oh I'm so sorry, I haven't shaved my legs or waxed" but that's the last thing on our minds. It's nothing to be embarrassed about!

should attend for cervical screening every three years; if you are aged 50-64, you should attend every five years.

HOW MUCH DOES IT COST?

The good news is cervical screening was made free in Jersey eight months ago and numbers have soared by more than a quarter compared to the same period 12 months earlier!



BRAND NEWS

HELLO YELLOW!

The colour of the moment is the bright spring hue of sunshine yellow and of course fashion forward Manna have got you covered for partaking in this vibrant trend.



WODEN, Blazing Yellow Sneakers, £85

Yellow shoes are incredibly versatile - they surprisingly go with everything, adding a pretty pop of colour.



BAUM UND PFERDGARTEN, Deborah Floral Organza Coat, £279

How wonderfully sophisticated is this light coat? It would make any outfit shine! Ideal for a summer wedding or equally fabulous over jeans or wide trousers.



BAUM UND PFERDGARTEN, Agacia Midi Dress in Creamy Lemon Check, £252

A spring wardrobe staple - dresses like this will be worn to death - so flattering and just so handy, it's a dress you can live in.



AMERICAN VINTAGE, Damsville Canary Yellow Jumper, £90

Its brilliant wide boat-collar adds an air of luxury to this super soft slouchy jumper.

Stripes are always a winner

This season we're loving a toned down stripe especially in a nude palette, for an air of continental beach side elegance.

Neutral & Ivory Striped Shirt £62

The rules of shirting have changed this season, and we find ourselves loving them looser and more oversized than ever. This version is cut from fluid striped fabric in a dusty palette of neutral tan and ivory, and is constructed with a button-down front. Use the buttoned cuff tabs to roll up the sleeves and knot the hem for a casual feel.



Ivory Striped Paperbag Short £62

These ivory shorts are patterned with pin-thin chocolate stripes for a vintage feel. Woven with linen for added drape and lightness, they're cut in a relaxed silhouette with a flattering paperbag waist. Available with a matching blazer for a chic short suit vibe.



Ivory Striped Burnout Tee £35 approx

Cut from soft burnout jersey for a faded look, this loose-fitting t-shirt is designed with ivory and pale ochre stripes all the way through. Framed by a wide neckline it's a great everyday tee.

All available from Mint Velvet in deGruchy



Trousers Trend

The humble trouser is having somewhat of a renaissance at the moment, so place your trusty jeans to one side and indulge in this grown up trend.



Indi & Cold Ocre Trousers, £52

Lightweight striped trousers with belt loops, side pockets and turned up hems. Perfect for your spring and summer wardrobe.

Both available from Pebble.



Ese O Ese Kakhi James Pant, £89

Classics seamless trousers in a great colour with flattering front creases and easy pockets. When casual is your best bet for everyday wear.

One Piece

Are you jetting off somewhere warm for the Easter hols? Then visit the swimwear department upstairs at deGruchy for some wonderful one pieces. We're loving the laced front trend.

Piha, Laced Gelato Yellow All In One, £45

Pour Moi, Escape Laced Coral All In One, £35.10



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

NINEby5

With the arrival of April and the new season's collections starting to drop into stores, it's time to get serious about this summer's trends. If, like me, you spend more time than is socially acceptable trawling through rails, you will already have noticed some of the hottest trends starting to emerge.

Elements of neon can be found throughout the high street, amongst animal prints - the strongest of which is snakeskin this season. Cali-girl cool is our inspiration for bohemian dressing this year, with tie-dye prints and surf-inspired styling taking centre stage. And fashion's obsession with print goes into hyper-drive, with head-to-toe pattern dominating the runway.

Coming out of our winter coma, sometimes the best way to make a bold fashion statement is not with colour, but with a stark contrast to our winter wardrobe - in white. This suit from Karen Millen may have found a place in my wardrobe a little early for the changing seasons, but it's a great staple to start building your summer capsule from. I will be looking to style this with a neon yellow top, ticking two trends off my wish list. The two-piece perfectly reflects suiting trends for this season with wide-legged



trousers cropped just above the ankle and worn high on the waist. Tailoring is relaxed making this the perfect outfit for the office or evening wear.

Chinti and Parker have really pushed the fashion envelope with their 2019 collection, offering far more than just their recognisable range of cashmere jumpers. This year prepared to be bowled over by silk skirts, shirts and dresses and wowed by rainbow-printed jumpsuits and statement sweaters. Displaying one trend perfectly is this fabulous, pleated cashmere skirt which I matched with one of their soft colourful jumpers (above). Luxurious knitwear is perfect for this in-between weather, allowing us to adopt skirts now, without the chill factor. A range of their new collection can be found in Renaissance Boutique.



For more style ideas and to explore the best Jersey has to offer, follow my blogging adventures on www.nineby5.com



I'm all about mixing some great budget buys into my wardrobe and couldn't resist this stylish straw sun hat from New Look. The mustard shade and rope detailing are both on trend for this season and in all honesty, it's hard to go wrong for under £15! For accessories this season the devil is in the detail, with fringing, chain and tassels adding an extra dimension to our outfits.

Somewhat late to the party, I have only just discovered the fabulous brand Primrose Park which has been stocked in Nautilus Boutique for a few seasons now. Thanks to the enormous demand for all things vintage and clashing, the London-based label is gaining a cult following and enjoying international success. Bold colourful prints with lashings of ruffles, this wrap dress has something of a Spanish flamenco feel to it, but is my favourite piece of the collection and has already secured a place in my holiday suitcase.

Imogen's picks



*Spring has sprung!
So, it's time to start
swapping out darker
tones in favour of nudes,
pastels and colour.*

...for the girls



1. Pink Suedette Biker Jacket, New Look, **£39.99**
2. Leopard Pleated Skirt, New Look, **£22.99**
3. Belted Utility Boiler Suit, Topshop, **£59.00**
4. Pointelle Detail Top, Topshop, **£22.00**
5. Lace Buckle Puff Sleeve Top, Topshop, **£32.00**
6. Oasis Belted Trench Coat, de Gruchy, **£57.50**
7. Mint Velvet Ochre Crop Trouser, de Gruchy, **£71.00**
8. Miss Selfridge Chocolate Floral Crop Trousers, Voisins, **£28.00**

...for the boys

1. Calvin Klein Cotton Logo Sweatshirt, Voisins, **£72.00**
2. Calvin Klein Button Down Oxford Shirt, Voisins, **£72.00**
3. Light Blue Sweatshirt, Topman, **£20.00**
4. Tommy Hilfiger Structured Flag Sweater, de Gruchy, **£99.00**
5. Tommy Hilfiger Dark Dune Jacket, de Gruchy, **£189.00**
6. Hackett Trinity Cotton Trousers, de Gruchy, **£90.00**
7. Gant Logo Sweater, de Gruchy, **£85.50**
8. Light Cream Skinny Fit Chinos, Burton, **£20.00**



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SNAP!

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HAIR & MAKE-UP Decia at Kiss&makeup
MODEL Grace

Dress by Marc Cain **£319**
Coat by Marc Cain **£829**
from Renaissance

Shoes by DKNY **£170**
from Voisins

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Style Stalker

Never one to miss a trend, Gallery have been busy spying on the streets, sniffing out fashion's next big thing. This month the ladies clearly have it covered, with a display of the best monochrome outfits in a variety of styles. Who knew black and white could be so exciting?!



Mucha Felton, 42

Mucha shows us how to pull together a sophisticated black and white look without resembling a Zebra! Her Zara cape gives the ensemble strong structure and shape and is a great contrast to her soft Ganni polka dot blouse. Her Chanel bag and espadrilles demonstrate that this is a well thought through look, that is both feminine and incredibly fashion-forward.



Rebecca Fearon, 38

Visiting Jersey for the weekend, Rebecca shows us beans what we are missing from our Island style. Her bejewelled statement headband is courtesy of Primark and is a strong focus to the otherwise classic black silhouette. A flash of leopard print can be glimpsed from her New Look dress and her flat knee-high boots make this a comfortable look made for the endurance shopper and true fashionista.



Tracy de Oliveria Gomes, 25

We are loving the drama in Tracy's outfit this month, ensuring she turns heads wherever she goes. Her faux-fur cropped jacket is from a boutique in London and is the perfect accompaniment to her Michael Kors maxi dress. Yet another fashionista to embrace the polka-dot trend, Tracy is not scared of showing off bold print and mixing her textures. Her glossy designer tote is from Givency.



Ruth Howlett, 32

This outfit shows us the true power that a statement coat can deliver. The wonderfully on-trend gingham coat from Paul Smith is a real show-stopper, with the flash of a bright green collar adding pizzazz. We love her mix of high-end designer wear with high street finds, as she pairs the coat with a studied Zara shopper and some black patent brogues. Monochrome magic at its best.



Bella Knight, 14

Bella is showing us a very mature look for her age, owed in part to borrowing her mum's fabulous Zara coat! We applaud her styling choices with very muted colours brought to life by a pair of fantastic pyjama pants - also from Zara. Against the greys the patterned trousers are not overwhelming, but give her outfit the edge and youth needed. Her silver trainers from a boutique in France complete the look.



Lyndsey Battrick, 32

Lyndsey is breaking the mould in more ways than one this month, being the only lady to bare some leg and toes and to throw some bold colour into the mix. Her red floral maxi-dress is from ASOS with her leather jacket from Topshop. Our favourite piece of this outfit has to be her bag, made from aluminium can ring pulls which she picked up at Boomtown Festival. A great eclectic combination, truly making her stand apart from the crowd.



• THE • Genuine Articles

Jon Emmanuel

Hamptonne Farm - Quality local free range eggs

HOW DID IT ALL GET GOING?

Hamptonne Farm is a small, family-run business in the parish of St. Lawrence. We initially started as a hobby farm, then in 2010 we made the decision to move into a commercial enterprise to meet local demand for fresh free-range eggs.

In 2010, we had 2,000 hens; over the next three years, this grew to 6,000 hens. The hens are 16 weeks old when they arrive at the farm and they begin laying eggs at around 20 weeks old.

The hens are housed in large mobile insulated polytunnels that keep the environment at an ambient temperature all year round. The polytunnels have pop holes that are open to the field outside, allowing the hens to come and go as they please.

There are five members of our team, who, along with our lovely hens, all work hard every day to get our eggs from the farm to our valued customers. We are members of Genuine Jersey and three years ago we achieved SALSA (Small and Local Supplier Approval) accreditation.

WHAT MAKES YOUR PRODUCTS UNIQUE?

Our eggs are locally produced for Jersey consumption only, we do not ship to anywhere else so we have a low carbon footprint as the distance from farm to customer is small. Our clover rich field adds to the depth of colour of the egg yolk making it more orange.

WHAT'S A TYPICAL DAY LIKE FOR YOUR BUSINESS?

For our hens the day begins at 4:00 am when they wake up to eat and drink. They then lay their eggs in the quiet sanctuary of the nest

boxes. After this, the hens are free to roam outside in the field or use the extensive scratching area inside the polytunnels. The hens can do what they like to do best: have dust baths, dig holes and, in general, enjoy all the activities that make life pleasant for them.

The rest of the team start work at 7:00 am and begin the process of first checking that all is well with the hens and then collecting the eggs. We collect eggs twice a day, these are then transported across the farm to the pack house; where they are graded for quality of shell and weight of the contents. The eggs are packed into cases by size: medium, large and extra large - ready for delivery.

Delivery times are varied but we always try to be on the road by 11:00am. The farm shop opens at 8:00am every day and closes at 5:00pm, one of the team is always checking to make sure that this is fully-stocked for customers who come to visit us at the farm. The day usual ends around 6:00pm but this can be much later dependant on what's happened throughout the day.

BEST BIT OF YOUR JOB?

I enjoy walking through the flocks of hens in each poly-tunnel early in the morning, making sure that they are all well. The hens are very noisy first thing in the morning, some will come to greet me, others enjoy pecking at my boots and following me around to check what I'm up to.

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

Eggs are good for you, they contain high-quality protein and are also naturally rich in vitamin D, B2 (riboflavin), vitamin B12, iodine, selenium and other essential dietary vitamins and minerals.

*Hamptonne Farm eggs are available at most local supermarkets and some farm shops including our own farm shop in St Lawrence.
Jon is pictured with Pack House Manager, Emma Poingdestre and one of his lovely hens!*



THE Restaurant Review

WORDS Ollie Watts

*There are far, far better things ahead
Than we leave behind.*

C.S. Lewis

There are few activities that inspire more joy than an afternoon spent in St. Aubin. Whether you are visiting the Harbour gallery, popping into the Tenby for a quick refresher or just simply enjoying the atmosphere of a place, which I think, is one of the most picturesque locations Jersey has to offer.

Luckily, St Aubin has been blessed with a fantastic selection of ever-growing restaurants that not only provides respite from busy St. Helier, but also offers a diverse and eclectic range of options for even the most discerning foodie.

The latest string to the bow of this beautiful harbourside mini-parish is the aptly-named Anchor Club. This new restaurant is thanks

to the takeover of The Boat House by Randalls; although I can assure you this is not simply a case of a new owner moving in, changing the menu and relying on the old clientele to continue 'business as usual'. The first floor restaurant has seen an extensive re-fit that has breathed new life into the building, and, I can tell you, it really is something to behold. The polished wood that adorns the walls seemingly pays

homage to a vintage Italian Riva speedboat and instantly makes you feel like George Clooney in a Nespresso advert. The classic pairing of blue, white and gold throughout not only gives the atmosphere a luxurious feel, it also acts as a nod to the nautical theme of its namesake. Who could forget the most striking aspect of the Anchor Club's decor, which is the heavily-glazed side section that boasts some of the best



views of any restaurant in Jersey. The marine impression is enhanced by the metal supports above the heads of diners, which are reminiscent of a spinnaker.

So, let's look at what we've got so far. Location? Check. Design? Check. We should probably look at the food, which is prepared by Chef Alun Williams, formerly a cook at Le Mare Vinyard. Alun has created a cohesive menu that not only flaunts Jersey's seafood, but features old classics which have been sensitively brought up to date. The Anchor Club, not only benefits from its location and the care of Chef Alun, it is also fortunate enough to have a Jospier Grill sitting in the kitchen, which if you don't know, is the true essence of flavour. Half BBQ and half oven, this 450C monster is the secret weapon when it comes to making food that makes you close your eyes and whisper 'oh god, yes' to yourself. The charcoal fire really adds a depth of flavour to meats which I'll get into later...

Given the Anchor Club's location and the fact that the seafood has been made the star of the menu, I started with the Sautéed Jersey scallops in a lemon butter sauce. I didn't really need to try this dish to know what it was going to be like, but I'll tell you dear reader, that I loved it. The delicate nature of the scallop lends itself well to a rich butter sauce and the tartness of the lemon cuts through to cover all aspect of your palate, I'm just upset there wasn't more.

For the main course, I felt obliged to try something from the Jospier grill, and as you really don't see them very often anymore, I opted for the veal chop. There is something of a stigma around eating veal but when this beautiful chop arrived at my table, slightly singed from the charcoal,

just dripping in flavour, I find it hard to not salivate slightly. With a Jenga of thick cut chips to accompany the chop and an extra portion of fried shoestring courgettes alongside, I couldn't deny my happiness.

I never really opt for dessert when I'm reviewing, but I was persuasively guided by manager Ross Michalski into having the



"The polished wood that adorns the walls seemingly pays homage to a vintage Italian Riva speedboat and instantly makes you feel like George Clooney in a Nespresso advert."

assiette de chocolat, and I'm not one to turn down a recommendation.

Now, although I learnt French at school I wouldn't describe myself as fluent, but I'm pretty sure that 'assiette' means 'a s#@t load'. Seriously, if you're a chocolate fan, you'd be doing yourself a disservice by not trying this. We're talking a dark chocolate tart, a cocoa-dusted truffle, a macaroon, some chocolate-studded ice cream and a delightfully soft brownie which combine to create an indulgence that is second only to the feeling of eating the last slice of wedding cake at a wedding to which you weren't invited.

If you haven't been back to The Boat House yet because you had a bad experience under the last owners (as I did), I'm telling you, you need to give it another go as there are definitely far better things ahead than there are behind!



GYMSMITH KITCHEN

Forget what you think you know about dieting, because at Gymsmith Kitchen, they do things differently. With an aim to promote healthy, achievable weight loss, using quality ingredients packed with nutrients, Lewis and his team promise stress free, delicious meals that deliver incredible results.

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THE GYMSMITH
KITCHEN

Simon Webster

CEO, CPA Global

How has the meal plan fit into your busy lifestyle?

My schedule at work is generally back-to-back, so I often make poor, rushed meal choices, which I then thoroughly regret! With the Gymsmith Kitchen meal plan, all of that is taken care of - I have a delicious breakfast, lunch and dinner lined up, and I am safe in the knowledge that it is perfectly tailored to my nutritional goals.

What impressed you most about Gymsmith Kitchen deliveries?

I was expecting to have to compromise a bit on the eating experience itself, however, the meals have been delicious by any standard. For those that require a little reheating, it doesn't affect the quality at all, and because they are delivered fresh every couple of days, it works very well.

Why would you recommend Gymsmith Kitchen over other similar services?

I haven't tried any of other services, but I have absolutely no need to consider them based upon my experience with Gymsmith. I work with Lewis as my fitness consultant, so having his direct input with my nutrition, too, means that I can expect better results overall.

Are you happy with the results you achieved from committing to your meal plan?

Yes, the meal plan has made a significant difference to my overall objectives whenever I have used it.





Claire Baudains

Owner, Coco Rose Hair Salon

What impressed you most about Gymsmith Kitchen deliveries?

The variety and quality of the meals. Every delivery day I get excited to see what I'll be eating over the next few days!

Has the service delivered you value for money?

100% - not only have I not had to think about what I'm eating, I've also lost weight at the same time. During the weeks I've been on the plan, it actually stopped me from eating and drinking out, so I saved money in the long run!

How has your life changed since you started the plan?

I started the plan for a few weeks in November, again in January and then a week in February. I have lost over 2 stone in weight and have dropped nearly 2 dress sizes. I have more confidence in myself, but have also learnt what foods I should be eating to achieve my goals.

Are you happy with the results you achieved from committing to your meal plan?

I'm more than happy - I could not believe the results! I wish the Gymsmith could deliver to me every day!

Georgina Shelton

Head of Marketing, Voisin Law

How does the meal plan fit into your busy lifestyle?

I don't have a lot of spare time, but with the plan I save myself nearly an hour a day from not having to shop, prep or cook, and I can still sit down with my husband of an evening to enjoy a healthy and delicious meal.

How has your life changed since you started the plan?

It's the time I save that I really love, as well as the fact that the food is so varied and delicious. I can get into a bit of a rut with making the same things all of the time, so this helps give me ideas.

What do your family think about your new healthy lifestyle?

I have always been reasonably healthy, so this isn't a new thing. I cook and enjoy healthy food, as do the whole family, but this is just a fabulous way of being cooked for - and still enjoying all the foods I love.

Are you happy with the quality of the meals and service?

The food quality is very high; locally sourced produce, lots of green veg and healthy protein. The meals are delivered to my door every other day and the kids and I look forward to seeing what's been delivered. Lewis and the team are extremely helpful and supportive.

IN THE OF THE VILLAGE



WORDS Imogen Pickering

The enchanting fishing village of St Aubin is a fascinating tangle of rich history, picturesque houses, charming shops and popular bars. Centred around arguably the most breathtaking of our island's harbours, the properties dotted around this captivating seaside location are, unsurprisingly, highly sought after.

Situated in the heart of it all, sits Castle Combe; a spectacular three-bedroom home that encapsulates everything you could wish for from a home in this area. Completely renovated throughout to the highest standard, no expense has been spared to ensure this property maximises the full potential of its location. A subtle balance of both contemporary and traditional design, Castle Combe is for the homeowner who wants modern seaside luxury, but who still wants to enjoy a sense of our unique island heritage within their home.

Set back from the road, just before St Brelade's Parish Hall, the clean white front facade of the property makes for a spectacular sense of arrival. As you walk through the front gate, you are met with a large garden with an immaculate lawn, gravel and patio area. With outdoor dining furniture in place, it's not difficult to imagine this property playing host to a variety

of alfresco get-togethers with family and friends during the warmer months.

A set of granite steps lead to the elevated front door. A lion-head door-knocker is married with the house name etched in gold on the transom window above, setting a standard for the level of elegance evident throughout the rest of the property. Upon entering the front door, you are then met with the bright and spacious entrance hall. Painted bright white throughout, natural light streams in from various sources, bouncing off the walls and filling the property so it's light, bright and airy. The initial brightness of the entrance

hall contrasts beautifully with the slate-tile floor, with a school-style radiator to add a traditional and quaint edge. Straight ahead of you, a bespoke, handmade, floor-to-ceiling wine store takes centre stage, adding further depth to the space.

The hub of the house comes in the form of the large kitchen and living area. Illuminated by an enormous bay window, which overlooks the garden and St Aubin's Bay beyond, the open-plan space has been cleverly designed to feel cosy, yet bright, spacious and contemporary. The grey shaker-style kitchen adds warmth and character, paired with modern luxuries including AEG high specification appliances, bespoke Corian worktops, Samsung American-style fridge freezer and Caple wine fridge. In the living area, a feature granite fire-hearth adds further character, with the Karndean Da Vinci reclaimed redwood flooring throughout which seamlessly blends the two function rooms.

“CASTLE COMBE IS AS ENCHANTING AS ITS LOCATION, WITH EVERY EFFORT MADE TO ENSURE THE PROPERTY ENCAPSULATES THE UNIQUE BLEND OF THE TRADITIONAL AND CONTEMPORARY CHARM OF ST AUBIN”

Accessed from the hallway, a few steps lead you to the property's basement bedroom. Immaculately presented and complete with an en-suite bathroom, it would make for an ideal guest suite, or an older child seeking a bit of extra privacy away from the rest of the house. Reminding you of its historic



location, part of the original St Aubin's railway track can be seen running through the bedroom ceiling, acting as a unique feature beam.

From the hallway, the mezzanine level offers access to the property's private rear courtyard, as well as the spectacular house bathroom. Intricately detailed Spanish floor tiles are paired beautifully with gloss white metro brick wall tiles, lit by a large skylight which brings in copious amounts of natural light.

As you make your way to the top level of the house, and, much like the entrance hall, the same level of attention to detail has been applied to the landing area as it has to all other rooms of the property. A pair of 'loveseats' have been built into the window alcove, with an extended window ledge acting as a coffee table or bookshelf. With uninterrupted views over the bay, one could sit for hours immersed in a book, or watching the world go by with a coffee in hand.

With an attic suitable for conversion, subject

to planning permission, there is great potential to convert Castle Combe from a three-bedroom to a four-bedroom property. Of the existing upstairs bedrooms, the first looks out onto the property's rear courtyard. Smaller in size, it could easily convert to a house study, playroom or nursery. The property's master bedroom is located next door; an enormous, luxurious space with the I-Sense Luxury deep carpet and Softwalk underlay further adding to its extravagance. Far-reaching views over the bay remind you of where you are, with the quaint cast-iron fireplace adding depth and character.

No detail left unconsidered, the master bedroom of Castle Combe comes complete with an outstanding, bespoke walk-in dressing room. Handmade wardrobes, a built-in dressing table and geometric Kelly Hoppen wallpaper make this space another meticulously designed, well-thought-out room in its own right.

Castle Combe is as enchanting as its location, with every effort made to ensure the property

encapsulates a unique blend of the traditional and contemporary charm of St Aubin. New to the market with Wilsons in the last couple of weeks, the appeal of Castle Combe must be seen to be truly appreciated.



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- Uninterrupted sea views

INTERIOR NEWS



The new season not only brings fresh and new ideas to the fashion industry, the interior world also welcomes a revamp in trends. We've rounded up some of the latest arrivals from interior outlets around the island.

1 NORDIUM SEAWEED LED LARGE PENDANT LAMP, DAVID HICK INTERIORS, POA
New in at David Hick, Nordium offer Scandinavian-style quality lighting with a unique blend of creative flair and commercial professionalism. The striking Seaweed LED large pendant lamp comprises a blend of aluminium and silicone to create this unique centrepiece sure to add wow-factor to any room.

2 NORDIUM POD TABLE LAMP, DAVID HICK INTERIORS, POA
A large, modern table lamp made in smokey-grey metallic glass. It offers a completely different effect from day to night; when the light is off, it takes on a mirror sheen and when it's on, the glass glows from within, which looks like cozy embers when an LED filament bulb is used. Nordium strives to think outside of the box to bring lighting with creative flair to interiors.

3 STONEARTH VANITY UNIT & BOWL, BEAUMONT HOME CENTRE, POA
Available in a variety of materials and finishes, the Stonearth collection from Beaumont Home Centre is the answer to those wanting a unique blend of traditional and contemporary bathroom design. As pictured, the timeless Finesse collection of solid-wood cabinets is a firm favourite, paired with the marble basin from the Nova collection makes for a beautiful combination of natural materials.

4 DAVAL MAYFAIR RANGE, BEAUMONT HOME CENTRE, POA
Just like a bespoke suit or a tailored shirt, Daval's made to measure bedroom furniture can fit your home perfectly while maximising your storage. Available at Beaumont Home Centre, the Mayfair range is a luxurious new addition to the existing Daval collection and is available in four colours of frost white, dove grey, cashmere and charcoal.

5 MONROE RANGE, LA CASA ROOM INTERIORS, PRICES VARY
New in at La Casa, the Monroe range is a unique collection of contemporary Italian furniture complete and exclusive to La Casa. Dining-room and living ranges are available, offering a modern and elegant ambience. This unique design is now on display in store, as well as other similar collections.

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the garden path

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MARKET UPDATE

There appears to be no let-up in the local housing market, as even more estate agencies spring up to cope with the demand, from a population hungry to get on to the property ladder, or to trade up to somewhere larger.

The situation in the UK is somewhat different as many people have put their plans on hold until the outcome of Brexit is known, despite the recent statement from the Bank of England which confirmed that it had given a clean bill of health to the UK's financial system, and that while a no deal Brexit would cause disruption, the UK's banks and insurance companies were well placed to weather the storm.

JERSEY HOUSE PRICE INDEX

The States Statistics Department has recently released the figures for 2018 which make interesting reading, recording an overall increase in average prices of 7% which is the highest for 10 years, although this is nowhere near the 20% increases witnessed in 1989, 1998 and 2008.

In 2018, there were a total of 1611 sales, split between 768 flats, many of which were new builds and 843 houses.

A summary of the figures shows average prices for the various

property types of £238,000 for a one bed flat, £400,000 for a two-bed flat and £580,000 for a three-bed house.

These figures can reflect the price of newly constructed property purchased off plan, rather than the sometimes much lower prices that are still available in the "second hand" market, especially where an element of refurbishment or cosmetic work is required.

First Time Buyers should not give up as there is still a steady supply of property in this lower priced category.

MORTGAGE

INTEREST RATES

This stability is reflected in the lending markets where our Best Rates chart shows that nothing has changed from last month

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

60%	Tracker	1.49%
60%	2 Year Fixed	1.49%
60%	5 Year Fixed	1.82%
60%	10 Year Fixed	2.49%
85%	Tracker	1.82%
85%	3 Year Fixed	1.95%
85%	5 Year Fixed	2.09%
90%	Tracker	2.09%
90%	2 Year Fixed	1.79%
90%	5 Year Fixed	2.29%
95%	2 Year Fixed	2.99%
95%	5 Year Fixed	3.49%
100%	5 Year Fixed	4.74%
60%	BTL 2 Year Fixed	1.65%
60%	BTL 5 Year Fixed	2.15%

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Finishing Touches

What do you think of when it comes to spring? Bright colours, nature and cute animals? Us too. When it comes to springtime, we love to bring the beauty of the outdoors into our home, so we've rounded up some of the best interior picks from the high street.



Rader Light White Vase
Pour Toi
£34.95



Wood Effect Rabbit Sculpture
Next
£30.00



Le Creuset Teapot
de Gruchy
£37.79



Harlequin Demoiselle Cushion
de Gruchy
£54.00



Hanging Wreath
Next
£8.00



Gold Leaf Frame
Monsoon
£15.00



Luna Print & Stitch Cushion
M&S Home
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Painterly Floral Dining Range
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Movers & Shakers

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PwC strengthens management in Jersey and beyond.

Gerlind Smith has joined as Human Capital Director, based in Jersey, having been with the PwC network for 21 years and relocated to the Islands from Johannesburg. Most recently, Gerlind had responsibility for the entire Human Capital function of PwC across the regions of East, West and Southern Africa. She brings a broad knowledge across the disciplines within Human Capital with particular interest in executive development and organisational design required for the future workplace. Alexandra McInnes re-joins the Firm as a Director leading PwC's Guernsey Advisory business and Charlotte Beattie also re-joins PwC as she takes on a senior management role in tax, based in Guernsey. These latest appointments follow on from the milestone promotion announcement last Autumn of Lisa McClure's admittance as a Partner of the Firm and Leyla Yildirim coming on board as Chief Strategy Officer, having previously held multiple senior roles within the wider PwC network.



Deloitte Appoints Cyber Expert

Deloitte's Channel Islands advisory expertise continues to grow in strength and depth with the appointment of cyber expert Caroline Honeycombe as Manager in the Risk Advisory team. Miss Honeycombe has over 10 years' experience working for the UK Government within the intelligence community on national security and cyber investigations, both within the UK and UK assets worldwide. Miss Honeycombe held a number of analytical and investigative cyber roles during her time with the UK Government and has developed a particular interest in cyber risk management, cyber strategy, and cyber incident response to help organisations build good practice in these areas. She has planned, led and delivered numerous tactical incident responses and longer-term complex strategic investigations. In her time working in government, Miss Honeycombe was also instrumental in the implementation of new solutions and pioneered new capabilities in forensic data analysis and computer and digital forensics and has developed an extensive understanding of the evolving technology landscape and the associated cyber threats that technology faces.



News release: Two new lawyers join BCR Law

BCR Law has welcomed two new lawyers as part of the continued expansion of the practice, increasing the number of lawyers to 26. Scottish solicitor Chris Hendry has joined the employment & corporate and commercial department from a global bank covering a range of employment, regulatory, corporate, banking and data protection matters. Prior to working in-house, Chris worked in private practice focusing on corporate work. Chris attended law school at the University of Aberdeen and also holds a masters in oil and gas law. He is also a member of the Law Society of Scotland and the Employment Lawyers Association. English solicitor Ashley Quenault also joined BCR's corporate and commercial department, working alongside Partner Wendy Lambert. Ashley acts in a wide range of corporate and commercial matters and also assists clients with commercial and residential leases (acting for both landlords and tenants), in commercial sales and purchases and also in residential sales and purchases.



Skipton International expands Business Development team

Skipton International is continuing to grow with the appointment of Roger Hughes as Business Development Manager. This new role was created by the Bank to focus on the promotion of its UK buy to let mortgage proposition, strengthening the service it offers to clients looking for property investment options. Roger will join Director Nigel Pascoe as part of the Business Development team, as he looks to grow the mortgage book of business from direct customer enquiries and by forging strong relationships with UK brokers. With over 25 years' experience in banking, Roger brings with him a wealth of contacts in the industry and a fresh perspective to lending for the leading Channel Islands Bank. Since Roger joined the Bank, he has been integral in broadening Skipton's local lending criteria and expanding its lending proposition including studio apartments and the ability to lend to non British clients.



For the elimination of doubt, Neil is the chap bottom right pictured underneath the enormous Waitrose sign that dominates the image...

New Branch Manager for Waitrose

Waitrose & Partners has confirmed the appointment of Neil Baxter as branch manager of its St Helier store. Neil has been a Partner at Waitrose in Jersey for eight years, so he will be a familiar face to customers of the store and the 110 Partners (employees) he will responsible for. He joined the company in 2011, bringing with him more than 25 years' experience in the retail industry. Neil's career began as a store manager for a butchery in Northern Ireland and has since developed a breadth of experience across a number of disciplines including sales, personnel, performance management, compliance and operational roles. As a co-founder and board member of the Jersey Retail Association, Neil helps provide a clear voice on the issues and opportunities that shape the retail sector in the island. He also enjoys close ties with education, and promotes the benefits and opportunities of working within the retail industry to the wider community.



Alexander English joins Hatstone

Hatstone has strengthened its dispute resolution team in Jersey with the appointment of Advocate Alexander English to Group Partner. Alexander's addition brings the litigation department in Jersey up to two Group Partners and is a reflection of a particularly strong period of growth across Hatstone's global dispute resolution practice. Alexander is experienced in all areas of Jersey litigation but his principal areas of expertise are in family and civil court work. He appears mainly in the higher courts of Jersey. He is one of only a small number of Advocates to have experience of winning an appeal in the Court of Appeal against a judgment of the Royal Court. His wide-ranging civil practice includes trust disputes, breach of contract, negligence, employment law, personal injury, defamation, debt recovery, construction disputes, property disputes, and wills disputes. His family practice includes but is not limited to divorce, maintenance and child contact proceedings.



C.I. Travel Group welcomes Lara Wherry

Lara joins the company from Blue Islands where she held the position of Customer Care Manager for 5 years. Prior to this she spent 14 years flying with Flybe, progressing to Senior Cabin Crew with the airline. Educated at Grainville School, Lara has spent most of her working life in the Channel Islands' travel and aviation industry and has considerable experience of customer service, including leading and motivating teams. In her role at C. I. Travel Group, Lara will be responsible for leading the reservations and administration team to deliver customer service on which the Group has built an enviable reputation.

Movers & Shakers

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Natasha moves to Marbral

Marbral Advisory has appointed Natasha Egré as Head of Client and Product Development with responsibility for client acquisition, leading the company's Marketing and PR strategy and developing new product and service lines to support changing market conditions and challenges. She will be focused on regulatory change, new technology and project delivery. Miss Egré is an award-winning public relations and marketing specialist who moves to Marbral after ten years as a Director of a local communications agency. Natasha will be the first point of contact for new clients in the Channel Islands and will also be working with Marbral Advisory's 200+ consultants and associates to enhance service offerings. She holds a BA in Multimedia Journalism and is an Accredited PR Practitioner. With the support of Marbral Advisory, she will continue her professional commitments as Chair of the PR Sub Committee for the Institute of Directors in Jersey and as a committee member of industry professional body CIPR. In her spare time, Miss Egré enjoys travel, art, skiing and scuba diving.



Sally French named 'Rising Star' at CityWealth Powerwomen Awards

Mourant Senior Associate, Sally French, has won a silver award in the 'Woman of the Year - Rising Star' category at the CityWealth Powerwomen Awards. The winners were announced last night in London at a gala dinner attended by business leaders from the world of private wealth. The announcement follows Sally's entry to the Guernsey Bar, just over two years ago: since this time she has made over 70 court appearances, developed the firm's Corporate Crime offering and become well known as a seminar speaker.



Brona Lambert takes new leadership role at Moore Stephens

Brona will lead Moore Stephens' Accounting and Business Services division in the Channel Islands. Ms Lambert joined Moore Stephens Jersey in 1999 as a senior accountant, becoming a partner in 2009. In this role she was responsible for developing the outsourcing department, providing bespoke, efficient and cost-effective outsourcing solutions for financial institutions and corporates both locally and further afield. She holds an BA (hons) degree in Accountancy and is also a Fellow of the Institute of Chartered Accountants of England and Wales. In her new role as director, Accounting and Business Services, Ms Lambert will be responsible for a full range of services to a variety of local businesses including sole traders, retailers, property holding companies, financial institutions and hoteliers.



New Head at Nedbank

Nedbank Private Wealth has strengthened its investment team with the appointment of David McFadzean as Head of Investments in Jersey. David will be responsible for driving the company's investment proposition for private individuals, trustees and investment consultants. His initial focus will be on the corporate trustee sector, where his technical ability, knowledge and extensive network will be invaluable in this highly competitive market. David has over 25 years' experience in financial services, working for global blue-chip companies in both London and Jersey, and providing investment solutions to a wide variety of clients around the world. He joins Nedbank Private Wealth from RBC Wealth Management, where he held several senior investment roles during his 15 years with the company, and most recently led the investment business as managing director and head of discretionary investments in Jersey.

Sure hires marketing expert from Sony

Sure has appointed Francesca Vadher as Head of Marketing across the Channel Islands and the Isle of Man. Francesca brings with her a wealth of experience in supporting international business development initiatives and implementing marketing strategies. She has worked in marketing communications within global blue-chip brands for over 20 years and joins Sure from Sony Digital Cinema where she was Head of Marketing for Europe and the Americas.

Based in Jersey, Francesca will be responsible for the planning and managing of consumer and corporate marketing campaigns across the Channel Islands and Isle of Man. She will be working to develop the Sure International brand to ensure a consistent brand presence in the market.

Francesca grew up in Jersey and completed a Diploma in Marketing and Tourism at Highlands College before achieving a BA Hons in Marketing and International Business at the University of Bedfordshire. She also gained a Certificate in Digital Marketing from the Chartered Institute of Marketing.



Alistair Beak, Chief Marketing Officer at Sure said: "Francesca has an impressive background and has proved that she is experienced at developing brands and managing international marketing campaigns.

"She will be working across the islands Sure serves to understand how Sure can support the specific needs of our customers and developing both corporate and consumer activity. I know she will be a real asset to the business and to the Sure team."

Business News

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Steensons and Nicholls merge

Jersey law firm, Steenson's, are pleased to announce the merger with Nicholls Law. The combined practices will operate under the name "Steenson Nicholls LLP" and will be headed by Senior Partner, David Steenson. The new firm will practise from new premises in Mielles House in St Helier. Partner, Paul Nicholls said: "The merger reunites a specialist team of lawyers who all previously worked together for an international law firm. This merger, together with our move to new premises, will bring considerable added value to our clients, allowing us to draw on a wealth of knowledge and experience. The combined team has very significant experience in most forms of litigation and dispute resolution and this will, naturally, remain the core focus of the firm's activities. We believe that specialist boutique litigation and dispute resolution firms that offer a conflict free, accessible, partner-led, relationship-based service have an increasingly important role to play in Jersey". In addition to offering competitive hourly rate charging, where appropriate the firm will also offer a range of flexible fee arrangements including no win no fee, deferred fee and fixed fee agreements. The firm will also offer every new client a free initial consultation.

JHA elects a new Chair

The Jersey Hospitality Association has elected Jeremy Swetenham as its new Chair at its annual general meeting held at the Pomme d'Or Hotel last month. Jeremy takes over from outgoing JHA president Fiona Kerley who will remain a member of the JHA board. He will be joined by new vice Chairs, Martina McGibney and Stef Stevens, who will take over from Marcus Calvani and Natalie Duffy in the roles. Jeremy has first-hand experience of the industry and spent seven years as Commercial Director at Jersey Heritage and was chairman of the Branchage International Film Festival.

The JHA now brings together 200 members representing a broad spectrum of businesses which have an input into hospitality, from accommodation providers to restaurants, attractions, activity providers and tour guides. "Our goal is to provide a voice for all of those who join the association and 2019 has all the potential to be another great year. We have got off to a fantastic start with our success in working with the Government of Jersey team to ensure that we can ease our recruitment challenges as we head into the season and in less than a month we will be holding Zest Jersey's Hospitality Festival, to promote the best our industry has to offer," said Jeremy.



Estera selects Efront

Estera has selected eFront as its partner for its multi-million pound investment in a fund administration platform to support the ongoing growth of its global private equity fund administration business, which now represents about a third of global revenues. The consolidation of its current administration platforms into eFront is the next step in Estera's rapid expansion into the European funds market, which is anchored by a large and growing stable of top-tier private equity fund clients. Implementation of the eFront platform will underpin and strengthen Estera's core private equity, real estate and debt funds services. eFront will allow Estera to seamlessly manage the full range of fund activities from investor corporate actions to portfolio administration, bespoke reporting and more. Estera's client base of blue chip private equity managers will benefit from more effective fund management and administration plus improved efficiencies in structure, reporting and regulatory oversight.



Nedbank keeps workers happy

Nedbank Private Wealth and Nedgroup Trust together were named as one of the best companies to work for in Britain at The Sunday Times 100 Best Companies awards event in London last Thursday. The organisation came in at number 67, and retained its position as the only private bank and trust company on the listing, which results from Britain's largest ever survey into workplace engagement. This year, 402,903 employees across all industry sectors were surveyed and 259,935 responded. Stuart Cummins, chief executive of Nedbank Private Wealth International, said: "We are very proud to once again receive such a strong endorsement from our own employees. Having joined the company in March 2018, it is particularly pleasing to see such a positive result as we implement an innovative growth strategy and aim to build on our established reputation as a high net worth boutique private bank and wealth manager". Daniel Bisson, managing director of Nedgroup Trust, said: "I am delighted to see our company honoured once again on The Sunday Times 100 Best Small Companies to Work For listing. It is a testament to the team work and commitment of all the people in our business, and their shared sense of purpose."

Meet your motor finance expert

CLEONE STEADMAN

Role: Senior Business Development Manager

As part of the FTSE 250 Bank, Close Brothers Group PLC and supported by Close Brothers Motor Finance, Close Finance CI (hereafter CFCI) is a major player in the motor finance market in the Channel Islands. Loyal and extremely knowledgeable, Cleone Steadman is your local motor finance expert.



As Senior Business Development Manager, she has built strong relationships with the network of dealerships on the island whom she supports with sales, margin growth and the customer journey. Her aim is to provide a consultative approach and really add value, while ensuring that the client needs are put first.

Having worked in the industry for 13 years, for a local finance company and a major motor finance provider in the UK before joining the CFCI team in 2015, Cleone relishes the challenge of the more concentrated local market. Clearly recognising the difference in the service level CFCI provide, she notes that, "Deals are put through extremely quickly and efficiently, and we take the 'Can do' approach rather than 'Can't', learning from our successes rather than failures and striving towards continuous improvement, whilst putting the customer journey at the forefront." CFCI prides itself on mutual respect, honesty and transparency, an ethos that underpins everything they do. Cleone embodies these qualities in her support of the dealer network, "It's not just drawing up a deal and a sign on the dotted line situation, I work proactively with our motor dealers supporting on marketing campaigns, due diligence and compliance. To ensure every customer has a good experience, Cleone acts as a

liaison between the dealer and the local underwriting team, "We are fortunate to have a local underwriting team who understand the islands and look at each proposal on its individual merit rather than just credit scoring."

With over ten years experience in both the UK and Channel Islands, Cleone has a true understanding of the motor finance

Islands have a great selection of dealers to choose from and these dealers are always looking to ensure they have the car the local customer demands – our job is to provide the finance solutions which allow the customers to acquire the car of their choice. Having the support of a large bank but having the flexibility of local underwriting allows us to provide a truly personal approach."

"Having the support of a large bank but having the flexibility of local underwriting allows us to provide a truly personal approach."

industry combined with a passion and enthusiasm for customer care. With this in mind, CFCI is regulated by the Jersey Financial Services Commission, which provides added reassurance for customers and dealers. Every member of the CFCI team is Finance and Leasing Association SAF (Specialist Automotive Finance) certified meaning customers purchasing their vehicle through a local dealer with a finance plan from CFCI have a choice of products that suit their requirements.

When asked about the future of motor finance, Cleone reflected, "The industry is changing all the time, the Channel

When not at work Cleone is social, enjoys travel and swims in her lunch breaks. Although not born locally, living in South Africa, London and Liverpool, Jersey has become home, one she shares with her partner and his son and loving friends of 30 years who have become her close-knit island family. Family is as the heart of CFCI's business, though constantly evolving to meet the changing motor market, CFCI have a 50 year strong heritage in the island, often providing loans for several generations of families, resulting in an in-depth knowledge of customer needs and the local market.

To find out more about a motor loan with Close Finance CI speak to your local dealer about our finance plans, or if you are a dealership who would like to work alongside our team email Cleone.Steadman@closefinanceci.com or visit closefinanceci.com

Switch and smile

Drop in for a
chat with one
of our friendly
energy advisers



Electric heating, super efficient.

If you don't like waste, you'll love electric heating. Improve your home with a 100% efficient electric boiler, or truly futureproof your property with an air source heat pump. Heat pumps deliver 300% efficiency – 3 units of heat for every 1 unit of electricity used, now that's Smarter Living.

Find the right electric solution for your home at Smarter Living. The Powerhouse.



SMARTERLIVING

AT JERSEY ELECTRICITY

ON THE UP

At Prosperity 24/7, we truly believe that if we look after our community, our clients and our colleagues - we will prosper. This clear purpose, which is pervasive throughout our work and life at Prosperity 24/7, underpins everything we do and results in the happiest, most passionate and empowered colleagues - our 'Great Minds'.

These 'Great Minds' help both our clients and our community in a variety of ways through the pragmatic use of technology for our clients to help them to be more effective and efficient, or having a lot of fun to help our community. By fun we mean our annual Prosperity Day event which has raised over £72,000 for a variety of local charities, or by taking part in the Soap Box Derby, the Jersey Hospice Dragon Boat festival or by celebrating

the success of the growing Digital economy by supporting the Digital Jersey Tech Awards. At Prosperity 24/7 we help people to transform their business models and make the most of technology to achieve real, measurable business results - this is critical to a digitally transformed and sustainable future for everyone and we are incredibly proud to be able to reflect these achievements by promoting these Great Minds this year...

RICHARD PEARSON

Promoted to Consultant

I joined the team in July 2016 shortly after completing my undergraduate degree in Business and Management. My university degree taught me the theoretical science to business decisions and this, coupled with exposure to high profile government / financial services projects has allowed me to quickly develop my Business Analysis skill set. Since starting out as a Junior Strategy and Change Consultant, Prosperity 24/7 has provided me with the tools and opportunity to grow, both professionally and personally. In November last year I was rewarded with a promotion to Strategy and Change Consultant. In my eyes the training opportunities and support Prosperity 24/7 provides easily rivals the best graduate schemes that other, often much larger companies provide. Requirements Engineering and Modelling Business Processes form a large part of what I do. I will continue to grow my toolbox of skills, focusing on Data Management in 2019.

NICK JONES

Promoted to Team Manager

Having joined Prosperity 24/7 in 2014 with experience as a Senior Manager in the e-commerce industry, I was given the opportunity to develop my existing skill set and grow as a Consultant in the Strategy and Change Team. I was recognised for my passion and commitment to Prosperity 24/7 and promoted to Senior Consultant. More recently I have been given the privilege of supporting my colleagues in their career development, in my new role as Team Manager. Put bluntly, Prosperity 24/7 is the best company I have worked for. The ethos for the company is driven from the top and emanates throughout the organisation no matter who you talk with. We are supported in our career aspirations and are empowered to do the right thing. I love what I do, I thrive in this environment and I feel the sky is the limit for my future here.

JAMES MOLLOY

Promoted to Team Manager

I am a Programme Manager passionate about working with stakeholders to deliver programmes of change. I enjoy working with stakeholders to align their visions and goals towards successful delivery and maintaining those close relationships over the course of the programme. Seeing each part of the programme lifecycle coming together and being delivered is extremely rewarding. Prosperity 24/7 is a fantastic company that offers a fulfilling and dynamic working environment. They have been amazing at supporting my growth by providing unique opportunities both internally and externally, ensuring that I am able to be the best that I can be. They have enabled me to develop as a Programme Manager as well as a Team Manager, coaching and leading my team effectively to deliver and support each other at work and on client site. I look forward to the next chapter of my career alongside Prosperity 24/7, knowing that they will be supporting me throughout my journey.



PICTURED LEFT TO RIGHT CHRIS CLARK, RICHARD PEARSON, NICK JONES, JAMES MOLLOY, LAURA REBOURS, LEE DARE AND MARCUS BAILEY

LAURA REBOURS

Promoted to Senior Consultant

As a Senior Consultant on the Strategy & Change Team having joined Prosperity 24/7 in 2017, I primarily lead projects with a focus on excellent service delivery and stakeholder management ensuring effective governance of Prince2 and Prince2 Agile ways of working. Having worked with Prosperity 24/7 during my time in the finance industry, I knew they'd be the only company I'd approach for the career change I desperately desired. Prosperity 24/7 have allowed me to prosper in my role, to learn on and off the job and have invested in my personal development. I have completed three qualifications since joining Prosperity 24/7 and was lucky enough to enjoy a three day trip to Amsterdam to attend the European Women in Tech conference. I hope to continue to manage successful projects while working alongside my colleagues and to continue to grow and develop as a Project Manager by pursuing further relevant qualifications and achieving my career aspirations.

LEE DARE

Promoted to Team Manager

Having been with the Prosperity 24/7 team since 2013 within the Technical Solutions team, I enjoy the diverse nature of consultancy and helping empower our clients to realise the full potential of their solution and seeing them reap the benefits. With a great working culture and putting people at the centre of what it does, Prosperity 24/7 is a great place to work, remaining nimble and able to quickly adapt to the ever-changing environment.

If you are looking to continue developing your career then e-mail us at: talent@prosperity247.com

MARCUS BAILEY

Promoted to Team Manager

Specialising in Infrastructure and cloud technologies, I have been employed at Prosperity 24/7 for just over a year. The time has flown by and I have enjoyed every minute of it. Prosperity 24/7 has provided an environment that enables me to express my personality and individuality. It's a company that matches my ambition, treats you as equal and encourages development. Prosperity 24/7 has encouraged my desire to learn, better myself and achieve. I have taken and passed five exams in the last year and been placed on several soft skill courses. The future for me is to further develop and grow as a Consultant. I will continue my learning and become an HPE Master ASE in storage technologies and then go on to further develop my skills and certifications in other areas. I want to continue to deliver on exciting and rewarding projects and provide our clients with the excellent technical and personal services that they deserve.

HIGH FLYERS

CELEBRATING SUCCESS

We've rounded up some of the most accomplished young lawyers on the island whose skill, determination and talent have driven them to the top.

JAMIE ORCHARD

*FAMILY LAW PARTNER
AT VIBERTS*

Jamie qualified as an Advocate in 2012 and has recently represented a client in the Privy Council which is the highest appellate court for the crown dependencies and is presided over by the UK Supreme Court Justices. It is very unusual that a family law case would be heard in the Privy Council and even more unusual that someone of Jamie's age would represent a party in that hearing. He has also appeared a number of times in the Court of Appeal.

Jamie practices in all areas of family law but specialises in high net worth divorce cases involving complex financial issues such as overseas assets, offshore companies and trusts. He also deals with private children law cases including cross jurisdictional children's cases as well as complicated child maintenance issues. At the beginning of this year, Jamie was made partner in the family law department at Viberts.

JAMIE WEARS:

Ted Baker Shirt £58.50, Ted Baker Tie £53.10, Roy Robson Navy Jacket £274.50, Trousers £126 and Waistcoat £94.50.

All available from deGruchy.





DILMUN LEACH

GROUP PARTNER AT COLLAS CRILL

Dilmun is a Jersey funds, corporate and regulatory lawyer. He has been hailed as “highly regarded” and a “rising star” by Chambers & Partners and IFLR1000, who rank the worlds most outstanding lawyers.

After graduating with a degree in History and two years at law school, Dilmun started his legal career at Herbert Smith Freehills in London. Via New Zealand, he then made his way back to Jersey, the island where he grew up. He has worked on many notable deals, including mergers & acquisitions such as JTC’s acquisition of Minerva and the launch of new investment funds and products (tech start-ups, infrastructure, and private equity).

Dilmun is an advocate for Jersey’s funds sector, a committee member of the Jersey Funds Association, founding member of the Jersey Digital Assets Working Group, and member of the Jersey Association of Directors.

DILMUN WEARS:

Blue Ted Baker Suit £377.10
and Ted Baker Tie £40.50.
Both available from deGruchy.

ISELIN JONES

PARALEGAL AT CORBETT LE QUESNE

Iselin began her career in journalism, having completed a BA (Hons) in Multi-media Journalism, and securing her first job working for Russia Today in Moscow, where she spent a year.

After completing a MA in International Relations at King's College, London she moved to Jersey where she first spent a year and a half in a local PR company before accepting a job as a reporter and presenter at ITV Channel Television. Having spent five years there, interspersed by two periods of maternity leave, she made the decision to convert to law.

She started her LLB at the Institute of Law in 2014, studying part time whilst raising her young family. She graduated with a 2:1 from the University of London in February 2018. Since then she has been a Paralegal at specialist Family Law Firm Corbett Le Quesne. She was recently shortlisted for Family Law Paralegal of the Year at the National Paralegal Awards.



ISELIN WEARS:

Marccain Black Jacket £379, Marccain Black Trousers £235, Marccain White Top £125. All available from Renaissance.

SOPHIE WEARS:

Marccain Stripe Blazer £379,
Marccain Stripe Trouser £235,
Marccain Printed Blouse £235.
All available from Renaissance.



SOPHIE REGUENGO

COUNSEL AT OGIER

Identified as a “rising star” by leading legal directory IFLR 1000, Sophie is a seasoned investment funds and regulatory lawyer with 15 years of industry experience. Her practice focusses on private equity and real estate investment structures.

Sophie is an alumna of Bristol University and the University of the West of England. She holds a Masters in Commercial Law and Human Rights and is recognised as a “next generation lawyer” by Legal 500.

Prior to joining Ogier at the beginning of 2018, Sophie trained and worked at another leading offshore firm, both in Jersey and in Hong Kong. She qualified as a Jersey

Solicitor in 2008, having arrived in the Island in 2004.

Sophie enjoys public speaking and is an advocate for gender equality in the workplace. She is also a founding member of Lean In Jersey.

JOSHUA GOWER

FUNDS OFFICER AT ALTER DOMUS



Age? 22

Uni attended? University College Jersey
(in partnership with Plymouth University)

Course undertaken? BA (Hons) Business and Management

What did you want to be when you were 8? Fisherman

Favourite way to relax? Long walks and photography

Favourite place to eat in Jersey? My favourite place has to be Le Braye. The full English is really good.

What's your favourite possession? My camera, because I like to travel and have captured some great photos.

What made you choose the company you work for?

I was introduced to Alter Domus through uni and I immediately thought that the culture and values suit me. Alter Domus encourages its staff to undertake professional exams which I knew I wanted to do after finishing my degree. It is fantastic to work in an environment where nearly everyone else is also studying towards, or has studied, the same qualifications as I can always rely on my colleagues for support.

What sort of professional training do you take?

I have just started studying towards my ACCA qualification to become a qualified accountant. I am planning to take 4 exams this year.

What do you do on an average day?

I am part of a team, looking after various funds for a major international company. The team's ultimate goal is to report to the Investors on the performance of funds. Day-to-day can vary widely, carrying out reconciliations, producing accounts, distributions, and various regular and ad-hoc investor queries. Liaising with both the client and the other offices in Europe is a crucial part of my role.

What is your next step?

My focus over the next few years will be to complete my ACCA exams and become a qualified chartered accountant. I will continue to develop my knowledge within the funds services sector, facilitating career progression within the company.

What advice would you give yourself as a graduate considering the experience you have now?

Try it before you dismiss it. When I was younger, I instantly dismissed the option of working in finance. However, the placement experience I gained on my degree made me realise that working in finance was more varied than I had first thought and has opened lots of doors at the start of my career.

MORE ABOUT ALTER DOMUS

Alter Domus is a leading provider of Fund and Corporate Services, dedicated to international private equity & infrastructure houses, real estate firms, private debt managers, multinationals, capital markets issuers and private clients. Our vertically integrated approach offers tailor-made administration solutions across the entire value chain of investment structures, from fund level down to local Special Purpose Vehicles.

INTERESTED?

HR.Recruitment@alterDomus.com
01534 826 000
Waterloo House, Don Street
St Helier, Jersey
Channel Islands JE1 1AD

Alter Domus Talent Acquisition

NOT AFRAID OF LOOKING DEEPER?

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CANDIDATE



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Alter Domus (Jersey) Limited is regulated by the Jersey Financial Services Commission

*YOUR CAREER, OUR PROMISE.

alterDomus*

MIA BATISTA

HUMAN RESOURCES ADMINISTRATOR AT BNP PARIBAS



Age? 21

What did you want to be when you were 8? A singer!

Favourite way to relax?

Sitting in the sunshine at the beach

Favourite place to eat in Jersey?

Bento Sushi

What's your favourite possession?

My record player

What made you choose the company you work for?

When I arrived at BNP Paribas for an interview, I immediately knew it was the company I wanted to work for. The atmosphere was great and everyone I met was really friendly. Since joining BNP Paribas and learning more about the Corporate Social Responsibility activities, social events and getting to know my colleagues, I knew I had made the right decision.

What sort of professional training do you take?

I am currently studying the Chartered Institute of Personnel and Development Level 5 Diploma.

What do you do on an average day?

My role is so varied that no day is the same! I cover elements of the whole HR function and support all areas such as employee relations, learning and development, compensation and benefits and staff on boarding. Some responsibilities include setting up new joiners, managing sickness absence and processing change of roles.

What is your next step?

Completing my CIPD Diploma and progressing my career in Human Resources.

What advice would you give yourself as a graduate considering the experience you have now?

To always believe in your own ability.

MORE ABOUT BNP PARIBAS

The Group first set up in the Channel Islands in 1979 and has grown along with the development of Jersey as a financial centre specialising in private wealth management and institutional asset management, fund and securities services.

Across the Channel Islands, our professional team works to offer our customers a wide range of services and products, providing innovative, customised solutions. BNP Paribas' teams are committed to ensuring that the bank contributes every day to the success of everyone who places their confidence in us and to the progress of society as a whole.

INTERESTED?

Contact Catherine Harzo, HR Officer - Channel Islands
catherine.harzo@je.bnpparibas.com 815200

BNP Paribas S.A.,
IFC1, The Esplanade, St Helier,
Jersey, JE1 5BP

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www.bnpparibas.je/en/careers

Join our friendly team.



BNP PARIBAS

**The bank
for a changing
world**



CALLUM RABET

SENIOR, EY

Age? 25

School attended? De La Salle College

Uni attended? York

Course undertaken? History

What did you want to be when you were 8? 9, and now I'm 25, 24

Favourite way to relax? Currently attempting to learn how to DJ – still a work in progress but figured I love music so why not make a hobby out of it!

Favourite place to eat in Jersey? At home (Nothing beats Mrs R's Sunday dinners)



ALICE McCANN

SENIOR, EY

Age? 21

School attended? Beaulieu Convent School

A levels undertaken? Biology, Sport Science and Photography (nothing Finance related at all!)

What did you want to be when you were 8?
A teacher or a hairdresser

Favourite way to relax? A bubble bath with a candle

Favourite place to eat in Jersey? Sea fish cafe in St Aubin



BETH RAINBOW

SENIOR, EY

Age? 22

School attended? Beaulieu Convent School

A levels undertaken? Maths, ICT and Performance Studies

What did you want to be when you were 8? A teacher

Favourite way to relax? Trail running on Jersey's north coast cliff paths

Favourite place to eat in Jersey? Quayside Bistro & Grill, Liberty Wharf

What's your favourite possession? My running trainers– they help me stay fit, relax and discover the hidden gems on the island.

MORE ABOUT EY

EY is a global leader in assurance, tax and advisory services. The perfect place to start your career and learn about the world of financial and business whilst studying towards a professional qualification that is globally recognised and will broaden your career options.

What made you choose the company you work for?

In 2014 I took part in the first internship that EY ran in the Channel Islands'. On joining there was an obvious focus on ensuring the progression of new joiners. The more experienced members of the firm were enthusiastic in providing coaching and advice. I also managed to receive an offer before my 3rd year at university, which meant I could focus on my studies rather than looking for a job whilst completing my dissertation.

What sort of professional training do you take?

I'm currently taking my final exam with Institute of Chartered Accountants of Scotland (ICAS). It's pretty intense but the variety in professional bodies means with ICAS you have blocks of time out of the office to focus on your studies, meaning you can focus 100% on the exams before returning to work.

What do you do on an average day? I try and get to the gym in the morning, which means it's an early start. When I get into the office, I

would usually check in with the managers on the jobs I'm assigned, and if I have any associates working with me, I'll ensure they also have enough work for the day. Then most likely open excel (God's gift to the world) and smash out some auditing!

What is your next step? I have a couple of options which I'm considering at the moment. One of these which could be a secondment away from Jersey within EY's network of over 150 offices. This is just one of the benefits of working for a global firm. However, I'm keeping my options open and haven't made a definite decision yet.

What advice would you give yourself as a graduate considering the experience you have now?

Be as proactive as possible on jobs, ask questions, lots of them. It always seems like a lot to learn when you join, but the quicker you immerse yourself in all the aspects of completing an audit, the easier and more rewarding it can make the job.

What made you choose the company you work for?

I first heard about EY when they came to Beaulieu to do a talk about the school leaver programme, which involves studying towards the ACCA qualification alongside working. This is what interested me as you would complete your exams within 3 years whilst gaining on the job experience. Another aspect that made me choose EY is that it is a global firm with a global client base, you have the opportunities to travel with work.

What sort of professional training do you take?

I have just recently completed my ACCA qualification which has taken me just over 3 years to complete. I am now qualified and have a qualification that can open so many doors for me.

What do you do on an average day?

I complete a variety of tasks on a day to day basis so no day is the same. Most of my time is spent working out at the client site, which gives me the benefit of developing a client relationship face to face. I have also had the opportunity to travel to London to visit clients, undertake training and I've also performed work for other EY offices in the UK.

What is your next step?

To enjoy not having any more exams to study for and to look for other opportunities within EY that will help me develop in my career. I have recently started helping with interviewing potential Associate candidates for future training positions.

What advice would you give yourself as a school leaver considering the experience you have now?

Going straight into work from school and studying towards a globally recognised qualification is a great opportunity to be given. You meet so many new people in the work place and at college - so don't think that you are going to miss out on making friends if you decide not to go to uni. My advice would be that before making your decision to go to university, consider the other opportunities that are out there and consider work experience options.

What made you choose the company you work for?

EY attended a career's evening at Beaulieu School and after speaking with them the accounting profession sounded like something I could potentially be interested in. I applied for work experience in the school holidays and really enjoyed the 2 weeks I spent there. I liked the environment and the work so applied for a full time position in the audit team.

What sort of professional training do you take?

I was able to start my professional exams straight away and after 3 years of hard studying I have just completed my ACCA (Association of Chartered Certified Accountants) qualification that is offered to school/college leavers.

What do you do on an average day?

As EY is a global firm, we have a diverse client base both in Jersey and Internationally so no two days are ever the same. I will often be at a client's premises auditing but equally could be in the office planning

or finalising audit assignments. I have also been fortunate enough to have had experience auditing in London and for other regional offices in the UK.

What is your next step?

I would like to take advantage of the benefits a global accountancy firm can offer and would particularly like to explore secondment opportunities in one of the EY offices around the world.

What advice would you give yourself as a school leaver considering the experience you have now?

Don't think that university is your only option! My main concern prior to joining EY straight from school, was missing out on the university experience. In hindsight, I am pleased that I followed the path that I did and having qualified as an accountant at 22 I am now looking forward to using the qualification to broaden my experiences with EY outside of Jersey.

INTERESTED?

Contact Anoushka Horgan, Talent team, eycistudenthire@uk.ey.com
EY, Liberation House, Castle Street, St Helier, JE1 1EY/01534 288667

THE PLACE TO BE EXTRAORDINARY



What matters to Ogier is providing the best platform for the best people to do their best possible work – they're flexible about what it takes for each individual to achieve that. Two senior associates from the Ogier team give an insight into their roles and offer advice to graduates.



**RICHARD
LAIGNEL**
SENIOR ASSOCIATE

Tell us about your role and what you enjoy most about your job:

The work we undertake in the Private Client and Trusts team can be technically challenging and varied, so it keeps the brain working. It is really great to be able to work alongside very bright (and also very nice!) people every day.

What makes Ogier different from other firms?

Ogier goes to great lengths to constantly improve the way we operate and ensure that we deliver the best results possible for our clients. All employees are invested in that process and as such are given a real sense of worth and importance to the firm, regardless of their job title.

What do you think will be the biggest change in the way law is practiced over the next 5 years?

The simple fact is that technology is changing the world, both in business and in people's private lives. The legal profession is no different and Ogier is certainly at the forefront when it comes to engaging with new technologies that we hope enhance our clients' experience.

If you could go back in time and give yourself one piece of advice after graduating from university, what would it be?

Take every opportunity you can to get experience, whether that is in different areas of law or in entirely different work sectors. Your career is a huge part of your life so it is important to find something which you genuinely enjoy doing.



**ELOISE
LAYZELL**
SENIOR ASSOCIATE

Tell us about your role and what you enjoy most about your job:

I am an Advocate in the Dispute Resolution team. I help our clients resolve a whole range of disputes, whether by negotiation, mediation or in court. My favourite part of the job is appearing before the Royal Court to represent our clients' interests.

What makes Ogier different from other firms?

I was attracted to Ogier because of its flexible approach to working which has meant that I can maintain the right work/life balance for me and my young family.

What do you think will be the biggest change in the way law is practiced over the next 5 years?

I predict a dramatic rise in alternative billing arrangements to meet the needs of cost-conscious clients. Innovative firms will move away from the traditional model of charging clients on the basis of their lawyers' hourly rates for work they do.

If you could go back in time and give yourself one piece of advice after graduating from university, what would it be?

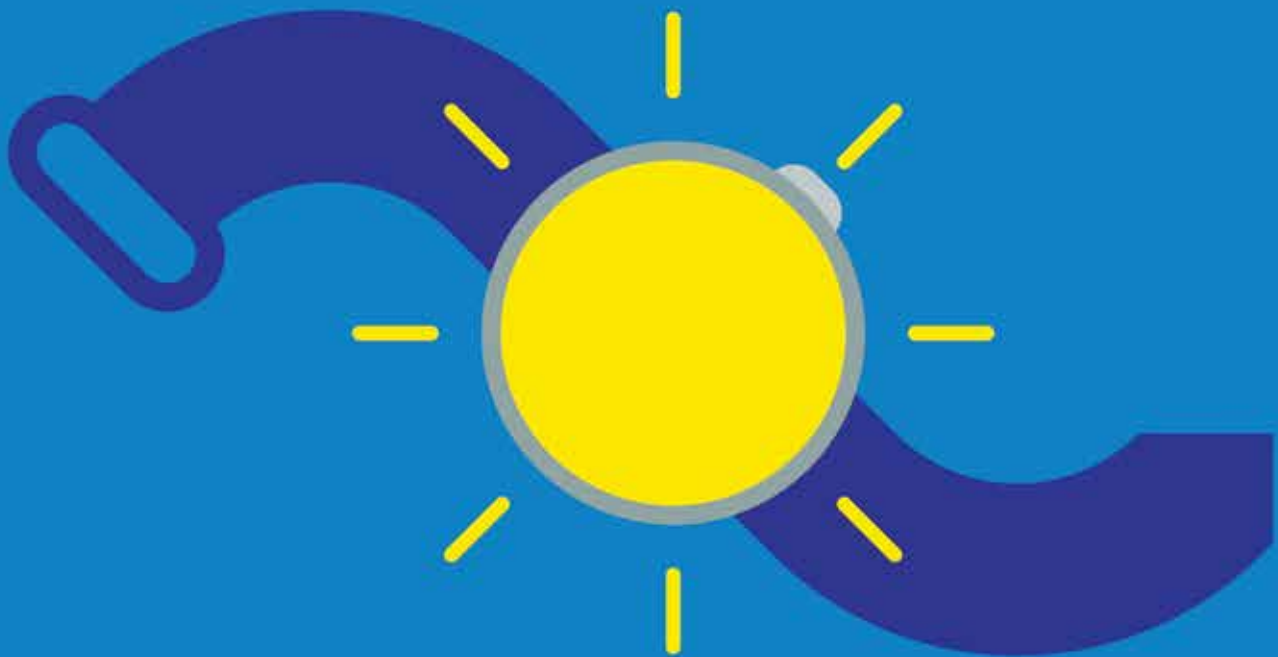
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CATARINA BASILIO

PROPERTY PARALEGAL AT **BEDELL CRISTIN**



Age? 22

Uni attended? University of London
(via the Institute of Law)

Course undertaken? Bachelor of Laws (LLB Hons)

What did you want to be when you were 8? A pop star

Favourite way to relax? On the beach in the sun

Favourite place to eat in Jersey?

Noya Shapla – you can't beat a good curry!

What's your favourite possession? My cat – Lexi

What made you choose the company you work for?

Bedell Cristin is an award-winning law firm which offers its employees great opportunities for career progression and personal development. Its main focus is on clients and the people who work there, and they have a great teamwork ethos. Not to mention the friendly and welcoming environment they provide at work.

What sort of professional training do you take?

I completed my GCSEs and International Baccalaureate, and I have recently graduated with a Bachelor of Laws.

What do you do on an average day?

Every day is different for me. I support the property team and work mainly on freehold and share transfer sales and purchases, but also assist with drafting legal documents, carrying out title researches and corresponding with clients. Because every day is different, I find I am constantly developing. I am working alongside experienced, qualified lawyers so am learning every day.

What is your next step?

My next step is to continue my studies in law. I am hoping to qualify as a Jersey Advocate so will be undertaking the Jersey Law Course with the support of Bedell Cristin.

What advice would you give yourself as a graduate considering the experience you have now?

Take up any work experience opportunities, as they will allow you to develop new skills and see for yourself if you are suited to that area of work. I found it particularly helpful to work alongside my studies as it allowed me to see the practical application of law.

MORE ABOUT **BEDELL CRISTIN**

Bedell Cristin is a full service offshore law firm with expertise in BVI, Cayman Islands, Guernsey and Jersey law. It has earned a strong reputation for the strength of its advice and its focus on client service, and it combines this with a commercial and dynamic approach.

We are always interested in meeting with local legal talent. We also run bursary and work experience schemes to support students. Contact Anna Ormsby, Senior Human Resources Officer on 814295 or email anna.ormsby@bedellcristin.com to find out more.

INTERESTED?

Contact Anna Ormsby, Senior Human Resources Officer
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E anna.ormsby@bedellcristin.com

for high flyers



Renny Gould

Trust & Legal

With extensive experience working in private client wealth management, Renny is well positioned to provide any candidate with an overview of the industry.

We are seeing a need for candidates with two to six years trust administration experience in the areas of both corporate and private clients,

and with roles at a variety of firms on our books it is a great time to be considering the next step in your career

“ There's nothing more satisfying than doing a job you love, and we want to offer everyone that opportunity. Our personal approach to recruitment will secure you a role that allows you to grow, thrive and succeed.

Trust Roles

→ Trainee Administrator	£18 - 22k
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Trust Officer	£35 - 45k
Assistant Trust Manager	£45 - 53k
Trust Manager	£55 - 65k



Natalie McMullen

Accounting & HR

Following an international career in recruitment and talent acquisition, Natalie's skills in training, coaching and knowledge of HR practices puts her in a great position to help any candidate secure their dream job on the Island.

The Fund market has enjoyed substantial growth over the past five years and doesn't appear to be slowing anytime soon. With some of the largest and most innovative funds

being established in Jersey, it really is an interesting and dynamic market to be involved with.

“ While skills are important, we feel letting your personality shine is the key to setting you apart from other candidates. With our guidance we can help you make a great impression both through your CV and in person during interviews.

Accounting Roles

→ Trainee Fund Accountants & Administrators	£22 - 30k
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Managers - Accounting and/or Administrators	£45 - 65k
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IT NEVER RAINS, BUT IT 4X4S*



WORDS & PHOTOS Russ Atkinson

YOU DON'T HAVE TO GO TOO FAR OUT OF YOUR WAY TO HEAR OR READ TALES OF MOTORISTS STRUGGLING TO MANOEUVRE THEIR OVERSIZED VEHICLES IN SCHOOL CAR PARKS IN THE MORNING, YET CROSSOVERS, SUVs AND FULLY-FLEDGED FOUR-BY-FOURS REMAIN INCREDIBLY POPULAR.

It isn't too hard to see why though; their high-up, commanding driving position and an abundance of space for all manner of things (shopping, children, bicycles, white goods, cuddly toys) are big selling points when it comes to trying to find that often elusive Swiss-army-knife-esque vehicle that suits your needs perfectly.

There are plenty of choices out there, with almost every manufacturer offering some sort of crossover or SUV model, but in Jersey, where it isn't uncommon to see a Ferrari bumbling along at 20mph through St Aubin's village on a Sunday morning, premium brands prevail, and, having made a comment in Gallery about Evoques years

ago and being called out on it only to realise that there was a lot more to them than I'd imagined after finally driving one, it was with an open mind that I got behind the wheel of all three of the vehicles pictured above to see how they lined up.

With my mind fully-open, it's important to make it clear that the specification and cost of these three commuter-colossi vary, with the Range Rover Evoque coming in slightly above the Audi Q3 cost-wise and the Porsche Macan commanding considerably more cash than either, as you might expect. They all serve the same purpose though, so how to they compare?

Starting with the Range Rover, the first thing you'll probably notice are the quirky, pop-out door handles that sit flush with the bodywork until the doors are unlocked. Once inside though, in contrast to the *out-there* exterior handles, the stark interior seems to offer almost nothing superfluous, but this is a positive thing. You feel instantly at ease, with all of the controls easy to find and use. They've nailed the mix of materials too, contrasting perforated leather and light-coloured fabrics against a textured plastic upper dashboard that actually looks as if it's been flocked. As a package, it's sleek and timeless, with that high-gloss centre console underneath the panoramic roof and just a touch of chrome here and there; it's very, very British. On the whole, the cabin is, put simply, a very pleasant place for one to be.

On the road though, I did find the automatic gearbox ever so slightly laggy from time to time, but the weight of the controls was excellent and there's plenty of low-down punch from its very quiet diesel engine. I've said it before about the previous variant, and I'll say it again about this, newer, second generation model - the Evoque will surprise you. It feels deceptively small to drive, no larger than the average hatchback, yet there's certainly no lack of space inside.

Moving on to the Audi Q3, the cabin doesn't quite match that of the Evoque in terms of luxury finish, but if I'm completely honest, it's probably viewed by many as a more utilitarian vehicle in any case - one you're not afraid to let your kids eat chocolate buttons in (admit it, you've found years-old, melted chocolate buttons in the back of at least one car you've owned, even if you weren't responsible for them getting there), despite the addition of some alcantara to the bolsters. What does stand out about the Audi's interior, however, is how ergonomically considered the navigation screen is, tilted slightly toward the driver for ease of use. Strangely, one other thing that I noticed was just how solid the rear-view mirror felt when I adjusted it. Solid enough to realise that it's, well, *solid*. And I liked that.

On the road, I scarcely realised that it'd even changed gear, so smooth is the driveline. The entire driving experience can only be described as *together*. This trademark ease of use, with everything in the right place, doing the right things at the right time and with absolutely no fuss is something that I've come to expect from Audi, and it's hard to fault them when it comes to the day-to-day driving experience.

What about the Porsche? Well, truth be told, as much as I claimed to go into this with an open mind, I actually don't think I wanted to like the Macan. Don't get me wrong, I'm a big

Porsche fan whether we're talking vintage, classic or modern; the contemporary 911s are incredibly tractable and easy to at least feel like you're driving well; the Panamera feels compact despite being as long as a container ship, with handling characteristics that defy its stature... But, a Porsche crossover? Surely it could never *feel* like a Porsche. Isn't there a lot of Audi Q5 underneath that flowing, undeniably *Porsche-esque* bodywork, too?

“Admit it, you’ve found years-old, melted chocolate buttons in the back of at least one car you’ve owned, even if you weren’t responsible for them getting there”

It definitely feels like a Porsche. The steering is weighty, but perfect - the throttle response is tight. It comes with a lightning-fast gearbox that is an engineering marvel, known only by three letters outside of Stuttgart because the German words that the acronym is derived from are almost impossible to pronounce for the non-native; PDK. It's a driver's car, even though there's enough room to pack in your family and enough luggage to keep you going for weeks, then hit the autoroutes of France or autobahns of Germany for a holiday road-trip. I'd recommend limiting chocolate button consumption to rest stops though, because the beautifully-stitched leather interior surely deserves better than that.

Admittedly, there are an almost overwhelming amount of switches, buttons and knobs to navigate your way around inside the Macan at first, but, just like distinctly remembering the Q3's rear-view mirror, the tiny detail that got me inexplicably excited behind the wheel of the Porsche, was *on* the wheel of the Porsche. There's a knurled sphere on each side of the wheel to control a couple of the myriad functions available to you, and it just feels so nice to roll underneath your thumb. The amount of unnecessary volume changes that took place during the test drive would've been notable to any passenger, so thankfully I was alone at the time and am not a huge fan of Jeremy Vine's Radio 2 show in any case.

These three tiny tanks are all equally versatile and impressive in their own right, and it really is no wonder that crossovers have become such a popular choice for such a wide range of people in recent years. With plenty to pick from though, you're most certainly spoiled for choice. But that choice, is all yours.



INTERIOR PICTURES, TOP TO BOTTOM: RANGE ROVER EVOQUE, AUDI Q3, PORSCHE MACAN

ALL OF THE VEHICLES TESTED ARE AVAILABLE FROM JACKSONS IN ST PETER. VISIT WWW.JACKSONSCI.COM OR CALL 497777 FOR MORE DETAILS.

*Although the Range Rover Evoque is also available in two-wheel drive, the Audi Q3 uses a Haldex differential so is mostly front-wheel drive unless traction is lost at the rear wheels, and technically the Porsche is mostly rear-wheel drive unless traction is lost at the front wheels. So there you go.



CLEAN UP YOUR ACT

WORDS Rebecca Evans

It's **THAT** time of year again. All of a sudden after months of groping about in perpetual darkness we're arriving home from work to natural light streaming in through the windows, chasing away the shadows from the corners and highlighting how long it's been since we last gave the place a decent clean. Dusty corners and smear-covered windows can no longer be ignored in the glare of spring sunshine.

They don't call it a Spring Clean for no reason, a necessary evil in any home, once the clocks roll back to BST it's time to roll up our sleeves and slough off the grime of winter.

As your ever helpful tech writer, for the New Season issue I've investigated gadgets to take the 'ell out of elbow grease, and get your pad looking pristine in no time.



IROBOT BRAAVA JET 240

There's no more thankless a cleaning job than the floors. No sooner have you finished scrubbing the kitchen or bathroom tiles before someone walks in and starts scuffing them up again.

Grab a tiny but powerful iRobot Braava automatic mopping gizmo from John Lewis and never concern yourself with tainted tiles or lacklustre laminate again. At just 17cm square it's small enough to manoeuvre through tight spaces but packs enough power to leave a fabulously clean floor in its wake.

Supplied with 3 cleaning pads for different requirements, the iRobot recognises which one has been attached, and adjusts itself accordingly. Choose from wet-sweeping, damp-sweeping or dry-sweeping depending on how dense the dirt is. The inbuilt jet spray and vibrating cleaning head work together to break down grime before the pads clear up and lock away debris. Offering 20 minutes cleaning power at a time, a rechargeable battery is supplied.

The iRobot Braava Jet 240 is £249.00 from www.johnlewis.co.uk



SONIC SCRUBBER

Taking the hard work out of cleaning those awkward to reach spots, the sonic scrubber from Lakeland is basically a large electric toothbrush, except instead of purging the plague from your teeth, it decimates the dirt in your home.

With an oscillating head that rotates 10,000 times a minute and a choice of 4 interchangeable cleaning heads each suited to a different surface or task, grungy grout or tarnished taps will look like new in no time. In fact the Sonic Scrubber claims to clean over 25 times faster than manual efforts; leaving 25 times more opportunity for you to relax and enjoy your newly sparkling home.

Using no harsh chemicals you can also breathe easy in the knowledge that your surfaces are not only clean but also safe for little hands or curious paws.

Powered by 4AA batteries and designed to comfortably fit your hand the Scrubber comes complete with 4 cleaning heads, each dishwasher safe, and an optional hanging loop.

The Sonic Scrubber is £16.99 from www.lakeland.co.uk

PETSAFE SELF-CLEANING LITTER TRAY

As a cat-owner I take great joy from my pet; I love that he's always around to greet me when I get home from work and he doesn't care what kind of mood I'm in. Plus he's super-cute and is extremely easy to bribe with cheese. The only downside I can think of is the daily chore of having to deal with his litter tray.

So I'm looking into treating him (and myself) to a self-cleaning version. The PetSafe ScoopFree version from Amazon makes the almost too-good-to-be-true promise that it will do all the work for you, and remain fresh and clean for weeks at a time. The only effort required is to load the disposable tray of crystal litter and plug it in.

Sensors pick up when you pet pays a call, and a short while later the automatic rake slides through the tray and pushes any unsavoury items left there into the sealed waste compartment, where they remain out of sight (and importantly, out of smell) until such time that you remove the disposable tray, pop on the lid and dispose of it.

Each tray is estimated to last for around 40 uses, or about 3-4 weeks for one average cat. The refills are a little more expensive than your average bag of litter, but to eliminate the near constant scooping required for a conventional box, I think it's a probably a price worth paying.

The PetSafe ScoopFree Self-Cleaning Litter Box is £119.99 from www.amazon.co.uk



"Sensors pick up when you pet pays a call, and a short while later the automatic rake slides through the tray and pushes any unsavoury items left there into the sealed waste compartment"



ECOVAC WINBOT 950

Hands down, one of the least appealing household cleaning jobs (after the cat's litter tray) is the windows. Doing the inside isn't so hard, but when it comes to the outside it's a whole different ball game, especially, if like me, you live on a floor way above the reach of your average neighbourhood window cleaner. A winter of stormy weather leaves windows dappled and grubby, crying out for a good clean. So an Ecovac Winbot 950 may be the answer.

The apparent love child of Spiderman and the iRobot Braava, the Winbot defies gravity and clings to horizontal glass using a powerful yet quiet suction fan, while the SMART DRIVE system navigates the window independently to ensure no smear is safe. Using soft microfiber cleaning pads and supplied cleaning solution, the 4 stage process will leave your windows gleaming, while the inbuilt back up suction pod and tether ensure passersby are safe from falling tech should the fan ever fail.

The Ecovac Winbot 950 is £359.00 from www.amazon.co.uk

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SPORTSPEOPLE
OF THE MONTHBORN TO RUN:
Gemma, Ben & Sam

For siblings Gemma, Ben and Sam, it would seem that a love for running is ingrained in their DNA. With all three of them pursuing the sport from a young age into adulthood, their shared passion has led them on journeys of both professional and personal development. We met with the fitness fanatic trio to find out more.

**GEMMA****BEN****SAM****When and why did you start running?**

GEMMA: I started running at the age of 6. I remember being at school and excelling in my sports day, so my PE teacher at the time suggested I go to Jersey Spartans. I absolutely loved it, and the fact that I appeared to be pretty good made me love it even more!

BEN: I started running around the age of 15. I always struggled with my weight as a teenager and took quite a lot of gyp for it, so running was originally my way to lose those pounds!

SAM: I started running at around 7 years old when I followed in Gemma's footsteps and joined Jersey Spartans. I too was pretty quick at primary school level, so it was a natural progression for me.

Where has running led you in terms of your sporting career?

GEMMA: Running has led me to so many places, not only in terms of my career, but my whole life. It's taught me things about myself that I'm not sure I would've learnt if I hadn't got into the sport from an early age. I really thrived with it up until the age of about 18, when things start to deteriorate a little. However, what I've learnt is that the same work ethic, love and passion I have for sport is now something I channel into having my own business and being able to make that a success.

BEN: My love of running has had a huge impact on my career, so much so that I now have a running school with my sister called Born 2 Run and I'm currently in the process of becoming a qualified Sports Masseuse.

SAM: My athletics has allowed me to compete all over the world. For instance, I will be competing in Gibraltar in July for my 4th Island Games, where I've achieved 4 silver medals and 1 gold. My greatest achievement however took me to Australia last year, where I competed in the Gold Coast for the Commonwealth Games. At the games I achieved personal bests in the 400m and 200m, just missing out on the semifinals for the 400m. I was ranked 24th in Britain for 400m after the games, but hoping to improve on that this season.

When does your new running season begin and what does it look like for you?

GEMMA: My running season is very different for me this year because I won't actually have one. In the past, I've set myself goals in relation to performance events, but I've recently decided to take a step back from competitive level and focus on the sport as something that I love doing for myself, my own mental health and wellbeing.

BEN: I'm always asked why I don't race anymore, but for me, running has never been about competing. I run because I love it, so I don't really have a beginning and end to my season. In terms of this year, I had planned on completing 2 marathons, but due to the business I'll just be focusing on Valencia at the end of the year. This will involve a 16 week block of training, running 5 times a week. I'll also take part in a number of local events - Jersey really does put together some great runs.

SAM: I normally begin my indoor season in January, but I was unable to compete

indoors this year, so my outdoor season will start in May. For the season, I am hoping to bring back some medals from the Island Games in Gibraltar, some personal bests and hopefully break the 47 second mark over the 400m.

What does the sport mean to you on a personal level?

GEMMA: Running has taken me on such a personal journey in learning who I really am. In the past, I only saw myself as 'Gemma: the runner' and without that label, I didn't feel like I was anything. Now, it's no longer about fast times and personal bests for me. It's about nourishing myself and doing what makes me happy. I now feel like I've gone full circle and I'm back to the mindset of that 6 year old girl who just started running because she loved it!

BEN: Running means a great deal to me and I could talk for hours about that it's done for my self esteem/confidence, resilience and so on. I don't think there's been a run to date where I didn't win - and I don't mean in terms of winning the race. Every single time, I always come away having gained something positive from it; whether that be physically or mentally.

SAM: Everyone who knows me understands that athletics is a big deal for me. It's part of my weekly routine and I wouldn't feel right if it wasn't a part of my life. It's great when you need to release stress or frustration, but for me, the main thing is the buzz I get from running fast times. Seeing my race times improve throughout the season and seeing my hard work pay off really is paramount to me.

Still looking for the 'Perfect Fit'?

We hope you enjoyed reading last month's article highlighting Active exercise classes - Spinning, BoxFit and BODYPUMP. Maybe this inspired you to try a class, but if you're still looking for the 'Perfect Fit' here are three more you might like to consider.



Challenge your body

Circuit Training is a High Energy class combining both cardio and strength training to improve your fitness levels and tone your body.

The circuit alternates and powers up muscle groups, such as upper body, lower body and core, with short rests in between each exercise.

Classes are currently held at Fort Regent and Les Quennevais centres and are suitable for beginners through to advanced participants.

Dance yourself fit

Zumba is a fun and effective dance fitness class combining cardio, muscle conditioning, balance and flexibility, all designed to a Latin-inspired beat. It's an intermediate to advanced exhilarating workout.

If you want more emphasis on toning and sculpting, Zumba Toning classes use Zumba® Toning Sticks or light weights to define arm muscles. Class are held at Fort Regent.

Increase flexibility strength and tone Fitness Pilates classes are held at our three Active centres, suitable for all levels of fitness. Combining original Pilates exercises with updated techniques and

practices including resistance bands, hand weights, mini balls, weighted balls and stability balls. This class develops body awareness, improving and changing postural and alignment habits to increase flexibility and ease of movement.

There really is something for everyone at Active with various membership options and monthly passes too. Get fit with Active and be part of Active's 'Big Community'.



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In light of everyone now having to drive around town in 2nd gear, we asked our Facebook followers:

What new (ridiculous) laws would you introduce?

boardom



Hannah Jacques

For people to start and leave work whenever suits their lifestyle and be rid of the 9-5 forever!

Lee Liberty Le Clercq
Slow and fast lanes painted on pedestrian areas

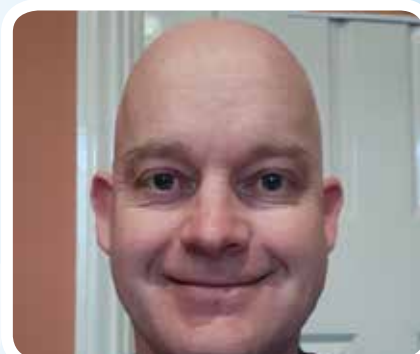


Mark Charlton

Beach tax - with toll gates at each sandy parish venue

Steve Baudains

All pedestrians in King St should stick to the outer lane unless over-taking. Those wishing to enter a shop should indicate clearly well in advance before changing lanes.



Mike Alexandre

On Wednesdays, we should drive around the one way system backwards to even up the wear on the road



Steve Hobbs

Park the ridiculous politician in the middle and let them breath all the fumes in

JJ Gallagher

All goods must be delivered by bicycles inside the ring road, e-bikes would have to apply for a P30 permit



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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JDC have teamed up with The Mortgage Shop to show you the average monthly repayments you could be paying for your brand new home at Horizon.

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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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