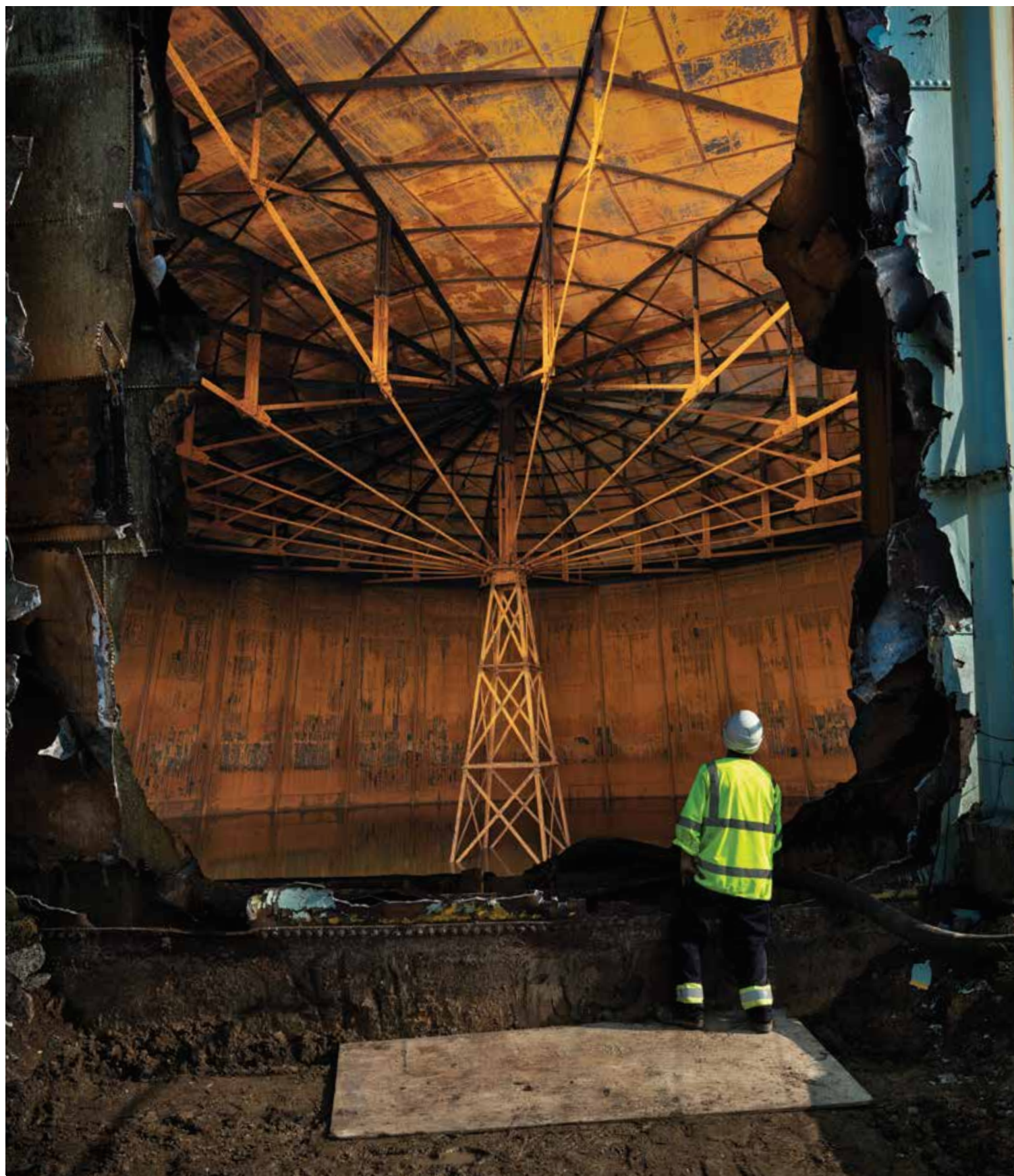


# gallery







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SHARE TRANSFER - Livingroom is delighted to offer this fabulous garden apartment. Situated within the prestigious and highly desirable Westmount development (in the final block to have been constructed) this stunning 771 sq.ft garden apartment comprises superb reception space with two bedrooms and two bathrooms together with the rare inclusion of a generous, paved terrace - perfect for entertaining. The epitome of modern 'easy living' throughout, this entirely lateral home has been carefully conceived with quality appliances and fixtures improved further by the current owners. The apartment also offers secure gated underground tandem parking for two vehicles, access to the on-site gym and bike store. A haven in the heart of St. Helier.

**SOLE AGENT ST. HELIER £495,000**



**ASH COURT, WOODLANDS**

SHARE TRANSFER - Livingroom is delighted to offer this beautifully presented apartment within the much sought after Woodlands development in the parish of Grouville. This 1,311 sq.ft third floor apartment comprises fabulous 25 ft sitting/dining room, separate kitchen/breakfast room, two bedrooms (one en-suite), bathroom and generous balcony with breathtaking views of Gorey Castle and the French coast. Furthermore, the property includes a single garage, large store and parking for two vehicles under a car port together with ample visitor spaces. Ash Court offers security, beautiful surroundings including squirrel watching from your window! A fabulous home with peace of mind for both owner occupiers and investment buyers alike.

**SOLE AGENT GROUVILLE £685,000**





**LES RUETTES COTTAGE**

Beautiful terraced cottage set in rural Grouville. This renovated cottage has been finished to exacting standards with a notably bright and spacious sitting room and high-quality kitchen featuring granite worktops. Located at the end of a long gravel driveway you really are tucked away but still within close proximity to St. Helier. The two large double bedrooms have the benefit of having en-suite bathrooms. The second bedroom has access to a large decked balcony, which has the possibility of creating a staircase to the decked area below. The property has the benefit of owning ten metres of extra land to the rear allowing further extension (subject to planning permission). This property must be seen to be appreciated and early viewing is highly recommended.

**JOINT AGENT GROUVILLE £549,000**



**LA RETRAITE**

Discreetly located in the highly desirable parish of St. Ouen, this stunning character filled house offers a warm and homely feel. A full three generation + package of not only the main family home but also a two bedroomed apartment, separate cottage, equine land and stables. Ground floor of the main house comprises fabulous range of reception rooms together with an indoor swimming pool and sauna. First and second floors comprises superb bedroom suites and two impressive balconies with captivating rural and sea views. The two bedroom cottage dates back to the 1300's and is ideal for family/rental income together with an additional two bedroom apartment. Externally, the property includes 4.6 acre grounds. A truly special home.

**SOLE AGENT ST. OUEN £3,295,000**



**LIVINGROOM**  
The Channel Island Estate Agent

# gallery

**#162**  
**[ECOACTIVE]**

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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Gallery is Jersey's highest quality monthly and premium print media option for stylish and progressive brands. We mix wide reach with quality in a way others can't. If you have a business or strategy to promote to Jersey's forward thinking consumer, get in touch. Call us on 811100 or drop us an email.

## FEATURE

### WE PROFILE ISLANDERS

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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.

published by

**factory**

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Gallery recycles all its storage and packing materials, boxes and any old magazines that are returned. We don't get that many fortunately. We love to know our readers hang on to previous copies but when you move or find that they're taking up too much space, drop them down to the recycling bins in the car park off the Esplanade. If you want to find out more about recycling, call 01534 448586. We put this in a green font to look eco innit.. That's smart!





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# DOES YOUR MUM LIKE YOUR FACEBOOK PROMOTION? DOES YOUR SUPPLIER WATCH YOUR INSTAGRAM STORIES?

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What's On.

93000

editions liked  
and shared a year

93000

editions liked  
and shared a year

1.5 million

Pages viewed  
already in 2019

20000

editions liked  
and shared a year

190000

editions liked  
and shared a year

You know what it's like. It's so easy to casually upload to social and think you're killing it with your marketing. All your friends say nice things and it's only \$20 to boost things a bit. But that adds up, and what are the real results?

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# edito

#162

[ECOACTIVE]



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PHOTOGRAPHER  
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## Social networking shizzle

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I have a piece of art on my desk entitled 'paper pushing punks'. It's by a local artist who entered our Gallery Student Art Awards yonks ago. It made me laugh when I considered what we do and thought it should live in our office. I think the message is actually meant as a metaphor for anyone stuck in the rut of a work role, traditionally associated with shuffling lots of paperwork, but I do like the idea of being a punk.

There's no doubt that over Gallery's lifespan we've pushed way more paper than I'd ever imagined we would. As we consider options for the future it still amazes me that there is a thirst from readers to consume print and a desire from publishers to continue with traditional print media in our digital world. Despite the glossy exteriors, most magazines these days are actually made from recycled paper. It's not even driven by publishers' desires to appear with strong eco credentials but more by the needs of paper mills and commercial printers to do so in their annual reports. Big industry, even more than their clients, need to communicate a consideration that we live in a world where sustainability is key.

Every business, irrespective of industry, is under evermore scrutiny to conduct business which includes a clear consideration of the environment. For us, paper has the advantage of being easily recyclable and biodegradable. You can't say 'plastic drinking straw' these days without people boycotting your restaurant. A UK coffee-shop chain made a bold move by removing single-use cups from their 21 outlets last year, saving 125,000 cups heading for landfill, but costing the business £250,000 in sales. It does go to show that businesses are sacrificing profit for good and they're incentivising us too. In the UK Pret a Manger have doubled their discount for using your own cup from 25p to 50p. Our local CafeJac do a 10% discount for using your own cup too.

Paper hats off to the Guiton Group too, who have dedicated a whole regular print title to the environment with their 'ecoJersey' booklet. We can't go that far, but it is a worthy area to cover and one we've selected to touch on with this edition. We meet a range of Jersey people who live their lives and run their businesses under the mantra of 'Reduce, reuse, recycle' and have all manner of features that touch on change for environmental good.

We've made a conscious effort this year to re-align Gallery with its founding principles of promoting interesting creative work; publicising Jersey's unique style. This month we switch out fashion for photography as we feature the exhibition 'Don't Shoot the Messenger; Images of the urban landscape' which includes this month's cover shot. It offers up a unique view into the de-commissioning of the iconic Jersey Gas Holder and is symbolic of a move to new, renewable energy and it's great to that all the steel is set for recycling.

Have you been to the London Science Museum? I went at Easter and had forgotten how awe-inspiring it is. They have an exhibition called 'Engineer your Future' that focuses on the challenges we face in powering the planet. It's very interactive and one feature is a touch-screen game in which you have to manage the removal of old power stations whilst installing renewables and making enough energy for the population. I played twice and failed twice. Here's hoping mankind doesn't.

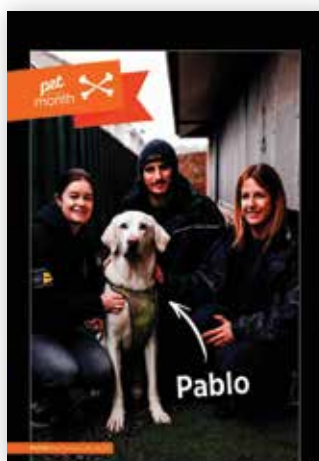
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# UNPACK YOUR PRADAS & TAKE OUT YOUR TUX FOR THE ISLAND'S MOST GLAMOROUS RED-CARPET NIGHT OF THE YEAR

WORDS Tessa Hartmann



#JustJersey

**S**o, here's the lowdown. Four years ago, I moved to Jersey in search of sunnier climates, with my husband and brood of kids – 4 to be precise. I sold the kids into the idea of magnificent coastlines and beaches, palm trees (a rare sight in our native Glasgow), turquoise waters and an outdoor life (somewhat more enticing than the August hailstones they grew up with in the North). People are so often seduced by far-flung heat and the tropics; we forget that the best kept secrets are often on our doorstep.

I knew the girls were 'in' when I presented the Instagram worthy sand-dunes, pretty seaside villages and a scattering of night clubs. The boys went to surf school in St Ouen's in April and bang – The Hartmann's were at home!

School had begun and the community spirit was infectious. There was much hilarity at finding the quaint farmers honesty box for the pumpkins at Halloween. 'Yes kids, people don't steal here – imagine that!!!'

Then came the breakthrough. Island wide gigabit and 4G connectivity. Hubby, being in the music business, was overjoyed at being able to send his files to Los Angeles instantly from our newly installed fibre internet in the office. You must understand, in Scotland, with its 5.5m population, is lucky to have broadband in key cities never mind fibre. (Don't get me started on this one...). So here we are on this little island working liking mad dogs, productivity instantly increased due to our creative juices being on fire.

As I navigated my way around island life, I began to realise that there is so much more to Jersey than meets the eye. Sure, there's an abundance of information out there about the island's status as a leading jurisdiction with tax rates among the lowest in Europe, low stamp

duty on property, no capital gains tax or inheritance tax but what is it about Jersey that really makes people tick?

I realised it was the people. Just like that I decided to set up the Jersey Style Awards. I wanted to create something that celebrated the people who shape the character, personality and individuality of this wonderful place, with its unspoilt beaches and clean air. Frankly, I believe that if we punch above our weight, Jersey could be the envy of many global hotspots.

Having worked in luxury and retail branding for over twenty years I knew that the key to success would be to create a credible brand, with high profile judges, luxury sponsors and a sprinkling of celebrities. What I had not bargained for was the wealth of talent across the arts, culture, tourism, retail and style.

Sure, I expected some nice businesses to emerge, but what has transpired in these last 3 years is a wealth of tastemakers, innovators, disruptors and a few firestarters.

Each year we encourage applicants to enter our 14 categories. We're delighted that in such a short space of time this unrivalled platform has provided a wonderful way to celebrate and showcase the local tourist economy,



lifestyle, arts and retail. A win at these awards is now regarded as a benchmark of success and each year the event's profile gets bigger and bigger. What we're trying to do here is build a legacy for the event. Aren't you fed up reading about Jersey in the national press always in relation to some unsubstantiated tax story, with sensationalised reporting and often artistic license when it comes to facts and figures? I know I am. What can we do about it? We can change the conversation. We can promote the wealth of talent, we can toast the islands creatives, hotspots and business leaders.

So, unpack your Pradas and take out your tux for the island's most glamorous red-carpet night of the year on Thursday 11th July at the Royal Jersey Showground. Thanks to our incredible sponsors like MMG, a global leader in secure SMS messaging, Bentley Motors who will be chauffeuring our VIP's with Jacksons and Textron Aviation in partnership with Ortac who will be flying in the celebrities to the island. We're hoping that our property partner DiCasa, the luxury turn-key developer might bring in their supermodel ambassador Jacey Elthalion, if for no other reason than to admire his torso again...

The event which has previously honoured Dame Shirley Bassey, Prada, Pam Hogg and has seen performances by Professor Green and Alesha Dixon never disappoints on the style stakes and has also received an abundance of international media coverage – that's our goal! This year will be no exception, so you can expect some big names from the worlds of fashion, music and style to descend upon our shores. Why? Because this is #JustJersey – this is who we are. This is what we're all about and we're going all the way. So please support those incredible brands who have reached the shortlist, share their names on your socials (still laughing at Facebook being more popular than Instagram on island – an amusing but small downside) but Instagram is where it's at. So, if you're not on it – get on the bus people? It's driving at greed speed and if you're not fast, you're last. Here at the Jersey Style Awards, we don't wait for opportunity, we create it and we want you to join the ride!

So, if you missed entering for 2019 then start planning for 2020. Remember the magic only happens when you're outside your comfort zone. For now, follow us on Instagram and change the conversation @JerseyStyleAwards #JustJersey – because we can't expect to see a change if we don't make one!



**“Sure, I expected some nice businesses to emerge, but what has transpired in these last 3 years is a wealth of tastemakers, innovators, disruptors and a few firestarters”**



# NEWS IN NUMBERS

**30** year old pizza restaurant business destroyed by flames

**24**

year anniversary of Channiland St Malo ferry disaster passes

**5**

year spying stint disguised as a finance worker in Jersey, claims alleged former DGSE agent

**64**

percent of States of Jersey Police staff say, according to a poll, they would not recommend joining the force

**1**

boat set alight when a parachute flare was accidentally set off inside it

**7**

celsius above average temperatures experienced locally over Easter bank holiday weekend





## Martin Cotillard

### Wood Turner

#### HOW DID IT ALL GET GOING?

We had wood-work classes at school in the early 70s and I really enjoyed them, that started the passion. When I'd finished school, and was working my mate told me about wood turning classes, so I signed up and met Mick Renouf my teacher - over six months I went up to Trinity to meet him each week and just loved it; it's infectious.

I then bought my own equipment and would lock myself in the shed working and practising. Decades on and I am now enrolled on the Register of Professional Turners which is sponsored by the Worshipful Company of Turners at Skinners Hall in London and enables me to use the letters RPT after my name.

#### WHAT DO YOU PRODUCE?

I make bowls, pens, bottle stoppers, anything round and wooden! I often use acrylic and iridescent paints to finish the pieces.

#### WHAT'S YOUR STYLE?

I don't decide what comes out of the wood, my guardian-angel wood-turner guides me.

#### WHAT MAKES YOUR PRODUCTS UNIQUE?

Each piece is very different because of the individual life of the tree it comes from - all the knots and grains and textures come out, and I like to celebrate that uniqueness in my work. With each piece of wood I can always see a face, and then I work with some magic guiding my hand to make the piece come to life.

#### WHAT'S A TYPICAL DAY LIKE FOR YOU?

I work at the library each morning and then I start turning about midday after toast and tea, with my dog asleep on the couch. An average piece will take around three hours to make including the

different coats of paint and finishes. I'm always learning, especially from the fantastic wood-turning community on You Tube. I either buy my wood in, or I like to use pieces from Joel Freire at Tree Matters, I'll dry and prepare his wood; it takes time, but it's wonderful to use local trees.

#### BEST BIT OF YOUR JOB?

I find wood-turning very therapeutic, I really enjoy doing it, and often the response from customers is just brilliant. I've made some items from pieces of wood that are special to people, such as from their beloved old boats etc, and it's an amazing experience. So making people happy and creating a really precious item is very rewarding.

#### WHERE DO YOU WORK?

I work from my studio at home in St Brelade. It's smaller than my last studio space, but I found that if I had a big space I would just fill it, jam-packed with stuff. So I've down-sized.

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

Lots of the items I make are from standard wood destined to be firewood until I get started with it!

#### WHAT ARE YOU WORKING ON AT THE MOMENT?

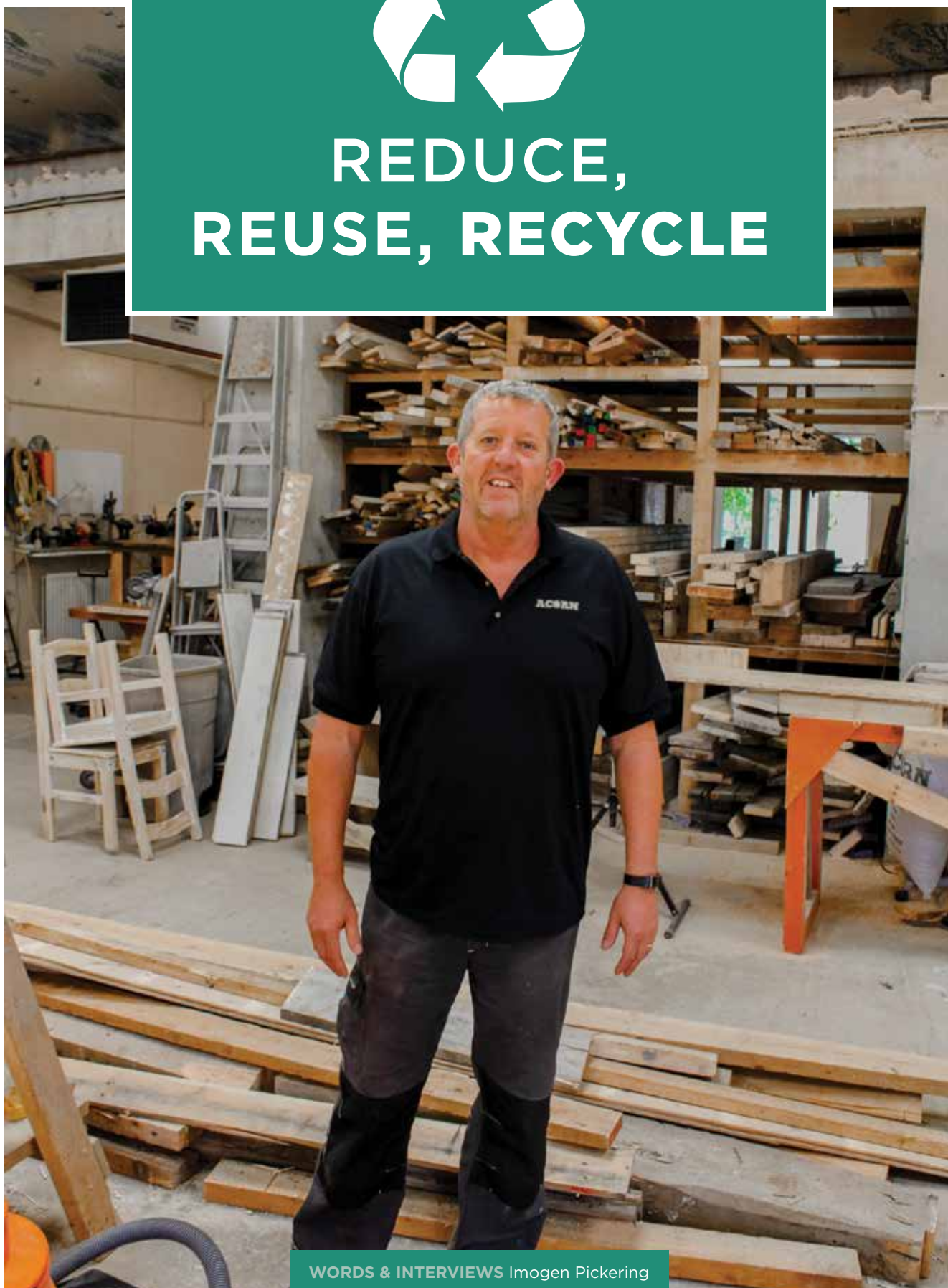
I am currently processing a lot of yew timber which has been lying in a shed since the 1987 great storm.

#### WHERE CAN PEOPLE BUY YOUR PRODUCTS?

My products can be purchased at the Harbour Gallery, Local Craft Fairs or customers can contact me directly for a specific commission on 07700330135



# REDUCE, REUSE, RECYCLE



WORDS & INTERVIEWS Imogen Pickering



WE'VE ALL HEARD ABOUT HOW WE SHOULD ALL BE MORE ENVIRONMENTALLY FRIENDLY, BE GREENER, MORE ECOLOGICALLY SOUND AND HOW TO LIVE SUSTAINABLY A THOUSAND TIMES. I'M SURE I SPEAK ON BEHALF OF MANY WHEN I SAY THAT I AT LEAST TRY TO MAKE THE RIGHT INFORMED DECISIONS WHEN IT COMES TO DOING MY BIT FOR THE ENVIRONMENT, BUT WHO ARE THE REAL PIONEERS WHEN IT COMES TO ENSURING OUR ISLAND'S COMMUNITY IS HEADING IN THE RIGHT DIRECTION? I MET WITH A FEW OF THE INDUSTRY LEADERS COMMITTED TO MAKING A DIFFERENCE, TO FIND OUT MORE.

# JOHN HILL

## ACORN WOODSHACK

**JOHN HILL IS RESPONSIBLE FOR THE SOCIAL ENTERPRISE, ACORN WOODSHACK; A WOOD RECYCLING WORKSHOP AND STORE FOR RECLAIMED TIMBER, UPCYCLED WOODEN FURNITURE AND QUALITY, LOCALLY-MADE GIFTS AND HOMEWARES.**

The Acorn Woodshack was established in a bid to reduce the amount of timber waste going into the incinerator, after a survey undertaken by La Collette a number of years ago, revealed that of the variety of different products entering the waste stream, 49% was timber.

'We have been trying to reduce this amount ever since, by reusing as much as we can. We don't see timber waste as wasteful, but as a reusable commodity. This ethos can be applied to so many other waste materials that are produced every day and we work closely with the States Recycling Manager, Emma Richardson-Calladine, as well as AAL Recycling, to try to relay this message'.

Originally from a carpentry background, John first became aware of the island's waste timber when undertaking research within his role at the Transport & Technical Services Department.

'I was working within a team at TTS, as a charge-hand, undertaking building maintenance on behalf of the then Harbour Department. During this time, I enrolled in a year-long modern manager programme, and with three colleagues from different areas within TTS, came up with the idea of recycling as much timber waste delivered to the incinerator as possible. It was while

researching this that my eco-conscience was awoken! Acorn had the foresight to see what a good environmental project it could be and I was seconded to get the business started some five years ago. The rest, as they say, is history!'

Not only does the global demand for timber increase the devastating threat of deforestation, John also highlights the detrimental effect on the environment that comes with the processing and delivery of this raw material.

'Recycling and reusing timber ultimately helps to protect the environment. Reusing timber waste reduces the need for logging and halts the onset of deforestation, as well as the refining and processing of the material, all of which creates substantial air and water pollution. As recycling and reusing saves energy, it also reduces greenhouse gas emissions, which in turn helps tackle climate change'.

Aside from reusing in excess of 100 tonnes of waste timber per year, the main focus of Acorn is to provide employment, training and work experience to those with a disability or long-term health condition.

'The most important benefit, from an Acorn/ local point of view, is that by reusing a waste product to generate an income, we have been

able to build an enterprise which provides a service to the community. To achieve this, we get our clients involved in all aspects of processing the timber we receive; from de-nailing, to producing custom orders, to creating products for our showroom at Acorn. With the help of our fantastic staff and clients, it's a very worthwhile and rewarding job.'

John and the team work tirelessly to generate and income for charitable purposes, thus 'giving back' to the island. In doing so, they also provide sustainable timber products for low income families and local small businesses. They are able to provide clean, serviceable timber at 60% of the cost of new, produce bagged kindling wood for the local market made from unserviceable timber, as well as a wide range of wooden furniture made from reclaimed wood. In turn, they are able to reduce the amount of material imported to the island, reduce local waste and carbon emissions, and conserve a valuable natural resource.

'I would urge any building and demolition companies or builders merchants who are looking for alternative solutions for their timber waste to contact me. With your help, we can make a difference to the local environment and community.'

FOR MORE INFORMATION, CONTACT JOHN AT [JOHN.HILL@JET.CO.JE](mailto:JOHN.HILL@JET.CO.JE)  
OR VISIT [WWW.ACORN.CO.JE](http://WWW.ACORN.CO.JE)

# INDIA HAMILTON

## SCOOP

**INDIA HAMILTON IS THE CO-FOUNDER OF JERSEY'S FIRST WASTE-FREE ORGANIC CO-OPERATIVE, SCOOP. HAVING RECENTLY REOPENED IN ITS NEW LOCATION AT LA BIENVENUE FARM IN ST LAWRENCE, THE SUSTAINABLE FOOD CO-OP INVITES ISLANDERS TO EMBRACE PLASTIC-FREE LIVING AND REDUCE WASTE, BY OFFERING A RANGE OF PACKAGING-FREE, ORGANIC AND ETHICALLY-SOURCED PRODUCTS.**

India is part of a group of volunteers who take care of the shop's daily operations, as well as focusing on the business-development side of the business.

'As a group, we assign our roles based on our experiences and interests. I trained as a chef in London and ran an experimental catering company under my own name. I was also the Head Chef for nationwide projects focusing on food sustainability such as Pumpkin Rescue, Sainsbury's Waste Free Town, Swandlincote and Future Proteins Programme. This experience then took me to India, where I consulted as a waste innovator and product designer for a circular economy/permaculture food supply chain, all of which I am now able to apply to the development of SCOOP.'

The idea for SCOOP was born out of The Morning Boat agricultural arts residency, run by Suzanne and Kaspar Wimberley. Having lived in Germany, where cooperative shopping flourishes, the Wimberleys brought to the island the necessary insight needed for a project of this kind. When Kaspar and India met through the Morning Boat's Climavore project, their combined experience led to discussions which would lay the foundations for the growing success of the business today.

'I've always enjoyed feeding people, but rather than the elitist, stressful race to food perfection that is Michelin star, I've always felt more connected to the challenge of affordably feeding good quality food to large numbers of people. The food sector is an incredible place

to work; to be caring and conscientious, to be creative and problem-solve.'

And problem-solve she does - with India's interest in the environmental impact of food not only being responsible for introducing plastic-free grocery shopping to the island, but also challenges the concept of food waste on the whole.

'What's becoming obvious at SCOOP is that when the system is redesigned to a more circular approach and food waste is

**"WHAT'S BECOMING OBVIOUS AT SCOOP IS THAT WHEN THE SYSTEM IS REDESIGNED TO A MORE CIRCULAR APPROACH AND FOOD WASTE IS CONVERTED INTO, AT THE VERY LEAST, SOIL, THE CONCEPT OF WASTE CHANGES."**

converted into, at the very least, soil, the concept of waste changes. Its commercial viability changes and the bin then becomes a place for innovation, rather than the end of the life cycle. Jersey feels like the perfect place for B2B waste innovation and a shift towards a more circular approach to food waste - that's the direction I'd like to see things going."

With roughly 21 billion meals being eaten per day, it's difficult to imagine the extent

of global food waste, even if we were to leave just one item per meal. With the development of her business, India actively encourages islanders to become more conscious of their shopping habits to help reduce our overall food waste.

'There are so many small shifts we can make that actively reduce food waste. For one, buying exactly what you need for a recipe. SCOOP's concept is less about 'bulk' and more about buying precisely for your needs, which in turn not only reduces the risk of waste, but customers have also noticed a drop in their food bills as a result.'

With the environmental impact of food becoming more frequently discussed in mainstream media, we have seen a stark rise in vegetarianism and veganism in recent years, with arguments that the production and consumption of plant-based foods is more environmentally effective. India argues that the impact of food on the environment is far greater than choosing not to eat meat.

'The world is what we eat. The purchase of food is a political, social, economic and cultural act. If you are looking to change your diet to help the planet, make sure you understand that it's more than the ingredients that need consideration. You must look at the farming practice, the quality, how it's transported, sold, produced, how the staff are being paid and how it's disposed of. We can't be sure that just switching from meat to vegetables alone will have any impact at all.'

FOR MORE INFORMATION, CONTACT INDIA AT [INDIAMGHAMILTON@GMAIL.COM](mailto:INDIAMGHAMILTON@GMAIL.COM) OR VISIT [WWW.FACEBOOK.COM/SCOOPJERSEY](https://WWW.FACEBOOK.COM/SCOOPJERSEY)









# ELIS JOUDALOVA

## OLIO

**ELIS JOUDALOVA IS THE CHANNEL ISLANDS MARKET GROWTH MANAGER FOR GLOBAL FOOD-SHARING APP, OLIO. THE APP, WHICH WAS FOUNDED IN THE UK IN 2015, CONNECTS NEIGHBOURS WITH ONE ANOTHER AND WITH LOCAL BUSINESSES, SO THAT SURPLUS FOOD CAN BE SHARED, NOT THROWN AWAY. WHEN ELIS FIRST HEARD ABOUT THE APP TWO YEARS AGO, SHE JUMPED AT THE CHANCE TO BRING THE CONCEPT TO JERSEY AND INTRODUCE THE OLIO SHARING COMMUNITY TO THE ISLAND.**

Born and raised in the Czech Republic, Elis developed an appreciation for food from an early age. 'My Mum is the most amazing cook and she grows lots of fruit and vegetables in her garden. When I was young, we used to have chickens and rabbits as well, so I would spend a lot of time helping my parents grow and collect our own produce. This taught me from a young age how food is grown and it made me appreciate it very much.'

Elis' childhood interest in food extended into adulthood, where she admits to becoming 'a real foodie' when she travelled abroad, working in kitchens and hospitality, as well as having many talented chefs in her social circle. After becoming aware of the global food waste scandal when moving to the UK, she decided to study International Tourism and Hospitality Management at university in London. With a focus on sustainability, she hoped that it would give her the tools to make a valuable difference in the future.

'I was always a bit different in that sense. I always had many ideas to offer as solutions to problems. I knew a traditional career was not for me and that I wanted to make this world a better place one day. I was very frustrated to learn how much food goes to waste when I moved to the UK almost 13 years ago. I felt that people and retailers didn't have the same level of connection and values about food as we do in the Czech Republic and I couldn't understand why nobody appeared to be bothered. When I moved to Jersey over 5 years ago, sadly it was the same story.'

Food waste is one of the biggest contributors to climate change - a statistic 70% of Britons don't realise. Globally, 30-40% of all food produced is not eaten, with 50% of food waste coming from our own homes.

'With about 800 million hungry people in the world, it's simply not acceptable. It's been predicted that if we don't improve our wasteful and largely commercialised food system, we won't have enough food to feed the world by 2050! Being on an island with

**"WITH ABOUT 800 MILLION HUNGRY PEOPLE IN THE WORLD, IT'S SIMPLY NOT ACCEPTABLE. IT'S BEEN PREDICTED THAT IF WE DON'T IMPROVE OUR WASTEFUL AND LARGELY COMMERCIALISED FOOD SYSTEM, WE WON'T HAVE ENOUGH FOOD TO FEED THE WORLD BY 2050!"**

limited resources, it's all the more important to not only treat food waste as a resource, but to also consider those who struggle financially. Through this role, I've become so aware of how much hidden poverty we have in Jersey. Food is a basic right and if we have lots to spare we should be using it to support those in need.'

Elis began her OLIO journey as an Ambassador & Food Waste Hero; a voluntary role on the basis of growing an OLIO

community in a local area, as well as picking up unsold food from local shops and cafes to redistribute on the app.

'At first, I was a one-woman-band, as nobody had ever used it here before. I had to promote it myself, talk to businesses to get them on board, load everything onto the app and share the food with others. I was doing it all myself for a few weeks, alongside my full time job, until my friends and the first few users of the app started to help, which was incredible.

After that, it was like a domino effect and in 3 months, Jersey had become the most successful OLIO sharing community after the UK.'

Frequently shared as a success story to inspire other communities around the world, Jersey's OLIO community now has 8000 users, with 75 volunteers aiding in saving 1-2 tonnes of food waste per week. Last summer, OLIO received further investment which saw Elis become their Market Maker for the Channel Islands, which allowed her to establish the OLIO community in Guernsey, which has also proved a great success.

'It's not hard to make little changes and avoid food waste. Make your freezer your best friend - you can freeze almost anything, including bread, which is one of the most wasted foods. Be more creative with your cooking. You can whizz up old fruit into smoothies and spare veg makes great soup. Alternatively, please join us at OLIO to collect and/or share spare food. It's really fun, you get to meet some amazing people and it's a community with such a feel-good factor!'

**FOR MORE INFORMATION, CONTACT ELIS AT [ELIS@OLIOEX.COM](mailto:ELIS@OLIOEX.COM), VISIT [WWW.OLIOEX.COM](http://WWW.OLIOEX.COM) OR DOWNLOAD OLIO FROM THE APP STORE.**

# EMMA RICHARDSON-CALLADINE

## RECYCLING MANAGER

**EMMA RICHARDSON-CALLADINE IS THE RECYCLING MANAGER OF THE GROWTH, HOUSING & ENVIRONMENT DEPARTMENT, WITH HER ROLE DEDICATED TO HELPING ISLANDERS CHANGE THEIR ATTITUDES TOWARDS HOUSEHOLD WASTE. FAR MORE THAN JUST RECYCLING, EMMA FOCUSES ON ENCOURAGING LOCALS TO THINK DIFFERENTLY ABOUT THE WASTE WE GENERATE, FINDING WAYS TO REDUCE OUR RUBBISH BY REUSING IT, AND THEN RECYCLING IT.**

Located at La Collette, the Household Reuse and Recycling Centre is designed to encourage visitors to think of ways they can reduce waste, by finding alternative uses for items before recycling. Not only has Emma always had a keen interest in environmental science, but as a chartered marketer, she has a sound understanding of social marketing and how this leads to positive behaviour changes.

'For people to reduce, reuse and recycle, it has to be easy and this is a big part of my job. Everyone should have easy access to basic recycling, so I work with all of the parishes to help them provide a household recycling collection. We are halfway there with St John, St Mary, St Lawrence, Trinity, St Helier and St Brelade providing recycling collections and hopefully one more parish will join this list soon!'

As well as working closely with parishes to increase the likelihood of household recycling by making it easier, Emma also pays close attention to the design and functionality of the Household Reuse and Recycling Centre itself. Many will remember the uninspiring experience of visiting Bellozanne to recycle household waste a few years ago, where you would visit a few poorly labelled skips set amongst mounds of rubbish. Now, Emma and her team focus on enhancing the customer experience, to not only make household recycling easier and more enjoyable for visitors, but to also help reduce the amount we throw away.

'The Household Reuse and Recycling Centre is designed to help you rethink your waste.

The first step is to help our customers think about reuse before recycling - that is why the Acorn Reuse Centre is positioned at the site entrance. The Centre must make recycling easy and we use the signs and colours used nationally to identify where we collect each material.'

As well as being functional, the premise of the centre is to lead by example. In the construction of the building centre itself, the reclaimed steel frame from the demolition of

**"AS WELL AS BEING FUNCTIONAL, THE PREMISE OF THE CENTRE IS TO LEAD BY EXAMPLE. IN THE CONSTRUCTION OF THE BUILDING CENTRE ITSELF, THE RECLAIMED STEEL FRAME FROM THE DEMOLITION OF THE JERSEY POTTERIES SITE IN GOREY HAS BEEN USED TO GIVE THE BUILDING ITS SHAPE."**

the Jersey Potteries site in Gorey has been used to give the building its shape. Inside, furniture has come from office donations, the floor incorporates recycled waste glass, and outside the letters that spell out 'reduce, reuse, recycle' were crafted by local artist, Ian Rolls, from items donated by primary school children.

For items that can't be reused, the vast majority of waste received at the centre is

recycled on-island, with a few exceptions being transported to larger recycling sites in the UK and Europe. As head of the department's Rethink Your Waste education programme, Emma works closely with top waste experts and regularly educates visitors on where each type of material goes to be recycled, and how important it is to make the right decisions for the environment as consumers, so that we have less rubbish to dispose of in the future.

'Everything we receive for recycling is recycled - I've lost count of how many times I've said that, as so many people think there is a conspiracy surrounding Jersey's recycling! We work very hard as a team to ensure Jersey's recycling is processed safely and sustainably, and having to squash these conspiracies takes my time away from developing initiatives to help reduce Jersey's waste and help us reuse and recycle more.'

Emma believes that recycling is a simple step we can all do to live more sustainably and her aim is to develop easy solutions to help more locals to recycle, whilst sharing information that helps us understand what can be recycled; where and why.

'Recycling is something that everyone can do and this local behaviour has a global impact. By recycling, we are preserving natural resources for the future. You may not think that recycling one can or plastic bottle is important but all our efforts add up and this makes a difference!'

FOR MORE INFORMATION, EMAIL EMMA AT [E.RICHARDSON-CALLADINE@GOV.JE](mailto:E.RICHARDSON-CALLADINE@GOV.JE) OR VISIT [WWW.GOV.JE](http://WWW.GOV.JE)







# GREEN JERSEY?

AN ALTERNATIVE FUTURE FOR OUR ISLAND

WORDS Grant Runyon  
ILLUSTRATION Tasha Reis

**Spring is the season of renewal, of new beginnings, of giving yourself diabetes from too many hot cross buns. It's a time for reflection and with every year I have more reason to focus on the green new beginnings part. I spend the winter holed up like a depressed bear, grimly ruminating on the state of the world and the environmental doom that awaits us - nevertheless, all it takes is daffodils and one weekend of sunshine and I abandon apocalyptic thinking in favour of eating all my meals in the garden and trying to go to work in flip flops.**

I don't entirely forget about the environment until October, but there's a tendency to let things go on as they are as long as there's fresh new potatoes and the possibility of sunburn. This voluntary amnesia is comparable to my other vice, hitting snooze on the alarm clock, with the difference that being late to work probably won't result in a future where Grouville resembles Atlantis. This year I'm taking the theme of new beginnings seriously and trying to imagine a future, a green future,

where our Island doesn't just weather the problems of climate change but embraces new ways of doing things to become a leader in sustainability. I'm tired of imagining a world where we choke in miles of traffic (a.k.a. the first rainy morning after half term) and will use my green Spring energy to dream of a better future - where either we sort the environment out, or I miss the traffic because I've spent another 45 minutes in bed.



## GREEN DREAM #1: BECOME A ZERO WASTE ISLAND

Like all developed societies Jersey generates an obscene amount of waste. Unlike other places we don't have the liberty of ignoring it - we have finite space to bury things and there's no point dumping rubbish in the sea because the tides will circulate it around the coast like manky plasters in a hotel jacuzzi. The solution is to produce less waste, but we need to do more than leaving our Amazon cardboard out for the Parish once every two weeks. We are comfortable blindly consuming every product of modernity but I suspect that if we had to pay the actual costs of dealing with waste we'd revert to a level of thriftiness not seen since 1943. Newcomers often say that Jersey people are inherently stingy: give us enough of an incentive and we'll buy all our clothes from the Hospice shop and repair everything until our houses resemble the set from *The Wombles*. It will be easy to remember that food waste is a bad thing when carrier bags are a tenner each and you get prosecuted for throwing away a bruised apple. Disposable baby wipes? Rinse them off and hang them out to dry, or use a handful of sea lettuce.

Want a new TV? You'll manage with one from the 1990s that only shows repeats of Noel's House Party. Kids won't need expensive textbooks at school, because they'll be learning to read from old issues of this magazine; I'm already well ahead of the curve by recycling my own ideas.

## GREEN DREAM #2: EUROPE'S TOP SPOT FOR ECO-TOURISM

Tourism has been experiencing a slow decline since the 1980s, much like my hairline, and most of the solutions that have been offered have been making the best of a bad situation - the equivalent of wearing a hat indoors. We urgently need to change course before we reach the comb-over stage. I dream of a future for Jersey as a destination for eco-tourism, when the problems caused by the impact of air travel encourage people to consider a more planet-friendly trip to a destination close to home - via a carbon-neutral passenger ferry powered by sails and a solar panel the size of People's Park. We don't have the whales and jaguars of eco-tourism destinations like Costa Rica, but I've been to the Eden Project and am confident that we could whack a few more domes on top of Fort Regent and convert the place to a real-life jungle gym. Durrell already has the animal breeding centre, so perhaps we could encourage them to share knowledge with Tamba Park to breed some very special animals for a very special tourism attraction. What could possibly go wrong?

## GREEN DREAM #3: A PIONEER OF ECO-HOMES

One of the largest contributors to humanity's carbon footprint is the effects of construction, and if there's one topic that universally interests Jersey people it's the positive and/or negative effects of building new homes. We can solve this problem by ensuring that Jersey is a world-leader in sustainable home building. Aspiring home owners might have to change some of their expectations, but the bottom rungs of the property market are so competitive you could sell anything that isn't literally constructed out of depleted uranium and asbestos. This would mean that my proposals for a "charming, hobbit-like eco village" (flats, but mostly underground) will be snapped up in minutes, as well as an "ecological animal lover's paradise" - a network of Ewok-style treehouses constructed in the Tamba Regent Durrell dinodome. We also joke about having a bridge to France, but it would be more cost efficient just to extend the moorings in Gorey harbour about 14 miles to the East and offer a discount for houseboats. You'll be able to walk to Europe right across the solution to our housing crisis.

**"WE CAN SOLVE THIS PROBLEM BY ENSURING THAT JERSEY IS A WORLD-LEADER IN SUSTAINABLE HOME BUILDING. ASPIRING HOME OWNERS MIGHT HAVE TO CHANGE SOME OF THEIR EXPECTATIONS, BUT THE BOTTOM RUNGS OF THE PROPERTY MARKET ARE SO COMPETITIVE YOU COULD SELL ANYTHING THAT ISN'T LITERALLY CONSTRUCTED OUT OF DEPLETED URANIUM AND ASBESTOS"**

## GREEN DREAM #4: A DESTINATION FOR THE ALTERNATIVE LIFESTYLE

The big story in the news in recent months is the suggestion that we might put some of our retired glasshouses to work growing a very profitable crop: medicinal cannabis. The promoters of this scheme have "high hopes" that we can corner the market in strictly-regulated legal

weed, although they're all at pains to suggest that we shouldn't want to actually smoke any of it ourselves. I personally don't need help from drugs to doze off during Countdown or overdose on Jaffa Cakes, but many people feel that medicinal cannabis doesn't go far enough. The same "medicinal" argument was initially used in places like California - before they quickly moved to full legalisation after working out how much money it would bring in. If we're trying to secure first mover's advantage in the wacky-baccy market we may want to cut to the chase, and go full Amsterdam straight away - although maybe we can do without the brothels or the appalling service in restaurants. This is a different kind of green tourism, but it fits very well with my other ideas. The type of people who go to California or Amsterdam for herbal holidays will be even more attracted to a place where the locals recycle all their clothes and live in kooky Hobbit burrows underground. The steamy jungle domes that dominate the St Helier skyline will tempt them in, and like the Eden project we could use the revitalised Fort to host festivals for the hordes of ganja-loving cruise passengers that will disembark at the Gorey mega-marina. We need to turn Mount Bingham into Mount Bongham before Guernsey steal any of my ideas.



### de Gruchy Mother's Day Festival of Fashion DE GRUCHY

SATURDAY 30TH MARCH

de Gruchy celebrated what it means to be a mother with a host of events and special offers for their shoppers prior to Mothering Sunday. With an in-house DJ and Prosecco on hand, there were all the elements required to make the department store the perfect destination for picking up a little treat and to explore the latest Spring collections. On stage, hosts Laura Morel of Nineby5 and Jess Dunsdon took shoppers through the biggest trends of

the season and how these could be styled through the brands available in store. One lucky mum was treated to a pamper day, enjoying a personal shopping experience, make-up session from Benefit, eyebrow shape and manicure from Shavata and an afternoon tea for two in the Tiffin Brasserie. There was something for the men too, with a showcase of the best outfits for any and every occasion.



### Voisins Spring Fashion Show VOISINS DEPARTMENT STORE

THURSDAY 4TH APRIL

The Voisins Fashion Take Over SS19 #VFTO Fashion Show introduced the 6 key Spring/Summer trends that they have bought into for the season. 'Spot On' for the famous polka dot making a comeback. 'Be Bold' by

adding a splash of colour to your wardrobe. Bolder still is 'Print Clash' - prints have been trending for a while, make yours stand out this season with reckless clashing. 'California Dreaming' incorporates tie dye, dreamy florals - the ultimate in bohemian chic. 'Denim' from staple jeans to full denim dresses, jumpsuits and dungarees. Their final trend of the evening 'Sitting Pretty' covered spring florals, cinched waists, ruffles

and bows - think as feminine as possible! The #VFTO evening helped customers understand their collections, learn how to style the trends, not just with outfit inspiration but also accessories, shoes and makeup ideas to complete their look. Obviously the free-flowing bubbles and the exclusive 1-night-only discounts were very popular!



## BESPOKE JEWELLERY DESIGN



Rivoli Jewellers offers a range of jewellery design services from remodelling of existing jewellery to complete new commissions including engagement rings and wedding rings.

Find out more at [www.rivolijewellers.co.uk/bespoke](http://www.rivolijewellers.co.uk/bespoke)



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Web: [www.thelaserwayclinic.com](http://www.thelaserwayclinic.com)



## Fostering Fortnight - Be the Change You Want to See

### Are you considering Fostering or Adopting?

Fostering and Adoption Jersey will be in the Central Market, St Helier, from **Thursday 16 May to Saturday 25 May** to answer your questions.

For more information please call the team on **443999** or search **Fostering and Adoption** on [gov.je](http://gov.je)

### Jake Le Caudey

"I was fostered when I was seven years old – which changed and saved my life. I will forever be grateful to my foster parents Phil and Pauline Graham."





**Pomme D'Or Hotel Event**  
**THE CAFÉ BAR AT THE**  
**POMME D'OR HOTEL**  
 THURSDAY 4TH APRIL

The management of the Pomme d'Or Hotel hosted a number of local executives on 4 April to introduce Norbert Stump, the newly appointed General Manager of the Hotel. The venue for the event was the recently refurbished Cafe Bar, with its new, slick and modern feel. Guests were treated to a preview of the 2019 menu whilst sipping

on freshly made Mojitos. Mr Stump who originates from Germany and has worked in some of the finest hotels across the World, delivered his welcome speech which was swiftly followed by a local DJ who ramped up some tunes on the decks whilst guests enjoyed first class hospitality.



**The Jersey Estate Agents**  
**Association Speaker Event**  
**POMME D'OR**  
 THURSDAY 4TH APRIL

Commenting on the visit of the President and Chief Executive of the National Association of Estate Agents, Gill Hunt, president of the Jersey Estate Agents

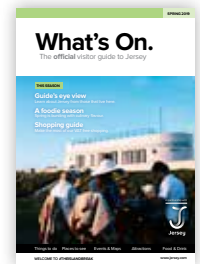
Association and Channel Islands representative of the NAEA, said, "We had forty estate agents who attended and were able to hear about directives from UK Government with regard to licencing agents, reminders on Anti Money Laundering and tips and advice on tackling ever increasing challenges facing agents and businesses. The Carey Olsen property law group followed with a discussion on

the outcome of the scrutiny panel review on how properties transact, latest stamp duty increases and ideas on a possible pre contract questionnaires for Vendors. Our association is keen to increase our members' knowledge so that we adhere to regulatory requirements and are able to offer accurate advice to clients".



# What's On.

A rundown of key events from Jersey's official visitor guide



This selection of events is taken from What's On. Published quarterly, it's the essential guide for visitors to the Island. If you have people coming to stay or you're hosting AirBnBers, make sure you grab one from our transit hubs or Visit Jersey 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.

**5 MAY** 14:00 - 17:00

## JAYF Open Garden - Grey Gables

Explore these beautiful and extensive terraced and formal gardens, with large areas of natural wooded bank and many species of trees. Hedges of yew, viburnum, conifer and beech create a series of different gardens, including one of rose and peony. Delicious cream teas will be served. All proceeds to JAYF.

Grey Gables, La Rue du Bocage, St Brelade, JE3 8BP 9,12a,15 £4 Adults. U12 FREE

+44 (0) 7829 712279

[jayfgardens@gmail.com](mailto:jayfgardens@gmail.com)  
[www.facebook.com/JAYFgardens](https://www.facebook.com/JAYFgardens)

**12 MAY** 10:00 - 18:00

## Castle Creatures Discovery Day

Did you know Mont Orgueil Castle is one of only five places in Jersey where you can see Wall Lizards and that we're the only place in the British Isles where they can be found? Head to Mont Orgueil to meet the experts and discover more about these tiny, fascinating reptiles. How many will you find hiding in the cracks and crevices of the Castle?

Mont Orgueil Castle, Castle Green, Gorey, JE3 6ET 1,1a,2,13 Price to be advised

+44 (0) 1534 853292

[info@jerseyheritage.org](mailto:info@jerseyheritage.org)  
[www.jerseyheritage.org](http://www.jerseyheritage.org)

**14 MAY** 19:00 - 22:00

## National Theatre: All My Sons

Broadcast from The Old Vic in London, Academy Award-winner Sally Field (Steel Magnolias, Brothers & Sisters) and Bill Pullman (The Sinner, Independence Day) star in Arthur Miller's blistering drama All My Sons (America, 1947). Despite hard choices and even harder knocks, Joe and Kate Keller are a success story.

Jersey Opera House, 3 Gloucester Street, St Helier, JE2 3QR Not applicable £10 - £20

+44 (0) 1534 511115

[boxoffice@jerseyoperahouse.co.uk](mailto:boxoffice@jerseyoperahouse.co.uk)  
[www.jerseyoperahouse.co.uk](http://www.jerseyoperahouse.co.uk)

**19 MAY** 09:30 - 18:00

## Members' Day Jersey Zoo

We're inviting our members to bring a guest with them to the zoo. This is the perfect opportunity to bring a friend who hasn't been before or reintroduce a loved one to the wonderful residents of Jersey Zoo.

Jersey Zoo, Les Augres Manor, La Profonde Rue, Trinity, JE3 5BP 3,13,23 Price to be advised

+44 (0) 1534 860000

[info@durrell.org](mailto:info@durrell.org)  
[wildlife.durrell.org/latest/events/members-day--may/](http://wildlife.durrell.org/latest/events/members-day--may/)

**9 MAY** 10:00 - 17:00

## Liberation Day Celebrations

Time to get your celebration on! Make the most of the bank holiday as this historic day is once again brought to life with events taking place around Liberation Square, the Royal Square and the Weighbridge. On Liberation Day, dignitaries take part in a Service of Thanksgiving and Commemoration. Why not join in the celebrations?

Liberation Square, St. Helier, JE1 3UF Free of charge

+44 (0) 1534 859000

[info@jersey.com](mailto:info@jersey.com)  
[www.jersey.com](http://www.jersey.com)

**12 MAY** 09:00 - 11:15

## The Durrell Challenge 2019

Join the 13K road race from St. Helier to Jersey Zoo, followed by a Really Wild Day of family fun at the Zoo. Organisers are encouraging people of all abilities to take part in the race to help raise valuable funds for Durrell Wildlife Conservation Trust.

Jersey Zoo, Les Augres Manor, La Profonde Rue, Trinity, JE3 5BP 3,13,23 Free of charge

+44 (0) 1534 860000

[info@gowildgorillas.org](mailto:info@gowildgorillas.org)  
[wildlife.durrell.org/latest/events/the-durrell-challenge-2019/](http://wildlife.durrell.org/latest/events/the-durrell-challenge-2019/)

**16 MAY** 20:00 - 22:00

## Motionhouse Charge: Electrifying Dance Circus

Charge, our exhilarating new multi-media show, is about energy. From the electrical charge that sparks human life, to the beating of our hearts and the memories we make, six performers use dance and acrobatics to delve deep into the human body.

Jersey Opera House, 3 Gloucester Street, St Helier, JE2 3QR Not applicable £10 - £20

+44 (0) 1534 511115

[boxoffice@jerseyoperahouse.co.uk](mailto:boxoffice@jerseyoperahouse.co.uk)  
[www.jerseyoperahouse.co.uk](http://www.jerseyoperahouse.co.uk)

**23 MAY - 27 MAY** 16:45 - 17:45

## Gandey's Circus: The Greatest Show Tour!

Gandey's returns with 'The Greatest Show Tour!' Staged in the fully-heated 1,000-seat Big Top and equipped with theatre-standard lighting, this is the greatest show for all the family. Even bigger and more spectacular Gandey's Circus is raising the bar sky-high.

Peoples Park, St Helier, JE2 3LP Not applicable £20 - £40

+44 (0) 1534 859000

[info@arts-exchange.com](mailto:info@arts-exchange.com)  
[www.gandey.com](http://www.gandey.com)

**10 MAY** 20:00 to 22:15

## Liberation International Music Festival - Liberation Concert

Six international soloists celebrate the liberation of the Channel Islands in a night of stunning music and poignant personal stories about the occupation and liberation. Listen to exquisite playing by award-winning artists of Schubert's wonderful quintet and enjoy the genius and sublime melodies of Beethoven's Archduke Trio. The concert opens with evocative and festive film music by Shostakovich adapted for two violins and piano.

Jersey Opera House £20 - £40

+44 (0) 7700720589

[officer@musicjersey.com](mailto:officer@musicjersey.com)  
[liberationjersey.com](http://liberationjersey.com)

**12 MAY** 10:00 - 17:30

## Really Wild Day

Join us at Jersey Zoo, for a family day out that lets you walk on the wild side! After The Durrell Challenge 13k race, the zoo will be open to everyone for a 'Really Wild Day' out. Head back to nature, kick off your shoes and feel the grass between your toes.

Jersey Zoo, Les Augres Manor, La Profonde Rue, Trinity, JE3 5BP 3,13,23 Price to be advised

+44 (0) 1534 860000

[info@durrell.org](mailto:info@durrell.org)  
[wildlife.durrell.org/latest/eventseally-wild-day/](http://wildlife.durrell.org/latest/eventseally-wild-day/)

**16 MAY - 9 JUN** 10:00 - 17:30

## Our Island Through The Lens' Photographic Exhibition at The Harbour Gallery

Exhibiting the work of 18 of the island's top photographers, seeing the island as not often seen in differing lights and angles; their island through their lens.

The Harbour Gallery, Le Boulevard, St. Aubin's Village, JE3 8AB 12a, 14, 15 Free of charge

+44 (0) 1534 743044

[info@theharbourgalleryjersey.com](mailto:info@theharbourgalleryjersey.com)  
[www.theharbourgalleryjersey.com](http://www.theharbourgalleryjersey.com)

**25 MAY - 26 MAY** 07:00 - 18:00

## British Surfing Championships 2019

This year Jersey will welcome Britain's best surfers for The British Surfing Championships 2019. Taking place at The Watersplash in St. Ouen's Bay, British shortboard surfers will be competing for GB Team places who will then be selected (along with other results) for the Olympic qualifier in Japan later in the year.

Watersplash, St. Ouen's Bay, St Peter, JE3 7FN 12a,22 Free of charge

+44 (0) 7797 726496  
[cisfsurfingdf@gmail.com](mailto:cisfsurfingdf@gmail.com)  
[www.cisurf.org](http://www.cisurf.org)



pet  
OF THE  
month



iHola chicas!

Pablo

PHOTOS Matt Porteous (Studio\_M)

You can adopt me, you know!



Pablo is a 2 year old Spanish Mastiff crossed with Labrador, who is looking for a family to offer him the forever home of his dreams. Born in Spain, Pablo became a resident of the JSPCA after it unfortunately became obvious that his new family wasn't the right fit for him. Despite the infectious character and loving spirit that he brings to the Animal Shelter, the team at the JSPCA are desperate to find Pablo the loving family he deserves.

When it comes to introducing a pet to the home, the JSPCA encourage locals to look to them first for animals in need of a second chance. Although Jersey is lucky in the sense that we don't have high volumes of animals in need of homes, as in the UK, there are still many animals like Pablo at the JSPCA who spend many months (sometimes over a year) waiting for their forever home.

Pablo is a handsome, fun-loving dog with lots of character. He enjoys destroying boxes, playing fetch, running around in the rain and mud, and playing chase with his carers. Although he is a big dog, he doesn't require lots of exercise and is happy with either two half hour walks, or a gentle one hour stroll. Pablo equally enjoys his down-time, and can often be found snoozing in his kennel whilst the other dogs are wide awake and ready to go. So much so, Pablo sometimes decides he doesn't fancy a walk at all, so will just hang out in his kennel instead! He certainly has his quirks, but the JSPCA team can't help but love him for it.

At the moment, Pablo is learning recall and is doing very well. He's very good at basic training such as 'sit' and 'drop', but he's not very confident about getting into cars, so the team are working with him on that. Pablo doesn't like walking near lots of traffic, but he does love open spaces to run about. He is good with visitors and can get very excited, much to everyone's amusement, but can often jump up if he gets over-excited, although he doesn't do it for long.

Pablo previously lived with a child, which wasn't suitable for him, so he needs to live in an adult-only home. Quite the stubborn character, Pablo also doesn't like to share, so he is unable to be homed with any other animals.

A recent visit to a staff member's house saw Pablo stay for a whole weekend when he refused to leave after the hour he was supposed to stay there! Making himself at home, Pablo rediscovered his love for being a couch dog and spent his weekend

## Pablo

**Age:** 2

**Breed:** Spanish Mastiff x Labrador

**Happiest when:** Playing, snoozing, running around

**Pet peeve:** Traffic

**Biggest dream:** To find my forever home

*"Pablo is a handsome, fun-loving dog with lots of character. He enjoys destroying boxes, playing fetch, running around in the rain and mud, and playing chase with his carers."*

having naps and zooming around the house, without managing to hit anything! Unfortunately, he couldn't stay forever, but he displayed how much he loved being in a home and the team hopes to make his dream a reality soon.

Every animal that arrives at the JSPCA is subject to various tests and assessments to ensure they are placed in the best possible homes for their requirements. All animals are health checked, vaccinated, microchipped, neutered and flea & worm treated prior to rehoming.

**If you would like to adopt Pablo, or to register your interest in adopting a pet in the future, please contact the JSPCA on 01534 724331 or [info@jspca.org.je](mailto:info@jspca.org.je) for more information.**



## GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



### Colour Run becomes Colour Festival

Having organised the Colour Run for the last three years, FNHC has now expanded the concept to create a Colour Festival, which will be a fun-filled, family day out for all islanders to enjoy. This year it takes place on the 6th July. The new festival will have lots of different activities going on throughout the day, such as a sand castle family workshop with Jersey's Sandman, live music from local talent, as well as a DJ, a variety of stalls, a tug-of-war race and finally the colour run. This year, FNHC is also offering a competitive team package, where eight people can take part in the Colour Run and enter into the tug-of-war race wearing fancy-dress if they wish. There will be a prize for the winning team.

The colour run is set to attract 1,500 participants, with 600 tickets having been sold already. Islanders will run or walk a 5km circular route along the beach at St Aubin, to Bel Royal and back, whilst being showered in five different-coloured biodegradable paints. At the end of the run, there will be a celebratory 'paint the sky' effect created by one big paint cloud over the participants before the tug-of-war race begins. The Children's Palliative Care Pathway supports families who have a child experiencing life-limiting or life-threatening illnesses and conditions. The Paediatric Palliative Care Worker role

Sign up at [race-nation.com/FNHCS-Colour-Festival](http://race-nation.com/FNHCS-Colour-Festival)

### Sergio Marcellino: Meals on Wheels champion.

THE Co-op recently held its annual Training and Recognition Awards night to celebrate the Society's outstanding teams and individuals and their contribution to the local community. The manager of Jersey's En Route St Peter, and dedicated 'Meals on Wheels' volunteer, Sergio Marcellino, won The Channel Islands Co-operative Society Ambassador of the Year 2018 Award. Last year Sergio delivered 435 meals in his own time, often covering 17 miles of the Island on each 'round'. He uses his own car to make his deliveries, covering the cost of his travel as well as offering to undertake extra shifts to cover volunteer shortages and holidays.



### Stonehage Fleming support Mind.

Stonehage Fleming is pleased to announce its partnership with Mind Jersey to help support the roll out of Mental Health First Aid (MHFA) and training of the course on the island. MHFA is based on the model of general First Aid training and provides initial support for someone in a mental health crisis situation or who is developing a mental health problem. The MHFA course teaches people to recognise the crucial warning signs of mental ill-health, provide early assistance and inform an individual about appropriate professional help. Jennifer Browne, Mind Jersey's Peer Support Manager, has passed the seven-day MHFA training course, held over six-weeks and is now

a fully qualified MHFA instructor, trained to deliver the course across Jersey. She will be delivering her first course at the end of April.

Guy Gilson, Partner, Stonehage Fleming said: "Mind Jersey has a long and honourable history providing services, campaigning and actively supporting people with mental ill-health, their families and carers for more than forty years. It is a pleasure to support such a worthy cause which resonates so well with the character of Stonehage Fleming's organisation. We congratulate Jennifer on passing the MHFA training course and qualifying as an MHFA instructor. We look forward to her visit to share her learning."



### Barclays go quack for the future

With the huge coverage of plastics and their negative impact on our oceans, the little plastic fellows that kids love grabbing at the boat show each year will be a thing of the past for 2020. Sponsor Barclays have decided to make the 2019 duck the last of the current series, as it seeks to minimise its impact on the environment, with plans to reduce the carbon footprint of their global business by 80% by 2025.

Barclays' 10th year as sponsor of the Jersey Boat Show sees the winning design of Monique Gueguen, from First Tower School, take centre stage. This year's winning duck is decorated with summer flowers and wears a hat. Monique said: "It's amazing to see my design come to life. I can't wait to see it at the show."

Paul Savery, managing director of Barclays in Jersey said: "The Barclays duck has been a favourite at the show and we've had some brilliant designs from young islanders over the years. However, the issue of plastic usage is a genuine concern, and we are looking at other ways to bring the show's mascot to life. Barclays is proud to have sponsored the largest free event in the Channel Islands for 10 years now and to have helped raise more than £80,000 for local charities. Our 10th anniversary sponsorship will see us celebrate Barclays' involvement in the Show and reflect upon a "decade of the duck" with islanders and visitors alike."

Barclays will also be showcasing their support for the local community through a number of displays and activities in the hospitality marquee on Sunday 5th May from 10am - 4pm. Get down and learn more... and grab your last duck!





### From Grass to Glass, with zero waste.

Classic Herd have installed Jersey's first milk vending machine at their St Peter farm, delivering whole pasteurised unhomogenised cow's milk - inviting customers to bring along a reusable vessel in an effort to cut down on waste and plastic packaging. Midnight milk munchies? They've got your back. The vending machine is now open 24 hours a day, seven days a week, dispensing volumes of one or two litres, with no limit to how much you can purchase.

The cutting-edge technology has been installed at the farm in an effort to become as plastic-free as possible and to offer a natural product with zero food miles. Julia Quenault of Classic Herd was keen to offer a vending option for her milk produce after viewing the technology in Aberdeen. Julia said: "We are committed to prioritising the wellbeing of our cows and delivering top quality and eco-friendly produce. Being able to buy milk so fresh and local means that less processing takes place, enhancing the flavour from our famous cows. We invite islanders to come and try out the fresh milk to taste the difference. "We hope this vending machine will not only encourage more people to buy their milk locally, but to reduce single use plastic and eliminate waste."

No vessel to fill with milk?! No worries, the farm shop is selling Classic Herd branded eco-friendly milk bottles which can be reused to hold one litre of the milk. The milk has a shelf life of around four days after purchase, clean bottles and refrigeration offering the longest possible storage. All plastic bottles sold in the farm shop are also recyclable demonstrating their commitment to being an eco-friendly farm.



### New look for Race for Life

Islanders are being encouraged to join the new-look Cancer Research UK's Race for Life this summer. For the first time, men are being invited to join women and children in the events. Cancer is the main cause of death in Jersey, accounting for 34% of all deaths on the Island. That's why the charity is urging everyone - of all ages and abilities - to enter Race for Life 5k or 10k events starting at Les Jardins de la Mer on Sunday 26th May. Sarah-Jane Winding, Cancer Research UK's Event Manager for Jersey, said: "Race for Life events are fun, colourful, emotional and uplifting. They help people with cancer by raising money for research, including clinical trials which give patients in Jersey access to the latest treatments. "You don't have to be sporty to take part. You don't need to train or compete against anyone else. All you need to do is go to the Race for Life website, pick an event, sign up and then have fun raising money in whatever way you like."

Race for Life is a powerful, inspirational movement which unites participants in Jersey with people across the UK. Taking part enables people to get together and remember loved ones lost to cancer or celebrate the lives of those who have survived. At the same time, they are helping to make a difference to people with cancer, right now." Race for Life events have been women-only since they started, more than 25 years ago. But the charity now feels the time is right to open them up so that everyone - women, men and children - have the chance to participate together.

Funds raised from the events will benefit local residents by funding Cancer Research UK's Research Centre based at Southampton Hospital. Many patients from Jersey are treated in Southampton. It is considered the local hospital for cancer treatment, as well as the closest hospital for clinical trials. By signing up for Race For Life, islanders will be helping to raise money for life-saving cancer research that will help to beat cancer sooner.

Enter at [raceforlife.org](http://raceforlife.org)



### Eat Jersey 2019 raises more than £4,500 in aid of Durrell

Eat Jersey Food Festival 2019 is pleased to announce that this year's event has raised more than £4,500 in aid of Durrell Wildlife Conservation Trust, the festival's chosen philanthropic partner. Held at The Atlantic in March, the funds raised mean that Eat Jersey has raised more than £18,000 to date in support of Durrell Wildlife Conservation Trust since its inception in 2015. Patrick Burke, owner and MD of The Atlantic Hotel, said: "We are thrilled that thanks to the kind support of our prize donors and bidding guests, we have been able to raise these valuable funds in support of the important work of Durrell, a charity close to our hearts. It is fantastic to see a Jersey-based organisation undertaking such impactful work on a global scale. We are pleased to continue to support Durrell both through Eat Jersey annually, and on an ongoing basis through our philanthropic outreach at the hotel."

No chance to get up to The Atlantic to enjoy it this year? Fear not, Eat Jersey will return in March 2020, again uniting a prestigious line up of chefs to celebrate the finest Jersey produce and to support Durrell Wildlife Conservation Trust.



### FULL SPEED AHEAD!

Three local riders will be competing in the Hellas Rally in Greece this month, a marathon 1,700km off-road race. They're also raising money for Autism Jersey. 100% of donations via JustGiving will go directly to the charity, so why not follow their journey as they make the final preparations and head to the starting line.

Search Team Full Spectrum Racing on Facebook, or to donate to charity visit: <https://bit.ly/2vdsLPU>



# Five years of fun!

**P**rosperity 24/7's big pedal-off for charity is back on Friday 14th June. The race is on for corporate teams to sign up for Prosperity Day – the virtual 'Tour de France' – happening this summer and celebrating its fifth year. This year's event is raising essential funds for Beresford Street Kitchen and Jersey Cancer Relief

The big pedal-off, organised by Tech firm Prosperity 24/7, will once again see cyclists going 'head to head' and 'venting their fury' in Broad Street on state-of-the-art, 3D technology 'turbo trainers' whilst having a lot of fun and raising thousands of pounds for two fantastic local charities.

The three fastest teams that race their way through their leg of the Tour will then battle it out in the virtual velodrome final, but success is not solely down to cycling prowess alone as fundraising is key to the final stats. Last year's event saw Fitness First take top spot on the podium at the Prosperity Day 'after-party' held at Tiffins at the Museum Brasserie.

This year's event is supporting two local charities; Jersey Cancer Relief which helps ease the financial cost for islanders living with cancer and Beresford Street Kitchen, the social enterprise providing training and employment for people with learning disabilities and autism. All the money raised will be split equally between the two.

Chris Clark, CEO at Prosperity 24/7, said, "We're delighted to be staging the fifth Prosperity Day in June and supporting these two fantastic charities. We are always overwhelmed by the commitment and time that the teams give to Prosperity Day to make it such a success. The event has raised more than £75,000 for a variety of good causes across the Channel Islands and we'd love to see 18 teams signing up this year to help us smash the £100,000 mark."

Anne Pryke, Chair of Jersey Cancer Relief, added, "We would like to say a very big

thank you to Prosperity 24/7 for choosing us to benefit from Prosperity Day and we are delighted to be included alongside the fantastic Beresford Street Kitchen charity. Jersey Cancer Relief is a local charity that has been offering financial assistance for over 50 years to cancer patients who are finding it difficult to cope financially because of their illness.

"JCR is not part of any other local charity. We rely on donations and our own fundraising efforts and every penny raised stays in the island to assist cancer sufferers on a weekly basis with their doctor's bills, heating bills, medical supplies, equipment and travel to mainland hospitals.

"Each new patient referred to us is visited at their home by one of our volunteer visitors and can be assured of privacy and a personal service in accordance with the sensitive nature of the charity's work. The exposure from being a part of Prosperity Day is huge for Jersey Cancer Relief to raise awareness of what we do, and we will hopefully reach more people for us to help. If you know anyone suffering from cancer, please let them know about JCR early on in their cancer journey so that we can assist if needed.

Georgie Dodd, Beresford Street Kitchen's Fundraising Manager said, "Beresford Street Kitchen are honoured to have been chosen as one of the charities for this year's Prosperity Day.

"At BSK we provide training and employment for people with learning disabilities and autism. We receive no government

funding so rely purely on donations and events such as Prosperity Day to enable us to keep providing the level of training we offer at present.

"With 45 crew members and another 20 on the waiting list, we need to raise at least £250,000 a year through funding. The money received from Prosperity Day could be life changing for some of our crew and we are truly grateful for every penny we receive."

**Spaces are already starting to fill up and teams can secure their saddles for the big race here....**

**[race-nation.com/prosperity-day-2019](http://race-nation.com/prosperity-day-2019)**

Meanwhile, new for this year is Prosperity Community Day, a breakaway race for schools, youth clubs and other organisations, a mini version of the main event.

Prosperity Community Day on Friday 17th May will see 12 teams, made up of a maximum of six cyclists each, pedalling as much of the Tour de France course as they can in 45 minutes on a bike, set up in the window of Beresford Street Kitchen.

The race will take place from 8am until 8pm with prizes up for grabs for the team that cycles the furthest distance and the team that raises the most money.

Entry is £60 per team, riders must be aged 14 or over and teams can sign up for Prosperity Community Day 2019 here...

**[race-nation.com/prosperity-day-2019-community-event](http://race-nation.com/prosperity-day-2019-community-event)**



# Prosperity Day

14th JUNE 2019

**BIG MAGGY'S** have helped to source the Virtual Race hardware and software and will be providing bikes for the day as well as re-fillable water bottles for all our riders.

**BARANNES** are supporting the day by providing refreshing fruit smoothies to ease aching bones after all that exertion!

**SURE** are helping colleagues track the efforts of their racers, thanks to their 4G bandwidth.

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

**BKOOL** are helping Prosperity 24/7 to deliver another incredibly innovative event thanks to their outstanding Virtual Race technology globally.

**RACE NATION** are supporting our event by providing a fantastic platform for teams to sign up and manage their own fundraising.



## JERSEY CANCER RELIEF

Jersey Cancer Relief provides financial support to islanders diagnosed with cancer, helping to cover the cost of doctor's bills, dressings, heating, travel to UK hospitals and other expenses.

The charity has also financed various hospital equipment for the mammography unit, dermatology and bowel screening departments as well as covering the cost of a 'catch-up' vaccination programme for HVP virus for school age girls not covered by the States of Jersey programme.

They are also covering the cost of the salary for a specialist nurse for lung cancer. Jersey Cancer Relief is helping over 200 people and relies solely on public donations and bequests.

## BERESFORD STREET KITCHEN

Beresford Street Kitchen is a social enterprise providing training and employment for people with learning disabilities and autism.

Their vision is an inclusive workforce, where people with learning disabilities and autism have the opportunity to maximize their potential, be recognised for their skills and be regarded positively and with respect.

The crew run a café with a conscience, catering kitchen and print works. The charity needs to raise at least £250,000 a year through fundraising to keep providing the current level of training and employment opportunities.



## AND...RELAX....

Our awards ceremony and after-party at Tiffins at the Museum Brasserie is an opportunity to mingle with other competitors, celebrate the success of the event and rest those weary quads...



## GET INVOLVED

There are 18 slots available for the 'Head to Head' and more than half have already been filled.

On 14th June your three team mates will need to ride a bike for 10 minutes each, as fast and as far as they can over the course.

The three fastest teams that race their way through their leg of the Tour will then battle it out in the virtual velodrome final.

You will need to pay a registration fee of £500 (100% of which goes towards your fundraising total) and commit to raising a minimum of £500 for the charities. Our aim is to raise £24,700 this year and all funds will be equally split between Jersey Cancer Relief and Beresford Street Kitchen.

**LIKE our PROSPERITY DAY FACEBOOK PAGE to keep up to date on the latest news leading up to the big race and follow us at:**  
[facebook.com/prosperity247](https://facebook.com/prosperity247)  
[twitter.com/p247](https://twitter.com/p247)  
[instagram.com/prosperity\\_24.7](https://instagram.com/prosperity_24.7)

**If you are unable to enter a team this year, but would like to donate to Prosperity Day 2019, you can do that here... [race-nation.com/donate/856](https://race-nation.com/donate/856)**





# CUTTING THE CARBON COST

WORDS Rebecca Evans

**RECENT STUDIES HAVE PEGGED THE AMOUNT OF CARBON EMISSIONS CREATED BY THE TRAVEL AND TOURISM INDUSTRY AS AROUND 8% OF THE WORLDWIDE TOTAL, A WORRYINGLY LARGE AMOUNT WHEN YOU CONSIDER THAT MUCH OF THAT CLIMATE DAMAGING DISCHARGE IS GENERATED BY FRIVOLOUS LEISURE PURSUITS THAN ESSENTIAL INDUSTRY.**

Global Warming is an undeniable fact (however much Mr Trump protests) and in order to preserve our little planet for future generations some serious action is required from each of us. As individuals, keeping a lid on the carbon footprint we create through leisure travel is a relatively straightforward way to chip in.

Unfortunately, as Islanders we are starting on the back foot, as it were. Just getting off the rock we start racking up carbon emissions from air or sea travel, and that's before we begin our onward journeys with long haul flights, hire cars and cruise ships all being ecological offenders to a greater or lesser degree.

So, for this month's Eco Active issue, I've looked at 3 adventurous holiday options that offer maximum exploring, for minimum carbon output.



## CYCLING IN SCOTLAND

With direct flights from Jersey to four Scottish Airports in the summer months, it's only a short hop by air to some of the most breath-taking scenery in Britain.

From gentle scenic routes along the edge of sparkling lochs, to winding highland passes more suited to those with thighs of steel, anyone who can competently put one pedal in front of the other is guaranteed to find a route to suit.

Visit remote castles and bustling Cities, stop off for a whisky tasting or for a hearty Haggis lunch in a welcoming local hostelry, and take a breather beside Loch Ness, keeping your eyes open for its most

famous and illusive inhabitant. Hop on a ferry from the West coast to better explore tranquil offshore Islands, and rest your weary legs at the end of the day in cosy family-owned B&Bs.

*www.Scotscycle.com offers a range of guided or self-guided tours to suit all abilities, pockets and preferences. Cycle hire is recommended to avoid having to travel with more luggage than necessary, and daily onward transport for your bags can be arranged, because even for the lightest of packers, a week's worth of kit in a pannier is pushing it. Distances per day vary from 15-40km, and where possible a choice of routes is provided to suit a range of abilities.*

## SAILING IN THE BALEARIC ISLANDS



Hoist the sails and pull up the anchor for a low-carbon sailing holiday on the azure blue waters of the sun-drenched Balearic Islands.

Experienced sailors can opt for a bareboat charter and do their own thing, whilst those who would rather recline on the deck with a cocktail and a good book can hire an experienced skipper for the duration.

Setting sail from Palma in Majorca, seek out secluded bays and sheltered anchorages

around the stunning coastline of the Balearic's largest Island, or set a course for the smaller sister Islands of Menorca, Ibiza or Formentera and explore the Archipelago more thoroughly.

From small harbour villages overflowing with seafood restaurants to the bright lights and nightlife of Palma or Ibiza Town the choice of options for shore visits is almost endless, otherwise simply drop anchor and enjoy the peace and quiet of life aboard.

*"Hoist the sails and pull up the anchor for a low-carbon sailing holiday on the azure blue waters of the sun-drenched Balearic Islands."*

***www.sunsail.com offers a choice of bareboat or skippered charters from Palma. Direct flights from Jersey to Majorca operate weekly from May to September.***



## EUROPE BY TRAIN

Inspired by the ease of rail trips to Paris & Switzerland last year, top of my future holiday bucket-list is to hop over to St Malo with a rucksack, jump on a train and see where I end up.

Inter-railing may sound like the reserve of gap-year students, but consider the comfortable, fast, efficient and low-emission electric train system throughout mainland Europe; upgrade to 1st class travel and then swap the backpacker hostels for boutique hotels, and it becomes a viable option for a relaxed multi-centre holiday without the concentrated carbon baggage.

Travel from St Malo to Paris in less than 3 hours, and then onward to Amsterdam, Frankfurt, Geneva, Milan.... the entire continent is your oyster. Stick to the well-known hot-spots or go rogue and hunt out hidden gems off the beaten track, there's no limit to the unique holiday you can create. From Paris to the sun-soaked promenade of Nice takes less than 6 hours, or depart Gare de Lyon mid-morning and arrive in Barcelona in plenty of time for a siesta before dinner.

With no traffic jams and no worry about and no airport security stress, just sit back and watch the spectacular scenery flash past as you shuttle from one exciting destination to the next.

***Visit [www.Raileurope.com](http://www.Raileurope.com) for a range of flexible travel passes depending on the duration of your trip and the number of countries you plan on covering.***

# “LIFE IS CHAOTIC, DANGEROUS, AND SURPRISING. BUILDINGS SHOULD REFLECT THAT”

Frank Gehry

WORDS Chris Clifford

**In her beautiful meander of a book “The Lonely City: Adventures in the Art of Being Alone,” The writer Olivia Laing examines the idea of loneliness, in particular the loneliness of the urban dweller, through the works and lives of a number of different artists.**

It made me think that loneliness is less a state than it is a fixed part of our identity; a tribe one might belong to which gives rise to some intriguing notions: first, that loneliness, true loneliness, is an urban-dwellers trait (or privilege, or curse, depending on who you are); and second, that it is a realm most deeply inhabited, and fluently expressed, by visual artists.

Artists such as, Klaus Nomi, the lonesome bird of the late-nineteen-seventies New York art scene who spent the majority of his time discussing the acknowledged masters of modern despondency such as Edward Hopper (with his acid paint colours and neon chiaroscuro) or Andy Warhol, isolated and protected by his layers of sartorial artifice. More specifically I began to realise that if love belongs to the poet, and fear to the novelist, then loneliness belongs most specifically to the photographer.

To be a photographer is to willingly enter the world of the lonely, because it is an artistic exercise in invisibility. In the course of its relatively brief history, photography (and, by extension, those who take photographs) has been accused repeatedly of constituting an

act of predation, as if the street is a Savannah and the person with a camera a large cat, silent and hungry, ready to sprint after its next meal. In reality, though, the person with the camera is not hiding, but receding. They are willfully removing themselves from the slipstream of life; making themselves into a constant witness, someone who lives to see the lives of others, but not to be seen themselves.

Writing is often assumed to be the loneliest profession, but solitude should not be confused for loneliness: one is a condition we choose, the other is a condition that is forced upon us. If a writer creates a world and they are the ruler of it then the photographer moves through the world hoping for anonymity and to see and record what the rest of us, in our noisy perambulations, are too present to ever see. To practice this art requires first a commitment to self-erasure.

It is also why so many great photographs concern loneliness. The lens may distance the photographer from the rest of humanity, but with that distance comes an enhanced ability to see what is overlooked and under loved, whether it is a scattering of shadows

decorating the side of a house, the melancholy iconography of the open road or the sun-cracked stucco of a crumbling building. These types of images are to modern photography what a wheel of cheese and a tumble of grapes were to Renaissance painting.

The annals of photography contain many extraordinary stereotypes, but the ones we linger on longest achieve something exceptional: they suggest that in the microsecond it takes for the shutter to blink, some ‘communion’ has been found, that an unseen life has become a seen one, that attention has been paid, that an act of witness has been accomplished. They remind us how much we want to be seen, and also how infrequently we practice the skill of seeing others. But if there is a cure for the invisibility of loneliness then you will surely find it within this exhibition.

A year in the making, Don’t Shoot the Messenger, showcases the work of four exceptionally talented male photographers who are all, to some degree, fascinated by the public realm, urban environments and the pleasures of wondering through architectural landscapes. Each works in an entirely different way but the results are both visually striking and technically complex. You will find joy, anxiety, distance and great pleasure in their works and I honestly believe Jersey is fortunate to have such serious and dedicated photographers recording our age.



## FENBY MISKIN

I use photography to document my small observations. The objects, places and views are all linked together. To prepare for this exhibition I began by revisiting and reorganising my photographic journey from the last 10 years. I broke apart the chronological folders of accumulated images to search for my personal photography story. I discovered sympathetic associations between seemingly unconnected images. I don't know whether these are chance, or I was referencing my memory when taking the photograph. Sometimes a theme emerges such as colour, pattern or symmetry, but the original moment was a response or reaction to what was in the viewfinder.

**A4 2018. Archival C-type prints / Lambda B&W. Edition 1 of 1. A4 £400 (+GST)**





## RICHARD CLOSE

I want an image to give a sense of strength and depth and movement. A curve in a roof-strut may be dynamic. Working in three dimensions, sculptor can make marble seem alive. Expressing this through photography has been an interesting journey, discovering what subjects work and, of course, what do not. Some of my earlier experiments had no life: they were too solid or they had no strength of form. The best results come when there is texture

and rhythm. The technique I have developed to express what I want has the effect too that the works are themselves three-dimensional objects. They are physically heavy and solid but there is also an element of illusion. Each part is flat but together they allow the observer to see different angles and perspectives by changing their own viewpoint, stability and movement.

**SKYLIGHT NEW YORK 2016. Mounted in Acrylic and framed. 32.5 x 45.5 inches £2,500 (Inc GST)**





**FANTASTIC TROPICAL GARDENS 2018. Inkjet print, gloss. 1 of an edition of 3. 298mm x 238mm £500 (+GST)**

## WILL LAKEMAN

This exhibition includes a particular selection of my work - primarily taken at night and focussing predominately on buildings and other human spaces. I am not a realist and am happy to manipulate the light and composition of the images, but I do try to uncover sensations that already exist to some degree in the spaces where I work. Buildings may be constructed to favour the functional but I believe it's important to allow your own imagination to expand into the cracks and corners of any public space. It may be that some of these feelings only exist for me but I am trying to use photography to excavate what is beneath the manmade and also within myself.



**THE ATLANTIC WALL 2019  
Inkjet print, gloss. 1 of an edition of 3. 355 mm x 238 mm £500 (+GST)**





## GLEN PEROTTE

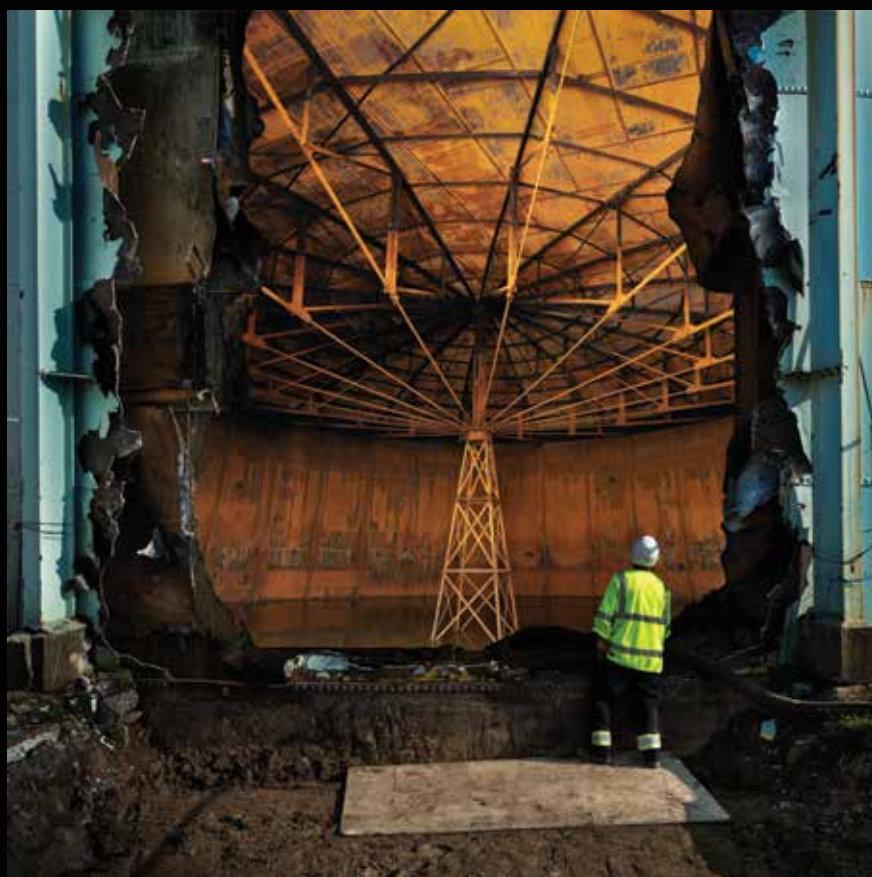
Locally based commercial and fine art photographer Glen Perotte was commissioned by T&G Structural Engineers to document the de-commissioning of the iconic Jersey Gas Holder. A rare view inside one of the last remaining Gas Holders in all of the UK was quite a site to see - In order for me to safely get close to the structure's opening a bulldozer was used to elevate the ground and a platform was positioned at the opening for me to set up my camera and tripod. Not a great deal of light reaches the inside of the holder so I had to use what available light was there and enhance it via long exposures. The visual was quite eerily striking - I likened it to a hidden spaceship reveal only by a ripped gaping whole made by the construction machinery.

**GAS WORKS #3 2019 C - Type Print, edition of 5 60in x 40in. £1,200 (+GST)**





▼ GAS WORKS #1 2019

COVER IMAGE:  
GAS WORKS #2 2019 ▶



# Culture News

## TALK



### Occupation Memories: Stories for a New Generation

*Jersey Opera House, 12 May, Tickets £8 (concessions £5) (IN THE STUDIO)*

Listen to the personal stories of the German Occupation of Jersey (1940-1945) from people who actually lived through those five long years; and some anecdotal memories shared with them from parents and grandparents. The Opera House STUDIO is an ideal intimate venue in which to be taken down memory lane before these historic recollections are lost forever. Free tea and biscuits will be available afterwards to enable the audience to talk among themselves about many more stories. It is hoped to publish a book of all the memories collected in time for the 75th anniversary of the Liberation next year, 2020.



### Jersey Film Society: A Fantastic Woman

*Jersey Arts Centre, 20 May, £5 (£3 students) Chile / Germany / Spain / USA 2017 / 104 mins / Cert: 15*

Director: Sebastian Lelio. Lelio has created an exquisitely compassionate portrait of the everyday obstacles of transgender existence in this luminous and deeply involving portrait.



### The Pirates of Penzance

*Jersey Opera House, 21 - 25 May, Tickets £18*

Penzance's most celebrated marine residents are returning to the Opera House determined to become betrothed to the daughters of Queen Victoria's most fecund Major-General. The Major-General being of the contrary view, the pirates soon find themselves opposed by the loyal, if somewhat nervous, local Constabulary. Amidst all of this, Frederic, a pirate apprentice, finds that being born on Leap Year's Day has its disadvantages. Colourfully costumed and with a full orchestra, "The Pirates of Penzance", remains one of the most popular and enjoyable of all musical entertainments.

### Castle Creatures Discovery Day at Mont Orgueil Castle

*Jersey Heritage, 12 May, normal entry prices apply*

Did you know that Mont Orgueil Castle is one of only five places in Jersey where you can see Wall Lizards - and that we are the only place in the British Isles where they can be found? Head to Mont Orgueil to meet the experts and discover more about these tiny, fascinating reptiles. How many will you find hiding in the cracks and crevices of the Castle? Discovery Days are family fun days filled with arts and crafts, history and heritage. For more information, visit [www.jerseyheritage.org](http://www.jerseyheritage.org)

## DISCOVERY DAY

### Danny Rolph 'Jerriais'

*CCA Galleries International, 3 May - 10 June, FREE*

An exhibition inspired by Jerriais from cockney artist Danny Roph. During the exhibition there will be discussions with Danny and Jerriais speaker Gerraint Jennings and a performance by the Jersey folk band Badlabecques.



## EXHIBITION



### Jazz Festival: Royal Jersey Showground

*Jersey Opera House, 12 May, Ticket prices vary*

An uplifting afternoon of jazz at the Royal Showground in Trinity with head-line act, multiple-award winning Clare Teal and her Mini Big Band. Also appearing are duo Enro, Moya and Retro Gramophone. Picnic on the lawns, or take a table next to the band while enjoying the flavours of Jersey's street food and thirst-quenching Gin cocktails, new for 2019. With children's entertainment taking place alongside the jazz, there's something for all the family.





## Home Help: Natural Alternatives For A Clean Healthy Home

*Jersey Library, 10 May, FREE*

Jersey Library is delighted to welcome Juanita Shield-Laiguel 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.



## Ruby Wax: How to be Human

*Jersey Opera House, 17 May, Tickets £22*

Following the sell-out tour of *Frazzled*, the much-loved comedian, author and campaigner returns with a brand-new show. Based on her latest bestselling book, *How to be Human*, the show answers every question you've ever had about evolution, thoughts, emotions, the body, addictions, relationships, sex, kids, the future and compassion. Outrageous, witty and smart! Introducing special guests: monk, Gelong Thubten, and neuroscientist, Ash Ranpura.

## The 13th Parish Festival of Independent Film and Music

*Jersey Arts Centre, 17 - 19 May*

All-day screenings and performances - A new festival of independent film and music showcasing new work by filmmakers and musicians from the Channel Islands, France, Ireland and the wider world, organised in partnership with the Jersey Art Centre and Ireland's IndieCork Festival ([indiecork.com](http://indiecork.com)). Ticket(s) prices vary and are available from the Jersey Arts Centre box office.



FESTIVAL

JERSEY OPERA HOUSE

IN THE STUDIO

### OCCUPATION MEMORIES STORIES FOR A NEW GENERATION

*Personal stories of the German Occupation of Jersey*  
SUN 12 MAY | 3PM TICKETS: £8\*

SCREENING

### NT LIVE: ALL MY SONS

*Sally Field and Bill Pullman star in Arthur Miller's drama*  
TUE 14 MAY | 7PM TICKETS: £13.50\*

### MOTIONHOUSE DANCE COMPANY: CHARGE

*An exhilarating dance circus show using multimedia*  
THU 16 MAY | 8PM TICKETS: £17 - £19\*

### THE ADVENTURES OF DOCTOR DOOLITTLE

*Sing-a-long favourites, humour and lots of joining in*  
WED 29 MAY - THU 30 MAY | 11AM & 2PM  
ADULT: £10.50 CONC: £8.50 Family Ticket: £33  
(Available only through Box Office)

ENCORE SCREENING

### JONI 75 - A BIRTHDAY CELEBRATION

*Singers and musicians honouring Joni Mitchell*  
FRI 31 MAY | 8PM TICKETS: £14\*

\*Check for concessions and/or member discounts

### NEXT MONTH

ALBERT LEE & BAND - LUCY WORSLEY  
HENNING WEHN

OH!  
CATERING

BOOK BREAKFAST, LUNCH &  
PRE-SHOW DINNER (01534) 511 106

BOX OFFICE: (01534) 511 115

[www.jerseyoperahouse.co.uk](http://www.jerseyoperahouse.co.uk) f t i





## Are your kids hungry for a creative outlet?

**Local artist Ian Rolls has come up with a novel concept to inspire kids (and big kids!) to get creative this summer in the form of the 'Art Cart Café', a mobile stash of high quality artistic materials for budding artists to take their pick from and get creating something from the 'menu'.**

Following a successful test run, he plans to run the Art Cart Café outside the Pitt Street Gallery (on Pitt Street, next to Locke's) every Saturday from now, between 10am and 5pm, provided the weather conditions are good. Inspired by the al fresco café culture that's so popular during the summer months, Ian wanted to 'give kids a similar experience so they can make art outside in a fun environment'.

Ian will be on hand to offer creative advice if anybody needs it, but anybody taking part is free to create whatever they wish. It's the perfect place to make quirky cards to send to family or friends, or even larger pictures which would be great to give as gifts! Go and check it out next time you're in town on a Saturday. As long as the sun's out, of course!

## THE OLIVE BROWN BURSARY

A £1,000 bursary to support one performing arts student, for up to 3 years, training at a higher education level from September.

Apply before 30th June at:  
[www.arthouseje/opportunities/olive-brown-bursary/overview](http://www.arthouseje/opportunities/olive-brown-bursary/overview)

COULD YOU  
 ?  
 BE NEXT



**AH**  
 Arthouse  
 Jersey





## Your chance to see international music stars here in Jersey

Jersey is preparing to welcome a host of music stars from around the world to perform during the 2019 Liberation International Music Festival.

The exciting and dynamic event takes place from 8th - 13th May 2019 and is organised by local charity Music in Action to support their outreach and community music programmes. The Festival celebrates Jersey's rich heritage and presents an opportunity for Islanders to experience world-class musicianship in what has become a regular fixture in Jersey's calendar.

### Liberation Concert

During the Festival, Islanders and visitors will have the opportunity to attend a number of events staged at various locations around the Island. Six international stars from China, Korea, Germany and Great Britain will perform celebrated works of classical music by Shostakovich, Beethoven and Schubert, interspersed with daring and dramatic local war-time stories during the Liberation Concert on 10th May at the Jersey Opera House.

### Broadway Gala

A Broadway Gala starring award-winning vocalists Rodney Earl Clarke and Jersey-born Georgie Mottram under the baton of West End director Dominic Ferris, will excite audiences with music showcased on Broadway from Gershwin's Rhapsody in Blue, the Sound of Music, My Fair Lady, Hans Christian Andersen, Phantom of the Opera and Les Misérables. With the 50-piece Jersey Chamber Orchestra and the Jersey Sings Choir, there will also be special appearances by the West End Experience choir and the Jersey 2016 cast of Les Misérables.

### Jazz Festival

Meanwhile, the Jazz Festival on Sunday 12th May offers a wonderful family day out as headline act British Jazz Artist of the Year Clare Teal takes to the stage with her Mini Big Band. This year, the event is staged at the Jersey Royal Showground and jazz-lovers can relax on the lawns or enjoy seats beside the stage. Clare Teal's excellent musicians effortlessly traverse a rich landscape of timeless and sparkling material, with jazz standards by Cole Porter, Gershwin and Rodgers & Hart to witty and urbane songs of the 50s and 60s. The afternoon also includes sets by Jersey's own Moya last seen on ITV's The Voice UK, duo Enro, starring Rodney Earl Clarke and violinist Enrika Daugele, and local band Retro Gramophone, known for their witty and funky jazz twists on classic popular songs. Local food, craft beers and thirst-quenching Gin cocktails from the Gin Bar will be available during the event. With children's entertainment taking place alongside the jazz, there really will be something for all the family.

For more information see the website [www.liberationjersey.com](http://www.liberationjersey.com). Tickets for all events are available now from the Jersey Opera House: [www.jerseyoperahouse.co.uk](http://www.jerseyoperahouse.co.uk), Tel: 511115.

# LIBERATION

## International Music Festival

**8th - 13th May 2019**

*International stars from the worlds of classical music and jazz join West End and local star acts to perform in stunning settings celebrating the Liberation of Jersey.*

### Event highlights:

**Thursday 9th May**

**2.30pm Musical Walk**

**6pm Liberation Reflection**

After a musical walk around the grounds of historic St. Ouen's Manor, enjoy an atmospheric concert at St. Ouen's Church with violinist Helen MacKenzie and accordion player, Milos Milivojevic.



**Friday 10th May**

**7pm An audience with Ning Feng**

**8pm Liberation Concert**

Six major international soloists led by violinist Ning Feng, celebrate the Liberation of the Channel Islands in a night of stunning music including Schubert's Quintet and poignant personal stories written by Islanders about the Occupation and Liberation.



**Saturday 11th May 3pm and 6.30pm**

**Broadway Gala**

West End stars Rodney Earl Clarke, Georgie Mottram and Dominic Ferris perform songs and music from Gershwin's Rhapsody in Blue, The Sound of Music, My Fair Lady to Phantom of the Opera. With special appearances by the 2016 cast of Les Misérables and the West End Experience choir.



**Sunday 12th May**

**Jazz Festival**

**12pm-5pm**

An uplifting afternoon of jazz for all the family with head-line act, multi-award-winning Clare Teal and her Mini Big Band, duo Enro, Moya from ITV's The Voice, and Retro Gramophone. Gin cocktails, craft beer, food vendors, children's games and inflatables.



For more information:

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

Tickets: [www.jerseyoperahouse.co.uk](http://www.jerseyoperahouse.co.uk)

Tel: 511115



## WHAT IS ACUPUNCTURE?

**WORDS** Lorna Jackson

*1st BSc (Hons) MBacC, AFN of Health Point Clinic*

Acupuncture is a Chinese system of healing that dates back thousands of years. It is a safe and effective treatment for many different health conditions.

The core of Acupuncture theory is the idea that there is a substance in the body called Qi (pronounced chee). Qi is the vital substance that flows throughout your body. It is the building block of life and it is the momentum behind the cellular and chemical processes of the body. When there is a disruption or blockage to the flow of Qi, pain and illness can occur. When the Qi is free flowing there is health and wellness.

There are two main goals of acupuncture. One goal is to eliminate disease and pain by balancing the body so it may heal itself. The other goal is to maintain optimum health by keeping the body balanced and boosting immunity.

### MODALITIES

**Acupuncture:** Acupuncture is the insertion of hair-fine, filiform needles into specific acupuncture points on the body.

**Cupping:** Cupping is a type of cutaneous stimulation (similar to massage) that uses suction and glass cups. Cupping can help with muscle tension and many other health issues.

**Gua Sha:** Gua Sha is a type of cutaneous stimulation that uses a tool and a "scraping" technique to treat issues such as pain, tension, inflammation, and more.

**Tui Na:** Tui Na is a type of massage/bodywork that applies pressure to different areas of the body using specific techniques.

**Massage treatments:** Swedish massage, deep tissue massage and reflexology are also available at the clinic.

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



### Aesthetically pleasing

Amala Aesthetics, who offer a range of unrivalled therapeutic non-surgical facial treatments to help tackle the signs of ageing, have recently completed their wonderful relaxation lounge which provides privacy and a chance for patients to recuperate after a treatment.

It's a sanctuary away from the noise and chaos of the outside world. Their lounge takes inspiration from the very best of modern design and craftsmanship, with elegant lighting and contemporary settings.

They also offer a selection of the finest teas and coffees, soft natural drinks and selection of luxury cookies and chocolates. You can choose your own music and unwind either before or after treatments; so if you're a little early, pop in and relax or if you're waiting for a lift home after your treatment you can relax until you're ready to depart.

**T: 01534525566**

**W: [www.amalaaesthetics.com](http://www.amalaaesthetics.com)**



## Roll Up, Roll Up

Jade is known for bringing good luck, abundance, and prosperity. For 2019 it's known as the must have little beauty gadget. You may have seen your favourite instagram girls using one of these puppies to reduce puffiness during their skin care tutorials. Jade rollers boost collagen production while promoting lymphatic drainage. Does it work? We don't know. Is it a bit addictive and does it feel amazing (especially if you keep it in the fridge)? YES!

**Pictured is the Honey Belle Jade Facial Roller from [Feelunique.com](http://Feelunique.com) £18.40**



# You may as well look great whilst saving the planet

Here's our selection of some of the best eco, natural and organic beauty brands out there. So many companies are now ditching plastic packaging, avoiding chemicals and synthetics, and instead championing sustainably-sourced, plant-derived ingredients, which means it has never been easier to look amazing and go green at the same time.



## Tropic

Brow Boss Defining Powder

*Available from [tropicskincare.com](http://tropicskincare.com)*

One of the best bits about this product is you can use it to more effectively raise your eyebrow disapprovingly at people using non-eco products. Expertly shape and fill your brows with this richly-pigmented powder, made using fractionated coconut oil to leave brow hairs looking and feeling deeply conditioned. This multi-talented powder can also be used as a shadow on your lash line.



## Aesop

Parsley Seed Anti-Oxidant Eye Cream

*spacenk.com*

Working with both plant-based and laboratory-made ingredients of the highest quality and proven efficiency, Aesop products are the absolute business. If you ever get a chance to go to one of their shops; do, just like the iconic packaging, they're super cool. I know we keep banging on about smell in this feature - but this also smells amazing! A lightweight cream containing copious amounts of vitamins E and C to gently nourish and protect the soft, fragile skin around the eye, giving the face a dewy glow.



## Bramley

Lavender, Geranium and Petitgrain

Hand Wash

*Available from [bramleyproducts.co.uk](http://bramleyproducts.co.uk)*

Bramley products contain 100% natural botanicals. There are no nasty chemicals or artificial colours. The smell of this wonderful hand-wash is wonderfully therapeutic and will have you casually spending more time at the sink! Bramley believe that nature is a powerful force and know that what you put on your skin actually ends up inside you, so it's important to them to ensure that it is of the utmost quality.



## REN

Invisible Pores Detox Mask

*Available from 100% Health*

A sophisticated product that utilises French clay to effectively draw out sebum and remove impurities from the skin. Blue cypress, lavender and bergamot oils soothe the skin, reducing redness, while tropical spirulina promotes cell turnover and leaves the skin feeling fresh and revitalised. Built on the pillars of performance and purity, Ren products are formulated with natural plant and mineral derived bio-actives.



## Caudalie

Divine Oil

*Available from 100% Health*

Divine by name, divine by nature. Wow this stuff is lush! Enriched with a potent blend of grape, argan, sesame and hibiscus oils, and Caudalie's patented anti-oxidant Polyphenols, which help to fight damage caused by environmental aggressors, Divine Oil nourishes and hydrates your skin, and helps to promote a radiant complexion. Divine Oil has an addictive subtle floral aroma with woody notes.



## Sanoflore

Organic Ancient Rose Floral Water

*Available from [feelunique.com](http://feelunique.com)*

A clarifying facial toner to revitalise and illuminate. Comes out as a luxurious, prettily-scented mist. This natural toner is fresh, pure, and formulated with 99% organic ingredients. Much more than just a refreshing step, this rosewater toner soothes and helps to reinforce the skin's barrier function, with a natural antioxidant power equivalent to that of vitamin C.





# Thinking outside the BOX

**WORDS** Laura Morel  
**PHOTOS** Holly Smith

It's hard to imagine that there's anything you'd want to do confined to the reimits of a box. But what if, in that box, were the perfect ingredients to a stress-free existence? Calming, relaxing and peaceful, a bubble of bliss that transports you from the stresses of the outside world. This is the vision Adrian Carr and Ben Cairney had when they created Hotbox Yoga and brought over their giant inflatable studio to the Island. Laura Morel tried out their very first class to see if it ticked all the right boxes.

On first inspection the Hotbox Yoga studio bears a striking resemblance to a giant bouncy castle which you enter through a small hole at the front, but inside is where the comparison ends. Like Alice down the rabbit hole, you are guided by a soft purple light to a place that feels other-worldly and far removed from anything and everyone else.

Adrian explains, "we wanted to create a very personal experience, controlling all the senses with light, smell and sound to create a truly special ambiance. The constructed environment is so different from what you're used that to it allows you to disconnect yourself from the daily stresses of everyday life and really immerse yourself in the yoga."

Adrian came across the concept of yoga in a pod in London and thought it would fit in seamlessly with the Jersey way of life. "Yoga really helped me get away from it all in a busy city and I think the benefits would help a lot of people in Jersey too." As well as their flagship studio, the hope is that Hotbox Yoga will eventually be able to offer a smaller pod that can be available for office spaces and at events to cater to all types of customers.

The class led by experienced teacher Megan Whittaker was light-hearted and a traditional Vinayssa flow style, suitable for all levels and abilities without being strict or tortuous. It differs from Bikram in that it is not quite as hot and a more humid heat at a balmy 37 degrees. Teacher Megan explains, "there are a lot of yoga classes on offer that are quite strict and prescriptive about their practice, but we wanted to move away from that to allow people to find their own way with yoga and to set their own pace and goals."

The studio, which fits in 25 people, welcomes men and women to share a practice that is 'no frills or fuss', just good honest fun. There are plenty of laughs in the class, in a space that is judgement-free and without a competitive air. Adrian was keen to create a brand that wouldn't just rest on the spirituality of yoga, but would allow people to explore the practice to take from it what they needed. "For some that is relaxation, for others it is more of a stretch or physical workout - neither are right or wrong," Adrian explains.

You can't help but wonder if this latest incarnation of yoga is just another fad, adding to the long list which includes 'goat yoga' and the not-to-be-too-quickly-dismissed 'beer yoga'. But Adrian is not thrown by the

feeling lighter and freer. It is a comparison that will ensure you never look at the studio in the same light again!

Finding their feet in Jersey, Hotbox Yoga are expecting obstacles to crop up such as managing shower facilities and finding suitable spaces to practice. "A lot of our growth will come from trial and error, seeing what works for the Island and what people want from their yoga practice. We are totally open to constructive criticism and adapting our approach, there is no hard formula that we want to apply."

The Hotbox concept is a very different experience of yoga, maybe not for those that have already found their niche and a practise

**"We are totally open to constructive criticism and adapting our approach, there is no hard formula that we want to apply."**

association. "Honestly if people are intrigued enough by something different to try us out then all the better. We want this venture to be fun and to encourage more people to give yoga a try who maybe wouldn't usually." Breaking down the stigma of what yoga is and dispelling the misconception that you have to be fit and bendy are all part of the Hotbox mantra.

Leaving the inflatable bubble after the class bears a striking resemblance to being reborn. It is hard to leave the protective environment that is strangely womb-like, providing tranquility without the danger of interruption of distraction. Opening yourself up to the practice of yoga is in many ways embracing a new type of you as you emerge from the class

with which they are comfortable. But for those that haven't found their way to yoga, it offers something new and exciting which just might tempt you to try it out. Created to be as inclusive as possible all you need to get into Hotbox Yoga is an open mind and an ability to think inside the box.



# Style Stalker

*Whether visiting on holiday, nipping to the shops or powering to the gym, be sure never to put a stylish foot out of place with our stalker surveying every street.*



**Abbie Hyne, 30**

We are infatuated with Abbie's interpretation of chic office-wear this month. This metallic pleated copper skirt from Silk Fred would look just as good on the dancefloor as it does on the streets of St Helier and we love how she has dressed it down with a white Zara jumper. This glamazon is super-comfortable in her cut-out Zara sandals - ready for both the heat of summer and the chill of office air conditioning!



**Jess O'Brien, 23**

Jess's outfit is a great example of how to effortlessly transition to summer wear. Committing to a short denim mini, but still rocking edgy, black patent Doc Martins with opaque tights. Her khaki jacket is from a French designer and is brought to life by her camouflage printed scarf with splashes of neon from Eclectic. A pastel Michael Kors tote bag stops the look being too wintry and offers a fresh contrast.



**Sydney Wilkie, 16**

Sydney was a breath of sunshine in this bright floral outfit. Her ditsy red top is from H&M and packs a punch alongside her distressed jeans from New Look. Aviator sunglasses and classic Converse sneakers are the ultimate summer style uniform, completing a look which is young and fresh. Sydney is visiting from Glasgow and couldn't understand why everyone was wearing coats in such glorious sunshine?!



**Varvara Batrick, 34**

There are a lot of looks going on here that shouldn't work together, but somehow they do! We are longing to nab a pair of Varvara's Missoni-inspired trousers in a very current wide and flared 70's shape. She picked these up from Seasons boutique and matched the olive colour in the print with a tailored wool jacket from Gant. A blue Coach handbag pulls together a surprise combination of colours that really works for Varvara this Spring.



**Uana Alexandra, 27**

Spring dressing demands the artful use of layering and Uana has this down to a tee! We love the peek of her lace top from under her Next jumper and the summery feel of her pastel denim jacket from Miss Selfridge. Neon is a big trend this season and Uana shows us how to incorporate it perfectly, with a flash of brightness from her Nike trainers. Her Zara hat gives the pastry chef some serious style points and of course she is carrying the hottest accessory this summer...an Italian cookbook!



**Orla McCrann, 40**

Few people can make such a fashion impact as Orla, all from the back of their outfit! Orla is ticking off so many trends this season, with animal print, bold colours and studded boots. Her unique coat is from Grazia magazine's website and her backpack was bought as a present from one of her favourite accessory designers in America, Clare V. The finer details make Orla's outfit shine, such as the studded stars on the back of Air & Grace boots.



## Fresh fun fashion at Renaissance

**Fish out your sunglasses, ladies, because Spring/Summer collections have hit St Helier and they're brighter and bolder than ever before! Laura Morel caught up with Renaissance's owner Lesley to find out what's hot this summer in her boutique.**



For Lesley, one trend this summer stands above the rest – colour. “Make an investment in clever colour this summer, push the boundaries and test how it can change your whole demeanour.” Opt for soft colour blocks of pastel blues and pinks, deep, rich greens worn with navy and a wide spectrum of yellows from lemon to bright neon. Turn the volume up with a head-to-toe lilac suit or reach for one of Marc Cain’s cotton-candy hued denim jackets.



Luxury knitwear label Chinti and Parker has, for the first time, extended their collection to include a range of silk shirts and skirts and voluminous cotton summer dresses. There is a lot of fun to be had with fashion this season, with almost every designer featuring a playful edge to their collection. Search out Marc Cain’s delicate lobster print on shorts and trousers, Edward Achour with his luxe lips t-shirts and Chinti and Parker’s crayon-inspired midi dress.

**“Just like fashion, my preference changes on a daily basis dependent on my mood, the weather and more interestingly how my customers interpret the pieces.”**

Like a mother hen, Lesley simply cannot name one designer which, for her, shines out from the rest this summer, all collections being equally strong. “Just like fashion, my preference changes on a daily basis dependent on my mood, the weather and more interestingly how my customers interpret the pieces.”

Eager to bring the most popular brands to the Island, Renaissance have recently stocked London designer of the moment Hayley Menzies who is building up a stellar reputation for her bold statement knitwear and more recently her silk print block dresses. Featuring palm and animal prints, prowling leopards and striking florals, the brand is for the fashion forward who are not scared to stand out of the crowd.

Themes from previous seasons remain evident, but with a whole lot more spunk. Patchwork is everywhere, from vintage tea-dresses to coats and handbags. “We are stocking a patchwork handbag which I would call the bag of this season. It’s so versatile and although current, I can see it lasting for many seasons to come.” There is a hangover of western-influenced designs with Mercy Delta fringed shirts and tan suede co-ords, perfect to pair with those cowboy boots lingering at the back of your closet!

The midi-dress continues its style domination, with bohemian vibes ensuring plenty of maxi-skirts and culottes on offer that show just a flash of tanned ankle. Boiler suits, cycling-inspired shorts and tie-dye features will all be arriving shortly.



Against the rainbow of designs there is also a trend for darker tones, with lots of monochromatic looks and staple black pieces to be worn with a splash of colour.

The boutique deliberately veers away from attributing any age range to their garments, the collection chosen by Lesley for its fluidity and ability to be reimagined by each individual client. “I am continually surprised by how people wear our clothes. I think everyone has become more experimental this season thanks to such a fantastic long summer last year and I’m truly excited to start seeing these clothes being worn.”

This season is a real kaleidoscope and it feels like the fashion dial has been turned up to full volume. With temperatures soon set to match, now is the perfect time to start exploring Renaissance to see how the latest trends can work for you.



WORDS

Laura Morel

## Making a splash

**CeaCea Swimwear is the latest swimwear brand to surface in Jersey, finding itself a home in deGruchy alongside established names such as O'Neill. The surf-wear line boasts a range of colourful and practical designs and is the labour of love from Jersey born surfer, traveller and adventurer Caroline Cornish.**

A reflection of her time spent on Jersey's shores and now in Perth which she calls home, the collection not only aims to make women look stylish but to also introduce more to trying new pursuits. Being fearless not only in their sense of fashion but also in their outlook on life - through the support of a like-minded community.

The concept was born when Caroline and her friend Chloe found themselves over the weight allowance for a trip to Bali and were shocked by the range of different activewear they had packed to accommodate all the trip's activities. Caroline explains, "we thought wouldn't it be great if there was a range that could take you from the surf into a yoga class and then out for a run, something durable, waterproof, yet still stylish?" Fed up of spending so much money on swimwear and activewear and still not finding the right product, the CeaCea Swimwear line was born - a capsule collection for a girl who is more comfortable being out of her depth than stuck in any office.

Back in Australia the duo started to investigate how to set up their own business and what it would take to launch their own line of surf-wear. "We've really had to upskill hard and learn fast to get this off the ground. In order to make it work and to keep costs down I've had to become a photographer, blog writer, website creator, model and marketer," said Caroline. The final result was a brand which echoed their own experiences as active women.

"When I first came to Australia, I wanted to make friends and get involved in the

community and ultimately that meant participating in water-sports. Learning these took me out of my depth, but I had great friends to help me so I'd really like to be able to offer this back to others." The ethos of the brand is about encouraging more women to get active, finding their own community of support to do things they previously felt were unachievable. The range of leggings, rash vests and more traditional swimwear sets aims to be accessible for all types of women. It's not about size, shape or aesthetic but about getting more people out amongst the surf.

**"WE THOUGHT WOULDN'T IT BE GREAT IF THERE WAS A RANGE THAT COULD TAKE YOU FROM THE SURF INTO A YOGA CLASS AND THEN OUT FOR A RUN, SOMETHING DURABLE, WATERPROOF, YET STILL STYLISH?"**

Providing women with the ultimate capsule wardrobe not only makes being active on the go easier for those that travel, but also reduces the amount women need to buy, helping the commitment to sustainable fashion. The line was produced to be as environmentally friendly as possible, ditching plastics in their packing and opting for recyclable and biodegradable materials.

Despite the distance, CeaCea is having a large impact on Jersey following an exclusive agreement to stock the brand in de Gruchys. "It's definitely been our biggest achievement and our largest stockist to date. I'm really pleased that the store is happy to support local designers and that they love what we have created." In addition to the department store, the brand has also won plenty of local fans

who have gone on to become ambassadors for the label. Grace Hurry, pilates instructor, and Rebeca Coley of Drift Retreat are just two names that champion the brand, aligning themselves with its ethos that women can achieve greater things together than apart.

Whilst Caroline is still learning the intricacies of being the owner of a swimwear start-up, her love of travel and exploring lends itself well to the creation of the brand. "We do not envisage CeaCea being Australian or having its origin in any country. Our main sales are done online and we will continue to explore different market opportunities through our travels round the world." The launch of the brand in August coincided with Caroline taking a sabbatical from her work as a pharmacist and travelling around South America, taking advantage of stunning locations and utilising photographers and models through a digital nomad network that would otherwise have proved costly. "I like

the idea of being able to work from anywhere just through having a laptop. The lifestyle of a digital nomad is very appealing, but there's still a lot I need to achieve to make that work."

From one shore to another the fearless duo are taking conquering the world of swimwear firmly in their stride, picking up contacts and letting the brand evolve as they better understand their customers needs. Owning your own business may feel incredibly daunting, but with the right mindset, support network and community anything is achievable. Thankfully Caroline isn't scared to jump into the deep end and we've every confidence that she will swim.



# Imogen's picks



*Blush appears to be the shade of the season for SS19, even for the boys, as well as lightweight denims and pastels-galore!*

*...for the girls*



1. Satin Midi Skirt, Next, **£30.00**
2. Mint Velvet Tobacco Tie Waist Trousers, de Gruchy, **£62.00**
3. Mint Velvet Apricot Stitched Leather Biker, de Gruchy, **£251.00**
4. Utility Acid Wash Shirt Dress, New Look, **£26.99**
5. Metallic Weave Slingbacks, Next, **£32.00**
6. Miss Selfridge Blue Fit and Flare Dress, Voisins, **£35.00**
7. Miss Selfridge Premium Pink Suit, Voisins, **£98.00**
8. Miss Selfridge White Linen Striped Tie Jumpsuit, Voisins, **£39.00**

*...for the boys*

1. Pure Linen Shirt With Pocket, M&S, **£35.00**
2. Skinny Fit Chinos With Stretch, M&S, **£19.50**
3. Tommy Hilfiger Mini Badge Regular Polo, de Gruchy, **£72.00**
4. River Island Pink Slim Fit Shorts, Voisins, **£22.00**
5. Ted Baker Small Dot Shirt, de Gruchy, **£76.50**
6. Pink Long Sleeve Oxford Shirt, Next, **£20.00**
7. All Saints Virginia Shirt, Voisins, **£77.00**
8. River Island Maison Riviera Tee, Voisins, **£15.00**



6



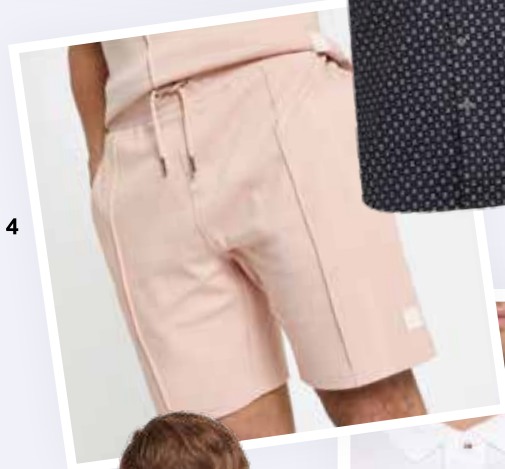
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## PRE-OWNED ROLEXES

WORDS Rachael Taylor

**P**eer into the windows of Rivoli Jewellers' iconic green-and-white striped store in St Helier and amongst the twinkling diamond engagement rings and Swiss watchess, you'll find an investment of an alternative kind – pre-owned watches. Sales of such timepieces are booming right now, for good reason, and Rivoli is amassing an offer of one of the most trusted brands to invest in, Rolex.

The fiscal power of the watch market relies, like any other, on supply and demand. Put simply, watches that are in demand will fetch higher prices and hold their value for longer. "With most other watch brands, unless it's a collector's edition, you may need to sit on the watch for some time to make your investment worthwhile," explains David Speed, the managing director of the family-owned store Rivoli, which has been serving customers in Jersey for more than quarter of a century. "New Rolex watches, particularly the sporty models like GMTs, Daytonas or Submariners, tend to have waiting lists, as jewellers only get a certain allocation of each. This creates demand amongst collectors, meaning that if you pick up a brand new one that has a waiting list on it, there is 100% chance that you could sell it at an inflated price, should you want to."

With waiting lists a-go-go and resale prices rocketing for new models, the second-hand market is proving an enticing alternative for Rolex buyers – and indeed for collectors of all types of watches. As well as offering more accessible prices and hard-to-find models, these watches also represent great value for money.

This growing market could be worth as much as \$17 billion globally, according to business magazine WatchPro, with dealers reporting rapid sales growth. Demand for pre-owned watches is so strong that even luxury conglomerate Richemont – a purveyor of, until recently, exclusively new luxury watches through its brands Cartier, IWC, Panerai et al – capitalised on the hype last year by buying out a dedicated pre-owned watch retailer. At the time, Richemont

chairman Johann Rupert described the deal as enabling the group "to better serve the sophisticated needs of a discerning clientele".

As well as men and women buying for the pleasure of owning a Rolex, David says that it has also become popular for parents to buy pre-owned Rolexes as a milestone gift for children, often making the purchase years in advance to maximise the investment growth. "A lot of dads, in particular, want to pass one on to their sons on their 18th, 21st or perhaps 30th birthdays," he says. "Some will also try to match the date of the Rolex to the year of their child's birth, so will ask us, for example, to source a 1998 Submariner for a 21st birthday this year, which is something we are happy to do."

Rivoli has built up a strong offer of pre-owned Rolex watches at its Jersey store. Recent models included a 1991 ladies' Rolex Datejust 69174 on sale for £2,600, and a 2003 men's Rolex Cosmograph Daytona had a price tag of £14,250. Like all pre-owned Rolexes at Rivoli, the timepieces have been refurbished to what David refers to as "showroom condition" before sale and are sold with original papers validating their authenticity.

To put these pre-owned prices into perspective, a new ladies Rolex Datejust could cost as much as £8,900, making pre-owned a much more affordable way to buy into the brand in this instance. A new Cosmograph Daytona, meanwhile, will set you back £9,550, demonstrating the fact that some models will actually appreciate in value as the years progress.

“Often certain colourways can really capture the imagination,” says David, of the factors that can impact prices. His own current Rolex obsessions have a comic-book slant due to their coloured dials and bezels – a green Submariner nicknamed The Hulk and the blue-black GMT Master II known as The Batman. “We have had a couple of Rolexes with what is informally called a Pepsi bezel – the bezel is half blue and half red – but they never stay in the window for long,” he adds.

A benefit to buying a pre-owned Rolex from a trusted family jeweller, versus other sources online, is that Rivoli will guarantee the quality of the watch. Though these watches have been worn and loved by others, before it finds a new home it will be fully refurbished and in pristine condition. Rivoli is also able to offer additional servicing support through their in-house watchmaker, an official Rolex Accredited Service Centre. – “Because of this, we offer a two-year guarantee on every pre-owned Rolex we sell, and as we don’t sell watches without official papers, we can vouch for their authenticity,” says David, who has encountered his fair share of customers left jaded by buying pre-owned luxury watches elsewhere. “We had a collector come into the shop some time ago who believed they had bought an authentic limited-edition James Bond Omega Seamaster. He had bought it on eBay for a substantial amount of money and was crestfallen when our watchmakers looked at it and discovered it was a fake. It was a very good fake, but as soon as an expert takes off the back of the watch and looks at the movement, you can tell.”

When it comes to choosing which pre-owned Rolex to buy, David has a parting piece of advice for all his customers, and that is to follow their gut. Though unusual colours, sporty models and limited editions will tend to make for prime buys, he advises against buying a watch purely for investment’s sake. “To buy a Rolex and put



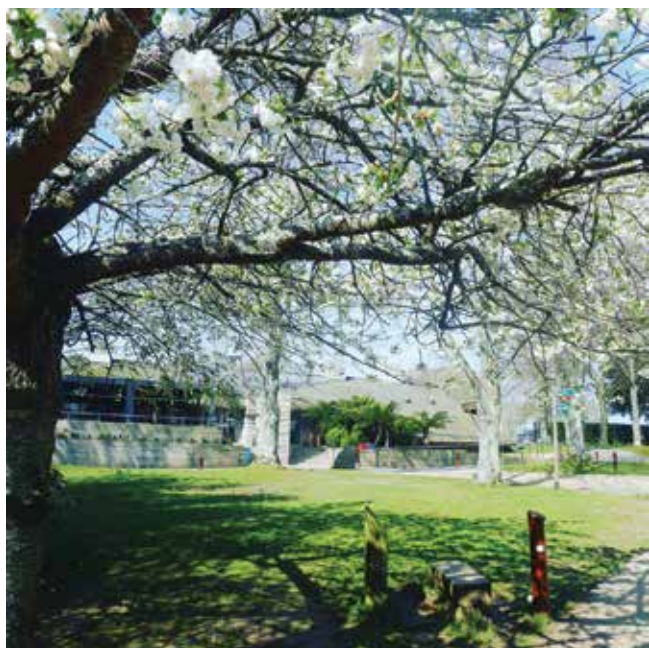
*“To buy a Rolex and put it in the safe for 17 years before selling it on is to miss out on 17 years of pleasure”*

it in the safe for 17 years before selling it on is to miss out on 17 years of pleasure,” he says. “As long as the watch is in reasonable condition, it will hold its value. The bracelet will bear the brunt of wear and tear, and these

can easily be replaced or refurbished. So, my recommendation is to pick one that you love and will enjoy wearing, because – being a Rolex – judging by past performance, the investment angle will look after itself.”







# Eat Jersey Food Festival 2019

**WORDS** Laura Dauny of *The Island Plate*

In our ever-more food aware world we all know the phrase, “you are what you eat”. So when I was invited to the Eat Jersey Food Festival 2019, what can we say about our island from the ingredients it has to offer?

The day started at Durrell, the Festival’s philanthropic partner, with a backstage tour and a chance to experience the new Butterfly House, with its tropical mists and beautiful bright butterflies, but it turns out that the animals at Durrell may eat more of Jersey than many of us! A tour of Durrell’s organic farm showed the vast array and variety of vegetables, fruits and other plants that are grown to keep them fit and healthy and is proof of the amazing ingredients we can grow on island.

But much like us, what the animals eat can affect their health and happiness. The richer diet has resulted in the tortoises

growing ten times the size they would normally, in the wild, so it seems that even being vegan isn’t a magic health-eating wand. Did you also know that flamingoes are only pink because of the food they eat? They are literally the colour of what they eat. Coupling this richer diet with a more sedentary lifestyle makes it a balancing act for Durrell to keep every species well-fed and healthy. These animals seem to have

*“Each plate of the beautifully prepared lunch menu featured one of Jersey’s most famous ingredients paired with exciting and unusual flavours from around the world.”*

more in common with us than you think! Our tour of the reptile house also gave us a chance to investigate ‘the future of food’ and the insects bred at Durrell, to keep our cold-blooded friends bright-eyed and scaly-tailed. If commentators are right then we may all be eating these crunchy critters in the future as a healthy source of protein but it might take me a while to get used to buying a box of crickets instead of the usual butcher’s classics.

For now, I was lucky that the Atlantic’s Eat Jersey Food Festival menu made use of some more traditional home-grown

ingredients. Will Holland’s kitchen team were joined by Social Eating House, London’s chef patron Paul Hood to create a special collaborative lunch and dinner menu with expertly paired wines from The Atlantic’s sommelier team.

Each plate of the beautifully prepared lunch menu featured one of Jersey’s most famous ingredients paired with exciting

and unusual flavours from around the world. Finely sliced, and melt in the mouth, raw Jersey scallops were prepared in a lime ceviche and accompanied by Jerusalem artichoke, wasabi sunflower seeds, a truly surprising smoked avocado, sea herbs and horseradish. With so many strong elements, it would have been easy for the delicate flavour of the scallops to be totally overcome, but the balance of the dish was expertly delivered with the smoked avocado bringing a real depth of flavor and subtle contrast to the sweetness of the scallops.



The second course of retired Jersey dairy cow beef tartare with Bloody Mary, pullet egg jam, nasturtium and rye bread was a real intrigue. With our famous local cows being well known for their milk it has always surprised me that we don't eat more Jersey beef; it isn't widely available but its additional percentage of fat can lend a richness that is hard to parallel. As this was a working cow though, I was concerned that the meat could be tough given it was featuring in a raw tartare but I had no reason to be concerned. It certainly has pushed me to try and eat more Jersey beef and maybe this will encourage more shops to sell it.

Turbot was the feature of our third course. A wonderfully light and complex pairing of fish and the flavours of the east; a dashi glaze, Jersey royals, spring vegetables, kombu & bonito stock and chives. The salty savouriness of the stock contrasted with the new season

vegetables and our most famous export, the Royal potato, wonderfully with an expertly cooked piece of fish to top it off.

But no meal would be complete without something sweet and the 70% chocolate delicade delivered on every note. I often avoid chocolate puddings as they can be cloyingly sweet and over rich at the end of a bit of food indulgence; there was no such issue here. Paired with cocoa nib Jersey yoghurt, a surprising tarragon ice cream, cocoa nib crisp and Jersey sea salt, these herbal, sour and salty notes brought out the flavour of the chocolate beautifully.

The chef, Paul Hood, may have been from London but the Eat Jersey Food Festival shows that our little rock can produce beautiful ingredients for all of us to enjoy, whether it's in the relaxed luxury of The Atlantic or our very own homes. Get out there, buy local and taste the flavour.

Check out Laura's island food journey on [theislandplate.com](http://theislandplate.com) or follow [theislandplatejersey](https://www.instagram.com/theislandplatejersey) on instagram



## The sun is out which can only mean one thing... Rosé season is upon us!

Words Alex Rondel



Whether you're barbecuing or lounging at the bar, you cannot get away from spotting a glass of rosé. The perfect accoutrement for barbecued food, salads or seafood; we've rounded up our best five rosés to get you through the summer:

### 5. The Spanish One

At number five is this organic Garnacha from a family run producer, Cuna de la Poesia. This is everything you want; delicate, refreshing and just the right balance between fruit and crisp acidity. An appealing bouquet of wild strawberries, with hints spice and flora followed by a fresh and delicate mouthfeel.

### 4. The South African One

Johan Meyer has farmed organically with minimal intervention and no fining or filtration to produce this magnificent beast. Beautifully pure rosé, with characteristic strawberry notes and hints of sweet spices. Palate has refreshing acidity and good length. Doesn't hurt that it is a lovely colour too!

### 3. The Best Value for Money One

If you are looking to save a few sheets here and there then look no further. This offering from Les Calandieres is perfect; brilliant salmon colour with beautiful silver hints. Fine and elegant nose with floral and red fruit notes. Fresh in the mouth and balanced, with notes of orchard fruits and citrus.

### 2. The Provence One

Plastered across social media due to its striking label, but adored by millions due to its elegant quality; AIX. With its tell-tale pale salmon colour and fresh floral nose with violet notes, red berries, watermelon and ripe citrus. The palate has good layers, fresh and structured and crisp acidity.

### 1. The One

A rosé showdown wouldn't be complete without Rock Angel! Whether you want a classic vision of Provence in a bottle or just to take a snap for the 'Gram; this is the rosé you NEED. An engaging freshness with vibrant red fruits. Succulent, precise and pure palate with a slightly tart finish but the minerality shines through and the gently silky texture is charming. The mouthfeel is also impressive, giving the wines a great doubled length of vivacity.



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Wines available online or in store at Longueville Road



# The foodie 5

## TOP SPRING INGREDIENTS

*Food blogger Laura Dauny of theislandplate recommends her top new season ingredients and how and where you can enjoy them...*

SPRING BRINGS NOT JUST BRIGHTER, LIGHTER DAYS BUT ALSO A WHOLE HOST OF FOOD TO ENLIVEN THE SENSES AND START THE JOURNEY TO SUMMER WITH FRESHER FLAVOURS. AS AN ISLAND WITH A STRONG FARMING COMMUNITY YOU CAN SEE THE EFFECTS OF SPRING EVERYWHERE AND IT TAKES VERY LITTLE TO SOURCE THE BEST OF SPRING FOODS AT THEIR FRESHEST AND MOST DELICIOUS. SO WHAT SHOULD YOU BE SEEKING OUT AND WHERE?



### 1. JERSEY ROYALS

What other food could top this list other than our island's most famous export; the Jersey royal potato? The first plate of the new year is always the harbinger of Spring in our house and a real treat – nothing more is needed than a sprig of mint in the water when they boil and a large knob of butter for serving. My tip is to buy yours from your closest honesty box – they'll be fresh out of the ground and pocket-friendly, but our absolute favourites come from Anneville Farm's organic honesty farm shop in St Martin.



### 2. RHUBARB

You can't miss its bright pink hue and I can rarely resist buying a bundle of new season rhubarb when I see it and our local one is now bang in season! It's sour flavour makes it ideally suited to both savoury and sweet dishes and for every meal of the day. A simple compote of rhubarb cooked down with sugar and orange makes the ideal addition to breakfast yoghurt, porridge or pancakes, while Sunday desserts call out for rhubarb crumble, pie or topping for rice pudding. For the more adventurous, try rhubarb with oily fish like mackerel and you might surprise yourself.



### 3. MACKEREL

While the waters begin their slow warm-up to the summer, mackerel will continue to head closer to shore. In my opinion this oily and affordable fish is much under-rated and more of us should take the opportunity to use this local and delicious ingredient. Baked whole or filleted and served with all manner of flavours, the oiliness of the fish allows you to use spices that would otherwise overpower fish. For a more traditional approach, head to Mark Jordan at the Beach for Jersey mackerel escabeche, potato and chive salad.



### 4. SPIDER CRAB

It's not just fish that head closer to us as the seas warm, the local spider crab will also begin to head closer to land. To me a perfect lunch can be easily prepared with a platter of cooked spider crab, a good loaf of bread, salted butter and a bottle of chilled rose wine on a sunny warm day. If you aren't quite up to hand-picking your crab you can pick up a pot of already picked white or brown crab meat from the Fish Market which makes an easy base for a beautiful fresh salad, classic crab sandwich or a crab cake. For the ultimate easy feast though, head to El Tico for its crab and prawn club sandwich!



### 5. PURPLE SPROUTING BROCCOLI

One of our favourite household veggies, it makes a wonderful side dish but is also robust enough to form the central part of a dish, so make use of this leafy green that is now in season. Drizzled with oil and a healthy dose of seasoning it can be roasted in the oven or it makes a perfect accompaniment to simply cooked fish when topped with pan-fried breadcrumbs, anchovies, lemon zest and fresh parsley. Head to Banjo's and you can dig in to their salad of broad beans, broccoli, avocado, watercress, apple, pea shoots, radishes, crispy shallots and roasted pumpkin seeds. Delish!

Check out Laura's island food journey on [theislandplate.com](http://theislandplate.com) or follow [theislandplatejersey](https://www.instagram.com/theislandplatejersey) on instagram

# You don't need an app to find your Jersey property.

## You just need to look in the right place.



**places**  
JERSEY'S PROPERTY PORTAL

When we set out to build the best place for Jersey property hunting last year, we consciously decided **not** to build an app. We tested others, clogged up our phones, wore down our batteries and watched them eat our data. Plus, what if you want to look on your laptop instead?

Our Places platform is accessible from any device (710 different models of mobile device have used places so far this year!\*) but our custom, super fast site delivers where apps can't, regardless of whether you're on a Macbook, Galaxy S10 or a Tecno CA8 Camon X Pro (whatever that is...). If you're looking for Jersey property, find the most accurate content from the most agents listed on any platform at places.je. You could even put a shortcut on your homescreen if you like.

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# Beachside Bliss

WORDS Imogen Pickering

THERE SEEMS TO BE A DESIGN SCHEME THAT LOCAL ARCHITECTS CAN'T GET ENOUGH OF THESE DAYS: CREATING PROPERTIES THAT STRETCH THE BRIEF FOR A CONTEMPORARY HOME, WHILST CELEBRATING THE NATURAL SURROUNDINGS OF OUR BEAUTIFUL ISLAND.

Jersey's modernist homes represent architecture's avant-garde, and Seahouse is unquestionably one of them. Set back from the beautiful surrounds of Portelet Bay, this striking four-bedroom home is a celebration of beach culture and high-end contemporary living, combined with extraordinary architectural and interior design.

On arrival at Seahouse, you are met with a set of electric gates which open onto the paved driveway, large enough for two cars. A triple-height, cylinder shaped section dominates the facade, juxtaposed with a complex wave-shaped roof design. To say this property has wow-factor would be an understatement and the same level of brilliance continues inside.

Throughout the property, Seahouse seamlessly blends two opposing interior trends to create an indoor environment that's fantastically unique. A long-standing favourite; beach cottage interior design emanates cozy and casual pieces to reflect the laid back way of life near the coast, with emphasis on white and pastel shades, combined with natural materials.

As you enter through the front door of Seahouse, this beachside chic is evident immediately, with the white-washed wooden floor and bright white walls which adorn the entrance hall. From here, three of the property's double bedrooms mirror the same look. The largest of the

trio makes up the far end of the ground floor, decorated with plantation shutters, wood-effect feature wall, hessian carpet and beach-house style ensuite bathroom. The same design continues throughout the other ground floor bedrooms, with the additional advantage of access to the large garden deck. Another large coastal-design bathroom makes the ground floor house bathroom, accompanied by a similar designed laundry room on the opposite side of the entrance hall.

*"With double-height floor-to-ceiling glazing, natural light streams in and offers unparalleled views over the bay."*

The grand, triple-height spiral staircase adds a contemporary edge to the otherwise soft, beachy decor of the ground floor. Solid oak stair treads are paired with a stainless steel handrail, resulting in a structural masterpiece in its own right. LED stairway lighting is juxtaposed with wooden wall panelling to

further create an exciting blend of two interior trends, offering a taste for the unique design concept in the floors above.

The first floor of Seahouse is the hub of the house. From the landing, there is a house study, which could easily convert to a fifth bedroom or guest suite, and a set of double doors open into the enormous open-plan kitchen and living area. With double-height floor-to-ceiling glazing, natural light streams in and offers unparalleled views over the bay. Taking advantage of the elevation, bi-folding doors open onto the oversized decked balcony, further extending the living space and



celebrating the surroundings of the property's prime position.

As previously mentioned, one of the most noteworthy and unique features of Seahouse is the partnership of opposing interior design schemes. The industrial trend is a concept that is rapidly growing in popularity and is centred around the basis of adding a raw, unfinished look to the most thoughtfully designed homes. Showcasing neutral tones, utilitarian objects, wood and metal surfaces, the look isn't just for "unfinished" spaces, with many design enthusiasts incorporating industrial style into their homes through features such as stainless steel surfaces, metal light fixtures and vintage furniture.

The industrial interior trend is a contemporary scheme that this property touches upon perfectly. Along the length of the living and kitchen area, four giant industrial pendant lamp fittings are suspended from the ceiling, each with its own individual design and character. Furthermore, a similarly-designed





free-standing log burner sits at the far end of the living room, offering a striking centrepiece whilst drawing attention to, and complimenting, the light fittings.

The trend also extends into the kitchen area. The kitchen itself has all of the modern luxuries you would expect from a property of this standard in the form of Miele home appliances; including a coffee machine, American-style fridge-freezer, and even a proving drawer for baking enthusiasts. With that, there is also a wonderfully unique steel spice and plate racks - unlike any other piece of furniture I've seen before.

Continuing up the spiral staircase to the top floor, you are met with a curved door which opens into the property's master suite. Through the door, there is a reception area, which overlooks the livingroom through a floor-to-ceiling window. The hessian carpet,

plantation shutters, wood-effect ensuite bathroom and feature wall again add that feeling of beachside escape, coupled with spectacular elevated views over the bay.

The well-designed landscaped garden comprises large decked areas and plant boxes, ensuring a low-maintenance space that celebrates the natural environment. Perfect for entertaining and dining alfresco, future residents also benefit from a firepit and a large outdoor spa pool.

Seahouse truly is a sanctuary where contemporary and traditional design combine seamlessly and unapologetically to compliment 21st century island life. Currently on the market with Livingroom, this property must be seen to be truly appreciated, so viewing comes highly recommended.

## Seahouse

St Brelade

**£1,750,000**

## Livingroom

**T: 01534 717100**

- 4 / 5 bedrooms
- 3 bathrooms
- Integral garage
- Study
- Sea views
- Bright and spacious
- Close to beach
- Large balcony
- Low maintenance garden

# INTERIOR NEWS



Being conscious of the environment doesn't stop with your carbon footprint or single-use plastics. In a bid to make changes today to better the future, we ought to be looking at what we bring into our homes and the effect they can have on the planet. In light of our Eco Active issue, we've rounded up some of the best environmentally friendly interior products available on the island.

## 1 HYPOS BEDS, LA CASA, PRICES VARY

La Casa Room Interiors are proud stockists of Royal bed supplier, Hypnos. Committed to reducing their carbon footprint and using environmentally friendly materials of the highest quality, Hypnos are in fact the first British bed and mattress manufacturer to become Carbon Neutral and comply with the PAS 2060. Hypnos is also compliant with ESOS (Energy Savings Opportunity Scheme) which is a structured programme of energy audits designed to lower carbon emissions by identifying energy efficiency and reduction measures. Compliance with ESOS is another illustration of Hypnos' commitment to the environment and to carbon reduction. Hypnos beds are made from the finest natural and sustainable materials, including wool, hair, cashmere and silk, which provide the very best sleep systems for regulating body temperature. With a clear focus on sustainable design, all Hypnos beds are also 100% recyclable ensuring Hypnos beds never need to go to landfill.

## 2 EUREKA VINTAGE SOLAR LIGHT BULBS, RANSOMS GARDEN CENTRE, £4.99 EACH OR 2 FOR £8.00

These unique stylish retro light bulb lights are a perfect finish to any outdoor space. The integrated solar panels absorb energy throughout the day from direct sunlight, which means they automatically light up in

darkness - so no maintenance is required. When fully charged these lovely bulbs have a minimum operating time of 6+ hours! Beautiful and eye catching, these wonderful light bulbs are a very stylish addition to adorn your garden trees, pergolas or fences. With a flat bottom, they also work perfectly sitting on your outdoor table tops!

## 3 JERSEY OAK GARDEN SWING, JERSEY OAK, £1,200

Founded in 2007, Jersey Oak holds values of sustainability, uniqueness and excellence. Jersey Oak manufactures handcrafted, sustainable furniture a stones throw from the sea in Grouville. In addition to a broad range of indoor and outdoor furniture, fixtures and fittings and household accessories, Jersey Oak also provides bespoke joinery solutions including flooring and hardwood refurbishment with unparalleled commitment to customer service. To view their full range of sustainable indoor and outdoor furniture, pop up and visit their showroom on Rue Des Marettes, St Martin.

## 4 KIKKERLAND RAINBOW REUSABLE STRAWS 24 PACK, RANSOMS GARDEN CENTRE, £2.99

Forget those cardboard straws that end up all mushy after being submerged in your drink for 5 minutes. These reusable rainbow

straws from Kikkerland are fun, eco-friendly alternative to disposable single-use plastic straws. 8 different and vibrant color designs will bring fun to any party, event, barbecue, summer party, and home.

## 5 BEE'S WRAP, RANSOMS GARDEN CENTRE, £8.99 - £16.99

Bee's Wrap was founded in 2012 by mother of three, Sarah Kaeck. Bee's Wrap started with a question facing many families and home cooks: How could we eliminate plastics in our kitchen in favour of a healthier, more sustainable way to store our food? What Sarah discovered is a lost tradition made new again. By infusing organic cotton with beeswax, organic jojoba oil, and tree resin, she created a washable, reusable, and compostable alternative to plastic wrap. A range of their sandwich, bread and variety wraps are available at Ransoms Garden Centre.

## 6 JULES OFFICE DESK, MY PAD, £895

The Jules Office Desk from My Pad is made from recycled boat wood, to create this wonderfully unique piece for your home office. With each individual piece unique with details of the original features, paint or etchings on the timber, it is the patterns, dents, scars and natural lines that tell the story of this product's journey from ocean to homes.





## MARKET UPDATE

The first quarter of the year is now behind us and the market seems to have cooled down a little, which is no bad thing, as the level of activity we have witnessed since the first week in January was unsustainable.

The Island has only a limited number of new properties coming onto the market at any one time, and the post-Christmas flush would now seem to have ended.

This isn't all doom and gloom for the local property market, as there is always a slow down in the lead up to Easter, which combined with half term holidays, means that buyers and sellers have plenty of other things to think about. Many sellers, in any case, prefer to wait until there is a greater guarantee of sun, blue skies and green lawns before marketing property, as it is a known fact that first impressions count.

Having placed their property on the market, many sellers have been surprised at how quickly offers at the asking price have been made, although this is not always the case, with some property remaining on agent's books for months on end.

The price must be right, so if a property is in a poor state of decoration and repair, has a neglected garden, or is badly positioned, sellers should heed what their estate agents are probably advising, by adjusting their asking price to a more realistic level, no matter how painful this might be.

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

60%	Tracker	1.49%
60%	2 Year Fixed	1.50%
60%	5 Year Fixed	1.81%
60%	10 Year Fixed	2.59%
85%	Tracker	1.69%
85%	3 Year Fixed	1.99%
85%	5 Year Fixed	2.09%
90%	Tracker	2.09%
90%	2 Year Fixed	1.89%
90%	5 Year Fixed	2.29%
95%	2 Year Fixed	2.89%
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%

Rates correct as at 07/04/2019 BTL = Buy to let mortgage

### MORTGAGE INTEREST RATES

Our Best Rates chart this month has seen seven changes, with four of the products nudging up marginally, whilst three have fallen. These changes are attributable to nominal adjustments by the lenders, rather than anything to do with

Bank of England Base Rate and illustrate just how cheap mortgage funds are in the current climate. Interestingly, the very latest projections for Base Rate show an increase from the current level of 0.75% to 1.1% by the end of this year and then moving on up to 1.5% by the beginning of 2023.

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



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

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# Finishing Touches

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**Upcycled Felted Rug**

Skaapie

Prices Vary

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



**Recycled Paper Vegetable-Based Ink Meal Planner**

Paper by Her

£9.00



**Renewable Bamboo Fibre Cups**

Ransoms Garden Centre

£23.99



**Recycled Glass Bottle**

Next

£45.00



**Recycled Wood Plaque**

Purple Panda Creations

Prices Vary

[facebook.com/ppcjersey](https://facebook.com/ppcjersey)



**Driftwood Art**

Katherine Cadin Art

Prices Vary

[facebook.com/KatherineCadinArt](https://facebook.com/KatherineCadinArt)



**Recycled Plastic Bottles Rug**

Next

£55-£130



**Reusable Stainless Steel Water Bottle**

Ransoms Garden Centre

£24.99



# agenda

## ON THE AGENDA THIS EDITION: **Law & The Environment**

We speak to key figures locally, to find out what they pack into their suitcases , grab lunch on the go and profile people and their industry.

Plus all of the movers, shakers and business news brought to you in Gallery every month...





# Welcome



**WORDS** Matthew Gilley  
*Group Partner at Collas Crill*

**A challenging environment but resplendent with opportunities is probably a fair summary of the current climate faced by the finance industry in Jersey. Brexit. The now infamous B-word continues to cause political instability and consequently uncertainty; something which is an anathema to the business community.**

However, there is an underlying optimism amongst investors and lenders that the United Kingdom remains a desirable jurisdiction in which both to do business as well as to invest. The rebalancing exercise of the pound brought about by Brexit, which caused angst initially, could also prove to be a blessing in disguise.

Overseas investors conscious of a weaker pound may, once the UK Parliament and the EU have agreed a way forward, look to the UK with a willingness to explore suppressed market prices and take advantage of continued low interest rates. Jersey sits well placed to capitalise on that uptick in confidence and investment in UK assets. Investors can take advantage of the island's world class corporate service, tax advisors, accountants, surveyors and lawyers, as well as the tax transparent structures which are well known in the UK real estate sphere.

Although Brexit has had an impact on the volume of real estate finance transactions, refinance continues at a pace. Traditional lenders continue to show commitment to all asset classes and alternative funders are now

firmly rooted in the lending space. The stability of Jersey as a jurisdiction continues to attract both investors, and coupled with the modern security regime over intangible security, certainty abounds from the island whereas it may not from elsewhere!

In the event of Brexit, the Jersey Financial Services Commission has ensured continued access for Jersey to the UK fund market. The boom in Jersey fund structures and fund administration looks to continue, aided by the private fund regimes which allow clients to proceed quickly from inception to investment at a lower cost base.

Overall, Jersey continues to thrive and innovate to create opportunities for its industries and whilst clouds may be incumbent, the outlook is positive.

*Matthew*

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# I Rest My Case

Law firm Ogier believes that to do your best, you need to be your best – and that means doing what you love when you switch off for the day.

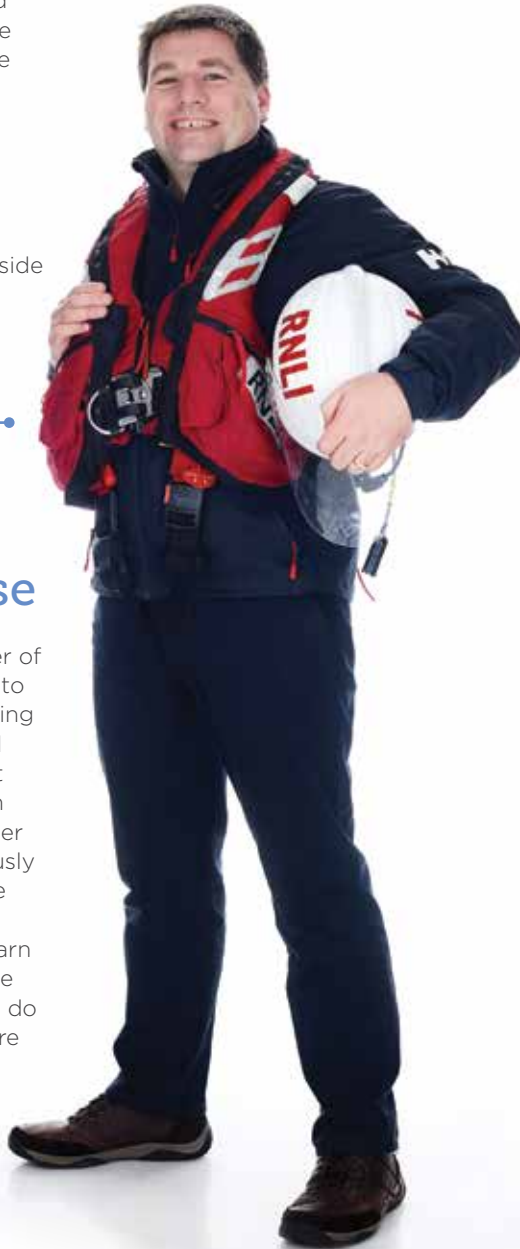
Supporting people in its legal and business services teams who have passions outside of the workplace means happier, more engaged employees who deliver a better service to their clients.

Find out more about four Ogier colleagues who live up to the challenge to #BeExtraordinary inside and outside of the office...

## Simon Lofthouse

*Associate and RNLI volunteer*

Having previously spent a number of years in the Royal Navy I wanted to put some of my experience at being at sea to good use when I moved to Jersey. That is why I jumped at the opportunity to volunteer with the RNLI in Jersey as a probationer crew member. The RNLI is obviously a fantastic charity helping to save lives at seas but it is also a great place to meet new friends and learn new skills. I would recommend the RNLI to anyone who is looking to do something rewarding in their spare time that is perhaps something different from the 9-5.



## Laura Malpass

*Associate and published author*

I have always written in some form, whether it be short stories, screenplays or song lyrics, but it was whilst taking a year out between my LPC and training contract that I started to write a novel. Though that first novel is safely tucked away in a drawer, writing 'the end' for the first time gave me the novelist bug and I have written full-length fiction ever since. I got my first three book deal with Harlequin/Harper Collins in 2015 and released my first book in 2016. I now have seven romance and women's fiction titles published in English language, three of which have been translated. Writing provides a creative outlet alongside my daily work as a lawyer. It is refreshing to work for a firm which encourages its employees to explore hobbies and interests outside the office.



## Stuart Perchard

*Head of HR services, recently represented Jersey in the Fly Fishing World Championships.*

I love the challenge of fly fishing, I am always moving and thinking – what fly should I try, where should I cast, where are the fish, should I move on the bank or in a boat, should I have my coffee now or later! There are a number of reservoirs that members of the local Angling Association are given permission to fish on and of these, Queen's Valley and Val de la Mare are available for fly fishing. My favourite time to fish is very early morning at sunrise. Val de la Mare is magical in the morning, it is quiet and nature is just waking up - I find being on the water so peaceful and it gives me a chance to truly relax and de-stress, and hopefully catch a fish.



## Clare Graham

*Secretary and dog agility exhibitor*

I compete in agility with my border collie, Zak. Agility involves guiding your dog through an obstacle course while being as quick and accurate as possible. Coordination and teamwork is a must. The sport is physically demanding for the dogs so they must be fit. I enjoy teaching him new skills, it can be challenging but most of all, it's rewarding when everything you have taught comes together. Success is a product of dedication, patience and hard work. We are lucky to be competing this May at the World Agility Open in the Netherlands as part of Team Jersey. I couldn't be more proud to have Zak standing next to me on that start line!







# The Global Litigator

Coffee with Nigel Sanders, Partner, Walkers' Insolvency & Dispute Resolution

**WORDS** Julia Hunt

**In the land of legal drama, court cases are won in seconds by wigs or sharp suits; brilliant arguments and last-minute facts transforming a verdict. In the land of offshore finance, disputes might rumble for decades, with legal teams trawling gigabits of evidence, investigating layers of enquiries, and working across jurisdictions.**

When Nigel Sanders spotted a brochure for a London law firm at university, he sensed law might lead to a few overseas adventures. However, if you'd told him most of his career would be spent in different parts of the world, he might have had a word with the scriptwriter.

The case that got the ball rolling was that of BCCI (the Bank of Credit and Commerce International), which collapsed in 1991, with losses of up to \$20 billion, and resulted in disputes over assets lasting over 20 years, playing out in courtrooms around the world.

Having already had opportunities to work in Monaco, Boston and Dubai as a young London solicitor Nigel was recruited by Macfarlanes to work in Abu Dhabi on the BCCI case.

"The firm acted for the Government and ruling family of Abu Dhabi during the liquidation of BCCI," Nigel said. "They were the majority owners so the collapse of the bank was of significant importance to the Emirate. The extent of the fraud led to legal actions to recover money all over the world."

During his three-year stint in Abu Dhabi, Nigel first came into contact with Walkers, who were also acting

for the same clients on BCCI in the Cayman Islands. After time in London, Nigel moved to Cayman in 2003 to join Walkers, and carried on working on various aspects of the BCCI case for over 10 years.

From Cayman, Nigel moved to Jersey in 2006 with his wife and three children, and became a partner of a major international firm in the Island. His return to Walkers this year is the culmination of two years of talks, beginning in a Sydney pub, and concluding in an office in St Helier.

Nigel said: "I've been working in law for almost 30 years so see myself in the final third of my career. The move back to Walkers really made sense when I learned more about the firm's significant and ongoing investment in its Channel Islands business, and its ambition to align the IDR (insolvency and dispute resolution) practice in the region to the remarkable strength it has in its other offices around the world. Walkers has always been a very entrepreneurial firm and, in the years since I left it has developed a genuinely global offering and the Channel Islands are just a part of that. I particularly see the firm's strength in the Middle East and Asia as being a natural fit with Jersey's finance industry, as they are and will increasingly be important jurisdictions for many of the trust companies based here."

During his career, Nigel has found himself on all sides of disputes in a broad range of areas, representing institutional clients such as banks, trust companies and liquidators, as well as individuals, be it trust beneficiaries or business owners. He has even appeared for regulators.

"Regulation grows year on year," Nigel said. "As important as it is for the industry to be properly regulated, we know that businesses see how compliance hits their bottom lines. As legal advisors to those businesses, we look to help reduce the impact of that by taking away the complexity, and when contentious situations arise, and reputations, businesses and careers are on the line, helping clients manage that significant risk."

When Nigel began his career, faxes were new, and most communications were by letter. Today, information that might have taken days to be sent now takes seconds; however, the volume of data means lawyers must be even more systematic.

"In the old days evidence was mostly paper" Nigel said. "Now it's largely electronic and on such a scale that computer programmes, often with AI functions, are used, to help search it all."

***"My daughter watches Suits and thinks that's what I do all day. In reality, being a litigator in Jersey is I suspect a lot less glamorous, although, for most of us in the business, I would hope it's a lot more stimulating."***

In fraud cases, technology in all its guises offers different opportunities for the perpetrators and tools for those looking to recover the lost assets. There are benefits of course - the international nature of our practice means we are regularly working with clients, lawyers and professionals around the globe, which is made so much easier by digital communications." Disputes involving trusts make up one of the most interesting areas of law for a court-going lawyer in Jersey and takes up a large part of Nigel's time.

"Jersey is one of the leading jurisdictions for trust law, which is continually developing and provides an ongoing intellectual challenge. A fascinating aspect about the work is that trusts inevitably involve individuals. That makes cases so interesting in terms of the family stories that play out but adds to the challenge as individual people are inevitably so personally invested in a case in every sense. A corporate or institutional client naturally find it easier to take more objective commercial decisions."

Although part and parcel of litigation is for the legal professionals to appear in court, being a good litigator is about much more than putting on a good performance at the final hearing.

"In England, historically solicitors deal with the client side and running a case, while barristers will appear in court. For Jersey advocates it's different and I would say more difficult as you do it all. It can make life particularly hard when you are

in a court hearing. You can't neglect the rest of your clients when you're appearing in court - you just need to be able to keep the plates spinning after hours.

"Being a good litigator involves many attributes although the key ones are attention to detail, thinking on your feet and being meticulously well-organised. You also need stamina - preparing a case takes a lot of work over long periods of time. It also helps to have a thick skin - the nature of the job is that you spend your life with another party telling you you're wrong. Having the confidence to stand your ground or come back with even better arguments, or just having the nous to adapt when the time is right, are part of the daily routine.

"My daughter watches Suits and thinks that's what I do all day. In reality, being a litigator in Jersey is I suspect a lot less glamorous, although, for most of us in the business, I would hope it's a lot more stimulating."

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# Movers & Shakers

EMAIL YOUR NEWS TO [BUSINESS@GALLERY.JE](mailto:BUSINESS@GALLERY.JE)



## Bedell Cristin corporate and finance practice grows with new appointments in Jersey

Bedell Cristin has strengthened its corporate and finance teams in Jersey with three new appointments. Following a successful year of growth in the teams Craig Geraghty, Gavin Coutts and Royan George have joined the firm in associate positions. Craig Geraghty has been appointed to advise clients on corporate matters and has particular experience, gained from four years at a boutique firm in Manchester, in mergers and acquisitions, reorganisations and equity investment. Gavin Coutts has been appointed to advise clients on banking and finance matters. He initially trained at an international law firm in London where he gained valuable experience in advising lenders and borrowers on a range of finance areas including real estate and development, general corporate lending and acquisition finance. Royan George has joined Bedell Cristin's banking and finance and corporate and commercial practice areas where he will be responsible for advising lenders and borrowers on the relevant aspects of Jersey and BVI law. His previous experience includes training as a solicitor and working as a paralegal in the BVI and London.



## ROK and Freedom take the Charter

Two leading Jersey businesses have been awarded The Jersey Good Business Charter for their efforts to contribute meaningfully to the local community through good business practice. ROK Construction Group and Freedom Media have become the two latest Awardees of the Charter, which seeks to celebrate the good done by Jersey Businesses and encourage a deeper conversation about corporate responsibility in the Jersey business sector. Both businesses were assessed by a council of local business experts against the five areas of the Charter; environment, people, suppliers, community and customers, and were unanimously awarded Charter Status. The Charter, a Jersey Charity which was launched in November last currently has over 50 business from 13 different sectors who are at some stage of the application process and waiting to be assessed by the Good Business Council. Companies who would like to consider applying are encouraged to visit the website [www.goodbusinesscharter.je](http://www.goodbusinesscharter.je)



## Rathbones appoints new Investment Director

Joel Graves has been appointed as an Investment Director for Rathbone Investment Management International. In his new role Joel will be responsible for managing multi-asset discretionary portfolios for private clients, offshore trusts and charities. Joel, who graduated from Loughborough University with a first class Bachelor of Science honours degree in Physics and Sports Science, began his finance career in 2005 as a wealth manager with HSBC in Leeds. In 2009 he relocated to Jersey. The following year he moved to Barclays Bank Offshore where he worked for the next five years in Jersey, covering multiple jurisdictions. He was responsible for the management of the Barclays discretionary portfolios held in Jersey. He took on the role of senior portfolio manager at Smith & Williamson in 2015, helping to set up their new office in Jersey. A highly qualified individual, Joel is a Chartered Financial Analyst Charter Holder (CFA) as well as a Chartered Fellow of the Chartered Institute for Securities and Investment (CISI), having passed the CISI Certificate in Private Client Investment Advice and Management (PCIAM) with distinction. Married to Claire, they have two young children. In his leisure time, Joel enjoys playing football and long distance running, and recently completed the Brighton Marathon.



### Intertrust promote 31

Intertrust has promoted 31 employees across a range of teams including two director appointments. Laura Butler has been promoted to director in the performance and reward management team. She has more than 20 years' experience working with employment benefit trusts and company share plans. Mrs Butler will continue to lead the share plan team while continuing to expand the service line's operational and technological innovation, ensuring client solutions are optimised.

In compliance, risk and control, Helier de Veulle has been promoted to director. He joined Intertrust in 2014 and has over 10 years' experience working in a range of compliance roles. As director, Mr de Veulle will be responsible for managing the compliance team and upholding Intertrust's high standards by acting as a liaison between the Jersey Financial Services Commission and the business. The promotions demonstrate continuous growth for the firm in Jersey.

Simon Mackenzie, managing director of Intertrust in Jersey, said: "These employees have consistently demonstrated their expertise and knowledge and have delivered high-quality client service, enabling us to grow as a professional financial service provider. Our employees are encouraged to establish personal development plans and set targets for career aspirations and progression within the company. These promotions are reflective of their hard work and are all well-deserved." The 29 other promotions were across the organisation. Intertrust currently employs more than 330 people in its Jersey office.



### Women moving on up at Prosperity 24/7

Prosperity 24/7 are delighted to announce two promotions within the Strategy & Change team. Regitze Petersen and Hollie Allen have both been promoted to the role of Consultant.

Regitze joined Prosperity in February 2018 and has most recently been supporting a complex data governance programme. She is a dedicated, highly skilled and enthusiastic consultant.

Hollie joined Prosperity in January 2018 and is currently supporting the delivery of a complex solution, utilising her business analysis and testing skill set. She has excellent interpersonal skills which enable her to build strong relationships with all levels of stakeholders.

Regitze and Hollie are currently studying towards the globally recognised BCS International Diploma in Business Analysis, undertaking both knowledge-based and practitioner specialisms.

Paul Marshall, Director: Strategy & Change, commented, "Hollie and Regi have had a fantastic start to their consulting career. The feedback from our clients and our colleagues has been tremendous and we are delighted to be able to recognise their achievements by promoting them both."

Prosperity 24/7 are committed to building a team equipped with both the technical and soft skills that meet the needs of our clients, our business and their personal goals.

*Pictured left to right; Hollie & Regi.*



# High flyer



This month we got to know Robin Troy, Solicitor in the Commercial Department at Le Gallais & Luce. He joined in March 2017 having previously run his own law practice for 25 years.

Here Robin describes what he does day to day; "It is difficult to explain everything I do, but my work does cover commercial leases and loan security documentation, shareholder agreements, property sales and purchases, legal opinions and much, much more.

Working in a large office is enjoyable and colleagues are really great to work with (I would have to say that wouldn't I or my secretary would kill me). I think it is so important to work in a friendly environment and I am lucky that this is the case here at Le Gallais & Luce.

One of my (self-appointed) tasks is to keep up to date with the latest Royal Court decisions and I will

send around a synopsis of important cases to relevant members of staff. I do like academic law and putting together an opinion or argument which can be a bit like a jigsaw puzzle, but one where you also have to look at the arguments both for and against.

Because I ran my own firm I believe I have a good general knowledge and a wide experience to draw upon. I was recently described in the office as being a "go to" member of staff if other staff wanted some advice or support and certainly I like to think I can be a good team player. The Commercial Department at Le Gallais & Luce is going from strength to strength and I look forward to the future challenges."

## QUICKFIRE QUESTIONS:

**Favourite possession** A gold St Christopher given to me by my parents when I was 12, which I wear every day. Colour Red.

**Favourite animal** I like most animals, but I have always had a black cat and still do. I am on my third – a rescue cat call Midnight (He came with that name!).

**Favourite Smell** Freshly baked bread, especially if I get to eat it warm.

**Favourite way to spend a weekend** Golf, motorsport, eat, sleep – repeat.

**Favourite food** Shepherd's Pie – Yum.

**Favourite ice cream** Pistachio.

**Favourite pastime** Golf and motorsport – I compete in hill climbs here in both a car and a go-kart.

**Favourite film** I don't really have one although I have always enjoyed Bruce Willis films, especially the slow-mo in Armageddon or was it the Aerosmith video – not sure (copied in Monsters Inc, which is hilarious).

**Favourite book** The most recent book I read was Professor Noel Fitzgerald's (Supervet) book "Talking to the Animals", a brilliant laugh and cry book, a must-read.

**Favourite song** Daydream Believer by the Monkees. My kids and I would sing this in the car when driving on holiday, which is something my wife had to suffer.

**Favourite person** My wife obviously, who is my best friend.

**Favourite celebrity** I am not big on celebrities or the recent cult of celebrity, except when they go into the jungle and submit to the twisted pleasures of the general public.

**Favourite thing to splurge on** Motorsport in all its forms; both watching it and participating in it.

**Favourite memory** My maternal grandmother's bread and butter pudding. She would make it as a special treat for me and it has never been beaten. My gran was one of those strong women who lived through two wars and could make something wonderful to eat from scraps.

## Exceptional Performance

Walkers provides practical and commercial legal advice to our international client base which includes global corporations, financial institutions, investment fund managers and high net worth individuals.

Our core practice areas include Banking & Finance, Capital Markets, Insolvency & Dispute Resolution, Investment Funds & Corporate, Listing Services, and Private Capital & Trusts.

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- Securitisations etc.

Our traditional values and modern approach to your commercial transactions are the perfect combination for you and your business.

### For further information

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# Family Law Focus - Meet The Expert

Claire Davies is a family lawyer. Mostly. She is also a lecturer in Family Law in both Jersey and Guernsey, a mediator with the Jersey Family Mediation service and a deputy chairperson of the Employment and Discrimination Tribunal, so she has a varied job which keeps her pretty busy seven days a week, almost 365 days a year.

Claire has been an Advocate for over 20 years, a partner in two firms and now she has her own practice which only does family law; she represents clients following the breakdown

of marriage and also parents, children and sometimes the States of Jersey in care proceedings.

## What made you choose Family Law?

Family Law chose me, I actually trained to be a commercial lawyer. I spent some time in a Family Law Department and never looked back. I enjoy helping people and no two cases are ever the same. Although business people are great to work with as clients - I found commercial law itself pretty boring!

## Best bit of your job?

I like to help people, and I enjoy solving problems. It is rare for me to go home at the end of the day without feeling that I have made a positive difference to the life of at least one person. I have to admit that the most enjoyable bit of the job (for me) is being in court. I love it.

## ... And the hardest part?

My job can be very sad. Divorce is a horrible time for families, and some people find it incredibly hard to cope with the loss of their marriage. I also do a fair amount of child protection work and it is heart breaking to work with families who lose their children, and with children who have had a really difficult start in life.

## What would you do if you didn't do this?

As little as possible! More seriously, I nearly trained to be a nurse but decided to do a law degree instead. That was probably a lucky escape for a hospital somewhere in England. On the whole, I think law was really the only choice for me and I can't imagine doing anything else. If I had tried something different, I suspect I wouldn't have been very good at it.

## What is the ethos of your practice?

I hope I treat every client with respect and compassion. I believe that every client deserves to have the best that I can offer. It is a privilege to be an Advocate, and if you are going to do a job that has such a massive impact on the lives of adults and children, you have a duty to do it well.

## What three main things do people considering divorce need to know?

1. Don't panic! There is light at the end of the tunnel.
2. Most people worry about money when they really just need to understand it better.
3. Remember that you and your ex used to be able to make good decisions together. When it comes to your money and your children, you can continue to make good decisions after you split up.



# Plants not plastic

Turning off the tap to ocean plastic.

**WORDS** Karen Gray

Founder and CEO of Green On Purpose.



Imagine you walk into your kitchen and you see your sink overflowing; should you not first turn off the tap before you start cleaning up the spillage? So why are we not doing this for single use plastics?

There is estimated 5.25 trillion macro and micro plastic pieces floating in the open ocean, and each day another 8 million pieces of plastic pollution is finding its way into our oceans.

Plastic pollution affects all of us, and by turning off the the tap and taking urgent action we collectively can tackle ocean plastic to save our oceans and our planet. Act now and take action to refuse, replace, re-use, recycle and repurpose products.

At GreenOnPurpose, we are doing just that, working with Cimandis across the Channels Islands, we supply a wide range of earth-friendly food services products made from plants not plastic to replace single use plastic items. We also offer services to develop zero waste solutions.

We distribute fantastic Vegware, compostable plant-based food service packaging made from renewable, lower carbon or recycled materials, and it can all be commercially composted with food waste (where accepted). Plant-based packaging easily breaks down and does not leach nasty toxins into our environment.

If you're a business, make the change, if you're a customer, demand the change!

If you'd like to find out more, or view their brilliant range of products, call Karen on 0782 9800 730.



## Corporates Go Green!

**WORDS** Jane Burns, *Eco Active Programme Manager.*

Eco active is a Government of Jersey programme which helps businesses reduce their impact on the environment.

Improving environmental performance is a journey; we all need to start somewhere, no one is perfect but everyone can make a difference to our environment. To reduce your businesses environmental impact start with these 3 simple steps:

### 1. Understand where you are.

Before you can set reduction targets you need to understand your current use.

**You can begin by asking:**

How much energy do you use on a monthly or daily basis?

How much water do you use and on what?

How much do you spend on energy bills?

Once you understand what you use and what you spend, you can think about how to reduce this. Generally speaking, if you use less of something it will be of benefit to the environment and to your pocket!

### 2. Plan your change

Be patient. Don't expect to be able to change everything overnight.

**Tip:** Identify steps and key milestones along the way.

**Tip:** Focus on what your business needs to improve its carbon footprint.

Lots of businesses fall into the trap of finding solutions before they have really understood the problem.

Recycling is a classic example of this. Reducing your waste is better than recycling so are there ways to get rid of a waste stream completely?

### 3. There are many benefits of joining the eco active business network!

**We will help your business to;** improve efficiency, reduce running costs, prevent waste, improve business reputation, show you follow environmental legislation, reduce the risk of causing pollution or other negative environmental impacts

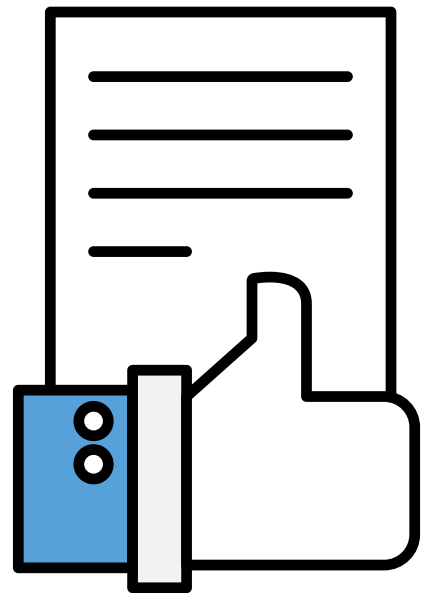
The eco active business network is free to join and you can access training, information and support. For more information email [ecoactive@gov.je](mailto:ecoactive@gov.je) or visit [www.gov.je/ecoactivebusiness](http://www.gov.je/ecoactivebusiness)





# Do's and Don'ts of Interning

WORDS Olivia Hansen



What is an internship? Simply put, it is an opportunity to learn and gain insider knowledge on your preferred profession in a working environment. They are investments in your career.

My only understanding of internships and what they entail, has been solely influenced by watching films and TV shows when I was growing up. Specifically, MTV's reality TV show *The Hills*, where we observe two of the main characters Lauren and Whitney interning at *Teen Vogue Magazine*.

They are flown to New York to deliver a dress, go to a ball in Paris, gifted lots of free stuff and attend parties on behalf of the company. However, the *crème de la crème* of fashion films *The Devil Wears Prada*, shows the main character Andy getting her dream job with absolutely no experience in fashion, and she transcends through the publishing house effortlessly. These unrealistic versions of internships and starting out in fashion were my insight into the exotic and mystical world, that I longed to be a part of.

In 2017 I was lucky enough to hear through a friend about a work experience programme at *The Times* fashion desk. I applied on a whim convinced that I wouldn't get it, but a week later I received a notification in my emails announcing that I had in fact, been accepted and would start in the summer. On my very first day I arrived well ahead of schedule and walked into the huge *News Building* at *London Bridge* - with the confidence of *Lauren Conrad*, and the naivety of *Andy Sachs*.

*"As I walked around the news floor it felt like an honour to be given the chance to learn, and work alongside such highly accomplished journalists and professionals."*

As it happens, the internship was not the glitz and glamour that I had envisioned through the depictions on the silver screen. Like any interning position, you are going in at the bottom of the pyramid, and need to prove with all your ability that you deserve to be there. Almost all my time was sat behind a desk staring at a computer screen finding images and transcribing articles for hours. Yet while I was there, it was evident that I was part of a prestigious company. And as I walked around the news floor it felt like an honour to be given the chance to learn, and work alongside such highly accomplished journalists and professionals.

So here I am now ... a year and a half on from my first-time interning - I have worked in a trust company, saved up some money, and have been travelling around the world. This was my time to give this industry another cracking, and try to break in. I was accepted for my second internship at *The Times* fashion desk and found myself more excited this time around. Having completed my second bout at *The Times*, instead of indulging into my daily tasks, I thought it best compose a small list of do's and don'ts that I think are important and realistic when you are new to interning.



### Do: ask lots of questions

You have made it this far and secured the internship that you have been dreaming of, and now you need to make sure that your employer knows that you mean business. Asking lots of questions may sound over indulgent, but if they aren't silly ones, take full advantage of it. Ask your colleagues what they did to get where they are, whether you can help more in any section of the role, or a simple 'would you like a tea or coffee'?



### Don't: get obsessed with the 'dream job'

This may sound paradoxical to my previous statement that one should, dress to impress for your dream job. But like most things, there is no guarantee that you will be hired. I could picture myself working at The Times from the moment I stepped into the building, even during my second internship I was hoping that this time round I would get a job. This was unrealistic. Unfortunately for me, to become a journalist you must spend months and months interning, while being aware you may not get a job at the end of it. What's the harm in trying?



### Do: treat your internship like a real job

If this internship is a step towards the job you wish you had, you would be a moron to not act like this is the role you have been doing for years. As the saying goes, dress for the role you want and not the role you have. Therefore, I rocked up to work every day in clothes that I felt would impress, trying to look like a fashion editor rather than an intern. Holding my head high with my planner and notebook under my arm, I meant business. At least that was the look I was going for. I had done all my research, and read articles written by the journalists I was working with. In turn this made me appear professional and allowed me to bring forward ideas as I knew what had already been covered.



### Don't: show any signs of negativity

I read an article published by The Telegraph that mentioned an intern rolled her eyes when she was asked to do a certain task. Let's just say she didn't last much longer. This befuddles me as she applied to work there for a reason. One of the jobs that I was tasked to do, was return all the clothes that had been used in photoshoots. This was a long and tedious process in a cupboard with no windows, no one to talk to and long hours of monotonous back and forth work. But, this was part of my internship and everyone above me had to go through the same thing. These sorts of jobs are a rite of passage. Majority of the times you won't be doing the work you imagined yourself doing. You are in fact doing the jobs that no one else wants to do, so just smile, put your head down and get on with it.

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Even though these are my personal experiences, they aren't made up and exaggerated stories like the ones that I had based my internship on. Unlike in the Devil Wears Prada, I did not feel like I was being taken advantage of, or was disrespected in any way - nor did I feel like my experience was as glamorous as The Hills portrayed. Every moment was amazing and I wouldn't change any of it. If you get the internship of your dreams, make the most of it, enjoy it and good luck.



## 'How much can legislation be used to help to protect our environment for the future and how much should it?'

**WORDS** Laura Shirreffs



At the start of this year, the UN's first-ever global assessment of environmental rule of law demonstrated that environmental laws have been growing dramatically worldwide over the last three decades as society has come to understand the important links between the environment, economic growth, public health, social cohesion and security.

The report noted that 176 countries had put in place environmental framework laws which have been essential in slowing, and in some cases even reversing, the environmental degradation.

But having the legislation in place is not enough - the assessment also found that weak enforcement was a global trend that is exacerbating environmental threats, despite prolific growth in environmental laws and agencies worldwide over the last four decades.

In the words of the report: "...failure to fully implement and enforce these laws is one of the greatest challenges to mitigating climate change, reducing pollution and preventing widespread species and habitat loss".

Legislation can therefore only go so far to help us protect our environment - another crucial tool is an active system of enforcement.

In Jersey, our environmental legislation covers areas including water pollution, nuisance, planning, wildlife and the disposal of waste, and the Minister for Planning and the Environment has the power to exercise enforcement in a number of ways including injunctions, revocation of permits, remedial/removal actions and enforcement notices.

This system ensures that all development within the Island is carried out in accordance with our local legislation and any specific conditions which the Minister may have placed on the planning permit as a condition to the development.

For example, it is an offence to develop land without a permit or in contravention of any conditions of a permit. Our legislation also ensures the protection of certain trees, making it an offence to cut down, top, lop, uproot or wilfully damage/destroy a protected tree without permission thereby protecting the environment we live in.

In addition to statutory legislation in Jersey we have the Revised 2011 Island Plan which establishes principles and policies to safeguard our environment and countryside to protect the Island from unnecessary intrusive development.

The Island Plan designates ecological Sites of Special Interest and identifies Environmentally Sensitive Areas (which includes coastal habitats, woodlands and grasslands). Where development proposals affect protected sites or sites of wildlife value the impact of the proposed development upon biological diversity is a material consideration.

The Countryside Character Appraisal identifies and highlights the importance of the Island's coast and countryside and establishes a clear and comprehensive approach for their protection. Within the Coastal National Park, those areas of Jersey's coast and countryside which are of national and international importance, planning policy provides the highest level of protection against development in order to ensure the conservation and enhancement of the natural beauty, wildlife and cultural heritage of the Coastal National Park.

*"While it can't be legislated, ensuring that we all personally "do our bit" with regards to recycling waste and reducing our carbon footprint still remains essential to ensure our environment is protected for generations to come."*

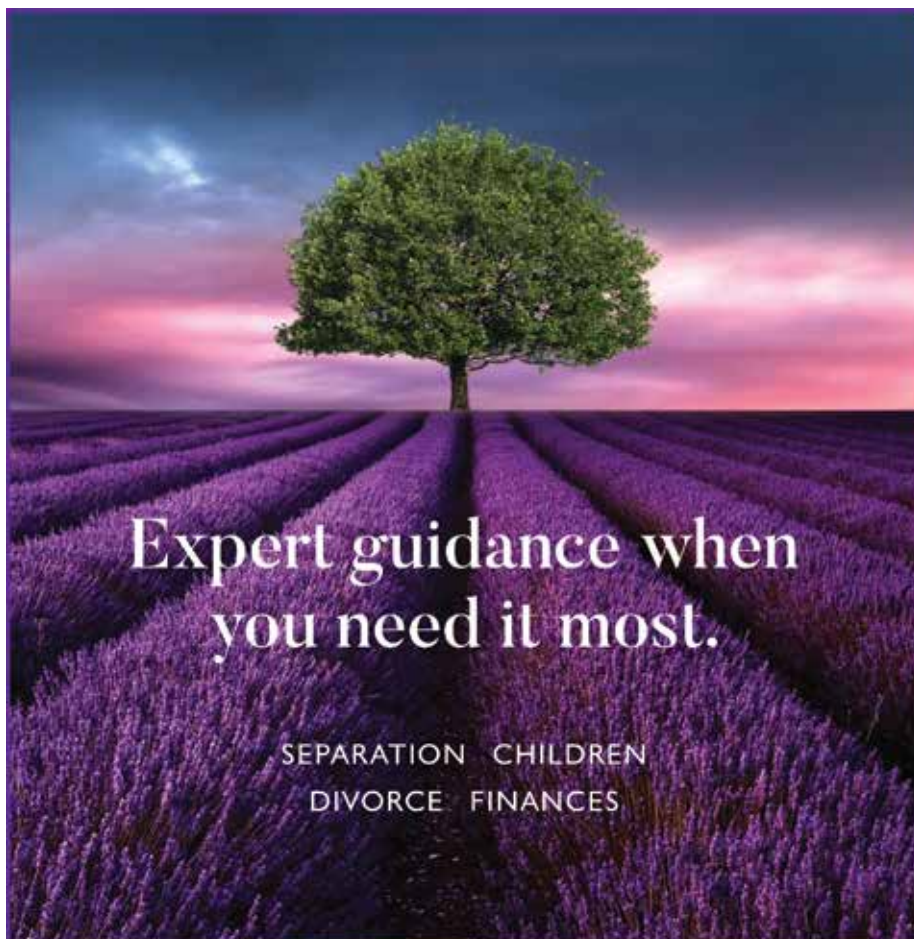
We are fortunate in Jersey that the natural beauty of the Island is a crucial part of its identity, essential also for local agriculture and tourism, which makes it vital to ensure our local environment is sufficiently protected.

Measured against that, the scarcity of land in the Island has resulted in the countryside being subject to considerable pressure

for development. As a property and planning lawyer I believe it is essential to ensure that whilst legislation is necessary to conserve and protect Jersey's natural environment, there is a need for some flexibility within the legislation and supporting policies to allow Island residents the opportunities for sustainable development; meeting the present needs of the Island without compromising that of future generations.

But even with active and engaged enforcement, legislation can only go so far - the third key tool is the engagement of the wider community. While it can't be legislated, ensuring that we all personally "do our bit" with regards to recycling waste and reducing our carbon footprint still remains essential to ensure our environment is protected for generations to come.

**Laura Shirreffs is an associate in Ogier's Local Legal Services specialising in property and planning matters - she is an English Solicitor who trained with the firm, and who advises local firms on all aspects of commercial property.**



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# The Garage Gurus

Interview with Jayne Coppin and Daren Butcher, The Mansell Collection

WORDS Julia Hunt

**Parking is an issue that affects every car owner. Finding a space that's big enough, manoeuvring into it, and making sure you don't overstay your welcome are challenges for one car, let alone 30-40 brand new vehicles. But this is the sort of challenge Jayne Coppin and Daren Butcher opened themselves up to when they took on their roles at the Mansell Collection.**

Jayne, who stepped up as Operations Director in October last year, and Daren, who joined as General Manager last summer, are now responsible for overseeing the day-to-day running of the Mansell Collection allowing the Managing Director, Leo Mansell, to focus on the strategic aspects of the business. Jayne said: "We'd been transitioning our roles over the past few months but from early this year Daren and I have been responsible for day-to-day management, with Leo and Nigel taking on a more strategic role. Nigel is the Chairman and a very important presence in the business. Leo is also now able to focus on our business objectives and the development of the dealership"

At the same time, the Collection is uniting its two franchises, Mitsubishi and Hyundai, under one roof at the main garage site in First Tower, developing the lines as Mansell Mitsubishi and Mansell Hyundai. "We took on the Hyundai franchise last year but by moving it to the main First Tower site we can consolidate our offering and use all the space we have here. The museum was great for racing fans wanting to get a glimpse of Nigel's successful career, it attracted a lot of tourists but out of season the space sat empty, we decided that with the addition of Hyundai we could utilise this space more effectively to complement our car dealership. We're currently looking at options as to where to locate Nigel's racing memorabilia, but I am sure that where ever this is, it will be a huge success.

"I'd been aware of who Nigel was before joining the business but had no idea how many people live, sleep

and even breath Formula One, for whom he is still a hero. We are all proud to work here and the legacy of Nigel Mansell will remain even without an official museum."

Finding space for all the cars is more Daren's job. The downstairs showroom is now split between Mitsubishi and Hyundai, the giant pick-ups and SUVs hogging slightly bigger parking spots than the bijoux Hyundai cars and neat family

the largest things you can drive in Jersey. But people love it either as a commercial vehicle or as a family car. You can put the whole family in and then stick all the kids' bikes in the load area. It's the classic model of its kind and wins every award so it's no surprise there are a growing number of them in the Island.

"The Hyundai i10 is about half its size and nearly a quarter of its price but it's even more popular. It's very

***"I'd been aware of who Nigel was before joining the business but had no idea how many people live, sleep and even breath Formula One, for whom he is still a hero."***

models. Overspill goes upstairs into the former Museum space, driven backwards up a narrow ramp to the new first floor showroom.

In this way the two brands cover both sides of the Jersey car owner's conundrum: do you large it for power and capacity, or do you go for the convenience of something nippy and economical that you can squeeze into the impossible space next to the pillars when you're popping out for groceries?

"There's a pretty even split between people who want something big and people who want something small," Daren said. "The Mitsubishi L200 is one of our most popular cars. It's effectively a pick-up truck, one of

economical to run and is very is fuel-efficient. We sell around 50-60 a year and it has been around for over 10 years, so I'd expect there are at least 1000 in the Island."

With a background in HR Management, Jayne is more used to people than cars. However, with a team of 20, spread across servicing, sales, and the fuel station, working out where to position everyone is even more tricky than positioning cars.

"I'd worked in HR and in business development for around 20 years and came on board originally as a business consultant, looking at organisational change and developing our strategy with Nigel and Leo."



"The Mansell Collection has grown significantly since its launch over five years ago. My role is to help build on the success and develop it further. We have implemented a three-year plan which is focused on three key areas: our offering - ensuring that we have the best selection of products available at the most competitive prices, our team - ensuring staff are motivated and supported, and our customers - offering them service excellence at all times, in everything that we do.

Customer service is one of Jayne's specialities. Before moving to Jersey from the UK with her husband in 1998, Jayne worked in retail, managing a team of 28 at one of JJB Sport's flagship stores in the South West, she then used these skills to move into a training role, delivering Retail and Customer Service NVQs as well as supporting apprenticeship schemes for large retail companies including River Island, McDonalds, Halfords, New Look and Miss Selfridge. When Jayne moved to Jersey, she joined Le Riche Group/ CI Traders (now Sandpiper) delivering NVQs and supporting training within the business. She progressed into an HR role for the Wholesale division, CIMANDIS, where she achieved the Investors in People Award for both Jersey and Guernsey. In 2007 Jayne moved into the Finance Industry where she worked in professional services and fiduciary.

"Reputation and service are the key selling points of the Mansell Collection. We get a lot of repeat customers who come back because of the quality of after care and service. For new customers, the vehicles are attractive for many reasons but one of the most important is that Mitsubishi and Hyundai both offer great value for money; people get a lot of car, at a really good spec, for a very good price".

"A few years ago, people were perhaps more swayed by brand name alone, but over the past five years there's been a trend across the industry with people seeking better value for money. People who might have only gone for a German make a few years ago, and who wouldn't have considered a Korean or Japanese one, are trying the cars and realising how good they are. That's quite a significant change."

With models such as the Mitsubishi Shogun Sport, a slick, gleaming beast capable of pulling a boat or a horse trailer, from around £35K, the cars enter the territory of Land Rovers, Range Rovers, or other top end SUVs.

Electric vehicles are another industry trend the Mansell Collection is tapping into, expanding its offering of hybrids so drivers can plug in and recharge for journeys in the Island, then fill up with petrol for motorway trips in the UK or the Continent.

"As people become more environmentally conscious, electric and hybrid vehicles are growing in popularity." Jayne said. "We are looking forward to receiving the much-anticipated Hyundai models, such as the new Kona Electric and Ioniq Hybrid which offer more choice to customers seeking a 'greener' option."

As one of only two women in a traditionally male-oriented business, Jayne might have faced a few challenges.

"Everyone has embraced me coming into the business just as I have embraced what the business is about and what everybody does. There are not many women in senior positions within the car industry however I believe that coming from a commercial background, as well as having the corporate knowledge of Finance helps give a different perspective and this is vital as we look to enhance the business further."

As we finish the interview, the glass doors at the front of the showroom open, a bollard goes down, and somehow, someone manages to extract a car from the middle of the room and get it onto the road. Whether the car is destined to live in a spacious drive, or a tight garage, any car that starts its life here will have had the best intro to Jersey parking.



# Advocate X: tales from the Bar.



Longtime readers may be familiar with the mysterious Advocate X, who used to present bizarre legal cases to Gallery's pages on a monthly basis. This month, in honour of our law-themed Agenda section, your honour, we decided to drag up a couple of historic cases for review.

## The Contract Killer

Although you probably don't think that the Jersey law of contracts is very interesting, it's a bit like one of those discreet 'clubs' lurking in the darker corners of Amsterdam – because behind a boring-looking façade lurks i) a smoky, confusing haze and ii) a surprisingly large hole. This is because, unlike most European jurisdictions, Jersey doesn't actually have a statute on contracts.

Therefore, instead of looking up a nice, easy-to-read law with clear provisions setting out exactly how you can get your money back if a garage has sold you a steaming pile of elephant dung with wheels, you basically have to analyse what would have happened if someone had sold you the same car in 13th century Normandy. As cars weren't invented for another seven hundred-odd years, this can often prove to be a bit tricky (unless you have a time machine, in which case Gordon Brown would like to have a word with you about how he can use it to fix the mess he spent the last ten years creating).

Even though large parts of modern Jersey trust and company laws are based upon English precedents, our contract law remains stubbornly rooted in the customary law of Normandy. This is not ideal – when you think about it, contractual relationships (whether in writing or otherwise) permeate society at every level. If you buy a Mars Bar, you're entering into a contract with the newsagent. When you go to work, you're performing a contract with your employer.

Contracts are supposed to bring certainty, yet there is a serious level of confusion here – in fact, until relatively recently, the best advice you could get from an Advocate on a contract dispute was 'I can't be sure, but I reckon that this is what the court would do. Although it depends on whether the Bailiff is in a good mood that morning. And it'll cost you, ooh, about £20k to find out. Maybe more if my wife decides that she really needs that new conservatory.'

Of course, you can't contract to do something illegal – so you couldn't enforce a deal requiring Senor Escobar to supply you with a nosebag-full of cocaine or Don Corleone to 'take care' of a business rival. However, this doesn't stop people trying, and so this month I'd like to direct your attention to the frankly twisted goings-on in Brisbane's District Court, where news has emerged of a family arrangement so unpleasant that Jeremy Kyle and Jerry Springer have agreed to fight to the death for the right to have the protagonists on their show.

At this point, I should probably mention that the daughter in question was 12 years old. And by 'act as a surrogate', I mean 'have sex with her stepfather two or three times a day, taking time off school if that gets in the way'. Presumably while her mum looked on approvingly, or maybe baked them both cakes for afterwards. Mmm.

This carried on for four years, during which time the stepfather drew up a contract setting out how the girl would attempt to conceive his child and in return for her charitable actions would get to keep any 'baby bonus' benefits. She was also encouraged to keep a diary featuring a fictional boyfriend called 'Luke', who would be blamed for the pregnancy if and when it arrived.

Somehow the Aussie authorities got wind of this fairytale story, and arrested the stepfather, who promptly produced his contract and pointed to the part where the girl had agreed to do the nasty. To his genuine surprise, the policemen didn't say 'Oh, that's alright then' and politely leave, but dragged him kicking and screaming to the station, following which he was sentenced to eight years' imprisonment (the mother got six months). Chief Justice Paul de Jersey (no, really) said the contract reached between the man, his wife and stepdaughter was 'bizarre and grossly reprehensible'. Which rather neatly fits the words contract, Jersey, and bizarre into the same paragraph – what more could you ask for?

## Nuns on the run

**I've always thought of nuns as sweet, amiable, penguin-like and occasionally bearded creatures who happily waddle through life, doing their own thing with a minimum of fuss.**

This has been largely borne out by my (comparatively few) nun-related experiences to date; whenever I (as a good Catholic boy) visited a convent in my youth, I got the impression that the place was basically a grown-up version of a girls boarding school, where RE is the only class on the timetable.

However, my encounters with nuns are getting more and more rare these days – for some reason they don't seem to have much need for structured finance or collective investment funds advice – and I accept that those who have taken the vows of poverty, chastity and obedience probably don't go to the same bars and restaurants as me. Even so, I'm pretty sure that the numbers of new nuns has dropped dramatically in the last few years, and future generations may be deprived of the slightly surreal sight of four nuns driving a Mini to Marks and Sparks in St Clement.

As I idly click through Wikipedia, I'm slightly reassured; it turns out that there are in fact hundreds of different orders of nuns scattered throughout the world; from our own Little Sisters of the Poor, to the Lovers of the Holy Cross (which ironically sounds like the name of the sort of film that nuns really shouldn't be watching), to the Mercedarians, who presumably run some sort of holy car dealership.

Speaking of cars, the reason why nuns are so high in my thoughts is because of a recent flurry of incidents where they have found themselves grappling with the conflicts between God's law (as contained in the Bible) and Man's law (as contained on a big shelf in the library). The first incident involved three Italian nuns with a combined age of 199 who, on hearing about

Pope Benedict's recent fall, promptly hopped into their Fiesta and sped to be by his side. Unfortunately, when I say 'sped' I mean 'were caught doing 112mph by a bemused policeman'.

Once the policemen had ascertained that they weren't in fact late for a fancy dress party, he gave them a 375 euro fine. The driving nun (who has remained anonymous),

***"However, my encounters with nuns are getting more and more rare these days – for some reason they don't seem to have much need for structured finance or collective investment funds advice – and I accept that those who have taken the vows of poverty, chastity and obedience probably don't go to the same bars and restaurants as me."***

was less than impressed, saying, "I know you shouldn't go so fast, but the news of his Holiness's injury had made us truly anxious." They are planning to appeal on grounds of necessity (ie the circumstances left them with no choice but to break the law) but I'm not too sure that this will work – otherwise we might suddenly be overrun with speeding nuns dashing from place to place in order to respond to holy crises. I'm also worried that they will start demanding special flashing lights to put on their cars and a hotline to the other emergency services – when dialling 999, you could in future be asked 'Police, Ambulance, Fire or Nun?'

Another recent nun-related story occurred in Greece, where a convent of Greek Orthodox nuns near Thessaloniki were astonished to

find the police at their door asking unpleasant questions about their enormous cannabis plantation. This came as something of a surprise to the nuns in question, who seemed completely unaware of their burgeoning dope empire. After investigation, it turned out that a couple of local lads had recently volunteered their services to the nuns as gardeners. Sure enough, after a few months they had planted a lovely crop of bushy plants with spiky green leaves. The nuns were delighted that the young men had been so helpful and were genuinely shocked to learn that their intentions hadn't been wholly altruistic (although a couple noted that Sister Jane had been a bit giggly recently and had started raiding the fridge at odd hours).

Finally, in a story that could have leapt from the pages of an Umberto Eco novel, a nun and two priests have been accused of murdering a 21-year-old nun after her body was found in the well of a convent in Kottayam, India. The prosecution's case is that the unfortunate Sister Abhaya walked in on the two priests re-enacting a scene from the porno classic 'Indian Nuns Go Wild 13' with an enthusiastic colleague in the convent's kitchen at 4am in the morning.

The fornicating trio then untangled themselves and – as this presumably wasn't an order with a vow of silence – decided to see if they could add a few more deadly sins to their night's work and allegedly killed poor Abhaya with an axe before throwing the body down a handy well. Sadly, in a twist that makes even the Honorary Police seem positively rapid, the case has now dragged on for over 16 years – Wikipedia sets out the whole story and its astonishing twists if you fancy taking a look. If it wasn't in such appalling taste, I'd make a joke along the lines of 'this clearly isn't a case of all's well that ends well – but at least nun died', but I'd be worried that I'd find an elite detachment of Sisters of the Lord's Wrath banging my door down within the next fifteen minutes...





# EVERYTHING GOES TO WASTE

WORDS & PHOTOGRAPHS Russ Atkinson



**I**t's the local landmark that people love to hate; a modern, industrial behemoth soaring up above the coastline. A silent giant, working around the clock to deal with an environmental issue that we've all become much more aware of, yet almost no more aware of the processes in action once it leaves our homes: waste.

Despite all of the initial negative press surrounding the building itself, personally, I find the exterior architecture quite appealing - especially given the surrounding industrial structures, which date back to the seventies. It's a structural-expressionist twist in contrast to the concrete brutalism of the La Collette power station next door, and a breath of fresh air in an industrial area. Quite literally, in fact.

You see, the common misconception about incinerators, and one that I also held until my recent visit to Jersey's *Energy Recovery Facility*, is that burning things is bad for the atmosphere. Very bad. In many cases, it is - but if you add a sprinkling of science you can bring the emissions down to staggeringly low levels. In fact, the team working inside this seldom glanced-at building worked relentlessly for two years to attain the ISO 14001 standard for emissions - a stringent and impressive, if not sexy or exciting-sounding achievement that they're rightfully very proud of. Their hard work isn't over though, as the facility can only stray outside

of the prescribed emissions limits for 60 hours per annum. To put that into context, that means that the operation must remain squeaky-clean for the other 8,700 hours that make up a year. That's no mean feat when you consider they're burning anything and everything that can't be reused or recycled; from household and commercial waste to street-sweepings and even dried sewage!

But what actually happens inside this huge, inside-out looking metal and glass box, you might ask? Fundamentally, the process is

contents of those black bags that are collected from outside your house and that need to be disposed of by incineration in any case. It's as straightforward as that, but as much as it sounds simple, the reality is that it's a very fine balancing act to get right in order to reach peak-efficiency, and that's all-important when it comes to minimising the use of natural resources and reducing emissions in order to protect the environment.

After your bins have been collected, the waste is taken to the Energy Recovery Facility,

**“THERE ARE AROUND SIXTY ENERGY RECOVERY FACILITIES IN GREAT BRITAIN, AND YET THE COMBINED EMISSIONS FROM EVERY SINGLE ONE OVER THE COURSE OF EACH YEAR ARE LESS THAN THE AIR POLLUTION CAUSED BY THE FIREWORKS SET OFF ON GUY FAWKES NIGHT IN GREAT BRITAIN ALONE”**

quite straightforward. Non-recyclable waste from the island's homes and businesses is brought here to be burnt, and the heat generated is used to turn water into steam, which in turn passes through a turbine attached to a gigantic alternator (just like the one in your car that keeps the battery charged) and that energy is fed directly into Jersey's power grid. When operating at its peak, the facility supplies enough power for 7,000 homes - all from incinerating the

tipped, and then shredded to make it burn more easily. It's stored in the *bunker*, a 5,000 cubic metre concrete pit capable of holding around 3,000 tonnes of rubbish, before being fed into the incinerators by overhead cranes; their gargantuan grabs feeding up to 7.5 tonnes of waste into each of the two incinerators at the facility every hour. The crane system can be programmed to work autonomously if required, selecting different areas of the bunker with each grab, to mix the

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## CONTINUED

waste content up. One incinerator can deal with Jersey's waste production for around six weeks before the bunker, which is essentially the facility's fuel tank, would become full. As waste can't be taken elsewhere in the event of a complete shutdown, unlike in the UK, it's therefore essential that downtime of each of the incinerators is kept to a minimum. Each can operate independently, which not only ensures resilience but also caters for twice-yearly preventative heavy maintenance. Between the teams operating the plant in shifts around the clock non-stop, every single day of the year, the on-call engineers and their extensive stock of spare parts held to avoid the transport delays we've all come to expect from island life though, almost all eventualities are covered.

Inside, the unrelenting hum of machinery is difficult to ignore. Add to that pops of compressed air and the clanging of maintenance staff working away and you soon realise that the interior of this structure belies the silent nature of its shell. At the heart of the furnaces, temperatures soar to over 1,100 Celsius, with extra air being fed in to destroy any volatile gases by increasing the heat levels. Lead, cadmium and mercury vaporises, and any metallic items that have snuck into the waste stream run through the grate inside to separate and collect them for recycling. The fires are self-sustaining once up to temperature, and each furnace is encircled by a labyrinth of thick steel pipes through which water is pumped and turned into steam. The water makes seven passes to maximise the amount of heat extracted, before the 24 tonnes of steam that is produced per hour travels through the turbine housed at the western end of the building at a pressure of 46 BAR, causing it to spin at 6,000 revolutions per minute. The shaft of this turbine is connected to a reduction gearbox and then onto the alternator, which spins at 1,500rpm to create electricity. Enough electricity for 7% of the islands' requirements, meaning we can import less energy from France.

You can't just burn anything, create steam, spin an alternator and also help to save the planet though, unfortunately. In order to lower emissions to almost unbelievable levels, a few things are carefully added as required; lime, carbon and urea. The lime, derived from limestone, helps to reduce acidic gases and is re-used a number of times so that nothing is wasted; carbon, which is a by-product of the waste stream in any case, is added to absorb heavy metals in the flue gas; and urea, a fertiliser and organic compound occurring in the human body, is added to split the nasty NOx gases that are a by-product of

incineration into nitrogen and oxygen - two of the most abundant gases in the atmosphere. The ash produced results in just 1.3% carbon, with the other 98.7% of the waste burnt off without so much as a wisp of smoke leaving the chimney that the facility shares with the La Colette power station - a prime consideration when it came to choosing a location for it. Not only does La Colette provide an existing chimney stack, but also a direct hook-up to the power grid *and* easy access to sea water for cooling the plant, which is returned to the ocean a mere four Celsius warmer.

There are around sixty Energy Recovery Facilities in Great Britain, ours being one of the smallest, and yet the combined emissions from every single one over the course of each year are less than the air pollution caused by the fireworks set off on Guy Fawkes Night in Great Britain alone. Take a moment to think about that.

## **“THEY’RE A TEAM WHO PROVIDE AN INVISIBLE SERVICE THAT’S ESSENTIAL TO ISLAND LIFE”**

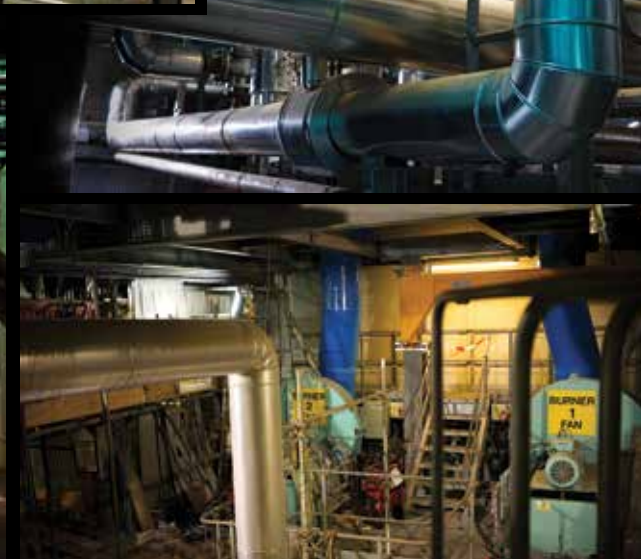
The ash produced is non-toxic and gets shipped to England for reprocessing, where it is used to displace aggregate in the construction of new roads, thus reducing the amount of fresh material that needs to be mined to meet demands - another environmentally positive knock-on effect.

You may not admire the building's exterior, but it's difficult not to admire what happens inside. It's a delicate balancing act that Ian Williams, the ERF Manager described as 'like herding cats', with the close-knit team of talented operators constantly preempting the best course of action in order to generate the most electricity yet the least emissions.

They're a team who provide an *invisible service* that's essential to island life - it's easy to take their hard work for granted, but you'd soon notice the effects if the infrastructure was removed and your bins couldn't be emptied. When they're doing a good job, nobody notices. *'Boring is good'*, Ian told me, because it means that things are going well, but next time you turn on a light switch, put something in the bin or inhale a breath of fresh air, don't forget what's happening behind the scenes.

**Thanks go to Ian Williams and Martin Grimes at the ERF who took the time to explain the processes and give me a tour of the facility, as well as the other members of the team I met during my visit.**





# ~~PLASTIC~~ FANTASTIC

WORDS Rebecca Evans

## You'd have to have been living in a cave for the last 18 months or so not to have picked up on the snowballing revolution against plastic.

We already knew that plastics were an environmental problem, but it wasn't until David Attenborough's Blue Planet II beamed the horrifying unfiltered effect on marine life straight into our homes on a Sunday evening in late 2017 that it really started to hit home with the nation.

As an Island community this is literally happening on our doorstep, and our daily actions have a real and visible impact on our coastal environment and the wildlife we share it with.

Big changes are already in progress; The Co-op have done away with their single use

bags, and bio-degradable paper straws have become the accepted norm in a cold drink, but there is a lot more to do. Whilst one person might think that they can't do much alone, each small sustainable decision we make contributes to the overall reduction of plastics in our landfill and ultimately in our oceans.

For the Eco Active issue I've looked at a few gadgets designed to reduce plastic use at home; both the kind we throw in the bin, and the kind we keep in our wallets.



### EPSON ECOTANK ET-2600

Anyone who regularly uses a printer at home or in a small business will know the story. It seems that no sooner have you filled it with expensive ink cartridges that the lights start flashing to warn you of an imminent drought and it's time to change them again.

Sure some ink cartridges are recyclable, but only a tiny percentage of them end up being refilled or re-purposed, and worldwide we throw 1 million empty cartridges a year into landfill.

*"So that's less plastic used, less money spent (up to 74% less than a standard printer) and less chance of dying your fingers cyan whilst trying to change the fiddly cartridges."*

A big round of applause for Epson who have tackled this wastefulness with their Ecotank printer. Doing away with traditional plastic cartridges, the Ecotank has built in storage tanks, filled from bottles over 7 times the capacity of a cartridge. The ink supplied offers up to 2 years of print capability before you need to buy more - that's 4500 black & white and 7500 colour sheets. To compare, the average black ink cartridge will give you 220 sheets at best.

So, that's less plastic used, less money spent (up to 74% less than a standard printer) and less chance of dying your fingers cyan whilst trying to change the fiddly cartridges. As if that wasn't enough, you can also print directly from your phone or tablet, email documents in to print from anywhere in the world, and there are incorporated copy and scan functions.

**The Epson EcoTank ET-2600 is £199 from the Powerhouse**





## SODA STREAM

No, don't worry. You have not inadvertently picked up a 1977 copy of Home & Life magazine. Soda Streams, household must-have gadget of the 70s and 80s, are making a come-back.

In the British Isles, it's estimated that we use 13 BILLION plastic bottles per year, only a little over half of which are recycled. That's over 5 billion that end up in landfill, which equates to almost 80 for each Man, Woman and Child. Shocking, right?

For most of us, tap water, a reusable bottle and a good filter system eliminates the need to buy bottled still water, but sparkling drinks present an issue. Enter, the Soda Stream. Updated for a new generation in a sleek new design, the stylish refillable bottles won't look out of place on your dining table.

Each replaceable gas canister (one supplied) produces up to 60 litres of carbonated water, or 3 months supply based on average consumption. Creating your own sparkling beverages at home is already easier on the wallet than buying bottled on the daily, but take spent gas canisters back to the Powerhouse for a discount on replacements and get even more bubbles for your buck.

As they said back in the 70s (or so I'm told), It's Time To Get Busy With The Fizzy.

*The Soda Stream Spirit is £94 from the Powerhouse.*

**FOR MORE INFORMATION ON HOW YOU CAN REDUCE PLASTIC USAGE VISIT:  
WWW.PLASTICFREEJERSEY.COM**

**BLUE PLANET II IS AVAILABLE TO WATCH ON BBC IPLAYER.**

## LAKELAND ELECTRIC YOGHURT MAKER

One of my own resolutions for 2019 has been trying to be more mindful of where I can save a bit of plastic. I'm reusing jars, sip my G&Ts from a metal straw and have collected a wealth of canvas shopping bags. One of the areas I'm struggling in though is my daily natural yoghurt habit.

Unfortunately, until Jersey Dairy start letting me turn up with a tupperware box and a ladle, I'm tied to plastic pots. I've switched from several small to one large tub already, but I still feel I could do better. As a nation Britons throw away a staggering 1.3 million yoghurt pots per DAY; and a good proportion of those are full (but that's a different rant for another time). Any small dent we can make in that figure is a step in the right direction.

So I'm going to get one of these. Using warm milk and just 100ml of shop bought natural yoghurt to get you started, the Lakeland Electric yoghurt maker can be left to its own devices to create a weeks worth of tasty breakfast servings in reusable glass pots within a matter of hours (8-12, depending on the milk used). The clear digital display makes it easy to adjust the temperature and time to your requirements.

Use a splash of your freshly made batch to start the next lot, and you'll never need to buy it again. For a regular (ahem) consumer like me that's a whole lot of plastic pots saved from the bin; and yoghurt to admit that's a good thing.

***The Electric Yoghurt Maker is £29.99 from Lakeland.co.uk***



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Over the last few months we have been suggesting a variety of ways to exercise with Active. Hopefully this has inspired you but if you're still looking for that 'Perfect Fit' then read on...

### MIND AND BODY FIT

Active Mind and Body classes are designed to connect your mental wellbeing with physical movements. Whether you're seeking a calmer mind, better posture or stronger core, Active offer a variety of classes to suit everyone.



### DYNAMIC YOGA

Dynamic Yoga focuses on the union of the mind, body and spirit with smooth continuous movements that flow from one yoga pose to another in a rhythm together with controlled breathing. Concentration and attention in each posture will encourage deep body awareness and relaxation. Learn to release tension in each yoga pose, relieving stress whilst maintaining flow, good posture and alignment.

Dynamic Yoga classes are currently held on a Saturday morning at Fort Regent, Thursday morning at Springfield and Tuesday evening at Les Quennevais sports centre. Classes may vary depending on the instructor.

### BODYBALANCE

Bodybalance is a Yoga, T'ai Chi and Pilates-inspired workout leaving you long, strong, calm and centred. From the very first class you should start to experience the stress-reducing and spiritually renewing benefits along with noticeable strength and flexibility gains and postural improvement.

You'll be guided through a carefully structured series of stretches, moves and poses creating a holistic workout that brings the body into a state of harmony and balance. Classes are currently held at Fort Regent on a Tuesday and Thursday evening at 7pm.



### AQUA AEROBICS

Make new friends and enjoy fun and fitness in the pool with Aqua Aerobics, a general fitness programme in shallow water, suitable for all ages and abilities. You don't even have to know how to swim. Workout in the water to music and build your cardio, strength and resistance, joint strength and flexibility.

Working out in the water is low impact too, especially beneficial for those suffering from a variety of injuries such as back, neck and joint problems and conditions such as arthritis, osteoporosis and fibromyalgia. It can also help with stress and anxiety. Group classes are currently held at Les Quennevais pool on a Monday and Thursday morning and Thursday evening. Other Aqua Fitness classes are also on offer. Visit the Active website under 'Know Your Class' for further info and checkout our current class timetable.

### THINK POSITIVE AND TOGETHER WE'LL FIND THAT 'PERFECT FIT'

Try different workouts until you find the one that is right for you, and that you enjoy the most. It's important to vary your routine from time to time so why not challenge yourself to try a different class each month?

There really is something for everyone at Active with various membership and monthly pass options giving you access to exercise at all three Active centres at Fort Regent, Springfield and Les Quennevais. That means unlimited gym, swim and fitness classes. Members can make bookings via the Active Jersey App on your smartphone or Active Online whatever your device.

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SPORTSPERSON  
OF THE MONTH



Evan  
Laframboise

PHOTOGRAPHY & INTERVIEW Rob Bean



BALANCE. A WORD THAT DOESN'T OFTEN COME INTO OUR VOCABULARY DURING OUR TIME-STRETCHED BUSY LIVES, BUT ONE THAT IS BECOMING MORE AND MORE PROMINENT AS WE SEE THE RISE IN POPULARITY OF MINDFULNESS AND TAKING RESPONSIBILITY OVER OUR MENTAL WELLBEING.

Whether this means balancing our hectic work and social schedules to allow more 'me-time', or by going deeper within the mind-body connection with the likes of meditation and yoga. For me, 2019 is the 'year of balance', and while learning from my own trials, I pay attention to those around me that incorporate balance and create joy on a day-to-day basis. One such person is Evan; an up-and-coming trail ultra-runner and a dear friend of mine since the first years of secondary school. His warm and humble character

is uplifting, and his tenacity for striving high within sport while maintaining a healthy, thriving relationship, being a loving son, and continuing to have a successful career, is hugely inspirational to me. As a videographer, I aim to have several personal creative projects outside of my client work showcasing influential people, and while in Italy shooting the start of a small documentary with him, we sat down to chat about life, trail running in Jersey and all the bits in between.

#### YOU'VE BEEN RUNNING FOR A FEW YEARS NOW, WHAT MADE YOU SWITCH FROM THE ROAD TO THE TRAILS?

My boss a few years ago was running the MDS (Marathon des Sables - 1000 competitor 250km self-supported race in the Sahara Desert) and said I should have it on my running bucket list. So, I joined him while he trained and even signed up for my first 45 miler just to experience how it feels. The unpreparedness and pain I experienced while on that race kickstarted a desire to prove to myself that I can prepare properly, and when I cross the finish line, I know that it all went to plan and that I feel good. The scenery in Jersey is absolutely stunning and we're so lucky to have it around us, so making the choice to run trails rather than road was an easy decision.

#### YOU DID MARATHON DES SABLES LAST YEAR, NOT JUST COMPLETING IT BUT COMING AN INCREDIBLE 34TH! DID YOU SURPASS YOUR EXPECTATIONS?

Absolutely! Initially I aimed to finish the race, running or walking, but after attending a training camp in Lanzarote pre-race, I was inspired by the coaches, enabling me to perform on a higher level and finish strongly. Friends in the training camp said I should aim for top 100 or 50, but my aim was top 200 and to actually finish, so as not to let down all those that donated to the charity I ran for. To perform as I did was fantastic. I learnt so much about myself preparing for the race that it created a strong base for the future.

*"Running provides me so many things, from mental clarity to process what is going on in my life to meeting new friends. It's what keeps me balanced"*

#### YOU'VE TALKED ABOUT LEARNING A LOT ABOUT YOURSELF. HOW HAVE YOU ACHIEVED BALANCE WITH YOUR TRAINING AND LIFE OUTSIDE OF SPORT?

For years I neglected listening to my body, pushing through injury, training in a 'no pain no gain' mindset. Even after MDS I still wasn't smart enough, so I changed coach, searching for one who gave me good advice for when I wasn't feeling 100%. I started to understand the importance of recovery, of sleep, I meditated more and became more in tune with my body. Taking time out to reflect on how I felt also helped my relationship with those around me.

#### WHAT HAVE YOU GOT LINED UP AHEAD OF YOU?

This year is all about creating a solid base for the future. I will run the Berlin marathon in September, then next year I'll be doing a couple of races from the Ultra-Trail World Tour.

#### WHAT WOULD BE YOUR ADVICE FOR THOSE WANTING TO TRY TRAIL RUNNING IN JERSEY?

If you fancy making the transition and getting out of your comfort zone, I'd say to get in touch with Trail Monkey ([www.trailmonkeyjersey.com](http://www.trailmonkeyjersey.com)). Paul Burrows and the team have done a fantastic job of making a lesser-known sport more accessible to all. No matter your ability, whether you run or walk, you'll be welcomed. Plus you can't beat the free cake and coffee at the end!

#### QUICKFIRE Q&A:

**Birthplace:** Edmonton, Canada

**Age:** 27

**School:** Victoria College

**Day Job:** LGL Group

**Favourite Quote:** "Strength does not come from physical capacity, it comes from an indomitable will"

**Favourite Food:** If I have pancakes for breakfast and pizza for dinner, I'm a happy man!

**Favourite Film:** Step Brothers



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In light of our ECO ACTIVE issue, we asked our Facebook followers:

***"What should Jersey be doing to better the environment?"***

## boardom



**George Scott Robinson**  
*"Build a cycle infrastructure safe enough for 8 year olds to cycle to school"*

**Dan C Inkz**  
*"Ban single-use plastics"*



**Claire Countanche**  
*"Stop building office blocks with underground parking - it encourages office workers to be 1 per car"*



**Charlotte Shenkin**  
*"Create enough charging points for the island to move to electric vehicles. It is absolutely shameful to be so perfectly positioned to lead the way but fail to even provide for the EV's that are already here"*



**Steve Gey**  
*"Fly tip everything we don't want to Guernsey. Start small; a crisp packet here or there, then the steam clock..."*

**Summer Holley  
Parkin Lister**  
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**Heidi Voden**  
*"Benefits to those who walk or cycle such as less tax to pay."*



**Carl McConnell**  
*"Invest in clean energy for the island by using the huge tidal range we have on our shores"*

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