

# GALLERY

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## La Gabourellerie Cottages, St. Ouen £1,195,000 Sole Agent

FREEHOLD; Dating back to the 16th century, La Gabourellerie Cottage and Little Cottage is tucked away in a beautiful tranquil location of St. Ouen and is just a short drive to the Parish Primary School and the beautiful West Coast. The house would either suit a two-generational family or could be home with income. With many original features and character retained, the current accommodation in the main house provides 3 bedrooms, 2 bathroom, 1 reception room, spacious kitchen/breakfast room, utility, and cloakroom. The Little Cottage consists of 1 bedroom, 1 bathroom, open plan sitting/kitchen/dining room. Outside there is a lovely patio garden and parking for approximately six vehicles, a single garage, and a granite-built workshop and two pigsties. A fabulous home, highly deserving of closer inspection.

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A GROUND FLOOR, CHANNEL HOUSE, GREEN STREET, ST. HELIER, JERSEY, JE2 4UH



## Haute Falaize, St. Lawrence ££2,750,000 Sole Agent

Dating back in part to the mid 1800's this splendid Georgian residence occupies an elevated position on the side of Le Mont Felard & boasts magnificent views of Elizabeth Castle. Extended by the current owners this magnificent home boasts an abundance of flexible living and sleeping accommodation spread over three floors. The ground floor offers a kitchen/diner opening out on to the South facing terrace, large garden room & dining room as well as a sitting room with beautiful granite fireplace on the lower ground floor level. In addition the property provides four impressive bedroom suites on the first floor, as well as being situated behind private electric gates the property also owns the surrounding cōtil woodland providing total security and privacy. With various outdoor areas and parking for six this property is not to be missed.

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## Pentangle, Trinity £1,495,000 Joint Agent

This beautifully presented semi-detached five-bedroom, three-bathroom family home is located in an exclusive development of only two properties and only a short drive to St. Helier. Constructed in 2015, the ground floor accommodation comprises an eat-in kitchen, utility, and sitting room with bi-folding doors to the garden and cloakroom. On the first floor, the property boasts three double bedrooms including a fantastic primary bedroom with an en-suite and dressing room area and house bathroom. Further on the top floor offers two bedrooms and a bathroom. In addition, the property benefits from a beautifully presented garden, a double garage, and parking for two vehicles. Not only is this immaculately presented family home located in a central location, it is also on a good bus route and close to a number of amenities.

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## One, La Tour, St. Brelade £1,395,000 Sole Agent

'La Tour' is an exclusive development of luxury properties overlooking the picturesque St. Aubin's Bay. This superior reverse plan duplex apartment offers three double bedrooms (all en-suite) on the ground floor as well as an expansive open plan kitchen/dining/living area on the first floor with separate utility room and WC. Externally, the property offers a courtyard and underground parking for two vehicles. Situated in the heart of St. Aubin you are only a short stroll away from an array of shops, bars, cafes and alfresco dining restaurants. Whether you are looking for the perfect lock-up and leave property or to downsize from your current home, this duplex apartment is not to be missed.

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# EDITO

## Politics by design

We keep Gallery apolitical. Taking a pop at politicians is like shooting fish in a barrel and would muddy the focus of our lighthearted approach to media. We'll leave that to Facebook. Plus, there are plenty of news platforms that give you daily updates on how inefficiently the hospital plans are progressing.

**T**he one thing I can't ignore, however, is the way in which it becomes open season for haphazard fencing and DIY wooden structures popping up all over the island and every lamppost, fence, tree, field and wall becoming a location for someone to plaster a poster of their face. Sure, most of our aspiring suited, tied or candidly photographed political wannabees do tend to accompany their faces with motivational straplines and splashes of colour, but the standard is achingly low. Some simply use their face and name... in a parish in which they're not standing.

The poster production standard varies from those that have access to a photocopier and STRUGGLE to GRASP the BENEFIT of capital letter use to those that exhibit the 'my mate's got a copy of InDesign' flourishes that let you know it's not their first rodeo; poster double the standard size, headshot done by a real photographer, straplines that look as though they may have had some PR agency test them with a focus group.

I would like hope that our choice of political representative would be influenced principally by their politics rather than their ability to market themselves, but the poster is about the oldest method that these hopefuls use to convince us that they're real people that look trustworthy and, in a lot of cases, we subconsciously judge by appearance. That's why it surprises me that the execution in many cases is so poor. The aspirations of party politics has only made the issue worse, adding not only multiple faces to each poster, making it look like a selection screen from the start of 'Politics Fighter II', but also a variety of brand logos of varying quality to differentiate and judge between.

We know how elections in the real world can be swayed by money, but good design has the power to influence too; prospective politicians who understand that benefit. Those that don't potentially lose out, even if their politics are sound. It would be interesting to see how the presentation could be improved and standardised, allow each a colour, standardised photo opportunity and capsule design. Maybe then we would look deeper and seek to judge them on what they say, not how good they are at poster design.

## GALLERY

/ LIFE & STYLE IN JERSEY

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### Recycle.

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. It's not made out of leaves, honest.

gallery #184

THE GREEN  
EDITION



Cover Image

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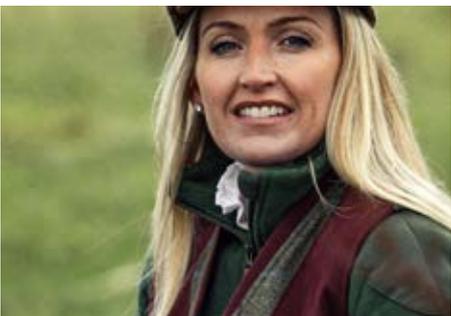
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FIRE APPLIANCES TO BE DONATED TO UKRAINE DRIVEN TO POLAND BY LOCAL FIREFIGHTERS

3

IS A MAGIC NUMBER WHEN IT COMES TO PLANNING PROPOSAL SUBMISSION FOR THE NEW 'HEALTHCARE CAMPUS' AT OVERDALE





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# A love letter to the



Daisy wears  
*RHYTHM 'Elle' ribbed crop, £52*  
*RHYTHM 'Ivy' LS TIE, Peach £59*

Tillie wears  
*ROXY*  
*Tree Dreams, £75*

Libby wears  
*QUIKSILVER 'On the shores'*  
*pink board shorts £39.99*  
*+ ROXY 'So Beach'*  
*Classic Coral bikini £18*

# 80s



Outside the Splash - 80s style.  
Photo: Dave Ferguson



Tom wears  
Rip Curl 'Arty' tee  
white, £29

Hannah wears  
Chilli Blue Bikini  
'made to order'  
orange £60

Alecia wears  
QUIKSILVER - Logo  
scoop bralet top £32  
QUIKSILVER - 'Bikini  
Pant' £35

Ford wears  
QUIKSILVER  
'Electric feel' tee,  
blue £32

This month sees Good Vibrations finally hit the Watersplash after the Covid delays prevented the event from going ahead last year.

With the event firmly rooted in the 80s, we wanted to help recreate some 80s St Owen Vibes, inspired by the above shot, taken by Dave Ferguson back when mullets were having their first decade of fame and fleuro was the only colourway to rock. With the help of a last-minute call-up of willing models, the assistance of Tom and the crew at Madhatter and a creative team comprising photographer, makeup/hair stylist and videographer willing to jump on a shoot at 24 hours' notice, we ended up getting the shot just before the heavens opened.

Make sure you get down to the Watersplash on the 24th, 25th and 26th June to support Good Vibrations and the work they do raising funds for Mind Jersey. Enjoy live bands, DJs, The CI Surf competition, Beach football, mental health workshops, a family zone, surf art gallery and some cracking after parties.



A big thanks to this lot, Madhatter for the clothing shown and the Splash for lending us the deckchairs!

## community news

*It's good to talk...*

*One of our favourite places for coffee and guaranteed good food, Cafe Jac, has launched a new incentive for people who don't want to dine on their own. The 'Happy to Talk' option is for people who don't mind someone else joining them for company to eat or drink at Cafe Jac.*

*"Happy to chat, or enjoy some solitude...? We would positively encourage you to book a table for one, or just walk in and choose either a communal (Happy to Chat) table, or ask for a private one, either way you don't need company to visit Cafejac, they have plenty already... Just add 'Happy to Chat' in the notes when booking if you're happy to share a table!*

Happy to Talk was inspired by Kerrie-Anne Bizouran's Granny Pam (in the picture)... who simply adores the fish n chips and a nice cup of tea (with a saucer); "My 84 year old Gran absolutely loves coming to cafejac. We are frequent visitors but rarely come on a Friday. We came this Friday and she was thrilled to have the fish & chips. Staff are always so lovely to her. Her visits are the highlight in what can be a very lonely week.

**Book your table (for one, or however many you like!) at [www.cafejac.co.uk](http://www.cafejac.co.uk) or drop them a line on 01534 879482.**

**JT supports Autism Jersey**

JT is donating smartphone accessories to its charity partner Autism Jersey so they can raise funds to continue their vital work in the community.

The accessories, which are still widely used by islanders but no longer sold by JT, will now be available from the Autism Jersey shop which has become a popular hub in The Parade. Customers can buy them at a discount, with 100% of the proceeds going straight to the charity.

The shop also provides somewhere for people on the autism spectrum and their families to meet, find out information and receive support.

Pip Carpenter, Head of Commercial Market, said: "Autism Jersey's vision is that everyone on the autism spectrum is given the opportunity and support to reach their full potential in an inclusive community, and we fully support that. As a responsible business that believes in the circular business model, we're donating surplus accessories to our charity partner so they can benefit from selling them alongside their range of excellent products in the Autism Jersey shop."

Lesley Harrison, Head of Charitable Services at Autism Jersey, added: "Working with our partners at JT is really helping us to boost the profile of our charity and is helping to increase the acceptance of autistic individuals in our community. Our fundraising activities are really important so we're over the moon that JT has been able to donate surplus stock for us to sell, using the money raised to support our services. Not everyone has the latest smartphone so it's great that we can sell accessories to people who already have a phone but need to replace the cover. The AJ Boutique on the Parade has a dual purpose of being shop, and a hub where people can get support and information about autism. It's also somewhere autistic individuals can gain work experience."



### Hospice Moonlight Walk returns this July

The much-loved Moonlight Walk along the avenue is returning this July in aid of Jersey Hospice Care, and is being proudly sponsored by local recruitment firm, Axal Leine.

Having been cancelled for two years due to the pandemic, this year's walk will be especially poignant as it marks the 40th anniversary of Hospice caring for their first patients in 1982. As such, the walk will be 80's themed, with participants encouraged to dress up as their favourite 80's heroes. The Moonlight Walk was originally organised by Hospice employees as part of their own fundraising efforts and has always been about remembering each person and family cared for by the charity and paying tribute to them.

The Moonlight Walk starts at 9pm on Saturday 2 July at St Brelade's Parish Hall. There are two options for the walk; the 5k 'Half Moon Walk' to layby seven and back (1.5 hours) or the 10k 'Full Moon Walk' to La Frigate and back (2.5 hours). There will be a water station at La Frigate for the 'Full Moon' walkers and hot drinks and cakes to greet everyone back at the finish line at St Brelade's Parish Hall.

**Registration is £10 for adults, £5 for children or £25 for families (two adults, two children) and can be completed online at [www.jerseyhospicecare.com/events](http://www.jerseyhospicecare.com/events). Participants are encouraged to raise a minimum of £30 through sponsorship.**



### Islanders 'pull together' to support Macmillan

Macmillan Cancer Support Jersey's annual Rowathon – where fundraisers row 30,000 meters (equivalent rowing distance of Jersey to Sark) in teams of six is hoping to raise £20,000 for the island-based charity.

Over 150 people took part in the event at Transform Together Fitness with Channel 103 broadcasting in the morning and a local DJ ensuring spirits and heartbeats were kept high in the afternoon. As a local charity, Macmillan Jersey's vision is that everybody affected by cancer in Jersey will have access to emotional, practical and wellbeing support, through their preferred route of contact. This support will be delivered in a way that meets peoples individual needs from diagnosis and beyond, and from whichever source is best placed. As the charity doesn't receive any funding from Macmillan UK, they rely heavily on the continued support of the generous local public through donations.

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# Pre-loved garms, done greenly.

## Step into the Hospice Shop 2.0

*Do you love a good chazza shop rummage? Treasure hunting for new garms in the island's charity shops has long been popular and having done the pilgrimage to the Hospice Shop in St Ouen on many occasion, I know the feeling of satisfaction you can get from buying clothes with stories built in. It's like a weird little personal 'win'.*

Hospice has always had a little town store just off New Street (the road that's ironically dotted with charity shops selling 'old stuff'), packed with trinkets and clothing, books and bits and bobs. Well, that was until Carla, Jules and Marina decided to create something a bit different. Step in to the Hospice Shop 2.0. Pre-loved vintage and on trend fashion, hand-picked, like a curated bouquet of branded bargains. Labels such as Obey, Adidas, Nike, Hugo Boss, North Face (and more) sit next to coveted, real vintage one offs (that normally take me at least an hour to rustle out of the usual charity shop bargain box)...

There's a dressing room for instant insta story snappage and our team turned the store into a runway with ease, so if you like a strut before you buy, the staff do encourage it. It's fun in the shop and the vibey tunes set the scene. In fact, the ladies behind the new shop took inspiration from the way with which charity shops in the UK style themselves.



Less clutter means a better shopping experience for those wanting to spend less time hanger shuffling and more time trying on and buying. Don't worry, there's still plenty to 'rummage' through and tyre kicking is fine, but please don't barter - it's embarrassing for everyone (Lo!).

Designer togs aren't cheap but then, neither is running a vital service like Jersey Hospice. To be fair, in this shop there's very little to be found that costs over £40, most items are less than a tenner... Jersey Hospice is a charitable service that will never be able to wind down or cease operating, ever. As long as people are in need of palliative care, Jersey Hospice will be there, welcoming families and individuals at a most crucial time of their life.

To give you an idea of the importance of your charity shop purchase; a £30 spend can pay for a patient to have a session of physiotherapy. Double that and spend £60 and

you have just paid for a week's supply of oxygen. There are other ways to help and support without spending money - if you prefer lending a hand, Hospice are always on the look out for motivated volunteers. Did you know, caring is cool? Kindness too; very cool... So, if you're a kind and cool person who wants to give some time to Hospice (maybe get a slot helping in the new shop), you can contact them for more info - they'd be thrilled to hear from you.

So there we have it, a greener way to shop, buying pre-loved fashion that makes a difference in so many ways.

Pop on down to The St Helier Jersey Hospice Store, which is actually on Union Street, and grab yourself something snazzy.

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



# Having a BALL

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BRIT award winner Lemar has been announced as the headline act for Trinity Manor Ball, in aid of NSPCC Jersey. Over 250 people are due to attend the event in aid of the children's charity. It's a big ticket event, but always in high regard on the black-tie vents calendar for its amazing setting, great production and worthy local cause.

Lemar catapulted to fame in 2002 when he came third in BBC talent show Fame Academy. From there, the now 44-year-old went on to sign a record deal with Sony and release five studio albums, with his most recent being released in 2015. During that time, he also picked up two BRIT Awards for British Urban Act in 2004 and 2006, as well as MOBO Awards for Best UK Male in 2005 and 2006 and Best Album in 2005 with 'Time to Grow'. The casual crooner has also notched seven UK top 10 singles and sold over two million albums.

Almost 20 years after he first burst onto the music scene, Lemar is now back in the studio writing again and is looking forward to travelling to Jersey next month. "It's a privilege to be asked to play at this year's Jersey Ball in aid of a wonderful charity who do great work across the UK," he said. "Personally, I'm looking forward to getting out there and singing in front of a live audience, which is something I've not been able to do as much as I'd have liked over the last few years due to COVID. This will actually be the first

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time I've been to the island, so I can't wait to see everyone there and I'm sure we will raise lots of money for NSPCC Jersey to help protect children and young people."

The charity has also announced that renowned and award winning DJ Trevor Nelson MBE has also been added to the line-up for the event. Trevor's broadcasting career started in 1985 on pirate radio before moving to Radio 1 in the mid-90s. He echoed Lemar's sentiment when it comes to playing at the fundraiser. "I'm excited to be playing at such a prestigious event for such a well-known and important charity," he added. "I hope all of the guests are ready to dance the night away and raise some money for NSPCC Jersey while doing so."

The NSPCC Jersey Fundraising Committee have put the event together, which will see guests welcomed by NSPCC CEO, Sir Peter Wanless before tucking into a delicious three-course meal. Guests will then have a talk from NSPCC ambassador David Tait before kicking off a live auction with TV personality Martin Roberts with Lemar taking to the stage shortly afterwards. So far, some of the prizes include the chance to name a character in best-selling author Peter James' next book, personal training sessions with Olympic legend Daley Thompson and an exclusive Tour of La Corbiere Lighthouse with Jersey's Harbour Master, Captain Bill Sadler.

All of the money raised will help fund NSPCC Jersey's Gower Centre, which provides vital services to children, young people and their families on the island. The services, which are delivered by a team of dedicated children's services practitioners, include Letting the Future in, which helps young people and their families repair their lives after sexual abuse. Pregnancy in Mind is an innovative programme for parents who suffer low-level mental health while Seeking Solutions is a goal-based service where the young person has a specific worry or concern they would like to work towards.

Service Centre Manager, Katherine McGovern said she's looking forward to the event and reiterated the importance of the services provided out of the charity's St Helier base. "On behalf of the team, I am really looking forward to the Jersey Ball, and want to thank everyone in advance for their generous support of NSPCC Jersey," she said. "We are so very privileged to work with children, young people and adults who access our Seeking Solutions, Pregnancy in Mind and Letting the Future in services, and are committed to working in partnership with our colleagues across Government and the voluntary sector."



**"IT COSTS IN THE REGION OF £604,000 A YEAR TO DELIVER BOTH PREVENTATIVE AND THERAPEUTIC SERVICES FROM THE GOWER CENTRE ON STOPFORD ROAD. THE NSPCC RELIES ON VOLUNTARY DONATIONS FOR THE MAJORITY OF ITS FUNDING, HELPING ENSURE THAT OUR SPECIALISED PRACTITIONERS ARE HERE IN JERSEY TO HELP CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES."**

Despite the challenges of finding new ways of working during the pandemic, the team continued to support children, young people and their families, as well as running online groups for parents to be. We are now delighted to be meeting with people face to face, welcoming them into our centre in Stopford Road. Please don't hesitate to get in touch if you would like to arrange to visit us at the Gower Centre and we hope that everyone attending has a wonderful evening."

It costs in the region of £604,000 a year to deliver both preventative and therapeutic services from the Gower Centre on Stopford Road. The NSPCC relies on voluntary donations for the majority of its funding, helping ensure that our specialised practitioners are here in Jersey to help children, young people and their families.

A champagne reception and sumptuous dinner in beautiful surroundings make it an unforgettable evening. After two years off with Covid, hopefully those corporate and evening entertainment budgets have mounted up to allow islanders to support this great event. A limited number of tables of 10 can be purchased at £3,500 by emailing [nspscjerseyball@gmail.com](mailto:nspscjerseyball@gmail.com)

**Anyone keen to find out more about services offered by NSPCC Jersey can contact 01534 760800 or email [JerseyServiceCentre@nspcc.org.uk](mailto:JerseyServiceCentre@nspcc.org.uk).**



## Going green, with Medicann

*For almost two years, Medicann has been providing eligible islanders with access to industry leading, medicinal cannabis treatment. Having opened their doors in 2020, Medicann's small, family run team has grown by at least double.*

The clinic has also opened in Guernsey, with much the same response from our friends across the water. Medicann now cares for thousands of islanders, treating a multitude of issues and ailments ranging from sleep disorders, PTSD, epilepsy, oncology support and Parkinson's to mental health issues, chronic pain and symptoms of gastrointestinal disease... There is plenty more that medicinal cannabis can treat and support and each individual patient presents their own specific set of needs.

Opening a medicinal cannabis clinic, albeit two years after the law enabled Jersey doctors to 'go green', was still somewhat controversial. Unfortunately, the stigma attached to cannabis still clings on, which is why Medicann turns a great deal of attention to education. It really hasn't taken islanders long to shake off most of dwindling reasons as to why NOT try medicinal cannabis and as of the time of writing this article, the patient list is more diverse than ever.

You see, the lifting of legalities to make way for medicinal cannabis was already long awaited by many people in Jersey, but it's the people who were set against it that have been such eye-openers after becoming patients. Medicann has seen people come to a consultation uncertain and maybe even dubious; one gentleman explained that his daughter insisted he 'give it a try' to combat his arthritis that had kept him practically immobile since the start of covid, but what was worse, was the fact he hadn't slept properly in months. Following a successful application, on his first follow up, the patient

reported that he'd 'been having the best sleep he'd had in his life, apart from still having to get up to pee!' \*The same patient expressed to his Medicann doctor that, 'even that doesn't matter, as getting up and down is easier now!'

Patients really are at the heart of Medicann and the clinic is soon to open another consultation space and pharmacy. Due to the demand for appointments and the need for follow ups, extra space is to be a welcome addition to the Medicann service. The new pharmacy will be close by and there is ample parking and easy access - much like the convenience of Medicann's Lido Clinic.

*"Unfortunately, the stigma attached to cannabis still clings on, which is why Medicann turns a great deal of attention to education."*

Medicann are currently looking to extend an invite to patients to share their stories and experiences. The world over, anecdotal research makes up the majority of the evidence and scientific reporting and Medicann wants to join in the conversation. The clinic has recently been lauded for its industry-leading protocols and patient-centric ethos. With an ever-growing need for specialist doctors, pharmacists and the data to share with people who might potentially benefit from 'going green,' Medicann aims to continue to educate and enable both best practice and ease of access for eligible channel islanders.

If you're a Medicann patient and have a story you'd like to share, with or without your identity depicted - the clinic would love to hear from you. You can drop them a line on [info@medicann.co.uk](mailto:info@medicann.co.uk) with the subject, My Medicann.

**Could you benefit from medicinal cannabis? Book a consultation with a specialist Medicann doctor at [www.medicann.co.uk](http://www.medicann.co.uk) or call the Jersey clinic on 666420.**

# GALLERY

MAKING THE JERSEY MAGAZINE LANDSCAPE SLIGHTLY LESS BORING SINCE 2004

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

An aerial photograph of a large, rustic wooden cabin with a dark roof and two skylights, situated in a lush, green forest. The cabin is surrounded by tall trees and a well-maintained lawn. A green heart shape is overlaid on the image, framing the cabin and the text below.

RESTORATION & PROTECTION...

# At the *Heart* of the Jersey National Park

Words | Leonie Herve

Photographs courtesy of Jersey Heritage

*If you were to ask a person in Jersey where their favourite place on the Island was, St Ouen's Bay would be an obvious choice. Spanning the entire west coast of Jersey, a vast landscape of dunes, a nature reserve and the rolling waves of the Atlantic Ocean, it's not hard to understand the attraction.*

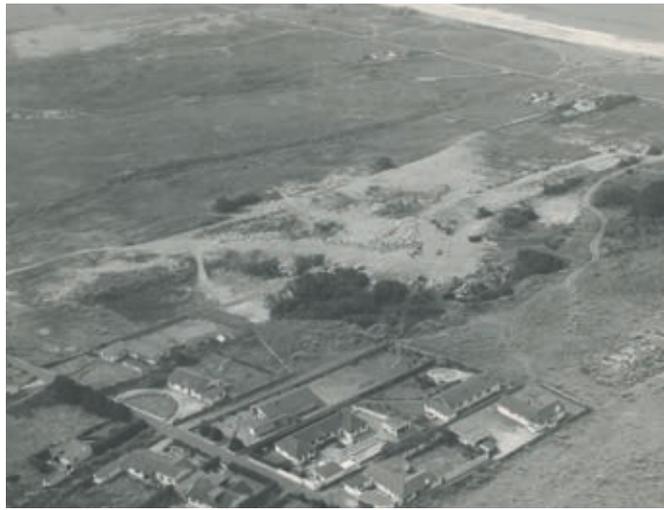
No one can deny that St Ouen's Bay is special. It is the largest open coastal space in our Island and has an unsurpassable richness of ecology, archaeology, and recreational opportunities and, above all, natural beauty. As of 2014 it became protected as a part of the Jersey National Park, forming the largest landmass of the Park, which stretches around most of Jersey's coastline.

The bay, however, wasn't always cherished by all as it is today. Those that can recall back to the early 1970s may remember that large spreads of St Ouen's Bay were used as refuse ground. In the post-war era, when population and consumables began to boom, so did the need to deposit the Island's growing mounds of rubbish. Landfill

'was' the solution before the Bellozanne incinerator was commissioned and created, and now, the recycling centre at La Collette.

The road running the length of the bay, known as 'Five Mile Road', is in fact just over three miles long. Instead, this rather misleading title is thought to be an ancient mistranslation of the old Jersey word 'Mielle', or sand-dune, which once encompassed the whole of the bay. When you think of 'the dunes', you consider Les Blanche Banques, however, to the north of the bay, Les Mielles de Morville, also once bore a similar resemblance before being used as landfill.

Today, Les Mielles is a restored nature reserve. And it is within this area that The Frances Le Sueur Centre is based; an information, education and events centre, named after a naturalist and botanist who lived in



Les Mielles de Morville, to the north of the bay, which is now a nature reserve, and where the Frances Le Sueur Centre is situated



**“The bay, however, wasn’t always cherished by all as it is today. Those that can recall back to the early 1970s may remember that large spreads of St Ouen’s Bay were used as refuse ground.”**



the bay and campaigned throughout the 1960s and 1970s to persuade the States to protect the area's unique biodiversity.

Frances was a leading member of the Société Jersaise, with whom she worked passionately for the conservation of Jersey’s natural places. And it is down to Frances, and a few others, that we can appreciate the bay that we know of today.

The Frances Le Sueur Centre is constructed entirely out of reclaimed timber and is set back in a quiet, natural habitat, which is home to many forms of plants and animals, and today acts as the base for The Jersey National Park.

'The Heart of the Park', as local environmentalist Mike Stentiford MBE, aptly calls it. Mike continues the legacy work that Frances started those many years ago, now himself having spent six decades of his life committed to

nurturing the Island’s environment. He has also dedicated his life to restoring the wildlife and wild places that we have so comprehensively lost. In more recent times, Mike has spearheaded the creation of the Jersey National Park, along with Jim Hopley; the MBE duo.

Since adopting the centre in 2019, the area has been once again restored. With its indoor classroom, adjacent grasslands, wetlands and marine environment in close proximity, it is the perfect environment to work with the public and with other local groups, promoting current environmental issues and understanding our relationship with nature.

**St Ouen’s Bay has benefited enormously from the pioneering restoration and conservation work of campaigning efforts, and the quality of the land has not only been restored, but enhanced and protected for generations to come. Without those few campaigners, St Ouen’s Bay would a different story.**

**The Jersey National Park aims to protect, conserve and enhance the natural beauty, wildlife and cultural heritage within its 2,145 designated hectares, so that it can be enjoyed by all who spend time in it, now and in the future. To find out more, including the various way you can appreciate it, go to <https://jerseynationalpark.com>**

ACTIVE



**STREETDOG**

*it's the only life they know!*

For this month's Streetdog, we caught up with not just one, but a gang of four Chow Chows and their owners to hear about what life is like with, and for, these fluffy, gentle giants.

**Cory  
& Otis**



**Katie  
& Benji**



A full-page photograph featuring two people and their dogs. On the left, a man with glasses and a light pink t-shirt stands next to a large, fluffy brown dog. On the right, a woman in a light blue button-down shirt and jeans stands next to a large, fluffy golden-brown dog. The background is a plain, bright white wall. The text 'Matt & Gus' is positioned to the right of the man, and 'Nathalie & Teddy' is to the right of the woman.

**Matt**  
& *Gus*

**Nathalie**  
& *Teddy*

**Cory  
& Otis**

**Katie  
& Benji**

**Matt  
& Gus**

**Nathalie  
& Teddy**



**M**eeet Gus, Teddy, Otis and Benji. These four well-tempered, sturdy, furry dogs are hard not to fall for. They're a chilled out bunch, who, unsurprisingly, don't do too well in the heat. Some distinctive features they all possess include the mane-like fur around their face, a curled back tail, and of course, the unexpected feature of Chow Chows; the blue-black tongue, that's often hanging out!

The Chow-loving owners of these dogs found each other through Instagram, and have since been on walks together. Being a Chow owner in Jersey is a pretty niche circle, but they've set up a Facebook group for the Chow Chows of Jersey, where owners can organise walks and meet ups. Steph and Matt said "there aren't many Chows on island, so if there are any out there that want to join the gang please join our group".

The owners shared interest in these soft bears, also means the group knows what the others go through daily; With all that fluff, comes alot of fur, and a lot of brushing. Cory and Lauren say "It is amazing having a Chow but it does come with some challenges! Staying on top of his grooming each day is a must."

Gus, Benji and Otis are all brothers (sort of)! They come from the same breeder in Wales, Gus's owners told us he travelled here in style - private plane all the way!

Meet...  
**Nathalie & Teddy**

**Any reason for the name?**

Teddy, after Teddy Sherringham. We support Tottenham and he's our favourite player.

**Age?** One

**Pet Loves?**

Smells

**Pet Hates?**

Dogs that won't say hello

**Cutest thing he does?**

He loves a cuddle on the sofa

**Naughtiest thing he's done?**

He weed in our suitcase before we went on holiday!

**How does he like to spend his time?**

He loves his walks

**Does he come to work with you?**

Unfortunately No!

**Tell us some of his favourites...**

**Food?** Tuna

**Place to be?** Beach

**Beach or Park?** Beach, he loves meeting other dogs.



## Katie & Benji

**Age?** 1

**Pet Loves?** water is his favourite thing ever. he goes mad for it - he's like a hippo when we go to the beach and just submerges himself in the sea with his little head and tail popping out the top - if you set the hose off at home or use a watering can, he will just chase it around for hours!

**Pet Hates?** Nothing!

### **The cutest thing he does?**

Our baby (just 1) puts his face in front of Benji's for a kiss and Benji licks his nose - it's so cute.

### **Naughtiest thing he's done?**

The postman left a parcel (1kg of cashew nuts) on the floor outside one day. Benji and his naughty accomplice, Lola, ripped into the box and literally demolished the majority of the entire bag - there was cardboard and bits of cashew everywhere and we had pure cashew poo for days!

### **How does he like to spend his time?**

He loves just knowing that we are there and coming to see us for a cuddle every now and then. He also loves going in the car and getting taken for a nice walk.

### **Does he come to work with you?**

No- I wish he could.

### **Tell us some of his favourites?**

**Treat?** Sprats - he would eat other treats but he has allergies so is limited to fish only.

**Place to be?** Home

**Beach or Park?** Noirmont is his fave spot for walks - he loves the woods and runs around a lot when we get in them!

### **How did you become a Chow owner?**

I did loads of research and started following (and talking) to a breeder in Wales on Instagram. We were on the waiting list for Benji for 2 years and we finally got offered a cream one when a litter was born in January 2021. It wasn't ideal timing as I was 4 months pregnant and training a puppy and having a newborn at the same time wasn't ideal but he was such a legend to train! He is an incredibly easy to train and obedient dog - a gentle sweet and generally subdued dog!

## Matt & Gus

### **Any reason for the name?**

Gus, after the fat mouse in Cinderella (Gus Gus)

**Age?** Nearly two years old (2nd August)

**Pet Loves?** Snacks and sleeping

**Pet Hates?** Cardio...short walks are the one

### **Funniest thing he does?**

He snores so loudly that you can hear him from two rooms away! Or sometimes he gets distracted watching birds and trips over his own paws.

### **Naughtiest thing he's done?**

Pood on our friends carpet when we took a 12 week old Gus to see them! Good thing they didn't like the rug.

### **How does he like to spend his time?**

Walks along the front, over the sand dunes or on the beach followed by lots of snacks and naps.

### **Does he come to work with you?**

No, he goes to doggy school with Erika at Rizz & Pals, who are great and send lots of pupdates throughout the day letting us know about his adventures.

### **Do you get stopped a lot when walking him?**

Yes but he loves it! He is just a big friendly cuddly bear, so please say hello. He is a flirt and an attention seeker so loves people coming up to him.

### **Tell us some of his favourites...**

**Food?** Raw steak

**Treat?** Duck Chews

**Place to be?** At home in the garden, or in the car watching people out the window.

**Beach or Park?** Anywhere where he can do lots of sniffs



## Cory & Otis

**Age?** 8 months

**Pet Loves?** Treats, dogs and walking

**Pet Hates?** Otis doesn't hate anything, honestly, he loves everything and everyone!

### **Funniest thing he does?**

When he gets a special treat he runs outside and does a happy dance with it and rolls around!

### **Naughtiest thing he's done?**

Running miles away from us just to say hi to some people in the distance!

### **How does he like to spend his time?**

He loves long walks and interacting with people and dogs, followed by having a big long sleep at home, his favourite!

### **Does he come to work with you?**

Not yet as we are still trying to convince them to allow it. Richard and Sue, take note!

### **Do you get stopped a lot while walking him?**

Many people request to take a photo of him and give him pats, he loves the attention! He gets a lot of comments about how beautiful he is (which he definitely knows!!).

### **Some of his favourites...**

**Food?** Sausages

**Treat?** Pig ears

**Place to be?** Sand dunes

**Beach or park?** Beach!! His favourite has to be long beach as it's right on his doorstep. He cries when we try to walk past.

### **This ancient Chinese dog breed has accompanied some famous owners**

Walt Disney & Sunnee

Sigmund Freud & Jo-Fi Ling

Janet Jackson & Buckwheat

Elvis Presley & Getlow

Martha Stewart & Genghis Kahn

(one of several Chows).



**REKORDERLIG BLOOD ORANGE LAUNCH**

*Tiki Hut*  
18th May

Rekorderlig cider was, of course, flowing at this brilliant party where guests were also treated to the wonderful new Blood Orange flavour. Channel Islands Agent, Roland Topf commented 'After discovering Rekorderlig in the UK in 2010 I launched it into the islands in 2011. Each year Rekorderlig creates an amazing new flavour and this year it is Blood Orange, which is my new

favourite. I had hoped to get back from the US last year to celebrate the 10th anniversary, however due to Covid it was not possible. This year was the perfect opportunity to launch this great new flavour plus our 2 'Covid' flavors - Watermelon-citrus & Pink Lemon. We'll be doing tastings on various Fridays at Grande Marche stores throughout the summer, so watch out for those!"

**[O]** IF YOU WOULD LIKE YOUR EVENT COVERED, PLEASE CONTACT US ON [PAPARAZZI@FACTORY.JE](mailto:PAPARAZZI@FACTORY.JE)



**ANOVA LAUNCH**

*Digital Jersey Hub*  
18th May

The Digital Jersey Hub played host to the exciting launch of Anova. Anova is a science-backed assessment platform that collates data from organisations to help them build happier, healthier workforces. The company has been born out of local collaboration and is spearheaded by the team at Marbral Advisory.

The event saw more than 80 business leaders gather to enjoy speeches, demos, networking, amazing drinks from ClubAF and fabulous tacos and charcuterie from Jersey Kitchen. Every event element was chosen to reflect wellbeing and ESG priorities and support local companies.



**NAVAL CADET FORCES JERSEY RECEPTION**

*Jersey Maritime Museum*  
7th May

Jersey Sea and Royal Marines Cadets held a reception for supporters and potential supporters of TS (Training Ship) Jersey. Guests included The Lt Governor and Rear Admiral Jude Terry (the UK's first female admiral and a native of Jersey). The reception included a guard of honour for VIPs and a

brief presentation from senior cadets before a networking event. The Jersey unit is currently growing with 140 cadets and 50 staff, they deliver training and adventurous activities within the spirit and values of the Royal Navy & Royal Marines.



**RUSSELL LAYTON 'I HEART JERSEY' LAUNCH**

*Private and Public Gallery*  
29th April

Despite being a mild-mannered legal professional by day, the artist style of Russell Layton refreshes the parts that much local art fails to reach. 'I heart Jersey' is Russell's first solo exhibition and the launch saw attendees examine the broad and appealing range of local cultural icons and elements presented

back to them in an unusual, irreverent and satirical artistic style. The 'Jo.g' Number plate that set centre stage a great example of the humour of Russell's approach in his fond but wry view of Jersey. We hear they sold well, particularly to car owners with low digit plates. Now that's ironic.



**‘HOME’ EXHIBITION LAUNCH**

*ArtHouse Jersey at Capital House*  
13th May

ArtHouse Jersey’s new space at Capital House in St Helier has only been open a few months but it is already enabling St Helier-dwellers to nip out at lunchtime and grab some creative inspiration. In May ArtHouse hosted the ‘Home’ exhibition, celebrating modern multicultural Jersey. Natalia Kalicki (Poland), Cliff Andrade (Portugal) and Dana

Olarescu (Romania) came to Jersey to learn about, research and explore the experiences of their compatriots living within each of these three significant local communities. They then went on to create artwork that reflects the lives and aspirations of each community and immigrants generally, based on what they learnt during their time in the Island.

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**JILA LAUNCH**

*The Club Hotel and Spa*  
5th May

Amidst a sea of branded pop-up banners, a collection of Jersey law professionals gathered in the luxurious surroundings of The Club Hotel and Spa to mark the formation of the Jersey Interational Legal Association (JILA). Partners and sponsors from firms including Mourant, Bedell Cristin,

Ogier and Carey Olsen gathered to mark the formation of the forum that follows the model of the established GILA in Guernsey, seeking to enable networking, learning and idea exchanges between those in the legal profession on the island. If you work in a legal capacity, look out for future events!



**PWC YOUNG MUSICIAN OF THE YEAR**

*Les Quennevais School*  
12th March

We ran this event coverage in the last edition but had a cut-and-paste mix up and it ended up with the wrong description. So here you are with a repeat and some extra photos of the attendees. This year marks the 30th year of the event that showcases the very best of Jersey's

young musicians in piano, string, woodwind, brass, and vocal categories. The 2020 winner, saxophonist Charlotte Arthur, performed, followed by last year's winner, vocalist Charlie Dicker. The event culminated in the awarding of this year's winner; pianist Augustine Stayte.



# HOWZIT BREW!

## WELCOME TO BEER AT ITS PEAK

We stock a range of beers from Devil's Peak – a South African brewery that offers something truly different. Truly special. That respects age-old brewing wisdom and doesn't cut corners. Whether it's a smooth, easy-drinking and crisp lager, the real taste of a crafted, authentic, premium beer without the alcohol, or a pale ale bursting with flavour, we have it.



Pop in to the shop, call on 636903 or order online at [goreywinecellar.com](http://goreywinecellar.com). Free island-wide delivery for orders over £75.

**GOREY WINE CELLAR**  
LIFE'S TOO SHORT TO DRINK BAD WINE

*The events industry has been kicked fully in the face in the last two years, with Covid spoiling all our fun. If you've patiently been waiting to use your rolled-over Weekender tickets, the wait is almost over. As we warm up towards a long-awaited 2020 Weekender, tweaked and improved for 2022, we meet the man that's keener than most for the show to start.*

# Field of dreams.



It's not been easy for the Weekender team over the last two years. Not only have they had their annual festival delayed twice, but they're also fielding hundreds of emails and messages on social media each day venting frustration about delays and uncertainty. Despite almost two decades as a festival organiser, Warren Le Sueur has been somewhat overwhelmed as he and his skeleton staff have tried to keep their heads above water and stay positive in the face of the barrage of messaging they've struggled to respond to around scheduling, bands, ticket changes and the circumstances created by Covid's impact on Jersey's biggest summer event. We caught up with him to hear what he has to say.

*Hello Warren, it's been a while. You must be stoked to have a Weekender 2022 now firmly in the pipeline?*

It's great to finally see the light at the end of the tunnel for events in general; certainly after 2 years of stop / start uncertainty. We can now plan with some clarity, safe in the knowledge that we are going to finally physically stage the event we had planned almost two years ago. We all just want to get the original Weekender 2020 event, which has been rescheduled twice, to finally take place in September. It feels like the most anticipated music event in Jersey I can remember.

*There's been a lot of chatter online about the event, it must have been a lot to take in...*

Yes, it has been. We're a very small team, with only two of us in the office. I think people think we have a team of people all year round but for 11 months it's a lot of admin with a limited resource. We get messages by all ways and means, many of which are repeated requests, enquiries for general information on the event and ticket availability, along with specifics. We'd like to answer everyone but we struggle sometimes to keep up and respond with that level of seemingly generic answers required each day. Most of our time is actually consumed with ongoing safety planning, online and in person meetings, wider event planning, ongoing brand design, sales, meetings, lots of calls and communications with agents, suppliers who sometimes need 20-30 calls to tie down details to book an act. It's a full time effort and is a lot to take on for just two people on a daily basis, but we do have a fantastic support network. However, these people have their own priorities, so we have to work around their time to help us if and when we need it, so please bear with us!

*All tickets from the previous dates you couldn't do are rolled over, so this one is going to be big, right?*

All Weekender tickets of any kind that have been purchased for the 2020 and rescheduled 2021 dates remain valid for entry to the rescheduled dates in Sept 2022. It really has been an event in the planning for a very long time. We know the atmosphere at the event will be electric and will be worth the wait. We will have some new surprises included which will be evident when people attend the new dates in Sept, which will be exciting for everybody.

*You've added a Friday night! but you're keeping schtum about the headliner at the moment as we go to print. No doubt you'll have announced it by the time we hit the streets but tell us about that....*

Weekender has always wanted to become a three day event, the standard for many UK & European events that appeal to tourists and visitors from outside their immediate area. Our Friday headliner is an artist we have wanted to book to play Jersey for a long time, even before Weekender began back in 2017. Having been in annual communication with the agent, we were eventually given the opportunity to make an offer. After making a long assessment of the financial commitments involved, we decided to use this opportunity to look at the bigger picture; to deliver a calibre of artists who would set the tone for an annual three day event, if all goes well. It is the biggest deal we have ever been involved with, which given the fact we have worked with many huge artists over the years, makes this one seem the most special. STEREOPHONICS is simply a band that will

sell out anywhere they perform, so we felt that the opportunity to deliver a Friday meant the stars were aligning at last. We worked hard on the deal, but it has taken approximately six months of agreements with the agent and local authorities to make it happen. It was another scenario where we had a long lead time before we could announce to the public and there were lots of messages accordingly, but we are here now and the response has been overwhelming amongst the contacts we could let know.

*You'll definitely be Jersey's biggest event this summer, but you also have others ahead of that to entertain us?*

We were fortunate to have organised the recent and now historic *Lib in the Square* event in the Royal Square, St Helier, which added a festival atmosphere element to the celebrations around freedom from the German occupation in the Second World War. That was very special. We are also working on *Out-There 2022*, which has become the most in demand dance event in Jersey across two days at Val De La Mare. The new live music event *DAYS LIKE THESE* which is set to take place at Val de la Mare just after the weekend of *Out-There*. There is so much going on for us but having been forced to stop for two years due to government restrictions around 'The Rona', we need to really keep our heads down and deliver on the promises we've made over the last two years to our festival attendees. We may not be able to answer all their messages, but we plan on delivering them the best festivals we can.

#### *Warren Le Sueur*

Age 51

Years planning events?

**31! (Since Inn on the Park in 1991)**

First music album bought?

**Madness - One Step Beyond + Adam & The Ants - Kings of the Wild Frontier**

Favourite live music experience?

**Watching The Prodigy on a Sunday night in a field in Trinity in Sept 2008**

Favourite festival snack?

**Anything by Jersey Kitchen**

favourite festival clothing item?

**Anything that is dry**

Favourite Jersey day out?

**Weekender / Out-There / Lib in the Square .. and soon Days Like These!**

What did you want to be when you were 8?

**A footballer, for Everton**

Dream car? **Mercedes E55 AMG**

Dream holiday? **Hawaii, Fiji or Japan**

Sum yourself up in three words.

**Pain in the ...**

**Weekender 2022 takes place from Friday, September 2 - Sunday, 4 September at the Royal Jersey Showground.**

## Where eagles dare.



Orlando Broom's 'Tiger Warp'

Grove Square Galleries is a fine art venue celebrating the work of diverse and brilliant emerging artists. Quantus Gallery is a newly-launched European first, a gallery dedicated to NFT digital art with an in-house advisory service. Although London-based, the two galleries are going to exhibit at Eagle's Rest in St Brelade between June 9th and 12th.

Eagle's Rest is located just above St. Aubin village and harbour, offering sea views across St Aubin's Bay and the privacy that comes from its surrounding three acres of parkland gardens. This impressive country house exudes opulence and is the perfect setting for the launch of the galleries' work in Jersey this month.

One of the featured artists, Orlanda Broom (work pictured) who graduated with an MA in Fine Art from Winchester School of Art (Barcelona) in 1997. After returning to the UK from living aboard 10 years ago, she started working full-time from her London studio. Broom's main painting practice takes two distinct forms: lush, exotic landscapes and dynamic abstract pieces. Connecting these bodies of work is a strong sense of colour, references to organic forms and the exploration of the mediums she works with. Commissions include a 4x4m centrepiece for the lobby of the new Four Seasons in Downtown New York and a large abstract for the Mandarin Oriental in London.

Whether it's a huge floral canvas or a plump, virtual 'Crypto Star' NFT character, it'll be interesting to see what the union and their engagement with the Jersey artistic community brings.

@quantusgalleryofficial



Meet Collette Hunt, a local multi-media artist. Collette works in her conservatory turned studio, where she creates all kinds of one-off prints and artworks. She prefers one-off images as they "capture the element of inspiration". For this exhibition, the focus is on printmaking and its various techniques.

**Tell us about the exhibition:**

It is a compilation of printing techniques, collagraphs & monoprints. A culmination of recent & past one-off prints, using hand-mixed intaglio inks

**And the process of printmaking?**

Inks are applied to the plate, paper is then laid on top of the plate and then passed through press to create a print. The intaglio paper is slowly removed to reveal the image.

**How did you become a print-making artist?**

I served as a Jersey Society of Artists past President & Vice President for 15 years. The society's printing press was an amazing piece of workmanship, that allowed me to print and learn and express myself. I was thankful for an introduction into the thought-provoking printing world.

**Did you already have a background in art?**

I taught art for six years: Mixed media painting/printing with maple boards, negative & positive space images, collagraphs, life drawing, and poetry & painting. I was originally a window display designer, designing schemes for department stores. The work allowed me to think in 3D (important for printmaking) I also write poetry which creates an even more in-depth painting. I also worked as a courtroom artist. I enjoy quick portraits from 1 hour to ninety minutes in pastel or acrylic. The link from the mind to the hand is a quick explosion of line & colour.

**What does this art mean to you?**

"This art represents a freedom associated with design, colour and inspiration. It's a chance to lose oneself & reach a higher level of understanding & thought. The addictive nature of printing opens many ideas in the mind's eye" I hope this small insight into my world of art, design and printing proves to be as interesting as it was to make. Live, Love, Art, Collette x

**"Printmaking" is currently exhibiting in the Bar Gallery at Cafejac in the Jersey Arts Centre, an easily accessible place for all to visit. Collette supports Jersey Eyecan "a wonderful unit giving hope to the blind & related eye problems". She will be donating 10% of her profits from the exhibition to the charity.**

## A meeting of minds at CCA



CCA Galleries International hosts Orr & Moir this month, the first joint exhibition by artists Chris Orr and Jim Moir. The show is a big and bold collection of artwork full of colour, storytelling and humour.

Jim Moir (better known to many by his comedy pseudonym, Vic Reeves) has been painting since the 1980's and exhibited widely. Many of the starting points for his comedy and writing are the same as those for his paintings. We see his visual art taking surreal meanders into the world of the abstract and avant-garde, coming back always to his skill as a painter. Master draughtsman and

printmaker, Chris Orr's success as an artist spans decades and he has shown work in countless other highly regarded galleries around the globe. His work is a "weave of fact and fantasy" and the stories told through his original paintings, drawing and prints are presented beautifully as considered compositions that pull the viewer in to reading like a book you don't want to put down.

Work by both artists attracts attention from collectors worldwide. Chris Orr and Jim Moir met one another when they sat as judges on the panel for CCA's 2021 Jersey Summer Exhibition. It's great to know that events such as these in Jersey can perpetuate ongoing artistic partnerships and bring people together!

**Orr and Muir runs until the 9th June**  
**CCA Galleries International,**  
**Hill Street**

### STOP PRESS! Don't miss the CCA Summer Exhibition this month!

The panel of judges - Nicole Farhi, The Wilson Sisters, Gillian Duke and Tom Parker have not had an easy task in deciding the finalists and the exhibition is yet again a diverse collection of artwork by the best of Jersey's emerging artists.

#### THE JERSEY SUMMER EXHIBITION 2022

PRIVATE VIEW THURSDAY 16TH JUNE Clients / sponsors 5 - 6:30pm Summer Exhibition Artists, friends and family 6:30 - 8pm  
 EXHIBITION CONTINUES UNTIL 26TH JULY Gallery open Monday - Friday 12 - 6pm, Saturday 18th June 10 - 2pm



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*Comedy writer, poet and performer Martha MacDonald has a very noisy head... and an excruciatingly quiet tortoise. Unwittingly, this aforementioned tortoise has become the unlikely muse of her debut one-woman comedy show 'SHELL' coming to the Jersey Arts Centre this month.*

---

For one night only on 11 June at 8pm, SHELL is set to be a whirligig of stand-up comedy, oversharing, poetry and heavily tortoise-themed therapy.

When Martha inherited this hibernating reptile from her grandparents, he came with a lot of baggage. For a creature that more greatly resembles an average sized boulder

than a pet; a creature who is 40% dandelions and 60% the unresolved burdens of familial guilt and responsibility – he certainly lives rent-free in Martha's head (and garden) 100% of the time.

So, why not make a comedy show about it? Martha has been commissioned by the Jersey Arts Centre to take up

residence in the theatre for a week to workshop and stage her first comedy show which she hopes to eventually take to the Edinburgh Fringe Festival.

SHELL will take a deep dive into Martha's own anxieties as she tries to unpack her bizarre fixation and fascination with tortoises. An off-beat coming of age story, Martha's show will explore her slightly unconventional upbringing, ghosts, mortality and panic attacks - in her characteristically wry and witty style.

Now working as a freelance writer, Martha has a background in playwriting and journalism. She began her comedy career in 2020 when she started posting funny poetry on her popular social media channel 'Martha Writes'. Her poetry videos have racked up tens of thousands of likes and views on TikTok, Instagram and Twitter and take aim at everything from adult acne to the latest big news story and even girlboss culture.

Whilst Martha has been gigging locally, performing short comedy-poetry mashup sets, SHELL marks her first foray into long-form comedy.

Speaking about her show, Martha said: "Whilst most people would bury their weird obsessions deep inside themselves or save it for their therapist, for a comedian like me, it's absolute gold dust! I've been wanting to make this show for a really long time so when the Arts Centre offered me this residency, I was over the moon.

"It's a great testament to the arts organisations in the island that they're willing to invest in projects like this. Not many writers can say that they had a vague idea about making a show that's all about tortoises and were instantly met with this level of support, so I'm really grateful for that.

**“SHELL will take a deep dive into Martha’s own anxieties as she tries to unpack her bizarre fixation and fascination with tortoises.”**

"Making the leap to a full hour show definitely feels like a baptism of fire, but I thought to myself 'if I don't do this now, I may never get the chance' so I put my (non-tortoise related) fears on the backburner and pushed myself to seize the opportunity." ■

SHELL is on at the Jersey Arts Centre on Saturday 11 June at 8pm and tickets are available here: [artscentre.je/whats-on/shell/](https://artscentre.je/whats-on/shell/)



## Green Culture

Words Traci O'Dea

I think we can all agree that my home parish of St Helier is not the greenest of the parishes. My view is gold and blue—sand and sea—the same colours as the parish coat of arms. If I judge by parish coats of arms, then the two greenest parishes are St John and Trinity. I can't speak for St John, but I can attest to the greenness of Trinity. As the new Team Leader for Highlands College Adult & Community Education at the Philip Maurant Centre, I spend most of my days amongst lush, verdant gardens where rabbits, butterflies, doves, and fuzzy bumblebees frolic between the lazy willow trees, hydrangeas and honeysuckle vines. I basically work in a Disney princess fairyland.

Summer is the greenest season in Jersey, and this is the time of year when cultural events move outdoors. I love a picnic and a play, and I cannot wait for this year's season of outdoor theatre. The evening starts with the sound of champagne corks popping then plastic cups overflowing with fizz followed by blanket snacks on soft lawns before the cast transports the audience to the ancient city of Ephesus or perhaps a castle in Denmark. The Samarès Players always take full advantage of the blooming botanic gardens at Samarès Manor in St Clement for their performances. This summer, they are putting on Shakespeare's *The Comedy of Errors*, a tale of mistaken identity and twin swapping, on the 4 July to 8 July. In St Lawrence, the green gardens of Coronation Park host the annual visit from the Oddsocks theatre troupe who will be performing *Hamlet*, the *Comedy* for the first ten days of August. Tickets to Oddsocks and Samarès Players are available through Jersey Arts Centre ([artscentre.je](http://artscentre.je)).

**RampArts**, Jersey's coolest charity, hosts a one-day outdoor festival, RampArts on RampArts, at Mont Orgueil Castle in St Martin on the evening of 14 July. This multi-level cultural mash up brings together acoustic musicians, art stalls, bands, performance artists, face painters and a bubble play station in Gorey's iconic 13th-century castle. Find RampArts on social media for all the latest information:

[@RampArtsJersey](https://www.instagram.com/RampArtsJersey)

The most glam outdoor cultural event of the season is the **Domaine des Vaux Opera Festival** where everyone who's anyone dons black tie and ball gowns to sip champagne in a bespoke marquee on the groomed gardens of Domaine des Vaux in St Lawrence. Diva Opera puts on three nights of performances that are often both moving and hilarious, 18 July to 20 July. Tickets to Puccini's *Tosca*, Mozart's *Così fan Tutte*, and the Gala Evening of opera's greatest hits are available on Eventbrite.

**Arthouse Jersey's Skipton Big Ideas: Where Waste Meets Design** (overleaf) addresses our green theme in a different way. The interactive, evolving exhibition takes place at Capital House in St Helier throughout June and July and features a pile of rubbish that artists will be transforming into works of art, functional items and upcycled objects. Visitors are encouraged to participate in workshops on recycling, papermaking, weaving, patching, dyeing and crafting musical instruments from waste. For more information, visit Arthouse Jersey's website: [arthousejersey.je](http://arthousejersey.je).

The five-day **Jersey Festival of Words** returns on the 21 to 35 September this year but in a new main venue—the rolling gardens of Howard Davis Park (which is shared between St Saviour and St Helier) where they will set up a 400-person marquee. The event includes such talented writers as Ania Bas, Tracy Borman, Jem Calder, Sebastian Faulks, Sarfraz Manzoor, Graham Ramsden, Cathy Rentzenbrink, Dan Rhodes and me! I'll be launching my second book of poetry, *Waving*, at the festival. Ticket sales go live on 1 July at [jerseyfestivalofwords.org](http://jerseyfestivalofwords.org).

Moreover, there are the many major outdoor music festivals and other artsy events taking place every weekend in Jersey which is becoming the hub of culture in the English Channel.



## A new page for literary festival.

The organisers of Jersey Festival of Words say they are looking forward to the literary festival's return after a two-year hiatus. This year's festival, which runs between September 21 and 25 and will see the majority of events taking place in a 400 seat marquee in Howard David Park and the creation of a surrounding festival village comprising satellite stages, a bookshop and local food vendors. Other venues include Jersey Arts Centre, Jersey Library and Catel Fort.

'Given the continued closure of the Jersey Opera House we've been forced to think creatively,' said Festival chairman Jennifer Bridge. 'The move to a marquee in Howard Davis Park presents an opportunity to encapsulate the literary festival tent tradition while also refreshing and enlivening the festival after the Covid-enforced pause. We look forward to welcoming back our familiar festival goers and encouraging a new audience at this exciting new venue.'

The first tranche of festival events includes talks and interviews with writers including international bestselling author Sebastian Faulks CBE, author and journalist Sarfraz Manzoor and historian Tracy Borman.

A special Folio Academy session sponsored by Rathbones International will see *Birdsong* author Sebastian Faulks discussing his new novel *Snow Country*, the second in a planned Austrian trilogy that spans the first half of the 20th century and the reshaping of Europe through war. Historian Tracy Borman's 2021 new book *Crown and Sceptre* explores one thousand years of British monarchy leading up to this year's Diamond Jubilee, while journalist Sarfraz Manzoor - the inspiration for recent movie *Blinded By the Light*, about a young Pakistani immigrant with a love of Bruce Springsteen - will be discussing *They*, a personal exploration of a divided Britain, detailing his hopes for bridging the differences between Muslims and non-Muslims.

Established in 2015, the five-day literary festival features a range of visiting and Jersey-based writers, workshops and competitions, and has previously attracted big names such as Michael Morpurgo, Carol Ann Duffy, Clare Balding and Richard Dawkins.



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17<sup>th</sup> June - 26<sup>th</sup> July

Exhibition will preview Thursday 16<sup>th</sup> June 5 - 8pm

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Sponsored by



# SKIPTON BIG IDEAS: WHERE WASTE MEETS DESIGN

**ARTHOUSE JERSEY'S SKIPTON BIG IDEAS EXHIBITION FOR 2022 WHERE WASTE MEETS DESIGN IS AN INNOVATIVE, DESIGN-LED EXHIBITION, WHICH USES CREATIVE PROCESSES TO CHALLENGE HOW WE THINK ABOUT WASTE.**

A pile of Jersey waste takes centre stage at the Capital House exhibition space and throughout the first five weeks, from 11 June until 17 July, makers: Bianca Padidar, Kerry-Jane Warner, Margarida Lorenzo Olivier, Anna Shipley, Andrew Scott, Micaella Pedros, Alice Burnhope, Oliver Le Gresley, Isabel Fletcher, Alicia Rowbotham, Rafael El Baz & Liz Elton will be working live in situ to explore the hidden potential of our rubbish pile and transform these broken or discarded things into objects, new materials, works of art and experiences.

Skipton Big Ideas: Where Waste Meets Design is an evolving exhibition where visitors are invited to take part in this voyage of discovery where waste is transformed through an engaging range of processes including; print & papermaking, carpentry, quilting, stitching, weaving, music making, performance, knitting, dyeing, knotting, mending, spinning, repairing and tailoring. As the exhibition evolves visitors have the opportunity to get creative and take part in drop-in maker sessions, scheduled workshops, talks & demonstrations by artists, makers, designers, skilled crafters & those with know-how to share.



Alongside the evolving exhibition there is a permanent display of projects from inspiring designers whose work address issue of consumption, finite resources and waste; including Harry Peck (Wave Cycle), PriestmanGoode (Get Onboard), Anna Shipley (Climate Emergency Poncho), Gavin Keightley (Terraform), Luisa Kahlfeldt (Sumo Diaper), Basse Stittgen (How do you like your eggs?), Liz Elton (100 Harvests), and Helen Kirkum (Legacy Run) as well as a materials library of cutting edge samples of new materials created from waste.

In addition to the permanent and evolving exhibition ArtHouse Jersey has commissioned a number of artists to produce specific work for the show. Rachel Ara will be working with a scribbit robot to draw a map of Jersey in an experimental approach to exhibition signage which allows visitors to add their own local champions of sustainability to the map while Natalie Mayer has been commissioned to document the artists as they work which will result in a dynamic record of the making processes in photographic form. Karen Le Roy Harris has been commissioned to develop a performance piece responding to the waste pile and processes of recycling in Jersey and Oliver Le Gresley has been commissioned to investigate and reknit a traditional jersey from the image archives of Société Jersiaise. Design consultancy PriestmanGoode have designed Knot Waste; a furniture instruction manual that can be downloaded from [www.arthousejersey.je](http://www.arthousejersey.je) and is designed to be used by anyone keen to make their own furniture using basic tools with minimal waste.

For this exhibition we have also drawn together a small reference library stocked with a selection of books nominated by the activists, artists and designers connected with this project which will be available for visitors to read. Central to the ethos of the show is the maker table. Sitting around a table is not only symbolic of sharing, a meal or a discussion, it is a highly practical way for us to share materials, ideas and skills with each other. In addition to the materials provided, visitors are invited to bring their own crafting projects, whether it be knitting, sewing, mending, whatever can be done at the table, and gather around to make and chat.

Skipton Big Ideas: Where Waste Meets Design sets out to celebrate Jersey's ongoing commitment to recycling, repurposing and reusing materials that would otherwise be wasted. Islanders have a long tradition of making the most of scarce resources and repurposing them. Globally, too many of us have lost connection with how things are made and the provenance of the products we use in our daily lives. This exhibition is a timely opportunity for us all to rethink what



constitutes a waste material. By engaging in some of the processes employed by the designers and makers to rework, repair, reform, and redesign we can reconsider what we might consider waste in future.

Where Waste Meets Design is generously supported by Skipton International and is ArtHouse Jersey's Big Ideas show for 2022. Be sure to visit [arthousejersey.je](http://arthousejersey.je) to discover all the latest exhibition workshops, demonstrations & talks of offer.

**Laura Hudson** (Producer, ArtHouse Jersey)  
**Kate Montgomery** (Colour and Materials Designer)

# Brand News

**TIME TO HIT THE BEACH!** A round up of beautiful bits that will have you looking stylish on the sand.

## Have a Sunnylife

When you are next in Voisins check out the sweet, summery brand Sunnylife. They've got an amazing range of cool, giant inflatables and brilliant beach accessories which will brighten up your day and ensure your time off is spent relaxing in style.



Sunnylife 50th Birthday Luxe Lie-On Float Smiley, **£58.50**



Sunnylife Luxe Lie-On Float Campervan, **£49.50**



Sunnylife Terry Travel Lounger Chair Skinny Dipper, **£81**

## BRAND OF THE MONTH:

### Seafolly

If anyone knows beachwear it's the Aussies. Born on the beaches of Sydney, Australia in 1975, Seafolly has spread worldwide, having gained popularity because of their brilliant cuts and fantastic cup range. It's like they listened to what women actually want! - And they've delivered in spades.

Their collection of swimwear, beachwear and activewear includes something to suit all body shapes and sizes, with bold statement prints, contrasting textures and beautiful, very flattering, lines. From supportive swimsuits designed for active outings through to detailed and delicate bikinis for those relaxed pool days.

*Seafolly is available at Voisins.*

**PICTURED TOP TO BOTTOM:** Seafolly, Full Bloom Tube Top, £42.50 & High Waisted Pants, £45 / Seafolly, Island In The Sun Bandeau One Piece, £112.50 / Seafolly, Lemoncello Tiered Skirt, £94.50 & Cropped Frill top, £63 / Seafolly, Paradise Garden Tiered Dress, £81



## Shoes made for the beach

A great pair of beach shoes is of course a summer essential, so we went and checked out what Schuh has to offer and fell in love with these wild ones...



Birkenstock, Arizona Eva Sandals, in pretty pale blue or coral, £40 Made from an ultra lightweight and highly flexible material, these sandals are shock absorbing, waterproof, and skin-friendly. They're so easy to slip on, and in such pretty colours this season.



Teva, Original Vegan Sandals, £45 We've been seeing this brand all over the fashion magazines and instagram, worn by many a globe trotting Influencer. They're so simple, and yes, they're actually super comfy! The whole sandal is designed to get wet, including the straps, which won't rub, so you can happily head for miles of sea-salty walks.



Juju Jellies, Clear Sparkle Maxi Flat Sandals, £26

Look whose back! The humble jelly shoe from many of our childhoods is having a revival this summer, and we're here for it. Iconic Juju jelly shoes have been made in Britain for over 30 years, these are the exact ones that were strapped onto your feet in the 90s. Comfy and now cool, grab yourself a pair for just £26.



## Ready to go go

These two beautiful pieces would take you from poolside to cocktail-hour in an instant. Just add your shades and you're ready for anything. The Lilac kaftan dress is cut to be worn loose, and crafted from a soft and airy viscose-cotton blend, ideal for warmer days. £270. The shocking pink sequin-embroidered kimono would serve as a very versatile layering piece. It can be thrown on over a bikini, or equally it would look amazing over an outfit. We adore the playful fringed hemline! £365.

*Both are by Essentiel Antwerp, available from Manna.*

# in a mood for... *Green*



Laura Vann Earrings  
£72, Voisins



Bottega Veneta Sunglasses  
£365, Voisins



Longchamp Mobile Case  
£104, Voisins



Nobody's Child Dress  
£62, Voisins



Kurt Geiger Clogs  
£144.55, Voisins



*by* **THE MAN!A**  
SINCE 2020

# The Edit

Words | **Kasia Guzik** /  
@themanijersey



Mini Dress, £71, Albaray, de Gruchy

With the spring season upon us, it's time for new fashion trends. Check out what you can find in stores in the upcoming months. Here are some of the most important trends for Summer 2022 and some might surprise you!

The previous year was dominated by knee-length or mid-calf skirts and dresses. Well, this is going to change this year. You might have noticed the great return of **the mini length**. Short skirts appeared in the 50's & 60's and quickly became a symbol of social changes. Now they're going through a fashion renaissance and are back on the catwalks.

**Crop tops or bralettes** worn instead of a blouse will be another big trend in 2022. It's a great return of the style known from the 90's and early 2000.

Short blouses, tops, sweaters and sweatshirts are back! Crop tops look great when paired with high-waisted skirts or pants and look interesting when worn under a jacket or a large denim jacket as well.

The upcoming spring season will belong to **wide trousers** again. The skinny fit won't be forgotten, however bells, nonchalant mom jeans or wide leg jeans will turn out to be a real hit. The wider the legs, the cooler you look. Designers and stylists have also announced the return of low rise and straight cut pants which are a must-have in your wardrobe.



Crop Top, £22, Noisy May, Voisins



Pants, £292.50, Ganni, Voisins



Top, £190, Day, Manna



Skort, £37, River Island, Voisins



Blouse, £130, Scotch & Soda, Voisins



Blazer, £189, Gestuz, Manna

**Bold neons** and **pastels** are gaining popularity too, whilst strong shades and contrasts will be massive this year. Colour blocking will be a hit again, based on the principle of combining colours that are opposites on the colour wheel. Intense shades of pink, yellow, green, and orange are coming to town!

**Graphic patterns** are also coming back in great style with popular trendy black & white combinations. Don't be afraid of experimenting, by adding checker, stripes and geometric prints to a monochrome piece as it can enliven the whole look. Let's not forget about a **timeless white!** After all, white never goes out of style. A white dress or shirt shouldn't be missing in your spring wardrobe, they're timeless classics. White trench coats, jackets and jumpsuits will be very popular this season.

Finally, an **oversized jacket** will be a great alternative to a cardigan or a denim jacket. It successfully fits into an everyday look, especially if it's made of a soft fabric and there are no stiffened arms or pressed cuffs.

It's interesting to know what is trending at the moment and it's also nice to see the latest collections from designers, however sometimes what looks great on the runways doesn't necessarily mean you need to blindly follow it! It won't always fit your style, taste or even body shape, therefore take it with pinch of salt. Try to have fun and simply enjoy the fashion!

A woman is sitting on a beach, her legs and arms visible. She is wearing a dark bikini. The background shows the ocean and a clear blue sky. The text 'HIGH & dry' is overlaid on the image. 'HIGH' is in a bold, white, sans-serif font with horizontal lines inside the letters. '&' is in a large, white, cursive font. 'dry' is in a smaller, white, cursive font.

HIGH

& dry

PHOTOGRAPHY & STYLING  
DANNY EVANS

MODEL  
ELYSIA

MAKE UP  
SOPHIE CUBBAGE MAKE UP

ASSISTANT  
ROSIE LEE

SCUBA GEAR  
BOULEY BAY DIVE CENTRE

Swimsuit by Calvin Klein £67.50 from Voisins







Swimsuit by Ripcurl £76 from Madhatters

Tube top by Seafolly £40.50  
One shoulder bikini top by Seafolly £45.50  
Bikini bottoms by Seafolly £36  
all from Voisins



Swimsuit by Seafolly £94.50 from Voisins



Rash vest by Harti Swim **£220.00** Bikini bottoms by Harti Swim **£125** from Voisins

Wetsuit by Ripcurl - £119.99 from Madhatters



Swimsuit by Rhythm £69.99 from Madhatters



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*Voisins*

## Why are we so anti-ageing?

It's not lost on me, the fact that since turning 40, my online footprint must have stamped on a landmine, triggering a never-ending thread of suggestions for me to look younger. One even said I could 'be younger'... Dunno if that was an offer for cryogenics or something, to freeze my withering old carcass before I dare bear a wrinkle. Either way, I scroll past fast (with my old lady thumbs).

# EVERGREEN

Ordinarily, in nature there's a kind of celebration of age, growth and fruition. In human nature, not so much. We celebrate antiquities and we commend people for 'reaching a ripe old age'... We often congratulate people for looking younger too. It's good to 'knock ten years off'. Why? How is looking younger any achievement at all? It's purely genetic and who bloody cares? I am cringing at myself a bit as I write this and my friends will be laughing as they read my hypocrisy knowing I love a bit of botox.

Ok, so (like many) I fall foul of the need to look and thereby apparently feel, 'evergreen'.

For you nippers out there, fresh-faced and full of collagen, you're not going to have the faintest idea what I'm talking about. Trust me when I tell you it sneaks up, this apparent problem called ageing (listen to your elders). This awkward shunt into a 'next phase of life,' being aged, middle or otherwise, whereby you are conscious of gaining wrinkles and sprinkles of silver strands. Or losing hair, teeth, menstrual cycles... marbles. It can all be a bit of a shock - a slap in jowls as it were.

My ageing epiphany wasn't even spurred on by me. I think it was mostly those dastardly data hoarders over on social media that made me 'woke' to the fact that I am now a woman who apparently needs to try and counteract the natural process of growing older. I guess there are not many real life people who'd say it to my face - "Oh hey Luce, looking a tad weathered there, hun... take this pill, do this exercise, drink the Kool Aid..." Instagram is, however, not shy in the slightest about letting me know I need to tend to my wobbly bits, flatten out my wrinkly bits and shame myself free of any hairy bits. The stream of ads and content for ladies my age portrays a whole new arena of issues to play in.

Did you know that women over 40 should do ten minutes of face-yoga every day, pop aromatic herby sachets in our vaginas and meditate online with various sun-kissed, poolside 'life-coach lady gurus' from Bali every morning as the sun rises in order to remain youthful and retain our glows? Yeah, neither did I until Insta showed me. \*btw, Instagram is no longer a regular app on my phone due to its persistent rudeness in this regard. Take that, Zuckerberg, you purveyor of online assholery and also, waxy-looking cyborg.

As if women don't have enough to contend with - the world actually wants us to solve the 'problem' of never-lasting youth. Battle with the turn of time; yeah ok, hold my drink.

Not digging at the guys here but, how come we all hail the dad bod, but when it comes to 'her' in a similar state, she's let herself go? Rant over.

*"Did you know that women over 40 should do ten minutes of face-yoga every day, pop aromatic herby sachets in our vaginas and meditate online with various sun-kissed, poolside 'life-coach lady gurus' from Bali every morning as the sun rises in order to remain youthful and retain our glows? Yeah, neither did I until Insta showed me."*

Social media aside, as a woman who is now very aware of being middle-aged, I'm going to take a leaf out of Andy McDowell's book (look her up). I'm going to 'choose' to feel whatever I like - beautiful, old... a bit of both. I will embrace ageing, earn my years (and my hair stripes) and strut my beautiful old ass up King Street (in my sensible shoes).

I am going to take inspiration from how the Chinese culture reveres its wise, old people. Moreover, I am going to remember just how I felt as I watched my mother, my grandmothers and other women I know and love age - these women have never looked anything other than radiant to me.

Therein lies the solution to my original question; as these women evolve and age, I view them as nothing but wise, wonderful, inspiring and beautiful because I love them. Maybe if I love myself more, that's how I will see myself when I pass by my reflection - beautiful, wonderful, wise; evergreen.

■

REEN



# Beauty news

## NO PAIN, NO VEIN AND PLENTY OF GAIN!

*Mr Sudip Ray, Consultant Vascular Surgeon at The Lido Medical Centre, explains how he manages varicose disease of the leg, a common cause of discomfort or cosmetic concern in warm weather.*



The airport, bars and beaches are filling up so summer is definitely on the way. Unfortunately sunlovers can be frustrated by the presence of varicose or thread veins on their legs which can dent their confidence wearing shorts, skirts or bikinis. Small patches often resemble a permanent bruise, whilst large or bulging veins may cause aching, heaviness and itching which is even worse in the heat. If you are one of the 20% of the population affected then it's worth considering the following advice, both to get you through the next few months and if you are considering permanent leg improvement.

### WALK THE WALK

Regular activity is beneficial for most circulatory conditions. Going for one of Jersey's famous walks ([www.jersey.com](http://www.jersey.com)) will reduce the pressure in your veins by up to 80%, and also burns up the fat which surrounds and constricts working veins. Even if you walk less than the magical 10000 steps per day, simply doubling the number of steps you do take cuts your risk of serious circulatory and cancer disease by half. Your walking speed is irrelevant to this risk so it really doesn't matter if you're a hare or a tortoise! Elevating legs on a stool relieves vein swelling and tiredness at the end of a hot day, and a cold water spray helps divert blood away from the skin which has a soothing effect. Simply wading into St Brelade's Bay or lolling in a swimming pool applies the same hydrostatic pressure to your leg veins as wearing compression stockings, and is far more relaxing.



*Go swimming in Ouaisne!*

### LOOK A BIT DEEPER

For a more permanent solution there are specialist procedures available for both small (cosmetic) and large (aching) veins. There is almost always a feeding vein beneath the area of disease which requires treatment and a simple ultrasound scan can locate this.



*Ultrasound scan of leg veins*

### TAKE THE PLUNGE

Nobody likes visiting a surgeon! However there are now several keyhole methods which successfully improve the looks and symptoms of vein disease and can be performed with minimal discomfort at the time or afterwards. It's easy to get a specialist opinion and ultrasound scan so that a bespoke treatment plan can be provided which one can consider and discuss with family or friends. [Topdoctors.co.uk](http://Topdoctors.co.uk) is a good source of individualised patient reviews but beware generic Googling advice which may not apply to your case.

### HEAT, SHOOT AND LEAVE

The advent of new technology means that even larger varicose veins can be treated using keyhole methods such as microwave thermal sealing or a medical superglue which is shot into the abnormal vein and closes it in seconds.

Since only a local anaesthetic is given the patient can leave the clinic immediately after our traditional cup of tea and Jersey butter biscuits. Regular walks after treatment aid the healing process and most patients return to normal activities within a few days.

For spider or thread veins an outpatient session of microsclerotherapy using a tiny Botox needle may be sufficient to close them down, but can take 2-3 months to achieve the final cosmetic result.



*Microsclerotherapy of spider veins*

MR SUDIP RAY MS MS FRCS RUNS A SPECIALIST VEIN CLINIC AT THE LIDO MEDICAL CENTRE, ST SAVIOURS. FOR MORE INFORMATION OR AN APPOINTMENT PLEASE CONTACT CARLY ON 07797 817964 OR [JERSEYVEINCLINIC@GMAIL.COM](mailto:JERSEYVEINCLINIC@GMAIL.COM)

# Get your legs beach-ready with Endovein, the easy way to get rid of varicose veins.

We offer the latest keyhole treatments for both cosmetic and painful veins, allowing you to walk out with a smile and a new pair of sea-legs.

Mr Sudip Ray is a Consultant Vascular Surgeon and specialises in sclerotherapy, radiofrequency and medical superglue treatment. Over 10 years in Jersey, 100s of happy patients, 1000s of treated veins!



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Health Point Clinic



# Just add water

Get ready for warm summer days on the beach or by the pool without a care in the world.

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**MADHATTER**  
SURF & SKATE SUPPLY  
JERSEY CHANNEL ISLANDS



*Photographer: Oliver Doran  
Stylist: Kasia Guzik (The Mania)  
Hair & Make Up: Jessica Shelley  
Model: Ellysia Spears*

*Look out for a BTS shoot video from videographer  
Maple Rock Studios on our socials*

*Lace Dress £59.99, Ellis Collections  
Shoes, £85.50, Dune, de Gruchy*





*Checker Dress £149, Kitri, Voisins*

*Shirt £131, Polo Ralph Lauren,  
Pants £180.68, Foggia  
both from Voisins*





*Shirt £62, Blazer £125, Pants £80,  
all Mint Velvet, de Gruchy*

*Sweatshirt £54, Shorts £41, both Sweaty Betty, Voisins  
Trainers £153.64, Kurt Geiger, Voisins  
Embroidered Cap, £89, Kenzo, [www.farfetch.com](http://www.farfetch.com)*



*Dress £32, My Way Boutique  
Sunglasses £1,051, Chanel, de Gruchy*





Since moving to Jersey, Deborah Anderson has seen a huge difference to her way of life. She has extended her brand, BeCoorie - an ethical product manufacturer, to embrace the nomadic and eco-friendly travel market with her good-looking BeCoorie camper-vans which you'll probably have seen on the roads. With our 'green' theme, it seemed perfectly aligned with her approach. We got in touch to learn more about her approach

*Be Coorie is a lifestyle brand and 'A way of Life'. so what does your average day look like?*

Being a single mum, I don't have an average day; I grasp each day, make it the best I can and embrace the day's challenges. This morning, for example, wild hens in Rozel woke me up at 3.30am. I got up, looked over the new candle range packaging designs, contacted some of my Scottish suppliers, then grabbed the dogs and ran down to the beach by 5am to see if I could see the redness of the sunrise before starting the school run!

My days vary greatly; from researching new ideas to taking Campervan bookings, meetings, making new contacts and finding new artisans. It's very important to me that I always try to end each day with a barbeque or fire (if it's winter) and have a daily cliff path walk. There is nothing quite like feeling, seeing and absorbing the natural elements and the nature around us every day in order to restore the mind and body!

*Your brand aim is 'To make a wonderfully glamorous sustainable ethical eco brand'. What made you want to head in this direction?*

Leading and sharing a sustainable way of life is infectious! I know my purpose and I am committed and passionate to share and educate how we can embrace a more mindful, healthier, conscious way of life here in Jersey; one that is more sustainable and ethical. From the way we live to the way we shop, to our day-to-day life experiences including activities and travel, but one that still has quality, substance and gives you a feeling of treating yourself well.

I want to change the actions of people; even if it's just one tiny difference in their lives, it's a change. Move away from mindless, thoughtless shopping and a throw-away culture and start buying with a conscience. Start asking where products originate, not just the finished item but every part and detail of the product. I know I have allowed this way of life to permeate the life of myself and my children. We want still to have and enjoy nice things, feel a bit of luxury and be wild in style!

*Be Coorie 'acknowledges and interrogates how their supply chains impact society'. Tell us about how you ensure you're keeping that in check....*

I'm fixated on my sourcing and how each component aligns with the ethos of my brand. This is led by my conscience, the driving force of which is my son, who suffers from severe airborne and food allergies. Therefore natural materials, undyed, non toxic, chemical-free, handmade, natural processes are vital in our home. With every Be Coorie branded item, I know exactly where it comes from, who makes it, how far materials have travelled and the manufacturing processes. I know that it is made in a fair working environment, one that is not only eco-friendly but is considerate to the employees and how it affects in their community.

With our eco-friendly, sustainable candle range, I have not just looked at and considered the ingredients of the candle, or the processes involved, but have had to ensure the whole product is ethical, sustainable and low carbon footprint. I've been determined to source the full manufacturing process within the UK. It has taken me years to find suitable vessels from a nearby European country as most candles you see will be vessels from China, this is because of a worldwide shortage of glass. There are no clear glass candle vessel manufacturers left in the UK, except for amber glass, like that used in the pharmaceutical industry. It's very sad to think that there are only a handful of glass manufacturers left.

Our deerskin bags are hand-made by a seventh generation tanner, who uses water from a nearby stream. You might think 'why deerskin?' but did you realise that a venison butchery incinerated the skins a lot of the time? In Scotland the deer population is out of control! Deer have no predators, with the over-population of deer come environmental issues & devastating damage to biodiversity. Without a reduction in deer, Scotland will not meet their woodland expansion, peatland protection & therefore carbon sequestration targets. Sustainable management of Scotland's deer is vital if we are to enhance biodiversity & achieve a net-zero future. As hard as it might be, the plentiful supply used in our food chain, means that I'm pretty OK with making bags from deerskin, using traditional handmade methods, ethically & sustainably.

Along with other leather gifts from Scotland, we sell Yorkshire sheepskins and other interior products. I also found an amazing fairtrade product from South Africa, made by ladies of the Zulu tribe. Nothing goes to waste in Africa and for centuries the Zulus have bred their cattle to eat and have always used the hides for ceremonial clothing and rugs. We sell their hand-made crafts, which really makes a difference to the Zulu cow artisans. Rugs, bags, purses or a clutch will be made by a mother who will have a wage, supporting her family, educating them and changing lives.



*Hygge, Ikigai, Coorie. Society needs to feel comforted these days, what's unique about the Scottish way of seeing this?*

'Coorie' is a Scottish word for 'snuggle up' and is said in a caring way. I see my lifestyle concept Be Coorie as a whole life cycle, a circular economy, not just interiors, or being cosy (like perhaps the other language counterparts suggest). It's intended to evoke a feeling as well; one that teaches us to utilize what is local to us, to waste nothing, to use what's in ready supply around us and in a way that embraces our cooler climate. A more heart-felt warm and almost mothering style, rich in colours and smells; to heal with notions of wilderness, space and nature.

With Be Coorie I aim to not only share my mindful-living philosophy, but to share my vision of how we can change the way we run our businesses, the way we manufacture, shop and travel and highlight how we use and discard things. Since starting in Jersey in May 2021 you can now find some Be Coorie sustainable ethically made/sourced eco friendly products in Voisins and at The Trading Point and in The Moorings Hotel and Restaurant. Be Coorie products come from a place of compassion to help the wider community, environment and planet.

Be Coorie has also been promoting Jersey as an affordable, sustainable, low carbon footprint destination for active tourists through the offering of luxury solar-panelled self-sufficient camper-vans. These allow you to be close to nature in a responsible, safe, self-contained way.



*Ah yes, we love a camper and we see yours looking lovely on the roads around the island, what led you to diversity the brand into camping?*

During the pandemic, we all realised, that we don't need much in life. Money, cars, OTT lifestyles. They were all useless in a time when the world was in a health crisis. What I took away from it is that what we actually needed to survive with what little extras make us happy, like getting outdoors in nature.

During the first lockdown my interiors shop, holiday lets and even all the outdoor country sports I promoted all halted. However, we could still travel within green zones (then a 5 mile radius). This sparked an idea, that we could still be adventurous on our doorstep, embrace the outdoors, in a luxury, warm, cosy way and allow people still to celebrate special occasions such as the couple who spent their honeymoon in one of our vans in November 2020 for 3 weeks!

Be Coorie offers campervan rental holidays/experiences here in Jersey through our new website. From working on this I have found other local businesses, campsites and the general public to be very supportive, I just hope that the new initiative, 'permitted and regulated' overnight stays goes ahead in Jersey. I await the launch of this scheme with much excitement as I'm sure do other 'responsible campers'.

In Jersey where we have vast beaches, cliff paths and countryside to discover, I urge people to get out of their comfort zones and try camping, but in a luxurious way. The vans have solar panels for off grid stays and can be taken off island, for truly more 'wild' adventures. A van can accommodate four sleeping, has a kitchen, all equipment needed and immediately gives you a tiny home on the move. A campervan will take you anywhere, only your imagination is your limit.

#### *Deborah Anderson*

**Job: founder Be Coorie**

**Studied: Bachelor of Tech Education and Design**

**Favourite Saying:**

**It's better to burn bright than fade away**

**Best advice you've ever been given:**

**Do what makes you happy**

**We're at the bar, what are you having..**

**Vodka, soda, lime and ginger**

**Favourite Film**

**Into the wild**

**Favourite Song**

**Don't stop Believin'**

**Favourite Chocolate Bar: Galaxy**

**Jersey is great because...**

**It has everything you need and all easily accessible within a short distance, great schools, beaches and wild cliff paths. It also has a great climate, fab restaurants and loads of outdoor activities!**

## RELATIVE VALUES

Joe & Sharnelle are yoga, meditation & breath work teachers. They met in the UK whilst on a yoga teacher training and shortly headed off on their travels to teach on yoga retreats around the world. After a few months in Sri Lanka and Bali it wasn't long before Covid arrived and they decided to move to Jersey - Joe returning back home and Sharnelle moving from her hometown of Nottingham.

Joe and Sharnelle are working with Jersey Heritage in the Aspiring Jersey Island Geopark (AJIG) project and holding some yoga sessions at their sites this summer! See bottom right!



### SHARNELLE GUEST

#### FAVOURITE POSSESSION

My breath. That might sound a bit strange but it is definitely the possession I value the most. It's something I will always be grateful to have. It's a tool that I use all the time to help with how I feel, whether that be to find more energy or to find calm. I could also say the different pieces of jewellery I have collected from around the world, each piece of jewellery holds a different story for me and I love wearing it to remind me of those stories.

#### FAVOURITE COLOUR

Yellow! It makes me happy. Although my best friend calls me the purple queen because I do own a lot of purple things.

### JOE HOUZE

#### FAVOURITE POSSESSION

Yogis, of course, would answer that they have no favourite possession. In Yoga Philosophy and the Bhagavad Gita, there is a lot of discussion about detachment. One beautiful verse describes detachment in the following way: "detachment is not that we own nothing, but that nothing owns us". My iPhone is pretty good though ... and it definitely owns me.

#### FAVOURITE COLOUR

Green.

#### FAVOURITE ANIMAL

Humans are pretty magic animals.

#### FAVOURITE SMELL

Distant whispers of nag champa! Does that make me a hippy?

# RELATIVE VALUES

## FAVOURITE ANIMAL

Orangutangs. They make me smile SO much. Their cute faces, their silliness and how inquisitive they are. I can imagine they give the best hugs with their super long arms. Joe actually teaches yoga at Durrell Zoo with the orangutangs, it's the dream!

## FAVOURITE SMELL

This is such a yoga teacher answer but I love the smell of burning Palo Santo. It's a wood that is burned as a spiritual ritual to cleanse a person or space. It makes me feel so calm.

Closely followed though is the smell of petrol. Mmm.

## FAVOURITE WAY TO SPEND A WEEKEND

A sunny weekend on the beach, swimming in the sea, cliff path walk and a beach bbq with friends = heaven.

## FAVOURITE FOOD

Sri Lankan food is my favourite type of food, and I'm a big chocolate lover. I've worked really hard to heal my relationship with food over the past years and that's why I'm so passionate about now helping women with their relationship to their bodies and food with body & mindset coaching.

## FAVOURITE ICE CREAM FLAVOUR

Chocolate all the way.

## FAVOURITE PASTIME

Being at Yogafit retreats in Ibiza, dancing and yoga in the sunshine, looking out at the sea, being surrounded by happy smiling people and good music.

## FAVOURITE FILM

Matilda, and The Parent Trap. Ooo and I love The secret life of Walter Mitty too for it's great soundtrack. I'm not very good at picking 1 favourite thing am I?

## FAVOURITE BOOK

The Alchemist by Paulo Coelho - This story taught me a lot of lessons. The only book I've read twice. Everything I Know About Love by Dolly Alderton - This books a lot of fun, Dolly is very relatable!

## FAVOURITE SONG

Higher than the mountains - Sam Garrett. Beautiful words, beautiful voice. Although my all time favourites are The Courteeners.

## FAVOURITE PERSON

Joe Houze or Karl Pilkington. They both make me laugh a lot.

## FAVOURITE YOGA POSE

Pigeon Pose - it's a pose that is like marmite, when I teach it people either love it or hate it. I love it because it gives me such a juicy stretch but it can also be challenging to stay in it for a while, making it such a transformational yoga pose for me.

## FAVOURITE THING TO SPLURGE ON

Travel and holidays. I don't splurge on much, but invite me on a holiday and I'll be there!

## FAVOURITE PLACE IN JERSEY SO FAR

Jersey is beautiful, I'm originally from Nottingham so I make the most of the beaches when I can! I love St Ouens for sunset, Plemont - I feel like I'm exploring a new magical world with the caves and down at Portelet it reminds me of Ibiza.

@Sharnelleyoga

## FAVOURITE WAY TO SPEND A WEEKEND

Running on the north coast, getting coffee and brunch with friends, swimming in the sea, having a BBQ on the beach and, of course, getting a yoga class in too.

## FAVOURITE FOOD

Dishoom brunch with an espresso martini. Or, Sri Lankan food. Dahl, rice, coconut sambal. Yes.

## FAVOURITE ICE CREAM FLAVOUR

Booja booja chocolate salted caramel.

## FAVOURITE PASTIME

Football. Golf. Or, running on the north coast on a sunny day.

## FAVOURITE FILM

Happy Gilmour has given me a lot of joy over the years.

## FAVOURITE BOOK

The Wisdom of Yoga by Stephen Cope.

## FAVOURITE SONG

Deep Connection by Rob Riccardo (S.T. Remix)

## FAVOURITE PERSON

I'm very fortunate to have Sharnelle in my life, as well as many amazing family members, friends, mentors and teachers! It is not possible for me to pick just one.

## FAVOURITE YOGA POSE

There are so many amazing poses. Cow face pose with eagle arms is pretty delicious.

## FAVOURITE THING TO SPLURGE ON

Yoga Teacher Trainings and Retreats. Of course, it helps when they are in places like Bali or Sri Lanka.

## FAVOURITE PLACE IN JERSEY SO FAR

So difficult ... Jersey is amazing. Plemont, Beauport, Gorselands, the North Coast, St Ouens at Sunset, Bel val at sunrise. My family home. The Hot Pod Yoga Studio.

@ Joehouze

## SUNRISE YOGA

WEDNESDAY 8TH JUNE, 6:30 - 8:30 AM

L'ETACQUEREL FORT

Join Joe and Sharnelle for sunrise vinyasa yoga in the ruins of a mid-19th Century fort overlooking Jersey's rugged north coast. Traverse the winding coastal path, cross the drawbridge and kickstart your day the wholesome way. Breathing. Stretching. Moving. Flowing.

[sunriseyogajune.eventbrite.co.uk](http://sunriseyogajune.eventbrite.co.uk)

## BREATHWORK EVENING WORKSHOP

WEDNESDAY 22ND JUNE, 6:30 - 8:30 PM

L'ETACQUEREL FORT

Join Joe and Sharnelle for this evening workshop of SOMA breathwork in the ruins of a mid-19th Century fort overlooking Jersey's rugged north coast. Traverse the winding coastal path, cross the drawbridge and nestle in to the cosy ruins as you are guided through a transformational breathwork experience.

[breathworkjerseyjune.eventbrite.co.uk](http://breathworkjerseyjune.eventbrite.co.uk)



## Little Bites

Words Thea Fauvel

### Ice Ice Baby

You can't beat an ice cream out West on a hot day, right? If you agree, you'll be glad to know that one of our favourite out-west cafes has stepped into the ice cream game. Since opening, Sands has continued to impress punters with their homemade wonders- Ginger beer, cola, and of course, all the food they serve up. Now, Sands's own, sands supply co has added another homemade treat to their offering, whipping up their own #dippedanddelicious ice creams on a stick.

Each ice cream name comes with a story. They're all named after some of Jersey's surf industry legends, such as the 'Silva Rover', a vanilla ice cream, dipped in chocolate, topped with Sands 'crumb & comb' and drizzled with salted caramel sauce. It's aptly named after Silva Yates, one of Jersey's first surfboard shapers in the 60s.

Vegans, they haven't forgotten about you! Try the vegan option - frozen banana with coconut and very berry sauce. Yes, please. Do yourself a favour and head down on a sunny Saturday for a Sands-made ice cream.

**Sands, Five Mile Road, St Ouen**  
Open daily 8.30-3.45

### New on the block: The Merchants

Across from the Central Market on Beresford street, you may have seen some big refurbishments happening - new windows, a fresh lick of paint, awesome recycled materials and a stand-out neon sign.

With a focus on art, coffee and music, The Merchants are the newest on the block of the St. Helier cafe scene, though they're not your usual grab-and-go cafe. The collaborative style cafe stands not only as a great coffee house but as a place to exhibit (and sell) wicked art by talented local and international artists.

They've got a healthy stack of records for you to flick through while you wait for your coffee and an impressive array of art on display. They've also created a "students hall", a space dedicated to local art students to exhibit their work. It's great to see a space open to community and community involvement within the art and music scene. Big up and good luck to The Merchants!

**The Merchants, 4 Beresford Street, St Helier.**  
Mon-Fri 7.30-3.00, Sat 8.00-3.00.

*Social media had a bit of an issue with the cost of a crab sandwich last month, in particular the £16.95 offering at The Lookout Cafe. Well, at the same time, Andrew Guilfoyle coincidentally sent in this submission. We guess you get what you pay for!*

## Rich pickings.

Words / Photography Andrew Guilfoyle



I recently had the pleasure of eating at The Lookout Beach Cafe. Totally unplanned but this wasn't any hinderance to the team on duty. The menu offering was lovely with lots of delicious offerings to suit all kinds of tastes.

I was very much drawn to the Cosmin crumpets which came with various toppings. I opted for Cosmin coastal which included local Jersey crab. As someone who works in the industry, I understand the pricing of each dish and know that the cost of crab is quite high at the moment. However I found the costing of this dish to be very fair and I appreciate the effort that has gone into catching this produce and the effort to prepare and serve this dish. I know there is an ongoing debate at the moment with regards to costing of crab and I know not everyone is happy, however for me, I am happy to pay and happy to support local businesses. My willingness to pay that little bit more resulted in pleasing myself with amazing dish with lovely flavours and textures".

@thelookoutbeachcafe

• THE •  
*Genuine*  
 Articles

RICHARD & SARAH  
 MATLOCK

LA ROBELINE CIDER CO LTD



**Hi there! what got you into this?**

The Cider Maker (Richard) was idly looking at a French property magazine and saw an advert to spend some time in Normandy learning how to make traditional Cidre Bouche. He needed a break so took himself off to France and came back enthused and told Sarah that he had asked his tutor to look for a suitable press. A few weeks later, he was off to France with a trailer to dismantle a very old, traditional press from a Normandy barn! In the autumn of 2005 we made 1200 bottles of Cidre de Jerri which we launched at a party in the summer of 2006. We sold out in six weeks and thus, La Robeline Cider was born.

**Tell us about your production process?**

We have planted several orchards around the Island over the years and each autumn, we harvest the cider apples and bring them back to La Petite Robeline where they are washed, crushed and pressed. The cider is monitored very carefully and filtered when required (to remove some of the natural yeasts). After a few months, the cider is bottled. We leave a small amount of yeast in the cider so that it can do a secondary fermentation in the bottle (like Champagne) which gives it the distinctive fizz associated with traditional Cidre Bouche

**What do you enjoy most about creating your own product?**

There is a certain satisfaction in harvesting apples in the Autumn and, over a few months, turning them into a delicious and refreshing drink that is enjoyed by so many Islanders. And, of course, some of the cider is distilled on our mobile still and left in oak barrels for

a few years to mature into our rich, amber nectar, L'Esprit d'Jerri which is beautifully smooth and apple-y.

**What is your signature piece or favourite thing in your range?**

All of it! We particularly enjoy the medium cider and Prestige L'Esprit d'Jerri which has a rich and intense flavour of apples - delicious enjoyed after a good dinner.

**We're going to tailor the questions to fit you crafty folk and foodie folk so.....**

**What are the ingredients that make your product unique?**

Local Cider Apples - that's all that goes into our cider!

**Which Jersey produce do you like to cook with? (besides the ones you create)**

Fish, seasonal vegetables, dairy items, eggs, fruit - in fact all local seasonal produce!

**What is your favourite foodie childhood memory?**

Richard remembers trying new exotic dishes when on family holidays in France and Sarah remembers eating lobster in Sark on a day trip to the Island with family and friends when she was about 8! The rest of the party had sandwiches apart from her sister who had beans on toast! We both grew up in families who were interested in food and farming and who liked to experiment with "new" ingredients.

**If you could eat only one thing for the rest of your life, what would it be?**

Richard - steak, Sarah - Jersey oysters

**Where can we buy your products?**

From ourselves, through our website [www.LaRobelineCider.je](http://www.LaRobelineCider.je) and Corkscrew,

Waitrose and the Co-Op (with more stockists being added to the list in 2022)

**How do you relax when you're not meticulously making your work?**

Richard likes to make and play accordions. Sarah likes to garden, quilt and read. We both like to walk the dogs and spend time with our daughter and her puppies.

**Where's your favourite hidden corner in Jersey?**

La Petite Robeline.

**Where would you go on a date night?**

Into our courtyard, light the barbecue and enjoy the garden.

**You've got visitors over for the weekend and are taking them for your perfect Jersey day out, where do you go?**

We would spend the morning at Durrell followed by lunch at Green Island then a walk with the dogs up at Les Landes before settling down with a glass of cider on St Ouen's beach to watch the sun go down.

**What's the one gadget you couldn't live without?**

Richard - a chain saw. Sarah - my iPhone - I run the business from that miracle box in my pocket!

**Is there anything coming up over the next 12 months we should be looking out for?**

More of our cider in pubs, restaurants and cafes! We are researching new equipment which will allow us to bottle into smaller bottles - something the hospitality industry has been asking for for years!

Each month we feature some of Jersey's creators and let them share their creative visions and handmade goods with you lot, our island consumers. If you like what you see, check out [genuinejersey.com](http://genuinejersey.com) and hunt them down to support our local industries!





# TRADING UP



Just as we were going to print we got an invite to sample the wares at *The Merchants*, the new 'Coffee Shop Gallery' on Beresford Street. We've been wondering what was happening in the former Barista coffee shop every time we've driven past the market over the last few weeks and we like what we see.

The first known trade in 4 Beresford Street, was in 1857 and it operated as a Hardware Merchants, run by the Picot Family. This is where the name "The Merchants" has been inspired from as "Everything is for sale" and proprietors James and Jayne have big plans for the space.

"Although currently selling vintage furniture that is experienced in the space, the long term aim is for all furniture and products used in The Merchants to be sourced locally and come from Jersey based Artists and Artisans. We will be sourcing all 'art for purpose' by local 'makers' for examples; tables by carpenters and CNC artists, chairs by local metal workers, plates by local potters and glasses blown by a Jersey creator".

The artwork on the walls are from international artists sharing a range of new artists and photographers to the local community. The information relating to each product is condensed into a QR code placed on/next to the works. It takes visitors to our website where they are able to purchase any of the items being used in The Merchants and links to the Artist's/Artisan's website to share their story and work. It is to also share new artists to the local community, inspire the next generation whilst allowing accessible art being sold, although some pieces are in the £2k+ range, the artists prints start at £30.

The Merchants is also seeking to share a commission free wall named the 'Students Hall' that is inviting the A Level students from all the local schools to exhibit around 4 pieces of work per month, hopefully on rotation of all schools on the island. We hope to help by creating a self motivated deadline for students to experience discussing, pricing and developing their work in a commercial context and of course hopefully sell their work.

There is a vinyl corner celebrating album artwork and original sound with a bluetooth turntable, to be used to listen to records for sale starting at an accessible price of £2 up to our Rough Trade supply of new bands at the £20 mark. Whilst listening to tunes visitors can enjoy a large archive of art + photography books whilst sipping their Dark Arts Coffee and Rare Tea.

The small back room is an early development space with a projector playing educational films of art practice for kids, with the materials for them to draw on the black board wall, stacks of paper for them to explore our materials and take their art home.

In addition, they are already speaking with local artists to run kids art workshops, in addition to adult workshops in the main space after-hours in the summer; "Once settled we hope to be rolling out these workshops regularly with different local and international artists sharing their skills to the community. We are already in discussions with Dave Buonaguidi, a screen print artist based in east London, to visit and run a screen printing demo by pulling the screen with a Harley Davidson and running introduction workshops open to the public".

Watch this space!

## THE ARTISTS

### Laurie Vincent

Multitalented Laurie is half of the British punk rock duo @slaves, front man of indie band @larrypinkthehuman and a well exhibited Artist who has collaborated with brands such as Dickies and Lazy Oaf. His signature psychedelic repeated patterned backgrounds and self representation expressed in a cheetah share personal tales through moments of stillness in life's day to day chaos.

### Benjamin Jean Jean

Globally exhibited and renowned French Artist Benj has collaborated with some of the biggest skate & surf brands and he is part of the @artistnetworkprogram for RVCA. His work stands for neo-symbolism based on contemporary aesthetics. By combining linear elements with ephemeral objects, he creates subtle sequences of the modern world that provoke images and emotions but leave the observer to associate with them.

### Vincent Perraud

French FujiFilm ambassador began his career shooting BMX and has gone on to shoot for brands such as Porsche, Tag Heuer, Nike, Adidas, Eastpak, Vans, Carhartt, North Face among many more. His style focuses on subjects of beauty wrapped in golden hour hues with the reminiscence of BMX aesthetics by encapsulating crucial split second moments that most would miss.

### Stevie Gee

Globally exhibited Stevie Gee has created work for brands such as Vans, Adidas, Patagonia, Paul Smith, Stella McCartney, Deus Ex Machina, Penguin books, Ray Ban, Nike and collaborated with many skateboard and record companies.

### Hans Sures

German Artist Hans is more of a traditional practitioner with a classic style with a signature twist. He works with a realist approach and has created a small series of motorcycle moments in graphite for us.

### Dave Buonaguidi

Dave is a Hackney based screen-printing artist who collects past printed objects that have been forgotten and rebirths them with humorous statements most are too afraid to say. He was a globally renowned advertising giant but decided to focus full time with the love of his life - screen-printer.

### Felicity Marshall

Felicity Marshall is an artist and print designer. She has crafted an incredibly unique and recognisable style, lending a distinct soft beauty and character to her bold, graphic creations. Felicity's work is influenced by her love of Horror Comics, Pulp Book Covers, and the surreal pop culture icons of America and Japan. Some examples of her clients are The New York Times, Frieze Art fair, O2, Liberty, ASOS, Topman, amongst others.

### Will Barras

Will was a significant contributor to the street-art scene in Bristol in the 1990's and co-founded the influential Scrawl Collective. Barras' paintings are characterised by a distinctive mix of dynamic shape composition and pulp story film still-evoking figuration. The urban weapon of spray paint is in the mix, when wet acrylics produce aquarelle effects as a basic layer for an inventive use of negative space.

### Lastly James A Grant,

(one half of *The Merchants* - below).

Jersey born and raised James left the island to study art and photography who went on to graduate with a Master of Arts from London College of Fashion. Originally working in fashion photography his work predominantly focuses on people as his subject sharing a glimpse into their lives through candid moments. He has worked with brands such as BMW, Harley Davidson, Barbour, Dickies, Vans, Deus Ex Machina and celebrities such as Rio Ferdinand, Damon Albarn [Blur, Gorillaz], Alexa Chung amongst many more.





# Three is a magic number

We're all familiar with the terms 'multi-generation' and 'home with income', but they usually apply to housing just two generations of a family, or having a little self-contained unit to let out to one person or, at a push, a couple. But this property includes not one, nor two, but three units of accommodation all in one, providing flexible accommodation arrangements. So if you've been looking for a multi-generation home with income, this one's most certainly for you.



PICTURED ON THIS PAGE The main house

PICTURED TOP The studio



This could also be a home with multiple incomes. Or a three-generation home. Or any combination of those. Situated in St Clement towards the bottom end of La Rue des Samares, conveniently close to both the beach and a bus stop (although there is also parking for four cars plus garaging, so there are plenty of options when it comes to travel as well as who'll be living where), let's break this down into three parts; the main house, the annex and the studio.

The main house, overlooking the very private and south-facing garden (perfect for an all-over tan, if you catch our drift) has two double bedrooms, one being the master suite which also sports en suite facilities, as well as an additional 'cot room' that'd make a perfect work-from-home office space if not required for a tiny human to sleep in. The house bathroom is also on this floor, as well as a sunny balcony that overlooks the garden and neighbouring fields. Meanwhile, on the ground floor of the main house you'll find a good-sized kitchen, large garden-facing conservatory and a welcoming living / dining room.

The annex, with entry via its own front door, is split over two floors with a living

room, separate kitchen and a utility room downstairs, then a large double bedroom and a bathroom upstairs.

Finally, the studio also has its own private front door, but can also be accessed from the garage. Like the main house and annex, the studio is also set over two floors, with a kitchen-breakfast room downstairs and its double bedroom and bathroom upstairs. It's important to note that both the annex and studio are currently tenanted until the end of August and September this year respectively, so this will afford the new owner a degree of flexibility when it comes to negotiating continuations of the leases or moving in a couple of generations of their own family! All of the units have oil-fired central-heating, mains drains and one electricity and mains water supply serves all three units within the property.

What are you waiting for? Could this be your next step on the ladder, with a couple of tenants helping to pay your mortgage, or could your parents and children do with living under your watchful eye? If either of those scenarios resonate, give Le Gallais a call to arrange a viewing.

***“The main house, overlooking the very private and south-facing garden (perfect for an all-over tan, if you catch our drift) has two double bedrooms...”***

## St Clement

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- 5 Parking

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PICTURED BOTTOM The annex

# Clear-cut *stunning design*

No home would be complete without windows and doors. But with more architects opting to explore the structural qualities of glass in their designs, glazing is being placed firmly at the heart of modern home building.

Clear Living is a market leader in the design, supply and installation of structural and frameless glass to residential and commercial clients. Based in Cheshire, UK they have strong links to The Channel Islands and have undertaken some of their most impressive projects here.

Visually light yet structurally strong, glass has long been favoured by architects as a means of opening up a building to its environment while still protecting it from the elements. The spectacular views and coastline of The Channel islands can be seen from your kitchen or living room.

Clear Living specialises in only the highest rated glazing systems which are particularly well suited to the harsh marine environments and high wind loads of Jersey and Guernsey. With in house specialist glazing engineers, they are able to ensure their glazing designs and installations meet the requirements of even the most challenging buildings.

Sky-Frame represents the ultimate in glazing innovation, design and technology. Featuring a diverse variety of beautiful sliding doors, this range is the result of years of glazing research, knowledge and experience. Sky-Frame sliding doors feature narrow sightlines as low as 20mm, no framework at the edges, minimalist handles and locks with options for sloped and curved panels as well as automation.

One of the great appeals of structural glazing is that it gives the feeling of bringing the outdoors inside, and creating a connection which hasn't been possible until now. Typically used at the rear of the property, where people put their kitchen, dining and living spaces – areas where the view are usually the best and the whole experience of connecting the inside with the outside becomes more meaningful.

Glass Box extensions can create a completely clear, frameless extension space with no metal supports visible. The use of frameless structural glass with laminated glass fins and beams allows the entire construction to be completely glass, thus allowing you to extend your house with an ultra-modern structure capable of bringing more light and space into your home and enabling you to enjoy your garden and views throughout each season.



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# Finishing Touches



*Light, camera, ACTION!*

Feel like you're living on the set of a Hollywood movie with this bold, chunky tripod lamp. Made from a mix of natural bamboo and matt grey metal with a copper inner shade.

Available from Romerils priced at £102.99  
romerils.com



*Oh, I do like to be beside...*

...well, wherever you choose to put your beach-break inspired deck chair, really. Live your best vicarious beach life without the woes of bringing a load of sand inside afterwards!

The Adelina deck chair is £99 from MyPad  
mypad.com



*Flames of paradise*

Keep the evening going as things warm up and you spend more and more time out in the garden with the 'paradise leaf fire globe' fire pit and let the flames cast leafy shadows as they dance.

£109 from Dunelm  
dunelm.com



*Further that film set feeling...*

If you liked the look of the tripod lamp above, why not pair it with this 10" fan to feel the wind in your hair as you daydream the 9 to 5 away while working from home?

£85 from Power House  
powerhouse.je



*A true icon*

There's no denying that the original kettle-style Weber barbecue is a design icon, but the range also includes a whole host of different models, available to check out locally.

Available from St Peter's Garden Centre  
bluediamond.gg



*A Dapper design*

Hay have an array of beautiful pieces of furniture from an incredible line-up of designers. Their Dapper Lounge Chair is a firm favourite, with a huge choice of fabrics and finishes.

Hay is available from Pebble  
ilovepebble.com

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ON THE  
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*Law*



# Can you have a good divorce?

Words by Emma Wakeling, Partner and Head of Family Law at BCR Law LLP



The words “good” and “divorce” may look strange sitting next to each other. When we think of the divorce process we rarely associate positive words with it. But does it have to be that way? In my view, no – not if you both want it to be different.

Fans of the BBC drama *The Split* will have seen this question examined and running as a theme throughout the show. There are bound to be bumps in the road as two people unravel their lives together but if you both want the same outcome and both approach the process in the same way it is possible to have a good divorce.

The key thing here is that both spouses want to approach matters in the same way and do so from the outset. Having a proper discussion about things and reaching an agreement is far better than fighting for fighting’s sake in a court room. All that does is heighten emotions, cause additional stress and incur legal costs. It is no secret that most people would prefer to spend their hard-earned money on themselves and their family rather than a lawyer!

#### Top tips for turning this myth into a reality

First, think about where you want to be at the end of the process. What do you want to achieve? That will help focus your mind and your energy on what is important to you.

Set the tone from the very first communication. If you want this process to be amicable, say so and always keep that in mind.

If you can, have an open discussion with your spouse about the finances – what assets do you have? What liabilities? How should those be dealt with? Take legal advice throughout. Choose if you want a lawyer to front negotiations or if you want to do that yourself. Speak to a lawyer at the beginning so that you understand the process and your various options. That information will be invaluable.

Find a lawyer whose approach suits you. I am a firm believer that you can be a divorce lawyer and still be nice. Being nice does not mean you are a pushover.

If you have children, always keep them at the centre of the process. They do not want their childhood to be tainted by memories of their parents’ divorce. They love each of their parents and ultimately want each parent to be happy. Be practical and be reasonable about the arrangements for the children – both financial and their day-to-day care.

Think of different ways to resolve any areas of disagreement. Mediation is popular and can be very effective.

*“There are bound to be bumps in the road as two people unravel their lives together but if you both want the same outcome and both approach the process in the same way it is possible to have a good divorce.”*

People tend to feel better about an agreement they have reached themselves, rather than one imposed on them by a court. Own the situation from day one. In the same way as you planned your wedding, plan your divorce so that it happens the way you want it to. That way, you can have a good divorce – if you both want to.

**If you’d like to get in touch with Emma call 01534 760 866 or email [emma.wakeling@bcrlawllp.com](mailto:emma.wakeling@bcrlawllp.com)**

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- Children & Child Maintenance
- Civil Partnerships
- Divorce & Separation
- Injunctions
- Pre-nuptial & Post-nuptial Agreements

# Digital Legacy

With a little advance planning you can ensure that your digital legacy is preserved to pass on to your loved ones. In our busy lives it's easy to put this off. Fortunately, planning for your demise does not bring it any closer.

Digital assets are usually accessed online through third party providers such as Google, Microsoft, Netflix or Amazon. Examples include digital photos, music, internet domain names, emails, social media accounts, loyalty points, crypto currency and online gaming. It's not always clear whether the individual owns the asset or the online service provider. For this reason digital assets may present challenges on death. Each service provider has its own terms and conditions which need to be adhered to.

## How can you plan ahead to deal with your digital assets on your death?

Make a list or inventory of the information that you hold digitally and online accounts. This information should be stored in a letter of wishes along with your Will and updated periodically. Failure to take this step could result in your executor having to identify your digital assets following your death, which may be time consuming and costly.

Exercise caution about how you store usernames, passwords and access codes. Public and private keys for crypto currency such as Bitcoin or Ethereum, which should be stored securely and possible in different locations.

Consider whether your digital assets have a value. Do you need to make a Will or add a bequest to your existing Will determining who will inherit them?

Decide who will deal with your digital assets upon your death. Does your executor have the tech expertise or do you need to appoint a second executor with the necessary knowledge and skill to manage these assets on your death?

What about confidentiality? Do you have sensitive or confidential information in your emails which if accessed following your death could cause significant upset or distress. You may wish to consider deleting information periodically to avoid such outcomes.

Conversely, if you run a business there may be information contained in your emails which is vital to the running of the business but is now inaccessible. In this situation you will need to ensure that the right person has access to your emails and perhaps that important information is stored externally and/or kept in hard copy.

Another issue to consider is where the digital assets located. Do you have a valid Will dealing with assets in that location? Courts have determined that blockchain is located wherever the key is held but the key is not the asset. Where keys are held in more than one location this may present difficulties. The law is not developed enough to deal with this type of scenario.

**The Digital Legacy Association is a global organisation focused on raising awareness of the importance of digital asset planning and safeguarding. Further information may be obtained at [digitallegacyassociation.org](http://digitallegacyassociation.org)**





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# From *to Accountability*

What the Domestic Abuse (Jersey) Law 202- means for Jersey

Words by Advocate Chris Hillier, Head of Family Law, Ingram Advocates

In April 2022, the States of Jersey adopted the Domestic Abuse (Jersey) Law, and its enactment is awaited to help those who have experienced abuse, violence, coercive control and / or threats during their relationship.



Domestic abuse will be classed and treated as an offence; a first in Jersey.

Previously, those suffering from domestic abuse have had fewer options to protect their safety.

Whilst injunctions (also known as non-molestation Orders) have been available together with Harassment Orders they must be approved by the Court before being served on the defendant. They can take time to draft and there can be legal and other costs associated with them.

## What will the new Law do?

Under the new Law, a person who intentionally or recklessly engages in behaviour that is domestic abuse commits an offence and is liable to imprisonment for a term of 5 years and to a fine.

1. The new Law will create an offence of domestic abuse.
2. It will provide for new measures called 'domestic abuse protection orders' (DAPOs)
3. It will require people who commit domestic abuse offences to provide personal information to the police.

The Law also focuses on protecting victims of domestic abuse by enabling the Court to issue a DAPO against A if the court is satisfied that –

- (a) on the balance of probabilities, there is a risk of further domestic abuse by A towards B; and
- (b) it is necessary to issue the order to protect B.

Before issuing a DAPO, the court must read statements by each party. It must also consider the welfare of any connected person who is under 18.

DAPOs may also require person A to move out of premises that the parties share, or not to enter a property. The length of a DAPO will be decided by the Court.

## Recognising relationships

The new Law recognises different kinds of personal relationships, and the parties must be “personally connected”. However, the person subject to violence, control or threatening behaviour in that relationship does not have to be married or living with person A.

The legislation casts its net wide. It will apply to former partners who are or have been parents of the same child, or share, or have shared, parental responsibility for a child. The Law also accepts the concept of an “intimate personal relationship” having existed between two parties.

It also enables relatives to seek recourse, recognising that abusive relationships can exist in families, and where one person may be the carer for another.

## Police disclosure

Crucially, the Law enables the Police to disclose details of any DAPOs that have been issued against a person (even if an order is no longer in force) to a person who applies for the information to be disclosed; or to a person who the officer considers is at a credible risk of harm from the person to whom the information relates, if the disclosure is proportionate and reasonable.

**This article is for information purposes only and does not constitute legal advice. If you require family law advice, please contact [chris.hillier@ingramadvocates.com](mailto:chris.hillier@ingramadvocates.com)**



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# People before everything: *Ogier's approach*

At international law firm Ogier we know that we owe our success and our future as a firm to each person who works with us. That's why putting our people before everything else is a strategic priority for us. Talking a good game is not enough – the specific needs and aspirations of our people need to be central to everything we do: every policy, procedure, interaction and experience at Ogier. Getting it right isn't always easy, but nothing less will do to be the firm that not only attracts but deserves the best talent. Here a number of our colleagues share their experience of life at Ogier and how they've experienced our principle of putting people at the heart of everything we do.



Michael Anderson / Mia Dixon, who is shortlisted for the Jersey Finance Rising Star 2022 / Steph Button

## Michael Anderson

I did a joint honours in law and French and my first job out of university was as a French linguist. After travelling and working for about two years through Australia, New Zealand and South East Asia, I completed a traineeship split between Glasgow and Edinburgh. One of the trainees in the year above had gone to Jersey the year before. I came out for a visit and loved it. I interviewed at a number of law firms but Ogier actually engaged with me on a human level rather than as another fee-earner there to hit targets

Putting people first means giving them the freedom and autonomy within a role to explore complementary professional opportunities. I tutored remotely at the University of Dundee last year during working hours for example, and the firm was genuinely interested and encouraging. It's about viewing the individual holistically. Autonomy and self-realisation are woven into the fabric of the firm.

## Mia Dixon

When I finished my A levels mid 2020 as a result of the pandemic, I was looking for an opportunity in professional services that would give me a broad and diverse introduction to the working world.

Since joining the firm in 2020, I have always felt valued and listened to. Ogier is constantly looking for ways to develop - their tech, their people and everything in between. There are so many opportunities on offer, from short 30-minute weekly development workshops, to external qualifications. This is so important for somebody like me in the early stages of their career

By having the opportunity to take on additional responsibilities and get involved in committees outside of my day to day role I have been made to feel welcome and my confidence, and network, have grown significantly.

## Steph Button

When I was taking A Levels I attended an induction day with Ogier. I was in awe immediately and the firm's clear commitment to developing their employees struck a chord with me.

Putting people first means understanding their needs and ambitions and providing an environment in which they can grow. After years of 'paralegaling' I was ready to start the journey to qualifying as an English solicitor and Ogier has supported my development.

Ogier understands that work is just one piece of a wider picture that makes up our lives. For example, I wanted an extended period of leave for our honeymoon but it clashed with a training course I was scheduled to attend. Ogier understood how important this was and went out of their way to make it work.

### Simon Perdigao

My appointment came through Ogier's relationship with Jersey Employment Trust. Ogier was keen to get involved in this as the firm has a record of supporting community projects. The Jersey office Global Support Team was also looking for someone to come in and take responsibility for dealing with office post daily and scanning duties and I fitted the bill.

Putting people first means making sure that you look after your colleagues and members of staff as well as clients. I am quite ambitious and in the past I have tended to put pressure on myself to perform, but that stress could make me anxious. But I feel I have settled in really well here. If there's something I'm not sure about, I'll always ask. I learn something new every day. I've just loved every second of it so far.

JET has given me absolutely 100% support for about eight years now, and this continues with Ogier also. It's made a huge difference, helped me gain experience and confidence, and it's made a difference in myself, my behaviour, my life.

### Fallon Saussey

I originally started my career in accounting at a small firm, and two years later I moved into marketing. A role eventually became available at Ogier and I was drawn to their openness, innovation and reputation, made the move and haven't looked back since!

Putting people first means always putting people's needs before anything else. Ogier is always looking for new ideas and they constantly look to their employees to showcase any ideas they might have.

Everyone has a voice within the firm and we're always encouraged to do what is best for our mental and physical wellbeing, whether that be working flexible hours, working from home or being in the office. Ogier has also recently introduced expanded family leave benefits, which shows the firm recognises how important time with family is.

### Natalia Fortuna

After completing my degree in law in London, I was attracted to Ogier because it provided the opportunity to qualify as an English solicitor at a firm with a global presence, and exposure to high-calibre international work while also enjoying all the benefits of island life.

For me putting people first means valuing every person no matter their personal or professional backgrounds, or their level of seniority. I think a key part of this is recognising that every person in a team has something worthwhile to contribute, providing adequate support so that people feel confident to share their ideas, and showing employees that they are appreciated.

Ogier puts people first by investing in their progress at every level. Even at trainee level I was encouraged to take responsibility for and run my own matters. As a result I was able to progress quickly and confidently with the support and guidance of more senior legal fee earners.

For more information visit  
[www.ogier.com/careers](http://www.ogier.com/careers)



Simon Perdigao / Jersey Finance Rising Star 2021, Fallon Saussey / Natalia Fortuna, who is shortlisted for the Jersey Finance Rising Star 2022

# Movers & Shakers

## Aztec welcomes new Head of ESG & Sustainability

*The Aztec Group has appointed Caroline Mantoura as its Head of ESG & Sustainability.*

Caroline is based in the UK and in this newly-created role, she will work closely with Aztec's clients in support of their sustainability goals, as well as embedding ESG principles across Aztec's operations and processes.

Caroline joins Aztec from Accenture, where she held the position of Director of Operations following a decade in Accenture Strategy as a senior member of the Sustainability practice. Her clients covered the consumer goods, agriculture, energy and utilities, mining and telecoms industries across Europe, Asia, sub-Saharan Africa and the Middle East. Caroline started her career as a mechanical design engineer at Arup, a global engineering consultancy specialising in low-carbon infrastructure and green buildings, where she first pivoted to the world of ESG in 2004, working on the third generation of the GRI guidelines.



## Alexis Dolling tackles JFSC Culture

*Alexis Dolling has been appointed as Executive Director of People and Culture for the Jersey Financial Services Commission (JFSC).*

Alexis is the former Head of HR for HSBC's UK Retail Bank and more latterly the Chief Operating Officer for the Wealth and Personal Banking division of HSBC in the Channel Islands and Europe. Alexis is an established executive with a wealth of commercial, HR, leadership and operational experience from her previous roles in the Financial Services and Retail sectors. In her new role, Alexis will lead the People Strategy and support the Executive team with organisational effectiveness, employee engagement and further strengthening our capability to be a high performing organisation.



## Anna Field to BCR

*BCR Law LLP has welcomed Advocate Anna Field to its Property team further strengthening its offering to local property clients as part of continued growth of the firm.*

Anna, who has 20 years of legal practice experience, will deal with both residential and commercial property transactions. In her role, she will act on a wide range of property law matters, including freehold, flying freehold and share transfer purchases and sales, as well as assisting and advising borrowers, lenders and

developers in relation to property transactions. Anna started her legal career in 2002 and was sworn in as a Jersey Advocate in 2008. Prior to joining BCR Law, she spent five years working in the property law department of a local law firm, having previously worked in the litigation department of another large Jersey law firm.



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**Mark to Le Gallais & Luce**

*Mark Brady has been appointed as Senior Counsel at Le Gallais & Luce within the firm's commercial legal team*

Mr Brady is a specialist finance lawyer who first qualified in private practice with a major Scottish firm in Edinburgh in 2006 and who has more recent experience in London and Jersey, including senior in-house roles within financial services firms. He brings a wealth of knowledge of banking and finance transactions as well as wider corporate and commercial contracts expertise. In addition to corporate and finance matters Mr Brady will offer a highly responsive commercial contracts review service to support client businesses that require an efficient and commercially focussed legal review of routine business contracts.

Outside of work Mark enjoys golf, sailing and keeping fit through regular walks along Jersey's fabulous coastline.

**Movers & Shakers**

**Christina is a HERO**

*HSBC diversity champion recognized in Ethnically Diverse Women Role Models list*

Christina Liciaga, HSBC's Head of Customer and Products in the Channel Islands and Isle of Man, is one of only two people in the UK to have been featured on the HERoes Ethnically Diverse Women Role Models list. The List, which was created by INvolve and is supported by HSBC, spotlights twenty exceptional ethnically diverse women leaders in business from across multiple industries and sectors from around the world who are driving the charge for global inclusion and making an impact within their own organization and industry. Christina has previously been recognised for her work in championing diversity by the EMpower Top 10 UK Black Role Models List, and the EMpower Ethnic Minority Role Model List, both of which highlight outstanding leaders breaking down barriers in the workplace. This latest success reflects the considerable work she does both inside and outside of HSBC to advocate for diversity, equity, and inclusion.



**Tarly joins Ashburton**

*Ashburton Investments International, the Jersey-based investment management business of FirstRand group, has recruited Tarly Bolla as Senior Portfolio Manager.*

Tarly has over 20 years' experience of managing multi-asset portfolios. He joins Ashburton from a local boutique asset manager, having previously worked as a senior portfolio manager for over ten years at a major European private bank. He holds qualifications in Wealth Management and Alternative Investment Analysis, as well as a Post Graduate Diploma in EU Politics & Economics and a BA (Hons) Economics.



**Kylie joins Voisin Law**

*Kylie Young has joined Voisin Law LLP in the position of Head of Probate.*

Kylie brings with her a wealth of experience, having been involved as a probate professional in Jersey for over 20 years. In this time Kylie has focused on both domestic and international clients, managing the testamentary and successional affairs of Jersey-based assets. Previously Kylie has acted as the Probate and Wills manager of two large law firms based in Jersey, advising on all areas of Jersey Probate including the preparation of wills and codicils. Kylie also has experience of working alongside dispute resolution lawyers on contentious matters.





**IOD Director of the Month  
FRANCESCA  
ROTHERAM**

Principal, Director at MixBox Comms.

**What does your company/  
organisation do?**

We like to think of ourselves as a comms curator for all things marketing. We've taken many of the industry-leading media and marketing people we've worked

with over the last decade and packed them into MixBox because long-gone are the days of having everything in-house. Our expert and massively trusted team of collaborators makes us extremely versatile and gives us access to very scalable resources - it's why we called ourselves MixBox.

**What does a typical day look like for you?**

Like everyone now living in the world of 24/7 communications, I check emails, social media accounts and the news over a large coffee, especially keeping an eye on what's relevant to our clients.

Next, a daily catch up with the team to brief in new projects which includes design, web development and copywriting. I ensure everyone is on target with deadlines, brainstorm ideas for any new campaigns and then update our clients on their active projects.

I try and take my two dogs out for a walk at some point during the day to get some fresh air and time away from the screen. They have so far not helped with any brainstorming, but I live in hope. I always make a point of checking in with any third-party contacts about new services and resources available that will help us do our job better and add value to our clients - this has always been essential to the way we think and work.

Then it's time to plan, schedule and send out any comms for the next day, often conducting research to help with new strategies. Finally, I'll scan the news and social media again just in case something has come up that's relevant to any of our clients.

**What's the best piece of advice you've ever been given?**

Always remember, there are lots of people out there better than you - so never stop trying harder.

**Describe yourself in three words.**

Versatile, industrious, inquisitive.

**Upcoming IOD Events**

**Meet the New Chair**

IoD members are invited to meet the new Chair of the IoD Jersey Branch at a Welcome Drinks Reception on 30th June. The event is kindly sponsored by Sabre Advisory Limited and will be held at The Museum. Drinks and canapes will be served, the new Chair will make a speech and there will be musical entertainment. This is a members-only event. Please RSVP to: officer.jersey@iod.net to secure your free place.

**Innovation Event**

The IoD Jersey Technology Sub Committee are joining forces with the Environment Sub-Committee to deliver a new event called 'Responsible Business Horizons: where sustainability and technology meet'. The event is being kindly sponsored by Collas Crill and will be held at the Royal Yacht on 14th July. This will be a breakfast event and tickets are available via Eventbrite. This event is open to both members and non-members.



**Geraldine leads new HR service.**

*With the current challenges in recruitment, HR Now, has launched a dedicated HR Recruitment agency.*

HR4HR is being led by experienced recruitment specialist, Geraldine Sanders, who ran her own recruitment agency for 16 years, and prior to that, worked in HR herself. Becky Hill, Founder and Director of HR Now said they decided to launch HR4HR because of the need in the marketplace. "The HR role is absolutely critical in an organisation because they are the lead in recruitment and retention of all your other staff. You have to get it right. We were increasingly being asked to advise businesses in this important hire, so in order to provide a comprehensive service, establishing HR4HR was a natural progression. We're very lucky to have Geraldine, who not only has a background in HR, but knows the recruitment landscape in Jersey back-to-front."

**Timothy moves to Alexander Forbes.**

*Alexforbes Offshore has appointed Timothy Townsend as Head of Wealth Management and Corporate Consulting.*

At the same time the company has launched a name change, new brand and strapline: 'Insight, Advice, Impact'. Sounds purposeful! Tim brings with him more than 14 years' experience in international wealth planning and investments having previously worked for Standard Bank, Ashburton Investments and Lloyds Banking Group. A voracious learner, Tim holds an MSc in International Financial Services with a focus on regenerative leadership and is a Certified Financial Planner® and Chartered Financial Planner. His new role will focus on expanding the well established holistic financial advice, employee benefits and personal pension solutions provided by Alexforbes Offshore.



The formerly named Alexander Forbes Offshore was established in Jersey in 1975 with the South Africa Headquarters going much further back to 1935.

# Movers & Shakers



## *It's almost time to shine.*

*Jersey Finance's Rising Star Awards initiative designed to recognise the future leaders from across the local financial services industry. The Rising Stars Awards, now in their third year, celebrate young Jersey talent (age 16 - 30 years) across fourteen industry categories.*

This year, two new categories were added to showcase young professionals who have demonstrated commitment to Diversity and Inclusion, and Sustainability. The other categories are Accountancy, Banking, Compliance, CSR and Employee Morale, Digital, Funds, Human Resources, Investment Management, Law, Marketing, Operations and Secretarial, and Trust and Corporate Services.

Nominations opened in February for firms to put forward young people that they felt deserved recognition for having made a difference to their workplace, set a strong example in their field of work or drawn on their skills to make a positive impact in the local community. Over 150 young professionals were nominated, of which 42 have been shortlisted by independent judges Jenny Swan, former CEO for Channel Islands business at J. P. Morgan, Jo Ferbrache, Founder of Jo Ferbrache Consulting Limited & Sober Jo, and Kevin Lemasney, Head of High Value Residency Engagement, Locate Jersey.

The public can now vote for the shortlisted candidates via the Rising Stars microsite, and winners will be announced at a ceremony on 29 July at the Royal Jersey Showground. Sponsors for the Rising Stars Awards 2022 are Equiom, IQ-EQ, Oak Group, Stonehage Fleming, Vistra, Bedell Cristin, PwC, SG Kleinwort Hambros Bank, Deloitte, and Butterfield Mortgages Limited.

### **The shortlisted candidates are:**

*Daniel Nolan (Grant Thornton), Chelsea Dollar, Louise Darwin, Charley Sampson, Max Lamb, Sumaya Nabembezi, Lydia Mollett, Tori Davis (PwC), Leandro Rodrigues, Harry Messervy (Langham Hall Fund Management), Stephen Coelho, John Papon (UBS AG), Megan O'Connor (Standard Bank), Dominic Hind (Mourant), Oliver Berisford, Corey Bisson, Chelsea Mason (Sanne), Jordan Stott, Shelly Abreu, Luke Bromage-Henry (Deloitte), Rahul Kini (EY), Chelsea Le Beurrier (TMF Group), Natalia Fortuna, Mia Dixon (Ogier), Marina Mackinder (KPMG), Alice Hutchinson (Vistra), Charlie Le Quelenec (Ashburton), Luke Twardowski - Reid (Brooks Macdonald), Jodie Hassett (Rathbones), Bradley Gibb (Collas Crill), Caitlin Connor (Carey Olsen), Zandy Cohen (Viberts), Ayisha Ashworth, Danielle Costford (JTC), Chris Hansen (Lloyds Bank), Ben Rive (Sabre Advisory Limited), Andre De Faria (Hawksford), Rosa Micheljump (Zedra Trust Company), Ellen Hibbs (Highvern), Emily Hotton (LGL Trustees Limited), Catherine Buxton (Stonehage Fleming) and Owen Anderton (Dominion).*



## MEET....

### **DAVID LEMASNEY**

*David is a Senior Recruitment Partner who joined Rowlands in 2019 after making a career change from physiotherapy. Educated in both Jersey and Switzerland and having travelled extensively, David brings a unique perspective and energy to the business!*

#### **What part of Jersey do you enjoy most?**

I have a real fondness for St Aubin. When I was younger, I worked at the Watersports Centre during my summer breaks, so it always brings back great memories. I like the small seaside town feel, lively bars and restaurants. I've lived in Switzerland, Wales, France, and England, but Jersey feels like home and St Aubin captures the spirit of what I love about living here.

#### **What do you like to do when you're not working?**

In the summer, I would be outdoors as much as possible. I'm on a bit of a golfing mission - confident of reaching the PGA Tour in the next 28-36 years! I also enjoy surfing, paddleboarding, coastering and beach BBQs with friends. The rest of the year would be made up by playing touch rugby and dragging myself to the gym to try and keep fit.

#### **Given your love of the outdoors, how did you adjust during lockdown?**

Let's just say the lawn was almost too well cared for! The two hours a day restriction was daunting at first, but we're a close-knit team at Rowlands, so we all helped each other stay connected. I did get out for some cold-water sea swimming - I say swimming, but it was more 'dipping' - which became strangely addictive.

#### **What are you most looking forward to in 2022?**

Like most people, I'd like to get away and travel more this year. My friends and I are going to visit the Southern Alps in July for some climbing, canyoning, and hiking.



# A MOKE *without the smoke*

WORDS Russ Atkinson

IF YOU'RE OLD ENOUGH TO REMEMBER THE COLOURFUL FLEET OF MOKE HIRE CARS THAT WERE STILL CIRCULATING THE ISLAND DURING THE NINETIES, RESPLENDENT IN THEIR STRIPED, DECKCHAIR-ESQUE ROOF COVERS, YOU MIGHT HAVE A SOFT SPOT FOR THIS LITTLE STRIPPED-DOWN MILITARY VEHICLE CONCEPT THAT FLOPPED AND REBOUNDED INTO THE CIVILIAN MARKET.

Just like every other ugly duckling from the past, the oddball Moke that was once abundant and almost universally unloved by everyone, except the holidaymakers who'd happily rent one for entertainment value during the summer months, now commands an almost mind-boggling amount of money to own. And as with the plethora of other vehicles that've now become unobtainable to many, a combination of limited supply, fond memories and the people who've either owned, or wanted to own one in the past now having

significantly more disposable income is to answer for this. Even finding a moke shell these days is tough enough, and if you're not mechanically minded and are hankering after a Mini minus a hardtop, you've got to pay to play. It isn't all doom and gloom though, because for the lack of original Mokes still in existence there's a new supply to be found both on our doorstep and if you extend your search further afield to the west and over the Atlantic ocean, and both kinds feature a contemporary twist.

Moke America's offering is surprisingly affordable in the grand scheme of Moke values too, believe it or not. And by 'surprisingly affordable' I mean to say that, with a few optional extras - and yes, that's a thing even though the Moke is such a stripped-back vehicle by its very nature - you can order one for under twenty grand. Sterling, that is. Then there's shipping it over here. Having said all of that, they do produce right-hand-drive models as every e-Moke is built to order, so at least you'll get to sit on the 'correct' side while silently speeding around like you've just paid a visit to *West Park Cars* and are heading straight down to *Saint Breeee-lard* to top up your tan.

By speeding, of course, I actually mean 'traveling at speeds of up to 25mph', because that's as fast as they go. Unless you're trying to tackle inclines of over 20%, in which case this reduces to around 15mph. Look on the bright side though - if you ordered one today, waited the 160 days build time and then the month or two in transit while the world's cargo ships all loiter offshore waiting to catch up with all of the supply chain delays, by the time it arrives all of our roads will have had their speeds reduced to 20mph in any case, so you'll be golden.

Range wise, there's enough to just about get around our coastline before the battery is completely depleted (approximately 40 miles) and a full charge takes around eight hours. This is all down to the use of gel batteries, which are relatively primitive by today's lithium-ion standards, so while its exterior has a retro feel about it, well, so does the technology hidden beneath.

If these restrictions have shattered your topless tin dreams, fear not! Moke International, who've held the vehicle trademarks since 2015 and supply the chassis to Moke America also offer an electric model, but with a much less disappointing 62mph top speed and four hour charge time - so basically twice as good / half as painful to endure than the US-produced model. Hurrah! These benefits do come at a cost, however, in terms of both time and financial outlay. Release is slated for 'Summer 2022' but there's likely a bit of a waiting list (which you can join at [mokeinternational.com](http://mokeinternational.com)) and the starting price will be £29,150 for the base model.

To put things into perspective, if you're up for a project, a quick look online at the time of writing revealed half-decent examples requiring work from £7,500, usable, tidy models hovering around the £20k mark and a full-restored 'original' example - with what appear to be late-nineties Mini Sportpack Minilite-style wheels fitted - currently advertised for £35,000. So, on balance, it seems that the market price for

an electric Moke with equivalent performance to the original A-Series powered models is about right. A far cry from their original stripped back, utilitarian and cost-effective roots, yes, but as a fun little commuter and weekend car if you have the disposable cash? If it inspires people to switch to electric, then I'm all for it. I've said it before and I'll say it again; yes, I'm a petrolhead, but yes, anyone buying a new car should seriously consider making it an electric one. It's the future. Unless hydrogen takes off, that is...

**“IF THESE RESTRICTIONS HAVE SHATTERED YOUR TOPLESS DREAMS, FEAR NOT! MOKE INTERNATIONAL ALSO OFFER AN ELECTRIC MODEL, BUT WITH A MUCH LESS DISAPPOINTING 62MPH TOP SPEED AND FOUR HOUR CHARGE TIME - SO BASICALLY TWICE AS GOOD / HALF AS PAINFUL TO ENDURE THAN THE US-PRODUCED MODEL. HURRAH!”**



*All images are of Moke International models*



# SUMMMER TIME

WORDS Russ Atkinson

IT'S HERE, PEOPLE. THE FLURRY OF NEAR-CONSECUTIVE BANK HOLIDAYS, THE FIRST SIGNS OF PEELING, SHORTS AND SKIRTS - NO MORE JUMPERS. IT'S TIME TO SHINE, SO GET PREPARED FOR LONG NIGHTS AND WARM WEEKENDS AS SUMMER MAKES AN APPEARANCE.



## SIT COMFORTABLY AT THE CLIQ OF YOUR FINGERTIPS

Almost everyone's been there. You're out and about, maybe an impromptu picnic or beach BBQ, but you just can't get comfortable seated on the ground. If only you'd have brought a camp chair, you lament silently to yourself. You never do though, because they're bulky, often awkward to carry slung over your shoulder and, depending on how you arrived at said impromptu picnic or beach BBQ, transporting a chair slung over one shoulder might be completely impractical.

Introducing Cliq. Looking a bit like a futuristic grenade-type weapon from a first-person shooter game, thankfully its purpose is far more benign. It exists solely to give you

somewhere comfortable to sit that isn't a total nightmare to carry around with you. The manufacturer refers to it as 'bottle sized', which is a little vague, and while it doesn't look two-litre-bottle-of-your-favourite-cola-sized, it's probably slightly larger than the average drinks flask you might keep by your side in summer. Still, there should be space in your bag for it, so it's definitely an improvement on camp chairs of old, but it'll cost around \$100.

**Find out more at [cliqproducts.com](http://cliqproducts.com), or take a look on the world's largest retailer owned by a bald man with a penis-shaped space rocket.**



## DADDY, CHILL!

What do we want? COLD DRINKS! When do we want them? NOW! Well chill the \*\*\*\* out, because that \*\*\*\* takes time. There's no magic and instantaneous solution yet, but, thanks for forced convection, this nifty little device that looks more than just a little bit like it's fit snugly inside the middle of a Mazda rotary engine (I fully expect that this will mean absolutely nothing to 95% of readers, but was a reference worth making for the benefit of the remaining 5%) but fit awkwardly inside your freezer - where it's been specifically designed to go - can sufficiently cool down drinks in 10 minutes and make ice cubes in just 20 more, which is actually quite impressive. Possibly not as impressive as the game of freezer-drawer Jenga you'll be playing every time you need to put it into action, but needs must. With a run time of 45 minutes before it needs recharging, my man-maths reckons you'll be able to satisfactorily cool down a full crate of beers within that time, in batches of six. I'll drink to that.

The InnoChiller Turbo is available online. To find out more, visit [innochiller.com](http://innochiller.com)

## I SCREAM, YOU SCREAM...

If you're already a KitchenAid convert and have become a dab hand at mixing all kinds of sweet and savoury ingredients as things hot up in the kitchen, you might be pleasantly surprised to read that you can buy an ice cream attachment too. Step aside, dough hook... Unless you're into cookie dough ice cream, then the dough hook is back on the guestlist.

Simply chill the freezing bowl for twelve hours in the freezer (so you'll have to think ahead, but expecting home-made ice cream to be a near-instantaneous process would be grossly misguided in any case), fit the bowl to your KitchenAid and attach the paddle adaptor, then add your ingredients and allow to churn for around twenty minutes. Then, enjoy! How simple is that?!

The KitchenAid ice cream maker attachment, along with the rest of the KitchenAid range is available from Powerhouse. The attachment retails at £85. Visit their showroom or [Powerhouse.je](http://Powerhouse.je) for more details.



## GO SLEEP

It may look like a high-end home cinema speaker, but this gadget has quite the opposite effect. Rather than startling you when the dinosaurs rock up or World War Three breaks out during a movie night, the Gosleep is a gadget that learns about your sleep pattern in a completely contactless fashion, aiming to 'provide you with the best sleep solution'. Who doesn't need that in their life after a few too many tipples on a late summer evening?

How does it attempt this? Well, almost somewhat worryingly, by increasing CO<sub>2</sub> levels in your bedroom, or as the manufacturer puts it, 'creating optimal oxygen concentration'. Yes, you read that correctly - but worry not, apparently it's all backed by science and nothing to lose sleep over. See what I did there? Their studies and trials have brought them to the conclusion that less oxygen slows your breathing and makes you feel a little drowsy, so Gosleep adjusts this throughout the night to get you to doze off and then wake up feeling fresh. Curious? I am, but I think I'll wait a little longer before starving myself of oxygen in search of a better night's sleep and just strive to get my head down a little earlier from now on instead.

Find out more at [gosleep-en.kr](http://gosleep-en.kr)

“

I had also become quite interested in health and fitness more broadly and had stumbled across the Jersey Public Health Statistics Unit report. Incredibly it projected that by 2036 obesity would increase by more than 25%, diabetes by 42%, heart failure by 75%, heart disease by 63% and strokes by 64%. That was staggering to me and really hit home knowing that had I continued in my previous lifestyle I would likely have been one of those numbers!”

”

We meet a man and his team taking a valiant approach to health and fitness...

(This is Asa)



In 2017, like many mid-40-year-olds, the pressures of a busy job and young family had resulted in Asa Le Fustic neglecting his health and fitness. Deciding it was time to get into shape he discovered CrossFit and was immediately hooked.

Now Asa is about to fulfil a personal dream. Together with his wife Sarah and friends Chris and Andy, he is opening his own CrossFit gym, **CrossFit Valiant**. We took some time out with Asa to learn more about CrossFit and plans for his new gym.

### What is CrossFit?

CrossFit is a fitness methodology where the focus is on real world functional movements, like lifting, climbing, jumping and so on. I guess the magic is that it makes each workout really varied, so you don't get bored doing the same things over and over again. As you train in a small groups, it builds camaraderie as well as a healthy dose of competition!

### But do you need to be super fit to do it, right?

Absolutely not. When I started I couldn't run 100m without gasping for breath! What attracted me to CrossFit was the fact that it works for everyone, regardless of fitness level and age, as everything you do can be scaled. That means it's incredibly accessible. That... and the fact that its just great fun; you climb ropes, hit tyres with a sledgehammer, do box jumps....way much more fun than your average workout.

### What made you decide to open your own gym?

Andy, Chris and I had all experienced how CrossFit had transformed our own fitness levels and health. We wanted to share that with others. We had also experienced other CrossFit gyms whilst travelling and had spoken often about wanting to bring the best of what we had seen. We used that experience to create our own gym.

I had also become quite interested in health and fitness more broadly and had stumbled across the Jersey Public Health Statistics Unit report. Incredibly it projected that by 2036 obesity would increase by more than 25%, diabetes by 42%, heart failure by 75%, heart disease by 63% and strokes by 64%. That was staggering to me and really hit home knowing that had I continued in my previous lifestyle I would likely have been one of those numbers!

That were the the two main catalysts in getting this from an idea over a few drinks and before or after training together to making it a reality. We all knew that CrossFit training was ideally suited to all members of the community and that we could help others improve their health and well-being by providing the right environment and facilities.

**Fortune favours the brave!**

### What's unique about your gym?

The thing we all really agreed on was that we wanted to make a gym that was really accessible to all ages and fitness levels. We want to create a community where working out is fun, inclusive and effective, backed up by the highest quality facilities and coaching to give our members the best experience. I guess more of a 'club' than a regular gym membership.

The other key difference is the fact that we will all be actively involved day to day. Chris is managing the gym full-time and my wife and I as well as Andy will be training alongside our members every day. It's about building a community together with our members, helping make a positive impact to their health, having fun and sharing that journey with them.

### So when are you open?

We are opening at the beginning of July, the fit out of changing rooms and showers is being completed at the moment. The gym equipment is all made to order, as we wanted it designed specifically for the space we have. That's arriving in mid-June so we will have a very busy last week getting everything in and set up!

We will be taking membership applications from 1st June and will be announcing a 'launch day' where we will open our doors so anyone interested, or just wanting to learn more about CrossFit, can come and take a look around the gym.

**@crossfitvaliant**

Or [www.crossfitvaliant.je](http://www.crossfitvaliant.je) to learn more.



Photography Danny Evans

# Flex

*Jersey College for Girls Year 12 Student Tillie Beckwolden  
Interviews Jersey Bikini Athlete Hannah Foskitt*

**Describe a typical day in your life when you're doing a competition?**

There are two parts to competition prep, the off season and the actual dieting phase which is the hardest part. A typical day in the life during diet prep is: waking up at five in the morning, at the gym for half five, with two hours on the stair master. Back home to eat my first meal of the day, planned the night before and tracked on My Fitness Pal. Then I would go to work, as I work full time, come home, then go back to the gym in the evening for my weight training, rest and recovery after that, evening meal and then sleep.

**Who would you say is the biggest female role model in your life?**

In terms of bodybuilding and fitness, Lauralie Chapados. She's a bikini athlete who has done really well for herself because she has made a living from it. She has just won the title of Ms Bikini International, and she has competed at the Olympia. Her drive, work ethic, and perseverance has been quite inspiring. In terms of every day, I would say my mum. At the minute I'm working full time and doing my personal training qualification, online coaching, and having a social life and training. It's a lot. But my mum did her teaching degree later in life. She was working full time, studying, had a house, had children. So when I find it's getting a bit tough, I think of how much mum achieved with even more demands on her time.

**How did you get into bodybuilding?**

I've always enjoyed training and I've always enjoyed my fitness, but I thought it was something I wasn't going to be capable of because it's so hard. When I eventually decided to take the plunge I reached out to some local coaches, then I just kind of went full steam ahead! I got a local coach then started training at home during lockdown, in my spare room.

**What's your favourite part of bodybuilding or competitions?**  
Show day, and the show day glam. It's such a buzz, unlike anything I've ever experienced before. But for me, it's really the two-week-out mark. That's when it hit me that all of that slog for the last nine months had been for that moment. You can take your foot off the pedal a little bit.

**The hardest part about doing it [bodybuilding]?**

The obvious answer is the dieting phase and when your calories are really really low and you're doing loads of cardio a day; mentally that's the biggest challenge you face, with fatigue at an all time high! But I would say as well, coming out of competition, and the leanness and stage condition and reversing back to a normal healthy body weight, if you don't do it with a coach that is very difficult.

**Is there a phrase that you live by?**

"Get comfortable being uncomfortable." I think that regardless of what stage you're at, whether it's bodybuilding, or not, nothing comes from being within your comfort zone. Push yourself and challenge yourself. Sometimes that is uncomfortable and even terrifying, but that's where the most progress usually happens.

**What would you say to any young person who wants to get into bodybuilding but is unsure of where to start?**

Reach out to people who have competed, especially if you can find people locally. My messages are always open to anybody who has questions. Do your research, find yourself an experienced coach who is supportive and knowledgeable because you will have daily contact with your coach, they will know you inside and out and they are the person that is guiding your whole journey. Be aware of the challenges as a lot of people see bodybuilding as this one day of glam but aren't necessarily aware of what it takes to get there. Do it for you, do it for the right reasons and don't get caught up in what other people think about it!

 [@hannahfoskitt\\_fit](https://www.instagram.com/hannahfoskitt_fit)

# BEN O'SHEA

## Green for Go●

Words Lucy Sanderson  
Photos Danny Evans



There's something refreshing about Ben O'Shea. Considering the fact that he's got more charisma, uniqueness, nerve and talent than most, Ben's excellence and perfectionism comes from the most humble and considerate soul. If you get a chance to watch him perform, definitely do... if you get a chance to hang out with him, do that too.

Having multiple opportunities to spend time chatting with Ben, I've come to learn that he's a walking, talking, singing and dancing green light who is all about realness and celebrating being whoever you want to be.

I originally wanted the SHEA 'muso' feature to rep some 'green with envy' vibes in theme with this edition of Gallery, but you know what - chatting envy, jealousy or any kind of negativity is just not Ben's M.O. (Although, the way he effortlessly applied the flash of colour to his eyes and rocked into the studio with the world's most perfect brows had me jealous as hell.)

Promoting better mental wellness in 2021 with his song and project, 'Man Up', which highlights the need to enable and encourage men to talk when they're struggling with their mental health. Ben holds this issue dear and makes it his mission to keep his shows inclusive and uplifting.

Uplifting indeed, you can be sure to expect roof-erupting events when Ben's got the mic.

At a SHEA show, the audience has the opportunity to get involved, both on stage and with their own self-expression - lots of the event attendees are art themselves (yes, Romano from Relish, you glow and we stand, hunny). Working with a squad of creatives, Ben is in his element when he is performing, but it's not all about the vocals. Ben is a songwriter, an actor, a producer... he also loves his day-job at Crestbridge where he praises their supportive workplace and enthusiasm for his extra-curricular pursuits.

Ben is soon set to start writing with The Songwriters Academy, winning a place to work with some of the industry's biggest names. July kickstarts this, as well as a play involving non-binary nazi ass-kicker, the icon, Claude Cahun, which will show at The Art Centre. He'll be gigging with locals, Songwriters Society and is on stage with his friends at events throughout the summer.

Right now, Ben is also working on an EP with Rebecca Lewis, Le Montais, on production. This will be something special. The EP has yet to be named and to be honest, that's kind of cool because well, who needs labels anyway?

Check out SHEA music videos on YouTube and be sure to have a listen to his SoundCloud. The likes of SHEA, Kingsy and Le Montais are really bringing something exciting to the local music scene. Collaborations are conjuring up some magic and if you get a chance, hear them live.

SHEA's next events and gigs can all be found on his instagram @sheamusic or Facebook @sheamusic1



**“Uplifting indeed, you can be sure to expect roof-erupting events when Ben's got the mic.”**

So, instead of heading down the metaphorical envious green lane, we turned up the 90's R&B and Ben started busting shapes for Danny to do his thing in the studio...

Just when I thought the music scene in Jersey was shattering its own standard of great (I'm a bit in love with Le Montais, for example), along came SHEA MUSIC. Not just a pure pop, electronic aural delight, but visually, Ben's live performances and music videos are vibrant and exciting - put it down to being a perfectionist (or the fact that the boy is really damn talented), everything he does, he does with extra energy; extra flair.

SHEA is all about positivity and pride vibes - "I always wanna write the kind of songs I wished I could have heard as a queer kid growing up in Jersey. Superstars (w/Kieran Brown aka Kingsy) is exactly that. I realised a little while ago that I won't avoid being a gay artist or portraying myself as a gay artist because well, I AM A GAY ARTISTE! I'm embracing it and going full on pride vibes."







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