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Gallery is published eleven times a year as a fresh yet discerning guide to all that happens on the Island and beyond. With quality and style in mind, our tone is not too superior or too serious, written by the people of Jersey for people everywhere.

WHO WE ARE

PUBLISHER

Ben Davies
DD: 870185
ben@gallery.je

SALES / ACCOUNT DIRECTOR

Ceri Baker
DD: 870082
M: 07700 811102
ceri@gallery.je

DESIGN DIRECTOR

Russ Atkinson
DD: 870268
russ@gallery.je

DISTRIBUTION

07700 870185
distribution@gallery.je

OFFICIAL MASCOT

Beryl Felton

ACCOUNTS

DD: 870237
accounts@gallery.je

*Other contacts are on the
contributors page*

Entertain us with jokes, ideas, YouTube clips, etc.

everyone@gallery.je



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#113

[ESCAPE]



COVER CREDITS

PHOTOGRAPHY
& STYLING
Danny Evans

STYLING ASSISTANT
Lucy Sanderson

MAKE UP
Decia
Kiss & Make Up

HAIR
Jade
Hair Boutique

MODEL
Eleyshir James

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edito

As we go to print I'm getting ready to go to London for a few days. I'm a late booker, last minute type of person in most cases so, despite having known the dates for a while, I only considered booking flights about a week ago. The seasoned, organised travellers amongst you will now be guffawing. I know, it's smart to book and plan early. It's just not me, unless I'm catalysed by someone else. It comes from being in a deadline business too long; living 'Just in time' like the Japanese.

In this instance though, the problem has been exacerbated. It transpires that next week is half term. For those with midgets it means time to get away. The only time to get away. As Jerseyfolk constrained by our nautical razor wire, the onset of Winter simply seems too much. An escape to London on the last Friday of term is on the cards. For everyone.

If you leave it late, getting a seat on a plane heading off the island on that day is therefore like your chances of getting an *Elsa* from *Frozen* doll at Christmas (I figure that's a context relevant reference). For non parents, suffice to say it's annoyingly difficult and if you do find a place you're probably going to end up paying airfares that resemble Greece's national debt.

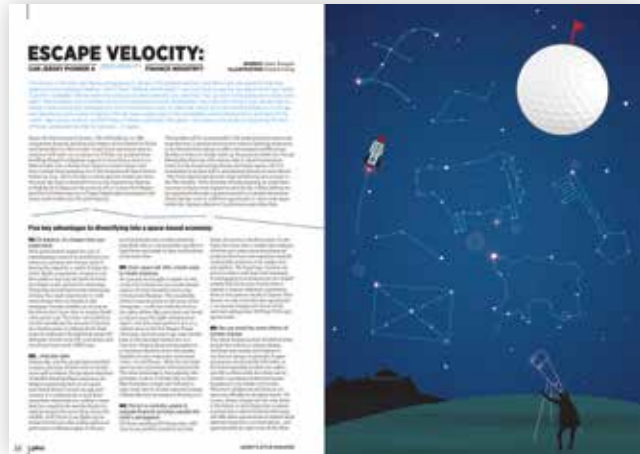
That's how much islanders need to escape. Sure, we have a Summer of dreams we can boast about to people that live North of...well anywhere in the UK really but as soon as shoes take over from flip flops it's time to make plans. This month we tackle the issue of island escapism in our usual Gallery way, making light of the subject and making suggestions. For the former we've looked at whether Jersey's economic growth can escape the confines of earth (p14) and some physical and psychological ways to escape the island (p18). For the latter we've got some amazing suggestions for soaking up culture across Europe (p48) and how to get away for some quick winter sun, direct from Jersey (p52).

Whichever way you choose to escape, I hope you enjoy some escapism with Gallery this month. Find a corner, huddle up and read away. I'm off to get a flight 48 hours earlier than I need to. Plus it had to be the red eye. Note to self; learn from experience.....

BD

CONTENTS

PICKS



20 Feature: Escape Velocity



78 Gallery Fashion

THE REST

UPFRONT

Listings.....	12
Feature: Escape Velocity.....	14
The Vodka Confidential	16
Feature: Escape Plan	18
Criminal Escapes	20
Misc.....	22
News in Numbers.....	24
Alex Farnham's Soapbox.....	26
Pet of the Month - Ava Grace Sanderson	28
Animal Corner	29

GIVE

Our Community	30
---------------------	----

EVENTS

L'Horizon - The Spa Opening	36
Swarovski & Mind Jersey Fashion Show	36
A Night In Vegas - In Aid of Durrell	38
Autumn Fashion Launch - de Gruchy	38
Herman Miller Event - PBS Group.....	40
Jersey Heritage Patron Event	40

TRAVEL

Extraordinary Destinations: Bhutan.....	42
Powder to Pine (For).....	44
Moving to New York.....	46
Destination: Culture	48
First Stop... Sunshine: Direct from Jersey.....	52

CULTURE

My Name Is... Nicola Lucas	54
Exhibitions	55
Creative Channel Islands: Photography	56
Culture News.....	60
The Monthly Upload.....	62
The Genuine Articles	64

BEAUTY & WELLBEING

Beauty News	66
Beauty Products.....	68
Doctors Orders: The Aesthetic Skin Clinic	69
How Brilliant at Brushing are you	70
Gallery Guinea Pig: Longueville Manor.....	72



56 Creative Channel Islands: Photography



96 Fine & Dandy

FASHION

Brand News	74
Trend News	76
Shoot: All Things to all Inuit	78
Style Stalker	86

APPETITE

Get Outta Town!	88
Kitchen Inferno: Shaun Rankin	90
Appetite News	92
The Heat is On: Fabrizio Tanfani	94
Fine & Dandy	96
My Dish	98

PLACES

Property Profile	100
Interior News	104
How to Kit Out a Kitchen	106
Featured Properties	112
Finishing Touches	114

BUSINESS

Business News	122
Movers & Shakers	128
Out of the Office	132
Deskspace: Herbalife	134
On the Sofa: Spirit Estates	136

SPORT

Sportsperson Of The Month: Lee Meloy	138
Putting your Fitness First	140
Sport News	142

HARDWARE

The Road	144
Escape Reality: Gadget Guide	146
Phone Home	148

NIGHTLIFE

Nightlife Listings	150
Paparazzi	152

Directory	156
The Back Page	159
Boardom	160

CONTRIBUTORS

EDITORIAL CONTRIBUTORS

Tamarin Marriott-Wilkinson
Sara Felton
Taylor Jones
Grant Runyon
Dierdre Shirreffs
Shona O'Sullivan

Louis Donohoe
Russ Atkinson
Lucy Sanderson

PHOTOGRAPHERS

Danny Evans
Emily Stead

ILLUSTRATION / DESIGN

Russ Atkinson
Sophie Irving
Will Bertram

FEATURED CONTRIBUTORS



LOUIS DONOHOE

Working at gallery for two weeks for work experience. Enjoys music, basketball, skiing and relaxing on a sofa watching TV. You can find the rest of Louis' kin in the green fields of Dublin and Manchester. With a year of GCSEs and two years of A Levels, he still has a while until he can escape Jersey. Until then he will enjoy shooting hoops and skiing Switzerland.

CONTRIBUTE

CONTRIBUTE@GALLERY.JE

Rip it, scrap it, comment, critique, research, report. Opinions wanted on politics, business, news, home, property, music, gadgets, sports and culture. Something annoyed you and you want to tell the island? We're here for you baby. If you'd like to see your name in... er... print, get in touch.

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

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CONTACT

DISTRIBUTION

distro

832072

delivery@gallery.je

EVENTS

paparazzi
gallery

811100

shot@paparazzi.je

CHIT CHAT

811100

hi@gallery.je

DISCO HIRE

gallery
silent disco

870257

disco@gallery.je

ACCOUNTS

or all accounts
enquires please call

832072

accounts@factory.je



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LOCAL EVENTS

**WHAT'S HAPPENING IN
NOVEMBER 2014**

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01-29.11.14

DODOLINGS

DURRELL

**£7 PER CHILD // 10.30AM TO 12.30PM//
EDUCATIONADMIN@DURRELL.ORG**

Every Saturday morning Durrell opens its doors to educate children about some of the incredible species they house there. These sessions run every Saturday and are open to children aged between 3-6 years old. The day is packed with fun activities to keep your little ones busy, from arts and crafts to holding all the creepy crawlies! Each week has a different animal theme, ranging from Komodo Dragon week to Meerkat week! Booking is essential so call or email today to avoid disappointment!



01-11.11.14

TENNERFEST

**VARIOUS
RESTAURANTS**

FROM £10 TO £20

A cheap meal is most people's idea of heaven. If you don't agree we forgive you, but you really need to rethink your priorities. This year sees over 180 restaurants participating in the discounted menu offers. What's better than going out to eat a very satisfying meal and knowing you're leaving with enough change to be able to do the same tomorrow? Nothing, exactly. Visit the Tennerfest website, www.tennerfest.co.uk to view the menus and locations.

07.11.14

BIG BONFIRE

WATERFRONT

**£5.50 ADULTS, £3.50 KIDS// 06.30PM -
10.30PM**

Overnight the Waterfront is transformed into the perfect location for bonfire night celebrations. Not only will there be a 15ft bonfire, there's also fireworks, music, a food village, beer tent, face painters and street performers. Tickets for this event are purchasable from Jersey Tourism and Liberation Place, the Esplanade.



16.11.14

**ROYSTON'S COMEDY
MAGIC**

JERSEY ARTS CENTRE

£10 ADULT & £8 KIDS// 02.30PM START

This fun packed comedy magic show is one for the whole family. With humour for the adults as well as tricks to amaze the children there's definitely no excuse not to bring the whole bunch. Tickets can be purchased online via the Jersey Arts Centre website.

21.11.14

**DUNELL'S AUTUMN DINNER
GREENHILLS
COUNTRY HOTEL**

£49.95 PER PERSON

The Greenhills Country Hotel & Dunell's Premier Wines have put together the perfect fine dining experience. Indulge in a four course dinner accompanied by outstanding wines throughout the evening. All wine has been specially selected to match each course perfectly. Not only is there the chance to eat, drink and be merry, there is also a presentation from Dunell's and each guest receives a discount voucher on the night.



28.11.14 JERSEY RFC V. PLYMOUTH ALBION JERSEY RUGBY FOOTBALL CLUB

£15 PER PERSON//7:30PM

Come down and support your local rugby team as they battle Plymouth Albion in the British & Irish Cup. The nearby clubhouse and pitchside bars ensure there's plenty of food and drink on supply throughout the game. It could be celebratory drink or even drowning your sorrows (which we're pretty sure won't be the case)! Either way it's set to be a good night for all involved. This is a rare evening fixture too, chance to see those floodlights put to good use!



28.11.14 WAREHOUSE JERSEY PRESENTS BONDAX HAVANA

£15//10PM - 2AM

After the sell out success of other incredible acts such as Route 94, this is definitely an event not to missed! Bondax are all about the house, beats and bass music, bringing all their up and coming records as well as playing chart topping tunes like 'All I See'!

Special guests are set to be announced, book soon as these events sell out quickly!

28-29.11.14 THAT'S LIFE! JERSEY ARTS CENTRE

£12 ADULTS, £8 STUDENTS//7.30PM - 12AM

'That's Life!' is a variety show put on in aid of Diabetes Jersey, returning for another year! The show contains acts from many talented local people covering a wide range of inspiring and wacky skills! Tickets for the previous events have sold out fast and shows were played to packed houses, so make sure you book soon to avoid disappointment. Get your tickets by heading to the box office at the Jersey Arts Centre or book online using their website.

29.11.14 SANDSTORM ADVENTURE RACE SIMON SAND, ST OUEN

8.30AM REGISTRATION//10AM RACE START

Challenge yourself to an obstacle race with a difference and take the ultimate sand dune challenge by racing head to head over a gruelling 5km course, conquering all the obstacles in your path. Sandstorm is open to everyone as long as you're willing to tackle the obstacles as you throw yourself over walls, crawl under barbed wire, scramble up and fling yourself down sand dunes and plow through water obstacles to be the first over the line!



29-30.11.14 SIMPLY CHRISTMAS GREVE DE LECQ BARRACKS

£FREE//10AM TO 5PM// WWW.FACEBOOK.COM/SIMPLYCHRISTMASJERSEY

Gather your friends and family and immerse yourself in Christmas cheer at this year's Simply Christmas Market. Showcasing Jersey's finest artisans, Simply Christmas brings you a labyrinth of stalls oozing with festive magic, beautiful gifts and tasty treats. Set in the unique location of Greve de Lecq Barracks with free parking & free entry.

29-30.11.14 WINTER WONDER WEEKEND DURRELL

11AM TO 4PM

Durrell would like to extend a warm welcome to their visitors over the winter weekend with mulled wine, mince pies, unique animal-themed Christmas shopping ideas and festive activities done Durrell-style. For the younger Durrell fans, they'll have festive treasure hunts, craft-tables, face painting, a disco... And that's just the beginning! They will also be hosting the most honoured of guests, Santa Claus himself.

ESCAPE VELOCITY:

CAN JERSEY PIONEER A ZERO-GRAVITY FINANCE INDUSTRY?

WORDS Grant Runyon
ILLUSTRATION Sophie Irving

The month of October saw fierce campaigning in Jersey's first general election, and there was one question that was asked at every hustings meeting. I don't mean "Where are the exits? I was only here to pay for my dog licence" but rather "Can the candidates tell me what they propose to do to diversify our economy, free up more living space and create more jobs?" We at Gallery aren't elected (more of a benevolent media dictatorship), but now the voting is over we are able to reveal a radical proposal developed by our in-house brain trust, an idea that solves all of the Island's problems in one go and represents such a work of genius that we were certain one of the candidates would simply pinch it and take all the credit. Agriculture, tourism and the finance industry will have their place - but Jersey's future lies in becoming the first offshore jurisdiction to offer its services ... in space.

Space: the final economic frontier. We will boldly go, to offer competitive financial products and create a boom market for Audis and luxury flats on other worlds. Local doom merchants may try and pour cold water on our plans, but if India can progress from handling Netgear's telephone support to launching a mission to Mars in little over a decade then there's no reason Jersey can't have a hedge fund operating out of the International Space Station before Q4 2015. All it will take is a little up-front investment from the rainy day fund, a renewed focus on the engineering diploma at Highlands College and the political will to convert Fort Regent and the La Colette area into a Tracey Island style launchpad to fire home-made rockets into the great beyond.

The benefits will be immeasurable. Full employment (in spacecraft manufacture), a reinvigorated tourist industry (sending pensioners to the Moon) and a chance to offer cash-strapped middle Jersey families a chance to finally climb up the property ladder (on Venus). Admittedly, there are a few teensy risks in experimental space travel, but those pioneering lawyers and estate agents who I'm nominating to go first will be remembered forever as brave heroes - like those deep-frozen Russian dogs still floating around next to the Sky satellite. With Guernsey already planning an underwater city-state of light touch regulation and the Isle of Man shifting its tax operations through a quantum portal to a parallel dimension, Jersey has the once in a lifetime opportunity to claim outer space before the Cayman Islands or Liechtenstein gets there first.

Five key advantages to diversifying into a space-based economy:

#1: On balance, it's cheaper than you might think

Most governments regard the cost of interplanetary travel to be prohibitive, but when you calculate the cost per mile of leaving the Island for a week's holiday the entire Apollo programme compares very favourably to any trip via Gatwick where you forgot to pay up front for extra bags. Obtaining second-hand rocket technology will also be a great opportunity to work more closely with our friends in the emerging Chinese markets, so as long as the States don't raise duty on marine diesel we're good to go. The main cost is likely to involve resurfacing the avenue to function as a landing strip, as making all the lamp posts tilt sideways (Thunderbirds-style) will definitely involve some UK consultants, and we all know how much THEY cost.

#2: ...And also safer

Statistically, very few people have ever died in space, and most of those were in terrible moon golf accidents. The grumpier members of Jersey's retired golfing community are always complaining that our 46 square mile Island doesn't contain enough golf courses, so it makes sense to send them somewhere where they are unlikely to have their fun ruined by the need for land to be used growing food or providing a home for wildlife. Golf Colony Luna Alpha can be kicked off with just a few million gallons of green paint, a lifetime supply of vacuum-

proof golf slacks and a rocket piloted by somebody who is convinced they can drive a Land Rover and speak on their mobile phone at the same time.

#3: Outer space will offer a fresh route to media exposure

As a people we struggle to agree on very much, but if there's one non-controversial opinion it's that we need to find a way to bring back Bergerac. This possibility holds a mystical power in the mind of the Jerseyman - it will turn back the clock to the 1980s, deliver 85p pints (and new livers) to all and cause the light-entertainment dead to rise from their graves to put on a cabaret show in the Fort Regent Piazza. Obviously, the best way to get John Nettles back in the Saturday teatime slot is to have him chasing diamond-smugglers in a charming offworld colony that speaks English but also retains the continental charm of rural France. Well, that and alien reactors and a prostitute with three boobs. The other advantage is that anybody who promises to shoot a fantasy film on Mars Base Ecobichon simply isn't allowed to leave until they've at least captured footage of Brian Blessed shouting at a floating cow.

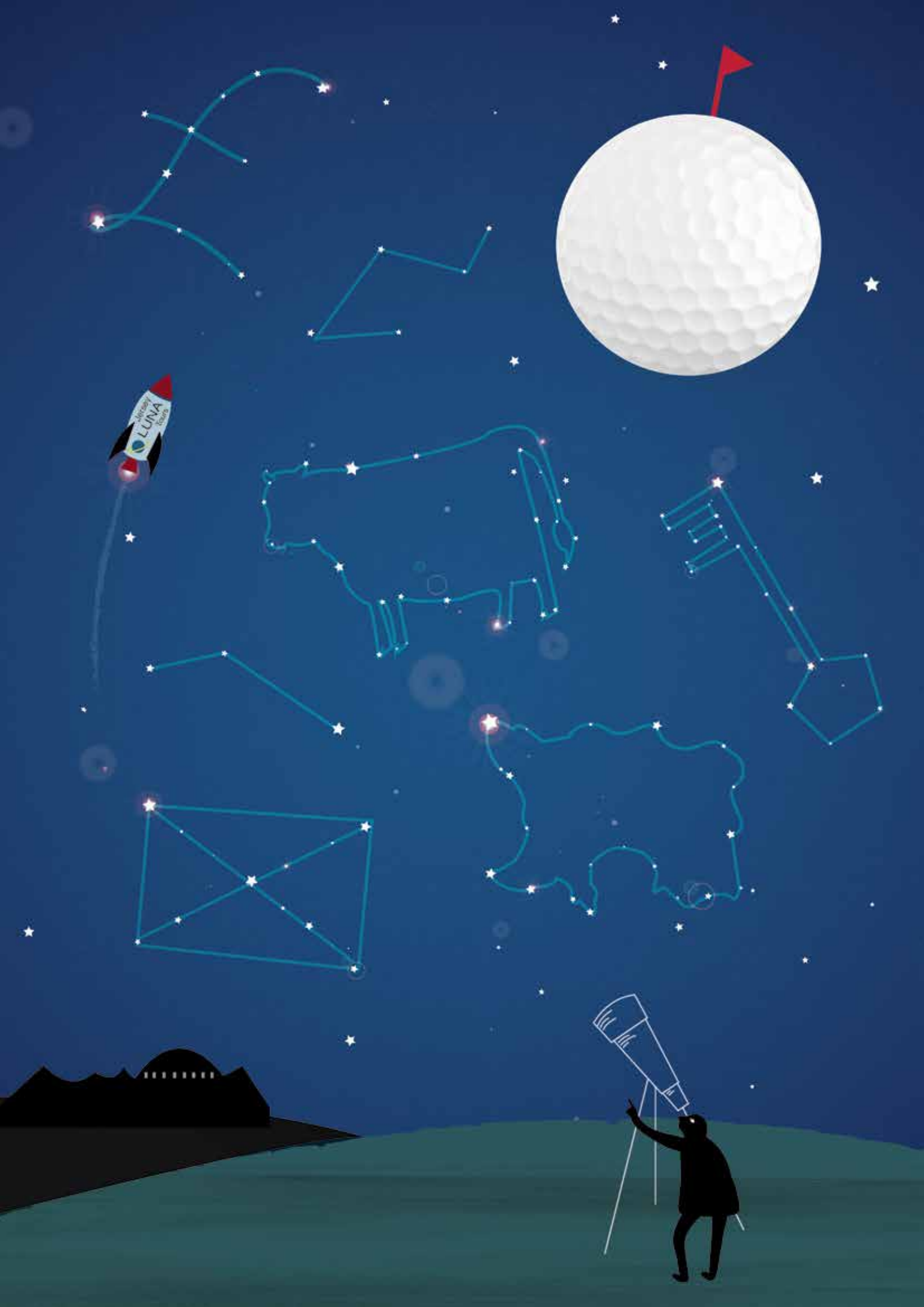
#4: The EU is currently unable to regulate financial activities outside the Earth's atmosphere

Oh those meddling EU bureaucrats, with their bossy seatbelt standards and safe

levels of nitrates in drinking water. If only there was some way to escape their infernal clutches, and create innovative financial products free from over-regulation and the combustible presence of an oxygen-rich atmosphere. No fussy bean counters are going to step in and stop fund managers re-mortgaging your pension pot into highly volatile BitCoin futures if we're able to register company addresses somewhere deep in the gaseous clouds of Jupiter. Who knows, we may even have the opportunity to encounter strange new forms of life, and start selling them VAT-free DVDs and sports socks.

#5: We can avoid the worst effects of climate change

The Island remains bitterly divided between people who believe in climate change and those who simply don't believe in any kind of change on principle. A space programme should satisfy both sides, as the environmentally prudent can make a new life on Mars whilst the others can be invited to purchase sea-level retirement bungalows in the Parish of Grouville. Whoever's children are still alive in 100 years can officially be declared winner. Of course, climate change isn't the only threat to the Island, so don't forget that a nuclear powered space station bristling with lasers will offer great opportunities to redirect killer asteroids away from our home Island ... and approximately 26 miles to the North-West.



THE VODKA CONFIDENTIAL

WORDS Grey Goose Girl

'Drapetomania'

– the overwhelming urge to escape

'I'll pick you up from the airport. It'll be the perfect way to catch up, bet you haven't changed one bit? Just one question – will you be travelling light?'

I was the slightest bit excited to be invited to school friend's party across the pond. A quick glance at flights and what swanky hotel I could persuade my Significant Other (SO) to stay in, I already had a new dress bought and was deciding if I could justify new heels too. It's not often we get to run away just the two of us and my mind was whirring with all things Victoria's Secret. So to be met with a resounding 'no' when he retuned that evening, I was rather peeved off to say the least. I'd even put on a full face of makeup AND cooked dinner, clearly housewife does seduction needed more work! How on earth could he turn down a dirty weekend away, even if it was to attend a party with people he had never met nor probably ever wanted too?

I've always been the same, the minute the remote possibility of a holiday is on the horizon, my need to escape all things domesticated kicks in. That along with the live link to my very own episode of 'This is Your Life' playing in my brain made me even more determined to go anyway. Now usually my checklist for a trip would include; SO, something to entertain the little people, a remote destination with a sandy beach and a little man to bring me cocktails whenever I bat my eyelids. This trip would be a 'city break', no SO and a party venue more working man's club than sandy cocktail bar. But surely they would be able to knock me up a vodka chaser if I smiled hard enough?

My first ever trip with a boyfriend rapidly turned into something from a Carry On Film. I remember pouring over brochures together for hours at a time, the shopping (more Victoria's Secret) and the high expectations of romance under the stars. Usually a dapper sort of guy, he turned up in the taxi to collect me wearing a pair of leather thong sandals, a bum bag (for the

'important' things) and a rather geeky coat packed just in case it rained. The bum bag never left his body for more than a dip in the ocean and he turned out to have a total opposition to tipping waiting staff. Needless to say upon returning home I suggested he find someone else's wardrobe to store his sandals in.

I was always a little apprehensive about travelling with boyfriends after that, even my first holiday with SO turned into disaster when he put his back out trying to

THERE HADN'T BEEN THE SLIGHTEST SUGGESTION OF FLIRTATION, BUT I'M THE SORT OF PERSON WHO CAN INVENT A FANTASY RELATIONSHIP AFTER SIMPLY SMILING AT SOMEONE IN THE SUPERMARKET QUEUE.

lift my suitcase at the airport. He spent the whole of the eight hour flight stood next to the toilets and then spent most of his time and our money in the resort spa trying to rectify the damage 'I' had done to his back. Well either that or he had developed a liking for Axel, the rather gorgeous German masseur. So much for sun, sea and sex.

A small amount of social media stalking later and I had in my mitts the party guest list and an email from an old friend suggesting HE be my chauffeur for the weekend. I hadn't seen him for ten years and the only contact we ever had was him asking for photographs of new stilettos when I bought them. There hadn't been the slightest suggestion of flirtation, but I'm the sort of person who can invent a fantasy relationship after simply smiling at someone in the supermarket queue. One minute they are letting me pay first the next we're united in a passionate embrace

at sunset. Somewhere deep inside my soul a sparkler had just been lit – oh who am I kidding? A bloody great big Catherine wheel was going off.

Two weeks later, I was stood outside arrivals waiting for my ride. Only then did I start to panic. What if my fantasy turned into a nightmare? What if Juan* actually thought I was here for weekend of stilettos and passion. I might have fantasized about it for a couple of weeks but surely fantasies are supposed to stay just that? Bugger what had I done? Just as I was about to leg it to the car hire desk, a black rather sleek looking Ducati Bike pulled and within an instance I knew I was about to throw what little caution I had left to the wind. Juan hadn't really changed, a little grey at the roots but as weekend dates go, it was time to put on my big girl pants and party with the big boys.

The exhilaration of roaring down the motorway snuggled into the leathers of someone I hadn't seen for years was mind blowing. Arriving at the hotel I could hardly get my breath, that

Catherine wheel was about to turn into a rather large rocket. Just catching his eye, I knew what he was thinking. Juan waited in the bar whilst I changed and every part of my being wondered what would happen next? Could I? Would I?

The long and short of it? Here I was away from home spending time with someone who clearly fancied my big pants off me and I off him. His piercing eyes followed me everywhere I went and I have to say I've never felt more beautiful in my life. Is there any bigger turn on than knowing someone wants you? As I stood at the bar sipping my drink, my feet started to throb in the insane heels I was wearing for Juan's benefit. I suddenly remembered that old pair of slippers waiting for me when I got home...



**Clearly a fantasy name!*

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ESCAPE PLAN:

PHYSICAL AND PSYCHOLOGICAL WAYS TO ESCAPE THE ISLAND

WORDS Grant Runyon

In cult 60s TV drama *The Prisoner*, a man is kidnapped and held captive by forces unknown in a deeply weird, yet apparently peaceful, community by the seaside. "The Village" is ruled by a puppet council who never seem to do anything, and any attempt at dissent is thwarted by mysterious entities who hold absolute power over the inhabitants. Sound like anywhere you know? If you're too young to remember it, imagine a budget BBC version of "Lost," or perhaps *The League Of Gentlemen* crossed with *Mary Poppins* (on drugs).

I may be paranoid, but I'd say the pervasive oddness of the show captures something very distinctive about living in a small community - life can be predictable and relaxing, but is just as capable of being strange and oppressive. Yes, you can spend your lives telling yourself that St Helier is like any suburban high street, and that you're always a short flight away from the mainland, but there can be something uniquely creepy about island life, mark my words. Take a wrong turn in a foggy country lane and you could find yourself living out a scene from *Deliverance*.

YES, THERE ARE WORSE PLACES TO BE TRAPPED

I appreciate that not everybody in Jersey sees a man in dirty wellies and immediately thinks the worst. I should look on the bright side; at least I don't live in Sark. Nonetheless, live here long enough and the feeling of being trapped will inevitably creep into your subconscious no matter how much you refuse to acknowledge it. There's a powerful psychological barrier that comes from being surrounded by water on all sides, even if the place you live in is clean, beautiful and has tried to herd all its creepy toothless men into eight parishes you wouldn't want to live in anyway.

This subconscious fear of being trapped forever explains why even those Jersey people who haven't grown up dreaming of rowing to France under cover of darkness still obsess over their holidays, or in fact anything that comes to symbolise the slightest departure from their everyday lives. The secret to successful island living lies in subtly creating a part of your identity that involves some

sort of escape from the island and the people you see every day. For some of us that involves visiting other parts of the world, for others it might be achieved by interacting with new people without ever leaving your living room. However you manage to do it, you're investing in your long-term sanity, so you should never let anyone tell you that you're wasting your time. Book that holiday, buy that new webcam, dress up as a milkmaid on Tuesdays - do whatever it takes to feel there's a part of you that lives in another world. You're not a number, you're a free (wo)man.





ESCAPE MAP THE WORLD BEYOND OUR PHYSICAL BORDERS

It sounds obvious to say that travelling to new places is a way to escape the Island, until you consider how many people manage to travel without their mental frame of reference even leaving the parish they live in. Anybody who has spent a week abroad silently ignoring their partner will tell you that an unsuccessful holiday is worse than no holiday at all, so it's important to make sure your vacations really are a proper departure from the things you'd do any other weekend. If you're the sort of person who's still miserable after lazing around in St Ouen, it's unlikely that you're going to get much out of spending half a month's wages doing the same in Sharm El Sheikh. The sensible option is go on holiday without your kids and partner, and really relax. Maybe think about faking your own death and moving to Scotland. If you're forced to take them, an alternative could involve planning a trip that isn't solely designed to pander to your lazy side. Make yourselves learn a bit of the language, eat strange and occasionally unappetising food and get a bit lost or uncomfortable on occasion. You won't get a lie in every day, but the contrast will make the running water and absence of lions in Jersey that much more attractive. Just make sure you don't ditch your travel agent for a man on the internet who only speaks Arabic and is offering you a great deal on a one way ticket to Syria.

ESCAPE KEY VIRTUAL WORLDS

Not everybody can afford holidays, and you might be contractually obliged to spend that fortnight on the beach fantasising about burying your family in the sand. Maybe your escape strategy will need to be acted out in the one space where nobody has to know you have 2.5 children, a mortgage and a chihuahua. That place is the internet. People who don't trust the internet will say that the only people you'll meet online will be creepy, basement-dwelling weirdos who would happily lure you to a hotel room and eat you, or at the least send you inappropriate pictures of their bottoms. That's true, and great if you're into either of those things, but the reductive stereotype focussing on basement-dwellers and cannibals ignores how great the internet actually is for meeting all the other types of weirdo there are. Some of them even live in attics. No matter what your passion is, you'll find people online who share it, and will happily spend hours every day bonding with you over it. Rollerblading, hamsters, Jeremy Clarkson's dress sense - if you love one or all of these things there are people out there ready to embrace you into their loving community. You can pretend to be an elf, a robot, or Jeremy Clarkson, and your spouse and children will never find out - unless you come a cropper in a horrible accident with a rodent and some high-waisted denim.



ESCAPE DEATH ADRENALIN SEEKERS

There is a further alternative to world travelling or cyber surfing with cannibals, although it's not really much of a middle way between the two. There is a small and noble breed of human who will cope with any safe and predictable environment by doing their very best to make it the exciting/dangerous/fatal place they really want to live. Jersey is, strangely, a prime candidate for the adaptable adrenalin junkie, as despite being known for its sandy beaches and grinding traffic, to many resourceful individuals the island is truly a place defined by raging seas, climbable cliffs and the opportunity for commuting cyclists to feel like they're contestants in some kind of Mercedes-sponsored death race. Even St Helier, which is generally only exciting when you're being mugged for your 1AM chips by booze-addled seagulls, can be opened up by the urban acrobatic art of parkour into a challenging assault course of jumps, vaults and climbs. I myself have designed an extreme form of running, which takes place only on foggy nights, in the country parishes, with me wearing nothing but some skimpy lycra and a coat of baby oil. You're welcome to join me, but believe me when I say the prize for last place is not something you're going to be putting on your mantelpiece, unless you manage to grab hold of a welly whilst you're making your escape.



CRIMINAL ESCAPES

WORDS Louis Donohoe

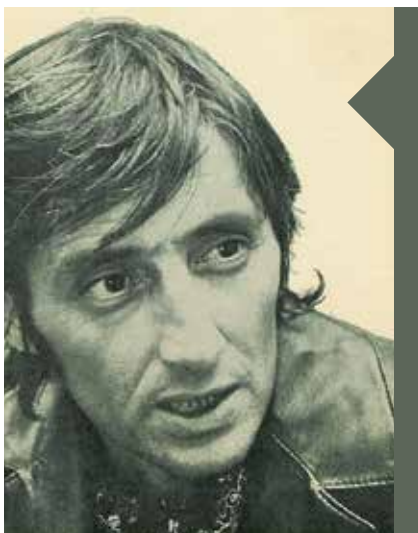
WE OFTEN HEAR THE SAYING, “CRIME DOESN’T PAY”.
HOWEVER SOMETIMES IT DOES, AND THESE ARE A FEW OF THE
EXAMPLES WHEN CRIME NOT ONLY PAID OFF BUT PAID OFF BIG.

THE PINK PANTHERS

Are a gang of Serbian jewel thieves that is thought to consist of over 200 members. The group is responsible for some of the most glamorous robberies of all time. The gang committed their first robbery in 1993 when they stole a £500,000 diamond from a jeweller in London. The group hid the diamond in a jar of face cream, this earned them their nickname as the same act was committed in the film: “Return of the Pink Panther”. Since then the Pink Panthers have successfully robbed over twenty different stores in 20 different countries. The gang is known for their daring escapes and dramatic break-ins. In St Tropez, they robbed a store dressed in flowery shirts and escaped on a speed boat. However, these high profile heists meant that several gang members have been arrested including alleged leader, Dragan Mikic. In 2005 he then escaped from prison using a rope ladder while the Pink Panthers fired machine guns at the prison wall. He has been on the run ever since. The gangs total haul is now believed to be in the billions of dollars and they have not officially been caught.



In St Tropez, they robbed a store dressed in flowery shirts and escaped on a speed boat. However, these high profile heists meant that several gang members have been arrested including alleged leader, Dragan Mikic.



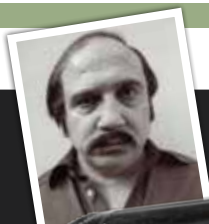
ALBERT SPAGGIARI

A french career criminal that committed the robbery of the Societe Generale in Nice. Spaggiari had been arrested once before and served in the french military but at the time of the robbery he was living a regular life as a photographer. It seemed Spaggiari was growing tired of a normal crime free life. His plan was to dig through the sewage system and access the vault in the basement of the Societe Generale. A group of professional gangsters from Marseille were hired to help Spaggiari attempt the robbery. He would not let them drink coffee or alcohol and made them get 10 hours sleep a night to make sure they did not put the robbery in danger. The gang dug the tunnel for two months and broke into the bank during the Bastille Day festival, as the

bank was closed for a long weekend. They opened over 400 safety deposit boxes and stole a total of over 60 million francs (about £7.2 million) worth of money and valuables. Spaggiari left a message on the vault wall that read “sans armes, ni maine, ni violence” in english that means “ without weapons, nor hatred, nor violence”. The police were baffled at first, however they got a tip off from one members former girlfriend. The man they caught then ratted out the rest of the group, including Spaggiari. During his trial, Spaggiari gave the judge a piece of encrypted evidence then jumped out of the window and escaped on a motorcycle that was left for him. Spaggiari was never caught and the money was never found.

A LUCKY MUGGER

In 1990, an unknown man held up John Goddard with a knife, a 58 year old messenger working for Shepherds, the broker. The man took Goddard's briefcase which contained a staggering £292 million in bearer bonds and England treasury bills. The man who stole the bonds got away with it and took 301 treasury bills valued at around £1million each. All the bonds were eventually recovered except for two which the mugger managed to keep. It's amazing that one of the largest robberies of all time was committed by a man with a knife.



BERTIE SMALLS

During the 1960s and 70s Bertie Smalls was an English armed robber. Smalls committed his first robbery at the age of 15 and was imprisoned as a result. From this point forward he was committed to a life of crime. Before 1970 Smalls had a few high-profile robberies to his name and was well respected in the London underworld. On the 9th February, 1970, Smalls led a gang from the Wembley mob to rob a Barclays Bank branch in Ilford.

The gang escaped with £237,736 a record amount at the time.

The gang escaped to different places out of England, Smalls himself boarded a train to Paris. However Smalls returned to England and gave himself up in Northampton, where he spent the Christmas period in jail. On June 2nd, Smalls asked for immunity if he gave up all those associated in the crime. The chief inspector agreed to his deal and Smalls testified against every one of his co-conspirators. Their sentence totalled up to over 100 years in prison and Bertie Smalls remained immune for the rest of his life.



ISABELLA STEWART GARDNER MUSEUM ROBBERS

A robbery in which two men stole \$500,000,000 worth of artworks, including works by Rembrandt, Vermeer, Manet and Degas. On the night of March 18th, 1990 these two men entered the Isabella Stewart Gardner Museum disguised as Boston Police officers. Once inside the robbers impersonated police men, responding to a call, and handcuffed the guards. They then raided the second floor of the museum. The museum still has empty frames hanging in place as a homage to the stolen pieces and to show their hope that they may one day be returned to their rightful home. The robbers have never demanded a ransom and will never serve any time as the statute of limitations has run out. The museum has offered a \$5 million reward for any information regarding the return of the stolen paintings.

Once inside the robbers impersonated police men, responding to a call, and handcuffed the guards.

THE RANDOMNESS OF MISC.?



STEALTH MODE SQUIRREL

After a typhoon ruined the squirrel enclosure at the Inokashira Park Zoo in Tokyo, the staff were left devastated (yes, that was sarcasm) after 30 of its finest squirrels escaped. A rescue mission was put into place and 38 squirrels were captured and taken back to the Zoo. We're not sure what's worse, the fact people go to a Zoo to see squirrels or that the rescue mission added an extra eight squirrels to the collection. Surely you'd just stop once you've got what you need, right?

KING OF ESCAPING

We couldn't do an escape issue without mentioning a man well known for escaping. Here are a few facts you may not have known about Harry Houdini:

- 1 His name wasn't really Harry Houdini - he was actually called Ehrich Weisz. We agree, it's not as catchy.
- 2 His first performance was when he was aged nine. The act consisted of Houdini picking up pins with his eyelashes whilst hanging upside down.
- 3 His fascination with aviation propelled him (we laughed too) to learn to fly his own plane. From this he became the third person to fly over Australia in 1910.
- 4 In 1918, Houdini made an elephant, named Jenny, disappear in front of a live audience.
- 5 He was fascinated with death and even went on to purchase the first electric chair. He even performed to inmates on death row.
- 6 Houdini requested that an enormous bathtub was fitted at his house so that he could practice holding his breath underwater.

FRENCH FANCY

Is France really the most visited country in the world? The simple answer is yes.. we can't work out why either. Maybe it's the array of baguettes or the fantastic display of moustaches on offer as you walk through the streets of St. Malo. Either way, France has secured itself the title of 'The World's most visited Country' for the second year running. Well done France, you're obviously doing something right.



SHAWSHANK HUSBAND

Sitting down to watch a film and feeling completely inspired by it once it's finished is a very common occurrence. However, Irishman Patsy Kerr took this to a whole new level.

After watching the Shawshank Redemption one night in 1994, he thought of the ideal way to avoid his wife's snoring. He found himself the perfect digging utensil, a spoon, and set about digging a tunnel from under his bed to the pub 800ft across the road.

15 years later he popped his head out of the ground in the ladies toilets of the pub. After years of not being caught by his sleeping wife, Patsy was finally caught when he burst a sewage pipe and caused his tunnel to flood with the streets waste. Not such a sweet escape then.

HE'S BEHIND YOU!

Ever had a run in with the law? Don't worry, we won't judge you! This Police officer has had a slight 'run' in as well (excuse the pun).

A CCTV operator saw what he thought was a suspicious looking man wandering around Sussex. The operator called on a nearby plainclothes officer to track down the man and see what he was up to. The officer was hot on the heels of this mystery man for 20 minutes, but couldn't figure out where he kept disappearing to.

Eventually the Police Officer figured out the he was in fact the suspicious man that the CCTV operator had reported and had been chasing himself the whole time!





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NEWS IN NUMBERS

250,028

tourists visited Jersey
in the first 8 months of
this year

200,000

historical documents to be
examined as part of Independent
Jersey Care Inquiry

20

minute after-closing
scheduled EasyJet flight
was erroneous

400,000

pounds of taxpayers' money used
to subsidise Aquasplash

7

years after their original court battle,
Reg's Skips are finally granted
permission to use a new site

18

percent lower electricity cost in Jersey
compared to the average of the 15
original EU member states



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HEDGEHOGS, EBOLA & PLOT

I'd like to talk about Bonfire Night. It's the one day a year where it's alright to play with fire, and giving pyrotechnics to your children is actually encouraged. It may well be over by the time you've read this – but that doesn't matter, I think it still represents an important turning point for the year.

We've just had this year's elections – and what better way to celebrate by burning the likeness of a chap who tried to blow up the Houses of Parliament. I'd rather not get into all the socio-political layers of what celebrating it really means, but as a 'holiday', I really enjoy it. It draws attention to the fact that winter is coming, and the hot summer sun has given up for another year.

I live in West Sussex, and there's a place quite near me that holds a massive celebration, which I'd love to go to this year. Basically a huge scary fire worshipping festival – that's effectively what it is right? Not that there's anything wrong with that, I actually love Bonfire Night – it's got a magic to it that's not as annoying as Christmas or as lack-lustre as Easter. Entranced by fireworks whilst reveling in the sight of a fake burning man it may be, but it acts as a pretty decent reminder that we are all as messed up as each other.

I'm fairly sure the only thing stopping us from burning a real life man is the fact that we are not allowed to. The most twisted part of all of it is the campaign (I think it was the RSPB) that warned us to watch out for hedgehogs when lighting a bonfire, as they like to make their homes in them. Poor little hedgehogs. I love animals, and that campaign really got me – and I found myself really worried last year that a lot

of hedgehogs were going to die. 'John, be careful – we must ensure that all the hedgehogs are out of harms way before we can reenact burning a bloke to death' – weird, right? There's a lot going on in the news right now about how screwed up the world is, and I can't say I'm comfortable about this whole Ebola thing – by the way, I think one of these newly elected States Members should be campaigning for a wall around Jersey so we can at least protect ourselves from it! I really can, however, find a sort of morbid humour in Bonfire Night. Think about it, all year round we say 'don't play with fire and don't murder people' – then one day we give literally everyone fire and a fake guy to use it on. If that doesn't say hubris, then I don't know what does.

“Think about it, all year round we say ‘don't play with fire and don't murder people’ – then one day we give literally everyone fire and a fake guy to use it on. If that doesn't say hubris, then I don't know what does”

On the slightly more sensible side, and I think I touched on it earlier (that's what she said), November symbolises a turn of the season. Jersey has been pretty badly affected by the weather in recent years,

and there have already been mentions of 'snow-mageddon' this year. The winds were so bad last winter that one of our trees blew down. I was confused at first when my Irish grandmother told me she saw a trio of gentlemen roaming around the garden, but when I saw the tree being chopped up by a man with a chainsaw, I realised that she'd actually said 'tree-fellers'.

I think Jersey was pretty well prepared for the weather last year, and with any luck it will be the same this time. I'm considering booking my flights home for Christmas now, because I can see a lot of weather-induced delays and cancellations. If you're flying over to England, there are already worries of floods and the like where I live, so I would do the same and book early. I guess there's also the worry that with the turn of the season, tourism drops big time. I guess that's true, but then again Jersey kind of gets forgotten about in the winter. There is a lot to do though, and I hope I can make it back for some late night shopping. I like the phrase 'late night shopping', it sounds a bit rude. Anyway, in my eyes Jersey really lights up around Christmas time – and I know there is a while to go yet, but if I were you I'd start thinking about it now. It's not long until 'burn a fake man day', before you know it you'll be opening presents on 'magic baby day'. The point I'm trying to make is that preparation is good. As I write this I am about to leave for a good friend's wedding in the West Country – and I still haven't learnt my best man speech. I guess the best advice I can give for the change of season is make sure you're prepared and you might just enjoy it. Jack Frost is on the way, let's just hope he didn't stop off in West Africa on the way.

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pet OF THE month



Name: Gladys & Bertie.
Breed: Street Chickens.
Age: Little bit older than an egg.
Likes: Cous cous, worms and people's toes.
Hates: Cats and omelettes.
If human we would be : Like the kids out of Mary Poppins.
Wants: More cous cous and a ban on battery hen farming.
Interesting facts: We don't actually know if Gladys is a guy.
Most impressive thing you have ever done: Moved on up in the world from the road outside the Lavendar Farm to our house, to now free range chicken heaven at our friend's manor house...

Name: Ava Grace Sanderson.
Breed: Little human whirlwind.
Age: 7.
Likes: Chocolate, dancing, maths, more chocolate oh, and olives.
Hates: Spelling tests and a lack of chocolate.
If I was an animal I would be: Is it ok to put Fairy here?
Wants: A dog, a horse, a water park in the back garden, that is all.
Interesting facts: I can talk street chicken and when I grow up I'm going to be a fairy. I'm really good at doing maths in my head, like Carole Vorderman.
Most impressive thing you have ever done: Mum says I impress her every day.

DO YOU HAVE AN INTERESTING PET?
 TELL US ABOUT YOURSELVES - FEATURES@GALLERY.JE



Ferrets

words | Deirdre Shirreffs

Domestic animals sometimes escape and survive in the wild where they are known as feral. They often cause problems as in the case of mink which escaped from fur farms from the 1930s onwards and became real pests on British waterways, certainly contributing to the decline of otters. Even escaped hamsters can be pests by chewing through electric wires. In Jersey we have feral ferrets which sometimes attack and eat chickens.

Ferrets belong to the Mustelid family which includes stoats, weasels and otters. They are often mistakenly called polecats and while they are descended from polecats they are now a separate subspecies, although some still have the brown colouration of polecats with the typical facial mask which makes them look like bandits. Most however are creamy white with pink eyes. True polecats are still found in Wales and England and there ferret-polecat crosses can occur.

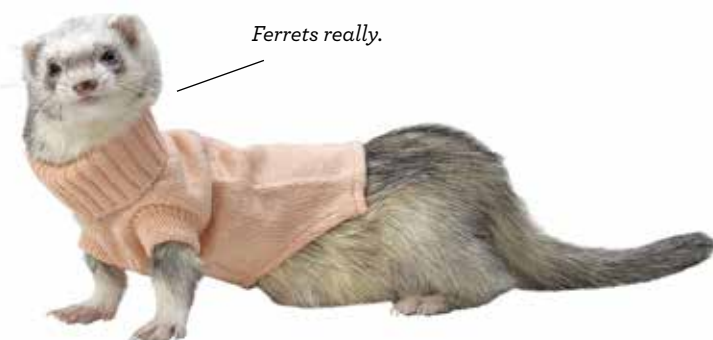
There is a considerable size difference between the males, known as hobs, and the female jills. They are social animals, liking to live in groups, often in burrows. A group of ferrets is known as a business. They are banned from some countries including New Zealand and parts of Australia. In the EU, like cats and dogs, they can travel if microchipped and with a pet passport.

They were probably domesticated around 2500 years ago, maybe by the ancient Egyptians. Their main use was to catch rabbits as their long thin bodies are easily able to go down rabbit burrows.

Nowadays some are trained to carry string through vents in buildings and aircraft so that cables can then be pulled through.

In the painting by Leonardo da Vinci of Lady with an Ermine, she is probably holding a ferret rather than a stoat. Similarly the Ermine painting of Elizabeth I shows her with her pet ferret. According to an old English tradition ferrets could cure whooping cough. The ferret was allowed to drink from a bowl of milk and the rest was given to the patient.

FERRETS CAN CATCH HUMAN FLU AND HAVE BEEN USED TO DEVELOP VACCINES



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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Investing in Island children and history

Stanley Gibbons are sponsoring The National Trust Jersey's educational initiative at 16 New Street for a further year.

'Meet the Journeauxs' has seen numerous primary school children visit the property where costumed living history interpreters give them a feel for what life was like in the early 19th century.

16 New Street is the only example of a detached early Georgian town house in St. Helier which, due to Regency modifications, has been restored and interpreted to give the impression of an early 19th century home belonging to a professional gentleman who resides there with his family.

Keith Heddle, Managing Director, Investments, Stanley Gibbons said supporting 'Meet the Journeauxs' is a natural fit for the company, 'As a group focusing not just on stamps, but also coins, fine art and antiques, investing in the understanding of our heritage is very important. What The National Trust Jersey are doing is bringing that history to life and enabling children to gain a hands on insight into what it was like to live in another period of time. What better way to teach history?'

Schools and teachers wishing to bring pupils to the 16 New Street experience are invited to contact Chris Addy at the National Trust for Jersey chris@nationaltrust.je

You're invited to join a debate addressing how the ageing population will affect delivery of care to elderly islanders in the future

Family Nursing & Home Care (FNHC), has organised a debate to discuss the issues shaping Jersey's ability to deliver high standards of care to elderly islanders in the future.

The debate event, which takes place at the Town Hall on Wednesday 12th November, will see islanders question a panel of experts on just how a changing population will affect Jersey's ability to fund and deliver care services in the future, exploring ideas which could be adopted to address this critical issue. The debate will follow three main themes; affordability, delivery and quality of care.

The aim of the debate is to get islanders, politicians and decision makers thinking about how we, as a society, will be able to fund the high standards of care that our elderly islanders need when faced with all of the issues surrounding a changing and growing population – immigration and an ageing population being the two main concerns.

The panelists will include assistant director of policy at the King's Fund (an independent UK health policy think tank), Richard Humphries; policy and strategy director at Social Security, Sue Duhamel; former States of Guernsey minister, Peter Roffey and director of system redesign and

delivery at the States of Jersey Health and Social Services, Rachel Williams.

Islanders are invited to attend this free of charge event. Doors open at 6:30pm for a 6:45pm start. Refreshments will be served. To make the debate more interactive and inclusive, a designated @FNHC_WhoCares Twitter feed has been set up.

Turrets Turn Purple

Photographers took advantage of one of Jersey's most historic landmarks turning purple in recognition of Skipton International's fifth anniversary.

The Channel Island bank's anniversary celebrations included a photographic competition to win a GoPro camera. Budding photographers flocked to Gorey to capture Mont Orgueil lit in the Skipton International logo colours, and the winning image was taken by Colin Pallot.

Managing Director of Skipton International, Jim Coupe said everyone enjoyed the spectacle, 'We've had some wonderful feedback and it's not hard to see why. The castle looked stunning and we were lucky to have the perfect weather and a high tide which meant Mont Orgueil was the perfect backdrop to the pretty harbour. Colin did a fantastic job in capturing the colours and lights of the occasion and was a worthy winner. We'd also like to thank all the other photographers who took the time to record the spectacle, there were some beautiful shots.'

Winner, Colin Pallot is delighted to have had his photograph chosen, he said:

"Living at the top of Gorey Hill and driving past Mont Orgueil Castle several times a day, I have previously taken shots of this local iconic landmark. But, I was intrigued to hear that it would be having a makeover for a few hours courtesy of Skipton International."

The Bank's commitment to the Channel Islands and its mutual heritage is evident through its sponsorships and community activities.



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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



FAMILY NURSING & HOME CARE CHARITY GOLF DAY RAISES £10,000

The sixth annual Family Nursing & Home Care (FNHC) Golf Day, sponsored by Premier Contractors, took place at La Moye Golf Club.

The Golf Day raised £10,000 for the charity and was won by a team from the sponsor Premier Contractors, led by Richard Brocken. The winning team of four golfers each won a night at Longueville Manor for them and their partners. The team - Richard Brocken, Wally Baines, Mick Hanlon and Tommy Owen beat 17 other teams. Second place went to Puritas Limited, led by Mike Feighan and third place went to Moore Stephens led by Brona Lambert.

Each team paid £550 to enter the competition. The event ended in good spirits with prizes and trophies being presented by Julie Gafoor CEO FNHC, for Winning Teams, Longest Drive and Nearest the Pin.

FNHC provides islanders with a variety of services from birth to end of life including health visitors, school and children's nursing, district and specialist nursing as well as home and domestic care. FNHC needs to raise £2million per year in voluntary donations to continue providing its breadth of high quality services in the community.



Jersey Charity Sleep Out on November 29th

If you're in town on the evening of Saturday 29 November be sure to spare a thought for the members of the local community who will be challenging themselves to 'Sleep Out' for one night to experience what it is like to be homeless. They're also hoping to raise both awareness and money for local charities: The Salvation Army Jersey, Freedom for Life Ministries, Grace Trust and Freedom Church who all provide support and services for the homeless in Jersey and the British Red Cross Jersey who assist people in crisis both in Jersey, Nationally and Internationally. Armed only with a piece of cardboard, a sleeping

bag and a mug of warm soup, those taking part will be a world away from their usual comfortable surroundings.

Organiser Jon Hackwood explains "Those taking part in the Jersey Charity Sleep Out, this year, will experience, for one night at least, what it would be like to have to sleep rough. It's about changing negative attitudes of the people of Jersey. We may not have people sleeping in shop doorways but that does not mean we do not have homelessness here in Jersey".



"Where's the F***** sea bass?"

Everyone froze. Just for a second. At that moment every face in the Red Team looked at Shaun... then at each other... and then the oven. Where was the sea bass? It was a valid question. It should have been on the plates and past the pass. Service time at Kitchen Inferno 2013 was a wonder to watch, as the orders came in quicker than the novice chefs could move, their faces redder than the hats that represented their team colour. It was hot. They were stressed.

12 months on, Kitchen Inferno is back and so is Shaun Rankin. He's designed the menu this year, so it's going to be even tougher for the teams as they compete to win votes. Two teams made up of novice chefs will go head-to-head at the Highlands Acedemy Restaurant on Thursday 13 November and guests will watch every move, mistake and moment of brilliance.

It's a whole day and evening of fun, drama for those involved and of course obligatory expletives to raise money for Jersey Cheshire Home, last years event raised a fantastic £7,000. Rob Veron, Managing Director of Blue Islands won last year and is back to defend his title. Cengiz Somay, First Names Group Operations Managing Director, is this year's Red Team Captain. Can he lead the Red Team to victory? We'll see who can stand the heat!

Those taking part are encouraged to seek sponsorship from colleagues, friends and family and all money raised will go towards supporting their choice of the charities connected with this year's event.

If you are up to the challenge of Sleeping Out for the homeless contact: Jon Hackwood sleepout@sycamorefs.com or 07797 711655.



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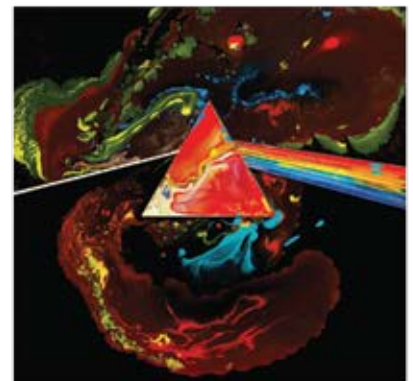
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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Caring Co-op staff donate cash to BeachAbility

Earlier this month Margaret Le Herissier Chairperson of locally based charity BeachAbility was delighted to receive a cash donation of £463 from the generous staff of the Co-operative Grand Marché, St Peter.

Over the past 12 months, staff from the store have participated in a range of fundraising initiatives such as moustache growing, cake sales and car boot sales.

Commenting on the donation Tony de Silva, Manager of St Peter Grand Marché said, "Here at the store we have very fond memories of Sharon Gray of BeachAbility, as she used to shop here regularly. As a team we've enjoyed the many activities we arranged to raise this money and we're really pleased that we are able to help this very worthy cause."

Sharon Gray founded BeachAbility in 2012 shortly after being diagnosed with Motor Neurone Disease (MND). As her illness progressed Sharon came to be dependent on a wheelchair and it was then that she recognised that getting out and about on Jersey's beaches posed a huge challenge to people who are unable to, or have difficulty in walking.

BeachAbility (www.beachability.org) is now an established charity providing specially designed chairs, free of charge from five sites across the island to both residents and visitors.

Are you the smartest business in Jersey?

Carey Olsen is asking businesses across the island to put their staff to the test and see whose employees will take the prize at an upcoming quiz night. The evening, which is being held in aid of the Jersey Alzheimer's Society and Jersey Hospice Care, will take place on Thursday 20 November at the Merton Hotel from 7.30pm - 11pm.

The quiz will provide businesses with the opportunity to show-case their staff's general knowledge skills, hosted by prolific quiz masters Nick Carver and Charlie McArdle. They will be providing contestants with a series of interactive rounds including film clips, voice recognition, touch, memory and speed in order to test the team's senses.

The organisers are looking for teams of six although businesses are welcome to enter more than one team. Tickets are £150 per team of six and includes hot food. For more information please contact Sarah Le Scelleur on 822437 or email sarah.lescelleur@careyolsen.com for a registration form.



International Irlen Syndrome Awareness Week

Last month saw the first ever international Irlen Syndrome awareness week here in Jersey, this little-known condition could affect as many as one in seven islanders. Irlen Syndrome is the brain's inability to process visual information, affecting daily functioning. Regularly misdiagnosed as dyslexia, it's a problem with the brain's ability to process light. The condition can lead to headaches, restlessness and people struggling to understand what they're reading. By filtering out the offensive light waves using coloured lenses or sheets of plastic everything settles down for the reader.

Huge sectors of the population are affected although Irlen Syndrome is not yet identified by standard educational or medical tests. The launch of the awareness week was held at Pizza Express on Monday 20th October, where many of those sporting their specifically prescribed coloured lenses got together to share their stories. The week also saw visits being made to local island school assemblies and seminars were held for local business employees, all to raise awareness of the ease of correctly identifying and treating Irlen Syndrome.

50% of individuals with reading and learning difficulties, 30% of people with ADHD and autism, and approximately 15% of the general population struggle with Irlen Syndrome. Unfortunately, most of these sufferers remain unaware of the true source of their problems. Irlen Syndrome has also been linked to brain injury, chronic headaches and migraines.

For more information please contact Irlen Channel Islands clinic: info@irlen-ci.com or 07797 922561

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L'Horizon - The Spa Opening
L'HORIZON BEACH HOTEL AND SPA
 THURSDAY 24TH SEPTEMBER

The great, the good and the beautifully inclined gathered to celebrate the official opening of the L'Horizon's brand new spa and extended health club.

Following a welcome speech by Martin Kelly, General Manager and speeches by Julia Hands, Chairman & CEO of Hand Picked Hotels and Senator Lyndon

Farnham, guests were invited to a tour of The Spa, which feature six treatment rooms, a dedicated self-contained relaxation area, a sleep room with five ergonomic beds and two manicure and pedicure stations and outstanding changing and shower facilities.



Swarovski & Mind Jersey
Fashion Show

THE ROYAL YACHT
 THURSDAY 2ND OCTOBER

Guests were treated to a fashion show with a difference, as all of the outfits at this charity event were sourced from the Mind Jersey Nearly New Shop on New Street whilst the stunning jewellery accessories were from Swarovski. The evening was split in to

two halves with wine and canapes being served on arrival. Once seated the fashion show and auction of donated evening wear and accessories began. Guests also had the chance to view the brand new collection from Swarovski Jewellery.

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A Night in Vegas in Aid of Durrell

THE CHART ROOM, CASTLE QUAY

FRIDAY 10TH OCTOBER

The event was held to raise essential funds to purchase a new animal transport vehicle for the wildlife park in Trinity. Over 400 people enjoyed a spectacular night of glitz and glamour, with professional casino tables to spend their Dodo Dollars on, as well as

watching performances by the glamorous Showstoppers show girls. The highlight of the evening was drawing the lottery raffle, with the first prize being a trip to Las Vegas for two people for four nights!



Autumn Fashion Launch

DE GRUCHY

SATURDAY 27TH SEPTEMBER

Our own style editor Tamarin Marriott-Wilkinson hosted a series of fashion talks at de Gruchy during the month of September. The event, which was open to all, showcased the main AW 2014 trends, a series of must-have fashion pieces for the new season and practical advice on how to wear them. With

hints and tips covering fashion and trends for all ages, including shades of red, chunky knits and zips, the fashion clinics had something for everyone. The event was just one of the many to take place across de Gruchy's fashion and beauty departments to launch the new season styles.

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Herman Miller Event

PBS GROUP OFFICES

WEDNESDAY 8TH OCTOBER

The PBS Group in conjunction with their award winning business partners Herman Miller recently hosted a Seating and Ergonomics presentation. Herman Miller is a recognised innovator in contemporary interior furnishings, with solutions for every business environment; they're

also synonymous with high quality office fittings. Lillian Antonio from Herman Miller highlighted a number of issues associated with poor workspace design, including: musculoskeletal issues, neck and back problems and the number of days lost due to poor working conditions.



Jersey Heritage Patron Event

CCA GALLERIES INTERNATIONAL

TUESDAY 21ST OCTOBER

CCA Galleries International proudly hosted a special event for patrons of Jersey Heritage to meet 'Imaging Pioneer' and artist, Martin Richardson. During which guests took part in an interactive holographic demonstration with a talk about how lenticulars are used in modern life. Martin traced his personal

journey with both the science and art of holography. Professor Richardson achieved the world's first PhD in display holography from the Royal College of Art, London. View and purchase Martin's most iconic lenticulars including a commission of David Bowie and Marilyn Monroe at CCA Galleries International.

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EXTRAORDINARY DESTINATIONS

BHUTAN

WORDS Viv Pallot
PHOTOS Moz Scott & Beverley Pasqua



Druk Yul – as the Bhutanese name their kingdom – means “Land of the Thunder Dragon” and with its mist-shrouded peaks, sacred temples and dense forests it’s easy to see why. No larger than Switzerland, this predominantly Buddhist nation has been hailed as the ultimate Shangri-La. Bhutan is, after all, the land above the clouds where folk still fear the Yeti ...

Very few tourists have been to this tiny, isolated kingdom cradled high in the Himalaya’s, and most people have never even heard of it. Hardly surprising when this remote realm had purposely cut itself off from the rest of the world until recently. Even now, tourism to Bhutan is limited, but it is well worth the effort and expense according to those who’ve been.

Bordered by Tibet on the north and India on the other three sides, Bhutan is accessible by air from a handful of Asian hubs into Paro International Airport. It’s a notorious descent at the best of times, snaking along a valley between two mountains before landing at Paro’s airstrip, 7000 feet above sea level and frequently beset by bad weather.

You can also arrive by road, but there are only two permitted entry/exit points for foreigners, both from India – one on the southwest side bordering West Bengal and the other to the southeast, bordering Assam.

The Bhutanese landscape is spectacular with peaks piercing the clouds before giving way to fertile valleys far below. Mysterious temples and ancient forts dot the countryside, with virgin forest covering three quarters of the land. The Himalayan air is so fresh that lichens grow unchecked and one species hangs down like a delicate fringe from the trees.

Colourful prayer flags flutter like bunting in the breeze and wooden prayer wheels come in all sizes but are always turned clockwise. “It’s a bit like mass producing prayers!” quips writer Moz Scott, who recently returned from a five-day trek in Bhutan with her friend, Beverley Pasqua.

Here you won’t find the swarms of trekkers that trample neighbouring Nepal though, nor any budget backpackers. Why not? Because only organised tours are allowed in Bhutan and there’s a hefty tourist tax of \$250 per day, which helps subsidise the country’s shiny new infrastructure.



Since the fourth generation king took over in 1972, there's free education for all so literacy rates are high and poverty levels have improved dramatically. And the economy is now thriving with hydro-electricity as the main industry.

Before the 1960s, however, there was no electricity at all - nor any roads, transport, postal services or telephones. More surprisingly, there wasn't even any TV in the country before 1999! But now that westernisation is slowly creeping in, ancient traditions are gradually being eroded.

Today, educated youngsters prefer white-collar careers over the traditional roles of their ancestors. With English as a second language, kids are now mimicking the latest songs from their pop idols in the USA, which no amount of television censorship can prevent.

Some traditions still remain, however. Friendly Buddhist monks draped in their bright saffron-coloured robes often mingle with the public and are hotshots at darts and the national sport of archery - achieving impressive accuracy over long distances.

Homemade handicrafts are sold at craft markets and three generations often share a simple wooden home on the hillside. Vegetables are all farmed organically.

The Bhutanese traditional dress is still worn by many, with men in knee-length kimono-like robes plus shoes (and long socks in winter) and women wearing sarongs under brocade jackets - similar to smoking jackets.

Everyone loves to dress up and revel in the many festivals for which Bhutan is renowned. Some of these festivals date back to the Middle Ages and attract locals from far and wide. It's a great opportunity for socialising. Among them are the popular Tshechu festivals (pronounced "ter-shu") which are joyous celebrations over several days, with colourful costumes and music and dancing - and tourists still very much in the minority.

"BEFORE THE 1960S, HOWEVER, THERE WAS NO ELECTRICITY AT ALL - NOR ANY ROADS, TRANSPORT, POSTAL SERVICES OR TELEPHONES. MORE SURPRISINGLY, THERE WASN'T EVEN ANY TV IN THE COUNTRY BEFORE 1999! BUT NOW THAT WESTERNISATION IS SLOWLY CREEPING IN, ANCIENT TRADITIONS ARE GRAUDALLY BEING ERODED."

But no trip to Bhutan is complete without a visit to the famous Taktang (Tiger's Nest) Monastery which clings to a cliff face high above a valley and is only accessible on foot. It's a strenuous four-hour round trip pilgrimage to this sacred site. The monastery was built in 1692 on the site of a cave where an 8th century Guru Rinpoche ensconced himself and proceeded to meditate for three years, three months and three days, following a flight from Tibet on the back of a tigress to subdue a local demon.

Various hiking opportunities are a major attraction for tourists, from one-day treks into the remote valley of Bumthang, to high-altitude treks including the one from Paro to the capital city of Thimpu (pronounced Tim-poo) as undertaken by Moz and Beverley, and there are even longer ones if you wish.

There is also one of the most challenging treks in the world: the month-long Snowman Trek. It is led by experienced Alpine guides and follows the Bhutan-Tibet border over some very remote mountain passes before ending up in central Bhutan. Along the way, you might be lucky enough to spot a snow leopard, some rare blue sheep ... or maybe even a Yeti.





POWDER TO PINE (FOR)

THE TOP 5 RESORTS FOR OFF PISTE SKIING

WORDS Louis Donohoe

Off piste skiing is one of the most exhilarating mountain activities on offer. Whether it's weaving in and out of tall pine trees or bombing down the powder with a pair of skis akin to surfboards it doesn't get much better. There is a distinct beauty in these tranquil areas, that seem untouched by anything apart from the local wildlife.

If you've been living in an igloo and don't know, off piste skiing is the art of skiing on areas that have not been designated as runs. This means they aren't groomed by machines and so are all natural. Some of the coolest moments on the slopes can be had with snow spraying behind you and no one in front of you. Off piste skiing isn't without

its dangers, but if done safely it is an amazing adrenaline rush that shouldn't be missed. Hiring a guide can improve the experience by taking you to some of the more 'exclusive' spots. So to aid you the next time you need to make a decision on where you're going for your ski holiday we've provided a collection of the best ski resorts around.

A Resort of Olympic Standards

WHISTLER, CANADA

Located in British Columbia, not only does Whistler have some of the most insane off piste runs on the continent it also has many great restaurants and bars in the large village below. You may remember Whistler as host to the 2010 winter Olympics. There is a great variety of slopes that make for many enjoyable rides. Vancouver, one of Canada's most amazing cities, is within driving distance if you need a break from the mountain lifestyle. You can even enjoy the Whistler film festival over five days starting on the first week in December. If you want to see the greatest Whistler has to offer then it is a good idea to hire a guide. Once you've conquered what the slopes have to offer, you may wish to ramp up the excitement and try heli-skiing which is very popular in the region. The British Columbia is the most popular area for heli-skiing in the world. When on a helicopter you can gain access to some of the best areas that Whistler has to offer.





**“THE STEAM BATHS ARE
AMAZING WAY TO RELAX
AFTER A HARD DAY’S SKI”**

Sushi & Skiing

NISEKO, JAPAN

This resort is a bit further east than the others on the list but it is a amazing resort for those who don't mind paying a bit more. Niseko has some of the most amazing views of any ski resort in the world. Skiing through some of the deepest snow in the world is an amazing experience for any off piste enthusiast. The steam baths are an amazing way to relax after a hard days ski. However if you think you are up for it you can enjoy night skiing. Some runs in Niseko are lit up at night and the lifts are active until 9pm. You can gain a truly different perspective at night and it shouldn't be missed.. The food is fantastic and the locals are friendly. Also if there are not enough activities in Niseko then you can take seven minute drive to Kutchan which is a slightly more urbanised environment.



Swiss Serenity

ANDERMATT, SWITZERLAND

Switzerland is well renowned for its ski heritage and Andermatt is no different. Andermatt is a very scenic town that looks like a typical Swiss village. Not only will you enjoy the great off piste runs but Andermatt also offers a variety of delicious Swiss cuisine such as fondue, rosti and traditional meats and cheeses. This great rural mountain food really gets you in the spirit of the Swiss culture and it's perfect ski fuel. The powder here is amazing and easy to reach via cable cars. The resort is also being improved as new facilities are being built, such as new hotels and golf courses. The runs are all fairly peaceful and you will be carving your own fresh tracks. The highlight of the resort is the Gemsstock. This fantastic summit has plenty of enjoyable off piste runs ranging from beginner to intermediate.



**“NOT ONLY WILL YOU ENJOY THE GREAT OFF
PISTE RUNS BUT ANDERMATT ALSO OFFERS A
VARIETY OF DELICIOUS SWISS CUISINE”**

**“THE RUNS ARE LONG
AND EXPANSIVE AND
THE POWDER IS GREAT”**

Charming Chamonix

CHAMONIX, FRANCE

This is a resort slightly closer to home that offers one of the greatest off piste experiences in the whole of France. With a huge variety of different pistes and some amazing expanses of powder. The resort also has a great snow park, sponsored by Salomon, if you fancy testing out your freestyle skills. Chamonix used to have problems with large queues, however they have drastically improved the lift system meaning you won't have to wait long to get back to the top. Chamonix has a great town with a fun après ski scene. With a variety of enjoyable activities including a 10 pin bowling alley and a three screen cinema so you won't just be thinking about getting back to the slopes. Chamonix has some incredible views of mountain summits including Mont Blanc, the highest mountain in Europe.

Sweet Slopes & Brilliant Bars

ST ANTON, AUSTRIA

If you want to ski hard and party hard then St Anton is the place for you. The village can be expensive but the après ski is great. The runs are long and expansive and the powder is great. If you want to experience the best this resort has to offer then you should definitely consider hiring a guide, so you can safely traverse some of the coolest runs in Austria. A big draw of St Anton is the bars, with a large variety you are sure to find somewhere that appeals to you. Keep in mind these slopes don't suit beginners so if you aren't a very confident skier you may want to consider somewhere else. However if you have some experience in skiing and want to experience a great nightlife then this is one to consider.



“A HUGE VARIETY OF PISTES AND SOME AMAZING EXPANSES OF POWDER”

MOVING TO NEW YORK

MANY PEOPLE DREAM OF MOVING TO A BIG CITY LIKE NEW YORK, BUT FEW ACT ON IT. HOWEVER WE MET TWO PEOPLE THAT STARTED FROM HUMBLE BEGINNINGS IN JERSEY AND MADE THE MOVE TO THE BIG APPLE.

LIAM LE GUILLOU

Position Producer / Cinematographer

Company Loveless Creative (www.lovelesscreative.com)



Why made you choose to escape Jersey?

As a filmmaker, there wasn't really a great deal of opportunity for me in the Island. I came to New York to really try and push myself and my skills, and in just a few years I've co-produced a Beyonce music video and shot two feature films. The first of which won "Best Thriller Feature" at the Manhattan Film Festival earlier this year, so it feels like it's been a good move!

You're based in New York, do you spend all your time there?

Pretty much, I do travel for work, but when I'm not working there's nothing I love more than wandering the streets of the Lower East Side of Manhattan, taking in all the bohemian stores and coffees shops and art galleries. The diversity of art and culture down here is still mesmerising to me.

Where do you live in the city?

Lower East Side of Manhattan... Or the LES to the locals!

What is your favourite thing about working stateside?

Positive energy, it sounds cliché but I really feel it in New York, people listen to your ideas and ambitions and always have an encouraging attitude. I love that about the place and to be honest I felt that was stronger here than in say London, which would have been my second option as a filmmaker.

Where would you recommend for Jerseyites that head there on holiday?

AVOID TIMES SQUARE! All New Yorkers I know roll their eyes at the thought of having to navigate the tourist trap that is Times Square. Find a hotel downtown, there's much more to do and you'll see the real New York City. (And if you really must visit Times Square do it whilst sipping a cocktail from the Renaissance Hotel lounge, which has spectacular views over the lights, with none of the hassle!)

What do you miss about living in Jersey?

I think this would be a common answer but family, friends and then the beach! (Oh and mountain biking with my buddies!)

What would make you want to move back?

That's a tough question, I don't ever see a substantial film industry being viable in Jersey so it wouldn't be for work. Having a family may make me consider it as again Jersey is a wonderful place to grow up.

Secondly having such a great healthcare system is really compelling, I never appreciated it until I've lived somewhere that frankly feels like a third world country when it comes to not providing adequate healthcare for its citizens unless you can afford it. Obama has started to make changes but it has a long way to go.



ROLAND TOPF

Roland Topf is the USA country director for Rekorderlig Cider. After the success of Rekorderlig in the Channel Islands, the company wanted to expand. So Roland was appointed as the marketing manager under the parent company Chilli marketing.

What made you choose to escape Jersey?

I have always loved travelling and lived in the States for a few years back in the 90's. Then in early 2012 the most amazing job offer came along to carry on doing what I love and take an unknown brand to the shores of the United States. Rekorderlig cider has become a great success story in the islands and now we are trying to do the same over here, it's just thousands of times bigger and a whole lot harder but it's an incredible journey.

You're based in New York, do you spend all your time there?

No, far from it. NY is amazing and it really is growing on me but my job requires me to travel substantially especially in the first few years whilst we are sowing the seeds around the country for future success. I am probably here half of the time and in our other territories or setting up new ones for the rest of it.

Where do you live in the city?

I live in the hipster capital of New York which is a place called Williamsburg in Brooklyn, which is now apparently super cool but I don't totally fit in as I don't have at least 20 tattoos or a beard!

What is your favourite thing about working stateside?

The adventure! Seeing new places, meeting new people and watching the Americans expressions when they try Rekorderlig for the first time as cider (or 'hard' cider as they call it here) is a new category in the US but it's the fastest growing one in the drinks business.

Where would you recommend for Jerseyites that head there on holiday?

There is so much to do but aside from the usuals of Statue of Liberty and Empire State why not take a helicopter tour at night around the city? I've not done it but I've heard it's fantastic, also come over at Christmas and go skating at Bryant Park. During the summer taking a walk along the high line walkway on the West Side is great. For nightlife I don't even know where to start but Jonathans Saturday brunch at Bagatelle is crazy so I always take my guests there.

What do you miss about living in Jersey?

Family, friends, kite surfing and mountain biking and those amazing beaches and just being able to go out and bump into loads of people you know.

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DESTINATION: CULTURE

FROM SAMBA DANCING TO ANDEAN MYSTICISMS, THIS MONTH WE TAKE A LOOK AT SOME OF THE MOST UNIQUE AND FABULOUS CELEBRATIONS FROM ALL AROUND THE WORLD



SIGNAL FESTIVAL

Summer's fading, the nights are drawing in...what better time to indulge in one of Europe's most talked about video mapping exhibits.

Guaranteed to make you view ancient buildings in a new light, Signal, a newcomer to the kooky, cultural scene has been dubbed a must-see international event. The festival, which takes place on October 16-19, sees the historical centre of Prague play host to over 20 illuminated art installations, projecting patterns on to the neo-gothic Kostel svatě Ludmily, the Michna and Kinsky Palaces.

With over 250,000 visitors flocking to the streets of this popular European city, it's well worth booking in advance for 2015!



LICHT FESTIVAL

With an array of dazzling displays, including cathedrals made up of over 55,000 LEDs, the Licht Festival is one Ghent's biggest calendar events, attracting culture vultures in their masses from across Europe.

The festival, which takes place every three years, boasts an abundance of must-see illuminated installations by various international light artists. The city's nights become the backdrop to an astonishing spectacle, imaginative installations, remarkable performances and picturesque events. Prepare to discover Ghent's historic sites from a different angle.



WHERE: Belgium
WHEN: January 29 - February 1st
Lichtfestivalgent.be



VENICE CARNIVAL

As the masked pre-Lenten cheerfulness of the Carnevale crowd rolls in, Venice is finally awoken from its winter slumber. The atmosphere is energetic and the ambience animated, as hordes of ghostly figures in dramatic costume wander through the streets of this otherworldly city.



WHERE: Venice
WHEN: February 4
Carnevale.venezia.it



THAIPUSAM

Not for the cowardly, this three-day festivity includes a procession up the steps of the Batu caves near Kuala Lumpur, during which certain trance-like partakers impale themselves with hooks or arrows in the form of an apology for past sins. The event honours the Hindu god Subramaniam, the younger son of Shiva.

WHERE: Malaysia
WHEN: February 7
mydestination.com



RIO CARNIVAL

Celestial toucan birds, neon green spacemen brandishing Brazilian flags and platoons of skimpily clad women and men dancing a breakneck samba – these are just a few of the sights you can expect to see at the infamous and extravagant Rio de Janeiro Carnival. With parades that run until dawn at the Sambadrome, you'll be forgiven for collapsing in a heap as the carnival comes to a close.

WHERE: Rio de Janeiro
WHEN: February 13 - 17
Rio-carnival.net



HOLI

To welcome the spring in the hope of being blessed with a good harvest and fruitful land, this exuberant, ancient festival sees the streets of India come to life with outlandish colour. Everyday appearances are cast aside, as festivalgoers smear themselves (and each other) with brightly coloured paint. The event is famous in the state of Uttar Pradesh, predominantly in the town of Mathura – the birthplace of Krishna.



WHERE: India
WHEN: March 23
Holifestival.com



NAADAM FESTIVAL, ULAN BATOR

Mongolia's annual Naadam festival surrounds demonstrations of three manly sports: horse racing, archery and wrestling. For three entire days, the streets of the capital are inundated with spectators relishing in the parades of skills, that have for centuries, sustained a fundamentally nomadic population. The opening ceremony showcases music and marches performed by athletes, soldiers and monks. Outside the competitions, Mongolians play games using shagai – sheep anklebones.



WHERE: Mongolia
WHEN: July 11 - 13
Visitmongolia.com



NEBUTA FESTIVAL

Each and every year, the northern port of Aomori plays host to this life-affirming festival, which has to date been running for three centuries. Deemed the most colourful event in the Japanese calendar, the town streets become awash with processions of flute players, dancing figures and cosmic floats portraying papier-mâché figures of snakes, dragons, gods and samurai warriors. By belief the Nebuta was held to ward off evil spirits for the coming year; it concludes with a procession of illuminated floats on boats around the harbour during which the singing and the thump of taiko drums rise to great haste.

WHERE: Japan
WHEN: August 2 - 7
Seejapan.co.uk



LA TOMATINA

Each and every year, thousands upon thousands of participants from all over the globe make their way to the small town of Bunol in Spain, where a mass food fight commences – involving more than one hundred metric tons of over-ripe tomatoes.

The week long festival features dancing, parades, music and fireworks and on the evening before the tomato fight, participants are encouraged to compete in a paella-cooking contest.

WHERE: Bunol
WHEN: Last Wednesday of August
latomatina.com



LA DIABLADA

Crowned the “dance of the devils”, this fabulous festival is a mish mash of embellished Andean mysticisms, San Miguel and Incan characters – all intent on reliving numerous stories, including that of the timeless battle between good and evil. The festivities run until Shrove Tuesday when alcohol is scattered over belongings in order to beseech a blessing.



WHERE: Oruro, Bolivia
WHEN: January 17
Carnifest.com



IL PALIO

In the summer months, a ferociously competitive bareback horse race embarks around the boundary of Siena's celebrated Piazza del Campo. This highly ambitious event involves jockeys from the 17 neighbourhoods of the city, and is ultimately a risky dash for glory as the streets of the city reverberate to the sound of thunderous hooves.

WHERE: Siena, Italy
WHEN: July 2 & August 16
Italia.it




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FIRST STOP... SUNSHINE!



This is what we sit at our desks dreaming of; a direct fly outta here to sun, sea and sangria. Discover the new Tenerife, a million miles from the high-volume package-holiday destination of old. You'll now be welcomed with a dose of quaint bustling island life complete with world class eateries, plenty to explore and did we mention it's all Direct from Jersey!

Rising out of the Atlantic Ocean in volcanic glory and closer to Morocco than mainland Spain, Tenerife is home to hidden bays and busy beaches, quiet villages and bustling towns, one of the world's largest carnivals and, watching over the island, the highest peak in Spain. The largest of the Canary Islands and dubbed the 'island of eternal spring', Tenerife is an island of contrasts and experiences that offers so much more than days by the pool and nights in the club.

Tenerife is home to some of the best winter sunshine in the northern hemisphere. Visitors staying on the island during the winter months can enjoy balmy days close to the beach, admiring snow atop the 3,718 metre peak of Mount Teide whilst sipping a mojito by the pool. The tourist areas lining the island's southern beaches are naturally bustling and energetic, with a healthy contingent of holidaymakers looking for sun, sea, tasty Spanish food and the occasional night out. However, those willing to venture a little further from the popular areas of Los Cristianos, Playa de las Americas and Costa Adeje will be rewarded with a collection of historic, cultural and natural surprises.

Venturing inland, beaches give way to steep hillsides, ravines and picturesque villages, all waiting to be discovered and still relatively untouched by the mass tourism hugging the coastline. A 30

minute drive from Costa Adeje, the small village of Chirche is nestled 800 metres above sea level, gifting visitors panoramic views across the south of the island. The village includes examples of traditional architecture and is dotted with flowerbeds, farming terraces and vineyards; a perfect place to escape the busy beach and relax with the locals for a day.

"THE LARGEST OF THE CANARY ISLANDS AND DUBBED THE 'ISLAND OF ETERNAL SPRING', TENERIFE IS AN ISLAND OF CONTRASTS AND EXPERIENCES THAT OFFERS SO MUCH MORE THAN DAYS BY THE POOL AND NIGHTS IN THE CLUB"

For braver souls willing to explore the island's interior, Teide National Park is an unmissable experience. Declared a World Heritage Site by UNESCO, the park is home to Mount Teide, the highest peak in Spain. Active explorers will happily spend six hours negotiating the walking route to the peak, whilst those firmly in holiday mode can reach the area known as the Rambleta, 3,555 metres above sea level, by cable car. From there it's either a relaxing time taking in the landscape, or a final 200 metre scramble to the very top.

Travelling further, Santa Cruz de Tenerife is the island's capital and, only an hour from the south coast, is home to one of the world's largest annual carnivals. Taking place during January and February, the

'Carnaval de Santa Cruz de Tenerife' is widely considered a close second to the world famous carnival in Rio de Janeiro, a fact recognised by the capital's twinning with the inimitable Brazilian city. The carnival atmosphere dominates the town every night until Ash Wednesday, when revelers celebrate the 'entierro de la sardina' – the burial of the sardine – and the festivities are officially over.

Untouched villages, volcanic parks and annual carnivals aside, Tenerife remains a hotspot for the traditional winter sunshine holiday. Costa Adeje, Los Cristianos and Playa de las Americas are full to the brim

with hotels, restaurants, theme parks and beaches, offering something for everyone. Families and kids can enjoy tall waterpark slides whilst couples sample the nightlife and relax in some of the island's best luxury hotels.

If you're overdue some sunshine and are looking to re-discover one of the gems of the Atlantic, Tenerife can be reached in only four hours, direct from Jersey.

Fly Direct are offering direct holidays to Tenerife, departing every Thursday between 12th February and 2nd April 2015. Find out more at www.flydirect.je or call 01534 496677.

CULTURE



For more information and to book: 700444 www.artscentre.je

Blazin' Fiddles

A Channel Islands Music Council Tour
Monday 24 November 8pm

Like rare single malts, each member of Blazin' Fiddles draws the distinct flavour of music from their part of the Highlands and Islands. Blending solo and ensemble sets, aged with the occasional insightful tale, they all come together in a fiery blend to excite your senses.

£17 (£11 students)
Members: £14.45 (£9.35 students)

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MY NAME IS...



MY NAME IS NICOLA LUCAS

MY JOB IS ARTIST, WEDDING CO-ORDINATOR, PLUS OTHER STUFF FOR JERSEY HERITAGE

WHEN I WAS A KID I WANTED TO GROW UP TO BE KATE BUSH

MY WORST HABIT IS HOLDING ONTO THINGS THAT I SHOULD LET GO OF

THE CELEBRITY THAT WOULD PLAY ME IN THE FILM OF MY LIFE WOULD BE ANGELICA HUSTON

MINUS THE CHEEK BONES

IN 3 WORDS I AM THE TREE LADY

MY GREATEST ACHIEVEMENT IS ONGOING

MY BIGGEST INSPIRATION IS 'INSPIRATION IS THE WINDFALL OF HARDWORK AND FOCUS'

THE SONG THAT BEST REPRESENTS THE SOUNDTRACK TO MY LIFE IS NORTHERN SKY BY NICK DRAKE

MY MOTTO/MANTRA IS ENJOY THE PROCESS - DON'T WORRY ABOUT THE OUTCOME

IF I WAS A SUPERHERO I WOULD BE CATWOMAN

I JUST LIKE THE OUTFIT

THE ADVICE I WOULD GIVE TO MY 12 YEAR OLD SELF IS TO TAKE SINGING LESSONS

I COULDN'T LIVE WITHOUT LOVE, MUSIC AND RED LIPSTICK

IS HONESTY THE BEST POLICY? THAT DEPENDS ON THE SUBJECT AND TO WHOM YOU ARE SPEAKING



EXHIBITIONS

Graham Tovey: Recent Paintings

Predominately a landscape painter, Graham Tovey's influences come from Turner and the English tradition of modern landscape painting. He is known mainly for his coastal landscapes, in particular those of Jersey and France. In this exhibition he concentrates on light and its effects on landscape, using a more colourful palette than in his previous shows. Using a painting knife and oil paint he produces work which is both modern and expressive. He has work both in collections in Jersey and throughout the world, including Nice, Cannes, St. Paul de Vence in France and Apricale, Italy and London.

You can see his latest work exhibited at the Link Gallery within the Jersey Museum between the 8th and 30th of November. The gallery is open from 10am until 5.30pm and entrance is free.



Taking the lead on Christmas gifts

For one visually impaired Jersey woman running a marathon this year wasn't enough. Jenny Stafford ran the London marathon earlier this year and thanks to the generosity and support of islanders raised £5,000 for 'Guide dogs for the blind'. Jenny, a local guide dog owner herself, is now continuing her fundraising efforts by producing 2015 calendars, featuring six of Jersey's seven guide dogs, to raise even more money.

Jenny explained "We currently have seven working partnerships within the island, a guide dog bordering system, as well as a puppy walking scheme. We've produced the calendar to show how beautiful and intelligent the guide dogs and puppies are. They help the owners achieve life long independence. I wouldn't have been able to put the calendar together without the help of my friends and family and local photographer Paul Sharkey"

Jenny thinks the calendar is a fitting way to help celebrate ahead of the the 77th birthday of the Guide Dog Association (Jersey branch) in August 2015. If you're looking for a great stocking filler for the dog lover in your life, or would like to help support this worthwhile charity then please contact: Jenny Stafford jennystafford@gmail.com or visit her Facebook page Jenny's Journey

Final call for all Creative Artists

The Jersey Arts Trust is now appealing for a new intake of creative artists of all genres (composers, song-writers, filmmakers, multi-media artists, dancers, choreographers, performance artists, writers, designers, directors, visual artists) to take part in the Bedell Creative Arts Programme. Once selected, they will go through a unique process of development and collaboration, ultimately creating shared work for a showcase event at the Jersey Opera House in September, 2015.

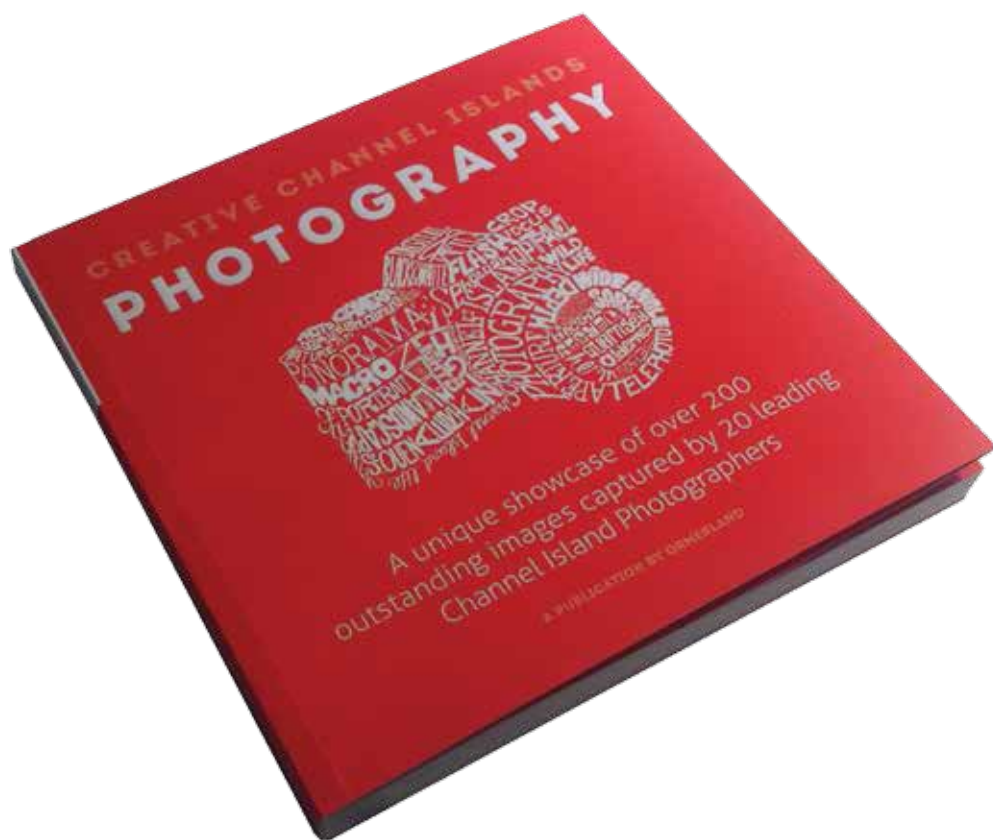
They would like to appeal to as broad range of people as possible - as long as your work is original and it's yours, and you're interested in working with others, then they want to hear from you.

To apply, simply fill out an application form which can be collected from the JAT office or downloaded from their website, and send it to the address below, along with up to three examples of your work (this can be a recording, script, images, notes, website links - anything that gives them a flavour of what you do).

Jersey Arts Trust, First Floor, 3 Charles Street, St. Helier, JE2 4SF, or by email to: alice@arts.je

The deadline for all submissions is: Monday 24th November 2014

For further information regarding the submission process or to be sent an application form, contact Alice Bravery on 617521 www.arts.jewww.facebook.com/BedellCreativeArtsProgramme



LIFE THROUGH A LENS

OMERLAND.COM WAS FORMED IN 2012 TO PROVIDE ARTISTS ACROSS THE CHANNEL ISLANDS WITH A PLATFORM FROM WHICH TO PROMOTE THEIR CREATIVITY. CREATIVE CHANNEL ISLANDS: PHOTOGRAPHY IS THEIR LATEST PROJECT, THIS TIME SEEING THEM PRODUCE A PRINTED PUBLICATION THAT EXPLORES THE PHOTOGRAPHIC CREATIVITY OF 20 LEADING AND UPCOMING CHANNEL ISLAND PHOTOGRAPHERS. THE BOOK IS ON SALE NOW AND CAN BE FOUND IN ALL MAJOR BOOKSHOPS AND ONLINE.

The founder of Omerland.com Ross Weston and editor of the book told us, "I wanted to showcase a strong selection of unique images from each photographer's portfolio, the book takes you on a journey through a huge variety of styles and visual expression. Anyone who regularly and enthusiastically enjoys viewing or creating photography will find pleasure and inspiration in this book. The sheer variety of images on show is extraordinary."

Throughout the 250 pages you'll be able to discover over 200 unique images (because 200 of the same image would have been dull) from 20 fantastic Channel Island photographers.

Ross went on to explain "Creative Channel Islands: Photography is assembled in sections, photographer by photographer, alphabetically," which seems like a pretty logical format to us. "Each section opens with the photographer's biography, their website details and a link to order prints of their images. The pages that follow represent a selection of images from their current portfolio. These images include the title, location of shot and the camera used to capture the image." It is hoped this will help you delve a little deeper into the construction of the material.

www.omerland.com/shop

MORE IMAGES FROM THE BOOK OVERLEAF ►





THE PHOTOGRAPHERS INCLUDED ARE:

From Jersey: Andy Le Gresley, Connor Daly, Fenby Miskin, Jodie Spriggs, John Liot, Mark Stephenson, Matt Porteous, Monika Baster, Nick Venton, Peter Trenchard and Tom Kennedy.

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CULTURE NEWS



PRIVATE PEACEFUL

How do you remember? A timely question in the centenary year of the First World War. Private Peaceful, a one man production performed in the Jersey Opera House studio on Friday 21st & Saturday 22nd November, is an opportunity to reflect. Adapted from the novel by Michael Morpurgo, former Children's Laureate and author of the world famous War Horse, the play tells the story of Private Tommo Peaceful; a young soldier who, facing the firing squad, spends his final night in the Belgian trenches contemplating his short life. Award-winning actor Ben Hynes stars in four exclusive performances over two days. **Advance booking recommended, tickets are £10-£14.**



THE OLD VIC'S THE CRUCIBLE SCREENINGS

The Hobbit Trilogy's Richard Armitage stars in The Old Vic's production of The Crucible, screened twice at Jersey Opera House next month. Arthur Miller's classic American drama, based on the city of Salem's infamous witch trials, is brought vividly to life in this visceral new production by internationally acclaimed director Yaël Farber. In a small tight-knit community in Massachusetts, personal grievances collide with lust and superstition, fuelling widespread hysteria. Captured live at The Old Vic, this production has received 5* reviews across the board. **There are two showings of the screenings on Thursday 4th December, 7pm and Saturday 6th December, 3pm, tickets cost £12.50.**



HOCKNEY: LIVE FROM L.A.

He's one of the most influential artists of his generation and an important contributor to the 1960s Pop Art movement. Now for the first time David Hockney gives access to his personal archive of photographs and film in this exclusive documentary, followed by an in-depth conversation with the man himself from his Los Angeles studio, broadcast on the Jersey Opera House big screen on Tuesday 2nd December, 7pm, tickets are £12.50. Chronicling Hockney's vast career from his early life in working-class Bradford, where his love for pictures was developed through his admiration for cinema, to his life today still working in the studio seven days a week at the age of 77, this film, by acclaimed filmmaker Randall Wright, offers a unique view of this unconventional artist who is now reaching new peaks of worldwide popularity.



TO INFINITY AT BEYOND AT THE JERSEY ARTS CENTRE

Ever fancied learning how to crochet your very own fashionable Infinity Scarf? With tutor Hazel McLaren to help you every step of the way, this one-day workshop will teach you patterns and stitches to help you create this accessory during the four hours, and at home. Why not make one for a Christmas present, or as a treat for yourself? Places are limited, so make sure you're available on Saturday 29 November!

A unique exhibition comes to Jersey Arts Centre's Berni Gallery from Monday 3 November. As part of the continuing commemorations of the start of the First World War, an exhibition of words, 100 Poems, will be on show until 15 November. Featuring a number of commissioned poems from local writers, the pieces featured have taken war as a theme, with both the First World War and more recent conflicts being featured.

The exhibition also forms part of the Jersey Arts Centre's 10th Human Rights Film Festival, the week long event runs from Saturday 1 - Friday 7 November. The festival includes a variety of thought provoking films which include The Act of Killing on Monday 3 November at 8pm. Oppenheimer's documentary about the mid-1960s Indonesian death squads who tortured and killed "communists" shows some of the unrepentant perpetrators, now grandfathers, happily re-enacting their crimes in the style of their favourite film genres. Be warned, this is not an easy film to watch. Be sure to visit

Following on from the festival on November 20, Michael Day gives a lecture entitled Historic Royal Palaces, a decade of development and story-telling. Michael left the Jersey Heritage Trust after 16 years in 2003 to be Chief Executive of Historic Royal Palaces. In this lecture, he returns to Jersey to talk about the palaces, their collections and stories, plus some of the important developments and unexpected events of the last decade.

TWO JERSEY HERITAGE MUSEUMS RECEIVE NATIONAL RECOGNITION

Two Jersey Heritage visitor sites have been awarded national accolades. Jersey Museum, Art Gallery & Merchant House and the Maritime Museum & Occupation Tapestry Gallery have received a Visit England Best Told Story Accolade.

The awards have been made for the high standard of interpretation at the museums which are considered to rank alongside other recipients including the refurbished Cutty Sark, the National Space Centre and the Museum of London. There are only 14 Best Story Accolades out of over 800 participating attractions.

The recognition follows a programme of investment in the interpretation of the sites agreed between Jersey Heritage and Education, Sport and Culture. New exhibits recognised at Jersey Museum include the Story of Jersey film told by Islanders, the new audio visual story presentations of No9 Pier Road (The Merchant House) and the living exhibition centred around the Celtic Coin Hoard, discovered in 2012. At the Maritime Museum, Islanders have helped make a knitted and crocheted underwater reef and artists have begun installing works exploring local maritime cuisine and beach life.



LOVE THEATRE

Having seen hundreds of young adults leave the Island to obtain prestigious Drama School and University training, Michelle Smith wanted to offer a local alternative and Love Theatre, a company that really loves theatre, was born. The company has been formed to give those performers, whether they are at home permanently or not, an opportunity to create and perform professional work predominantly (but not exclusively) for young audiences here in Jersey.

On 21st November, Love Theatre produces its first production of Teechers at the Jersey Arts Centre, and in January 2015 the company will be touring a Theatre in Education Production in collaboration with the police (not the band).

For young performers aged 8+, Love Theatre offers weekly 90minute-2hour rehearsals that work towards a show every term. Developing confidence, skills and the ability to rehearse and improve performance work, as well as have fun. The work is varied and fast moving.

If you are a young person or you are responsible for a young person who might be interested in weekly rehearsal sessions, and the 14yrs+ performance company, contact them at info@lovetheatrejersey.com or visit www.lovetheatrejersey.com to find out more about their projects for 2015.

MARK WATSON flaws



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Kayla Bulstrode



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NEXT MONTH'S UPLOAD THEME IS **'OPULENT'** SO GET THOSE CAMERAS READY AND GET SNAPPING FOR YOUR CHANCE TO WIN £100! THE DEADLINE IS **NOVEMBER 15TH**. IF YOU'RE THIS MONTH'S WINNER JUST GIVE GALLERY HQ A CALL ON 811100 TO CLAIM YOUR PRIZE.

Annaida Garrofe



Phil Gordon

Jerome Decanter



Kayla Bulstrode



Anna Vautier



Courtney Huisman

• THE • *Genuine* Articles

**The escape artist, the artists escape.... Is creativity itself a form of escapism?
We posed the question to two talented Jersey artists, Joy Langdon and Naomi Renouf.**

Naomi RENOUF



Art is something I have always done. Even as a small child I used to spend my time creating things. It makes me feel happy and relaxed and takes my mind off everyday worries and the pressures of work.

For me art has always been, to some degree, a form of escape. When I am working on a project I get totally absorbed. I can lose myself in what I am doing to the point where I ignore someone that speaks to me; not because I am being rude, but because I am just unaware of everything else but the work I am doing. Time also tends to run away with me for the same reason.

Artwork can also be a form of escape for the audience. To an extent it doesn't matter what I was thinking when the art was produced. Once exhibited, it is the viewer's perspective that matters. I work in a contemplative way which involves a lot of looking and reflecting. In my finished work the more that you look, the more that you will see. I hope that it inspires a sense of contemplation and reflection in others.

All this said, the subject matter is not about escaping from the realities of the world. It is largely about my response to and often the awe that I feel when observing the natural environment. Wherever I go I find interest and beauty in the constantly changing visual environment in which we live. The light, the time of year, the time of day and the weather all create their individual impression on the landscape. I find constant inspiration in these changes. Through my paintings and textiles I want others to see the joy I have found in observing the world around me. I want to give a sense of the beauty around us and to emphasise the importance of looking after our world-not escaping from it.

Joy LANGDON



Having been asked to provide some words on the subject "Art is a form of Escape", I find myself unable to agree with this statement.

"Art" is not an escape it is who and what you are, and you cannot escape from yourself. Art in its many forms is as important to me as eating, in fact, at times more so.

I have always loved to draw, as a child a pencil and a sheet of paper or colouring book were all that were needed to keep me quiet. Colouring inside the lines required great concentration, as did copying pictures from books. Trying to colour something smoothly without pencil lines showing was an achievement in itself. Painting came later. Watercolours have a mind of their own, but are so rewarding when you get it right, and are my favourite medium.

For many years I produced very detailed pen drawings with watercolour washes, now I use oils, acrylics, pastels or whatever suits the subject or my mood at the time, as I try to transfer the ideas in my head onto the canvas or paper. But whatever the medium or subject, art has been a central theme to my life.

No, art is not an escape, it is an inescapable way of life, and those of us caught in its spell would not have it any other way.

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BEAUTY NEWS

Relieving Stress with Chiropractic & Acupuncture

WORDS Chiropractor Marie-Christine Dix and Acupuncturist Lorna Jackson



Stressed? You are not alone. Stress is a reaction to any internal or external stimuli that upsets normal functioning and disturbs mental or physical health.

There are many possible causes of stress;

- Physical (car accident, repetitive motion)
- Emotional (deadlines, death in the family)
- Chemical (too much caffeine, hormonal imbalance)
- Positive experiences such as a new baby or job promotion

According to the Government's Health and Safety Executive stress, depression or anxiety and musculoskeletal disorders in 2011/12 accounted for the majority of days lost due to work-related ill health. 10.4 million days were lost due to stress, depression or anxiety and 7.5 million days lost due to musculoskeletal disorders.

How stress affects your health

The effects of stress on your body will become evident in your nervous system. All your other systems (circulatory, respiratory, digestive, reproductive, hormonal, muscular and skeletal systems) depend upon your nervous system to work properly. Therefore, the most direct method of correcting illness/stress should be directed toward balancing your nervous system and this is exactly what chiropractic and acupuncture do.

Links between stress and poor health include high blood pressure, allergies, gastrointestinal problems, migraines, musculoskeletal tension, insomnia and depression to name but a few. Long lasting or chronic stress suppress the immune system which in turn, increase our susceptibility to illness especially to immune-related disorders or chronic illness.

How can acupuncture and chiropractic help?

Acupuncture benefits anxiety disorders and their symptoms by acting on areas of the brain known to reduce sensitivity to pain and stress. It also promotes relaxation by deactivating the analytical brain responsible for anxiety and worry (Hui 2010; Hui 2009).

Chiropractic adjustments send signals to the brain that help switch off the stress response and normalize nervous system function, lowering blood pressure and easing muscular tension helping the body return to a more balanced, relaxed state.

Acupuncture & Chiropractic can help by:

- Reducing risk of further health implications
- Reducing the number of sick days taken
- Offering an effective preventative treatment for stress
- Offering strategies to help you combat stress
- Making stress easier to handle



5 Minute Skin Check

Meet Suzie the dedicated in-house pharmacist and skin expert who runs the exclusive Skin Clinic in Feelunique At Au Caprice.

Their clinic is home to skin and hair pharmacy brands such as La Roche Posay, Vichy and Eau Thermale Avene. Such brands are extremely effective at combating problem skin but can be daunting and require a specialist to prescribe the most effective solution.

They believe that everyone should and can feel comfortable in their own skin so that's why they have introduced a new five Minute Skin health Check Service where Suzie will give you a quick consultation to establish your skin concerns and offer any advice you need.

From acne to rosacea and pigmentation to sensitivity having skin concerns is not something you have to put up with.

For more information or for a five minute skin check up pop in and talk to Suzie today.



Christmas come early

Kisany Living Linens has been working in East Africa to train vulnerable women in the art of embroidery and weaving. These women are therefore able to take control of their lives and offer a future to their children. Sisley has teamed up with this fantastic company to offer you a selection of beautiful hand embroidered bags.

Each hand stitched pouch contains a Supremya Yeux 30ml; Supremya At Night 2ml luxury sample, Black Rose Cream Mask 10ml tube and an All Day All Year 10ml tube. Ideal for anyone jetsetting of over winter.

A percentage from the sale of each bag will be donated to Kisany. Each bag is available in the following versions: LOVE, GIVE, HOPE, JOY & LUCK.

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NAILING IT!

Centrally located in St Helier, Eye Candy offers treatments for all your beauty needs. From two-tone manicures and polka dots, to floral embellishments and glitter fade with diamonds, dousing your fingertips in dazzling accents is a sure-fire way to shine.

The Eye Candy Lash & Beauty studio boasts a range of colours and styles, including every type of glitter you can imagine. Using both Gelish and IBD Gel Pure Gel Polish, newly transformed nails will shine for up to three weeks.

And that's not all, they'll soon be offering Bio Gel and Bio Sculpture Extensions – the latest in nail enhancements, which look and feel just like the real thing. Find them on Facebook 'Eye Candy Lash & Beauty Studio' for more nail art inspiration.

Other must-try treatments include everything from Lash Perfect eyelash extensions, Sienna X tanning, make-up, eyebrow treatments, waxing, massages and spa find facials. Whether for yourself or a loved one, gift vouchers will make the perfect present – with Christmas just around the corner, a pamper session at Eye Candy Beauty will ensure you're party-ready in no time.

www.eyecandyjersey.com/contact@eyecandyjersey.com/07797786790



PICTURED: Jessica Spriggs Nail Technician & Beauty Therapist at Eye Candy Lash & Beauty Studio. Our Gallery guinea pig had white gel nails with silver glitter fade and diamond details.



ESCAPING THE ISLE THIS WINTER?

Then make sure you grab some of these holiday essentials before you fly.



Kiehl's Travel Set

The clever cool cats at Kiehl's stock mini versions of all their iconic and best selling products, as well as handy see-through pouches to keep them all in. So you can easily stock up on the ones you love before you jetset off.



Sisley Self tanning hydrating facial skin care

Since you've treated yourself to a holiday you can now treat yourself to this! Maybe you need a base tan, or maybe you just want to look your best on holiday. This wonder product by Sisley will give you the most beautiful and natural glow and enhance your holiday snaps from day one!



Benefit Hoola

Oh Hoola how we love you. For your perfect shade of bronze, for your mattness, for being the easiest way to get cheek bone definition! All holler for Hoola!



Origins Modern Friction

You can put skin through a lot on holiday so keep it in tip top condition with this handy portable exfoliator. There's no ouch and no redness or flaking follows using this gentle product. Skin looks perfectly polished, smooth and luminous.



Dermalogica Normal / dry skin kit

Holidaying at this time of year usually involves either hot sun or cold snow; both of which will dry out your skin. This kit contains a variety of travel sized treats to ensure you get well balanced and hydrated skin wherever you go. Also ideal for people who want to give Dermalogica a go and find out what all the fuss is about!



Clinique Self sun body tinted lotion

You don't want to rock up to the beach alabaster white... give this tinted lotion a go to get instant colour and a golden tan will also develop in just a few hours. No surprises - it shows where it goes.

DOCTOR'S ORDERS

Are you treating yourself to the skin you deserve? From banishing fine lines to achieving fuller, plumper lips, with a little help from the leading cosmetic dermatologists at 'the Aesthetic Skin Clinic' (Tatler 2014, 'Top Surgeons and Doctors') we unlock the secrets to a more youthful glow.

From Salma Hayek to Halle Berry, many of today's famous faces look as good now (if not better) than they did 30 years ago, so what's their secret? Read on to discover how you too can keep the aging process at bay.

Although some women are proficient in naturally preserving their youthful glow, not all of us are as fortunate. So aside from the age-old wives tales, (some true, some far fetched) even the most coveted celebs admit to enlisting in a little help every now and again. Whether it's a sprinkle of Botox a la Robin Wright, or a smidgen of collagen-boosting and skin-tightening lasers, peptides and enzymes in the case of Vanessa Williams – keeping the skin soft and the complexion radiant doesn't have to be a chore.

Of course, there are also a number of skin-friendly solutions available, many of which are recommended by even the most sought after skin doctors in the industry – and include everything from drinking gallons of water to ensuring you get enough beauty sleep, exfoliating at least twice a week and moisturising morning and night. Then there are the cutting-edge cosmetic treatments - there to provide a helping hand to those who wish to reveal a younger version of their already remarkable selves.

Although some perceive cosmetic surgery as a way in which to alter their appearance entirely, it's in fact about enhancing what you already have. The application has become much more subtle and is now viewed as maintenance – a tool for aging gracefully.

The Aesthetic Skin Care Clinic here in Jersey boasts a worthy ethos, which embodies the spirit of so many of their patients 'anyone who keeps the ability to see beauty never grows old'.

The clinic and their cosmetic surgery partners have been offering cosmetic medical and surgery solutions to patients for over 20 years, with each medical team member boasting high levels of recognition in their field.

Many of the treatments offered are both non-surgical and non-invasive, proving there are plenty of alternative ways to keep the aging process at bay. The Obagi Blue Peel Radiance is one such treatment guaranteed to improve your skin's look,

texture and feel in a matter of minutes, which makes it an ideal option for those who desire a superficial exfoliation treatment with little or no down time. Using a unique blend of acids, this gentle yet effective peel results in tighter, smoother, brighter looking skin – just in time for any up and coming Christmas parties.

Another non-invasive, quick fix that promises instant results is the Thermage Facial. The technique employs ThermoCool radio frequency technology. Clinically proven to tighten and gently shrink the skin, wrinkles are smoothed and the skin feels tighter. Controlled amounts of radio frequency energy uniformly heat large volumes of collagen in the deeper layers of the skin whilst simultaneously protecting the outer layers of skin through an exclusive cooling technique. Results are expected to last over 24 months and over time, new and remodelled collagen is formed.

Another method that embraces this unique technology is INTRAcel – a treatment that is able to deliver energy deep in dermis using a series of specially designed insulated microneedles that won't damage the epidermis.

Wrinkles however aren't the only indicators of age and just as the eyes are the windows to our soul, our cheekbones and Cupid's bow often reveal our true birthdays. Whether you choose to plump your lips just in time for the festive season, or replace lost volume in your cheeks, a three dimensional lift will lessen deep nose to mouth lines and lift the jowls, revealing a more youthful appearance. The Aesthetic Skin Care Clinic uses both Restylane and Juvederm products (hyaluronic acid gel almost identical to the bodies own), which once injected beneath the skins surface, add both volume and lift. The end result – an enviably smoother complexion that lasts anything between 10 and 14 months.

The newest in resurfacing, skin tightening and skin plumping treatments are all the rage these days, with more and more of us beginning to realise that treating ourselves to the skin we deserve doesn't have to be a trying procedure. In fact, achieving the skin we've always dreamt of is something that can be accomplished in an instant.

www.askinclinic.co.uk



PICTURED TOP TO BOTTOM:

Vanessa Williams, 51, 1983 Miss America, Singer and 1995 Oscar Winner for her song Colours of the Wind and, of course, you'll have seen her playing Wilhelmina Slater in Ugly Betty and Renee Perry in Desperate Housewives.

Robin Wright, 48, an actress who played the iconic Princess Buttercup in The Princess Bride and who is currently starring as Claire Underwood in the series House Of Cards.

Halle Berry, 48, an actress best known for her Oscar winning role in Monster's Ball and playing mutant Storm in the X-Men film Series.

Salma Hayek, 48, an actress famous for her roles in Dogma, Wild Wild West and Frida Kahlo.

HOW BRILLIANT AT BRUSHING ARE YOU?

Type #stupidhygienist into Twitter and there are some less than complimentary, slash, unhelpful results about patient experience with hygienists. Fortunately for us lot in Jersey we have access to our very own Katie Park at The Cosmetic Dental Group, who was short listed for the Hygienist of The Year Award.

We all would love a sparkling, white, gleaming smile and confidence that we have the freshest breath for the Mistletoe Moments that are looming, so here are Katie's tips: "We learn to brush our teeth at our mother's knee but unless you are seeing a hygienist regularly, it is

easy to get into bad habits. Brushing properly will go a long way to preventing gum disease and tooth decay and of course this saves on your dental fees – what's not to love?" says Katie.

Instead of a patronising lecture on how to brush properly why not take Katie's quiz to find out how brilliant you are at brushing?

What kind of a Brusher are You?

The Lumberjack Brusher

Brushing as if you are sawing wood can cause gums to recede and could damage tooth structure. Teeth and gums are delicate living structures, which is why we guarantee gentle hygiene care.

Katie's Tip: Use a gentle circular motion with your brush starting on the gum line and then move onto the teeth.

The Rusher Brusher

Katie tells us that most people do not spend enough time on their teeth each day. Brushing less than two minutes twice a day will not effectively remove cavity-causing bacteria.

Katie's Tip: Brush for 2 minutes twice a day. If you do not have a toothbrush with a timer on it then use your smart phone. Get your kids to brush along with you. It's all about good habits.

The Grumpy Brusher

Some people are a little too vigorous as they think brushing firmly removes strains and bacteria, but in fact this can cause permanent damage. Be gentler with your smile.

Katie's Tip: Only use brushes with a medium textured small head and be GENTLE. If your brush bristles bend when you brush then you are too angry when you are brushing.

The Sloppy Brusher

Understandably people hold their brush perpendicular to their teeth however doing this can damage gums with a brush angled at 90 degrees from your gumline.

Katie's Tip: Hold the brush at a 45 degree angle pointing into the gumline and use a gentle circular motion.

The Mucky Brusher

Not only are old toothbrushes ineffective, they harbor harmful bacteria that can cause infection like gingivitis and periodontitis (full blown gum disease).

Katie's Tip: Replace your brush regularly (about every 3 months) and make sure you swap your brush before the bristles look splayed and frayed. Always replace if you have been ill - but visiting your dentist and hygienist regularly will be a reminder to change your brush or your brush head.

The Brilliant Brusher

You deserve a halo and the fabulous smile you have. You clean regularly and properly as well as floss – brushing the surface only cleans a third of the tooth. You attend your dentist and hygienist appointments regularly and follow our advice. So much cheaper in the long run!

Katie's Tip: Don't be tempted to miss an appointment because you are looking and feeling great. The screening process in your examinations can help identify other health issues at an early stage, plus we want you to keep looking, feeling and smelling fabulous.



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THE COTTAGE GARDEN: YOUR OWN PRIVATE HIDEAWAY

The Cottage Garden – a small yet sybaritic oasis – is a new edition to Longueville Manor's already idyllic setting and a haven of relaxation in which to unwind, de-stress and be pampered.

The spa, which takes its name from the surrounding grounds and kitchen garden, is a sanctuary of calm and tranquility, and as a purveyor of REN spa therapies, an abundance of the treatments available encase elements of fruits and herbs.

REN, a quintessentially British brand, boasts a crystal clear philosophy – one that is summed up in three words: Performance, Purity and Pleasure. Their unique formulations offer the latest in hi-tech actives; they're free from skin-unfriendly synthetic ingredients and boast 100% plant and mineral properties.

A little like a secret garden, the spa features exposed stonewalls, a private outdoor whirlpool and a secluded decking area. Inside, the treatment room follows suit. From the sweet scent of English lavender to the ethereal acoustic sounds, as soon as you step foot in the door, this country-chic hideaway calms your soul, pacifies your body and inspires your mind.

Going to a spa is all about forgetting your worries, allowing your mind to float and focusing solely on your body. The pureness of the garden, the personalised service and the real sense of peace allow me to do just this.

With an array of massage therapies, body & beauty treatments, including everything from the REN Moroccan Rose Ritual (an indulgent treatment incorporating a facial, full body exfoliation and bespoke massage), the REN Head in the Clouds Massage (an Indian head, neck and shoulder massage) and various beauty options, ranging from Jessica manicures to waxing and tinting, the spa menu has something to suit all.

Unlike so many of today's establishments, The Cottage Garden is small, intimate and inviting, which allows therapists to focus on providing a personal service in a soothing atmosphere.

Today I'm here to try the REN Ultimate Radiance Facial – a bespoke, brightening treatment that promises to resurface, renew and re-energise tired, dull and stressful skin – just what I need after a busy week of deadlines. On entering The Cottage Garden, my own personal therapist greets me, who after a one-to-one consultation invites me to cocoon myself in the gentle peacefulness of the heated treatment bed. A little like a cabin nestling in the woods, I instantly feel at one with myself, a world away from reality.

Going to a spa is all about forgetting your worries, allowing your mind to float and focusing solely on your body. The pureness of the garden, the personalised service and the real sense of place allow me to do just this.

She begins my treatment with a 'welcome touch' – something REN apply to each and every therapy. For the facial it's an occipital stretch, which instantly induces a feeling of relaxation. For the body – feet are wrapped in a steam towel; you're then treated to a foot massage, which focuses on the main pressure points, followed by a spinal flush using Shiatsu techniques.

Throughout my facial, each and every movement is carried out at a leisurely pace, which helps to promote a feeling of intense relaxation. In between stages, rose scented steam towels are used to further cleanse and detoxify the skin. My therapist Natasha explains that REN Spa treatments use exclusively designed massage and pressure point techniques inspired by ancestral traditions, Japanese acupressure and Swedish massage. From releasing tension to stimulating micro-circulation, the results are plentiful and those lucky enough to try any one of the treatments offered here are guaranteed to walk away with a spring in their step.

Prior to beginning my facial, I inform Natasha that I have a meeting just an hour post treatment, in response to this, she kindly finishes my facial with a little BB cream and a touch of lip-gloss. I'm then encouraged to retreat to the relaxation area for as long as required – with a cup of Birchall herbal tea in hand...it's the little details like this, when combined with the top-class treatments, that make The Cottage Garden such a unique experience – stimulating a feeling of wellbeing, equilibrium and overall pleasure. I emerge rejuvenated and ready to take on the world again.

The Cottage Spa is the ideal antidote to those wishing to escape this often hectic world and offers an additional dimension for guests enjoying a short break, a special occasion or a holiday at Longueville Manor.



**The Cottage Garden
Health & Beauty, Longueville Manor
01534 725501 | www.longuevillemanor.com**



FASHION

BRAND NEWS



Woolrich

You may not have heard of this brand, but it has actually been synonymous with quality outdoor clothing for over 180 years! This is an American based company that has survived the Civil War, the Great Depression, two world wars, and the end of the Cold War. Woolrich was contracted by the government to outfit Admiral Byrd's expedition to Antarctica in 1939, 1940, and 1941. And legend has it that Woolrich was the first company to use a zipper in men's trousers!

Also all those lumberjack check shirts that have been making a resurgence over the last few years... they have their roots back in the mid-1800's when the Woolrich Buffalo check shirt was created to keep outdoorsmen warm.

As well as having the most fascinating history this amazing company is currently experiencing a huge surge in popularity as chic New Yorkers wrap up in their stunning collection of parkers, similar to the exact ones that their great-great grandparent wore! We're hooked on this wonderful brand, see their fab parkers in Nautilus on Don Street.

'Cocktail Hour'

In September this year Aurum of Jersey had great pleasure launching their newest jewellery collection 'Cocktail Hour.' 33 exquisite pieces of jewellery were hand-crafted with the finest quality materials in the workshop above the showroom in St. Helier. Here is just a taster of some of the beautiful bespoke jewellery that is in the collection. 'Moloko' a vibrant pearshaped briolette citrine pendant, with a rich purple oval garnet and diamond detail cap on a diamond set 18ct rose gold chain. 'Black Velvet' sultry smoky quartz briolette earrings, set with 18ct rose gold with oval Malay garnets and pearshaped yellow sapphires earrings. **Prices from £1,500.**



Barbour is Back

After a brief absence, Barbour is now back on the shop floor at Ashworth & Bird Menswear. With a mix of old classics and new styles, the brand is as popular as ever with its signature quilted jacket still firmly on it's best seller list. You know how the saying goes, if it ain't broke

Barbour jacket £135.00 is available at Ashworth & Bird Menswear @ de Gruchy



WE LOVE...

Spanish Brand 'Ese o Ese' whose latest collection is the perfect autumn attire. With their pretty knits and unusual scarves this brand will have you looking cool and cosy as the harsh weather sets in. We're a bit fan of their oversized jumpers; pop into Pebble on Market Street to see the new range.

Prices from £45



Roxy Girls

Or should we say Roxy Ladies. We've noticed the Roxy brand has taken a slightly more grown up approach to its collection for AW14 with less logo tees and more knits for layering and sports luxe items to mix in with their Roxy Fitness range. Although sticking to their roots, times are obviously changing for the Roxy brand as it starts to appeal more to the fashion crowd.

Jacket £76.50 available at Freedom Surf Shop & Quiksilver Jersey.

For the man who has everything As nice as that watch is on your wrist, at some stage you're going to want to add to your collection. A dress watch for special occasions perhaps, or a new chrono. So how do you make sure your automatic watches stay perfectly wound even when they're not on your wrist? Here's the answer; a watch winder that keeps watches calibrated and in prime condition. Go on, you know you want one. **Luxury watch winding boxes, starting from £90 at Hettich Jewellers.**



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TREND NEWS

Perfect gentleman

Luxurious, elegant and just a little bit rakish. The brand new Rolex Cellini Dual Time taps into the dapper style trend from its sleek alligator strap and finely crafted 18ct gold buckle to the tip of its sword-shaped hands. And with an eye on the time in two time zones, it's the quintessential accessory for any world-travelling gent. Available in rose or white gold with a choice of black or white dials, discover the brand new Rolex Cellini Dual Time at Hettich Jewellers, Jersey's only official Rolex supplier.

Rolex Cellini Dual Time in 18ct rose gold with black dial and brown alligator leather strap, £10,400, Hettich Jewellers



'Bling Bean'

The Aurum Jersey Bean's have been so popular they decided to add to the collection with a stunning handcrafted 'Bling Bean' set with brilliant cut diamonds available in 18ct yellow or white gold. With Christmas just around the corner this has to be the perfect present for the Jersey girl who has everything!



New and exciting...

We're loving the new Jersey granite cascade silk bracelets. Sumptuous silk with a sleek pull-tie and our local Jersey granite highly polished on one side and faceted the other side. Cut and polished by hand exclusively for Jersey Silver. It won't be long before this iconic local collection will be available in their new town store, opening at the end of the month in the heart of St. Helier, watch this space!



Jackets at Jacks

Barbour clothing has just landed at Jacks Clothing! By picking up a classic wax jacket you can be assured of fantastic quality and did you know that any barbour jacket, however old, can be returned to the customer services department to be re-waxed, re-proofed or repaired at any time? Barbour's lifestyle collections build on the brand's most iconic pieces and themes to deliver practical and stylish outfits for everyday wear. The collections are designed to mix and mingle to build sophisticated looks for a co-ordinated wardrobe. As well as jackets Jacks also stock knitwear, t-shirts, polos, bags, scarves and iPhone and iPad accessories from the Barbour range.



Dress to Thrill

The party season is upon us now. 1st Floor Womenswear at Voisins has a wide selection of party wear from the classic LBD to bright colours, and full skirted dresses for the extra wow factor. If you are looking for more of an investment piece then keep it simple but look for special attention detail such as lace to keep it feminine and classy.

Ted Baker Dress £152.10 available at Ashworth & Bird womenswear 1st floor Voisins.



West Collections

Jersey's best kept secret just got bigger and better; the new West Collections is a one stop destination shop. Make sure you check out their new affordable cocktail collection, perfect for the party season, and there is also a fab selection of accessories to complete an outfit.



Make Like a Movie Star

The brand hot on the backs of every film star in Hollywood is on the island for the very first time! With a heritage based in the motorcycle industry, Matchless London, know their leather. Your first Matchless jacket is set to be one very special purchase indeed.

Matchless Jackets start at £359 available at A&B womenswear 1st floor Voisins and de Gruchy menswear.

Live in Levi

Levi's new campaign celebrates the notion of denim as the uniform for your life's adventures. For ladies the Revel jean, from £78.50, provides hold and comfort, that lifts, shapes and defines a woman's body. Then for the guys the new jean of choice is the 511, from £64.95, a slimmed down version of a 501; it is the new style to be wearing. Whatever your shape there are more fits than ever this season.

Levi is available from Jacks Clothing.

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JEWELLERY BY BALAR FROM MANNA





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POLAR NECK JUMPER BY SANDWICH AT JACKS **£94.95** CARDIGAN BY SANDWICH AT JACKS **£86.95** WOOL COAT BY SANDWICH AT JACKS **£191.95** TROUSERS BY MAISON SCOTCH AT MANNA **£104**
 PLAITED BELTS BY WHITE STUFF AT JACKS **£19.95** BELTS BY WHITE STUFF AT JACKS **£15.95** FUR EAR MUFFS BY TED BAKER AT VOISINS **£26.10** FUR SCARF BY JOULES AT JACKS **£21.95** GLOVES
 BY WHISTLES AT VOISINS **£58.50** BOOTS BY UGG AT VOISINS **£150** BAG BY DUBBARY OF IRELAND AT JACKS **£89** JEWELLERY BY BALAR FROM MANNA



StyleStalker

WORDS **SHONA O'SULLIVAN**

We sent our Style Stalker out onto the streets of St Helier, camera in hand, to find some fashionable folk who are ahead of the trends and working their own style.



George

21, Engineer

"Just out for lunch with a friend"

You can never go wrong with navy, and George proves this by wearing a navy shirt with jeans. Keeping the sleeves rolled up allows this outfit to look more casual and comfortable for a day in town.



Jacy Brown

23, Medical Lab Assistant

"For work and a friend's meal tonight"

Adding pops of colour to a dark outfit is an easy way to take it from day to night. Jacy's bold necklace and handbag bring strong elements into this outfit, allowing it to transition perfectly from work to an evening out.



Miguel Zaragoza

27, Digital Jersey

"Match the top with my 'Friday Pants'"

Miguel's dark green trousers give this outfit a real Autumnal look. Teaming this with a crisp white shirt and a light blue blazer mean the outfit can be both fit for work and a fun alternative to a suit. An exciting way to spice up a work outfit!



Jo Gregory

43, Lloyds bank

"Shopping on my lunch hour"

A tailored blazer is always a great way to smarten up an outfit. Jo shows us how its done by keeping to the navy and white colour scheme which makes her outfit look sophisticated and chic. The use of strong patterns is always a daring move, but this time it's paid off!



Wendy Leedham

50, Programme Editor

"Casual day attending meetings"

Monochrome is a trend that will never become unfashionable. Wendy shows exactly why by teaming a patterned pair of trousers with a classic shirt and statement handbag. Adding little details under the collar such as necklaces is also a perfect way to glam up a casual outfit.



Jane Pearce

45, Accountant

"Something to suit the weather"

A maxi dress is a simple way to look smart and elegant. Jane has done this perfectly by pairing her olive maxi with a statement necklace and coordinating her shoes and handbag, perfect for the unseasonably warm weather of late.

APPETITE

EDITION SIX
OUT NOW!



GET OUTTA TOWN!

Feast your eyes on five of the most unique restaurants in Jersey, from gastronomic game-changers to hip hideaways, if you're looking for a great meal, you've come to the right place

THE VIVIER FAULKNER'S FISHERIES ST OUEN

An independently, family owned establishment that prides itself on buying and selling live, fresh, cooked, smoked, frozen, dried and preserved seafood here in Jersey. Housed in an old WW2 German Bunker at L'Etacq, this hidden gem is the perfect spot for seafood enthusiasts. You can even purchase a glass of chilled wine or beer to wash the scrumptious mouthfuls down.

In the summer months, a fully-fledged BBQ takes place, with lunches comprising delicious lobster, scallops (drenched in Faulkner Fisheries own signature white wine and garlic butter sauce), moreish mackerel and mountains of mussels - all enjoyed against a backdrop of Jersey's glorious 5-mile coastline. Fresh from the sea and straight to you, it's here you'll find great, simple seafood at its best!

Opening hours: Mon 8am - 2pm/Tues - Sat 8am - 5pm/Sunday 10am - 2pm
www.faulknerfisheries.co.uk/01534 483 500



LA BELLE GOURMANDE DELICATESSEN ST AUBIN

Piles of artisan cheeses, buckets of freshly baked breads, platters of charcuterie, succulent olives, moreish antipasti and divine tasting plates - these are just a few of the delicatessen delights available at La Belle Gourmande - a vibrant, newfangled eatery (that now lets you eat and drink on the premises).

Situated in the heart of St Aubin's village, this quaint bistro is bursting at the seams with an abundance of must-try gastronomic goods and an authentic deli terrace - the perfect place to enjoy breakfast, lunch or dinner, whilst watching the world go by. The aromas alone are enough to make your mouth water, so fill your boots with rich French culinary traditions, a

great atmosphere and boutique tipples courtesy of LoveWine.je. additionally, they stock a wide range of award winning Brewdog craft beers and Curious Brew lagers - the perfect accompaniment to one of the deli's tasty tapas pots or sushi boxes from Bracewell.

They've also got a secret up their sleeves: a basement brimming with an emporium of gift ideas, ready made hampers and deliciously deli-style food from France, Italy and Spain.

Opening Hours: Tuesday - Saturday 8.30am - 5.30pm/Sunday 10am - 4pm
www.labellegourmande.com/01534 888 252





HUNGRY MAN ROZEL

The Hungry Man seems to be something of an institution on the island – a café come shack – home to some of the best hangover-cure food you'll ever try! Once you've placed your order – be it a sausage, egg and cheese roll dripping in tomato ketchup or the famous Double Decker Health Wrecker' burger – you'll be handed a seashell with a number on it. Simply take a seat at a nearby picnic table overlooking the water's edge, enjoy the view and enticing aromas whilst you wait in anticipation for your food to arrive. Many of the menu's offerings are served up on a chintzy little plate, and the bread is the perfect balance between nice and soft yet robust enough to handle the ample fillings.

Aside from the scrumptious foodstuffs, which include everything from chili burgers to spicy bean burgers, the shacks adorned with quirky illustrations in the shape of cartoon figures delving into oversized burgers and cups of tea. And the best part? Everything is cooked fresh on the premises!

Opening hours: Mon – Sun, 9.30am – 5pm
www.facebook.com/pages/The-Hungry-Man



BASS & LOBSTER ST MARTIN

Ever since they first opened their doors in 2009, The Bass & Lobster has continued to serve mouth-watering, fresh food in comfortable surroundings. From local chancre crab with lashings of lemon, chilli and fresh herbs, to crisp lobster risotto cake and chargrilled Scotch rib eye steak, there's something for even the most discerning of diners. It's also a great eatery to visit if you fancy 'posh' fish and chips – a selection of tempura fish and seafood of the day, accompanied by pea puree, chunky homemade chips and tartare sauce.

Owner Roger White is well known throughout the island for championing fresh local produce, which is a given since the Bass & Lobster is located just a short hop from the ocean. In fact, many of the menu's offerings are served up just hours after leaving the sea! From leisurely lunches to champagne and lobster get togethers, you can be sure the food is always fresh and cooked to perfection.

Opening hours: Tuesday – Saturday (lunch and dinner) Sunday Lunch
www.bassandlobster.com/ 01534 859 590



THE BLACK DOG PUB THE WATER'S EDGE HOTEL BOULEY BAY

Nestled between the cliffs of Bouley bay, The Black Dog is home to some of the most spectacular views in Jersey. The surrounding wild scenery and rugged terrain make it a hot spot for those looking for the ultimate in escapism.

From toad in the hold to scrumptious Sunday lunches and various other traditional pub grub dishes, The Black Dog has plenty to offer the hearty pub food enthusiast. Renowned for its cosy homespun fare, snug character and real log fire, it's as popular with the locals as it is with the tourists. And of course, no homely pub would be complete without real ale and you'll find Liberation's finest served here.

If you're feeling too full to roll home, simply check in to one of the 45 en suite rooms positioned above the pub!

Opening hours: Mon – Sun, 10am – 11pm
www.watersedgejersey.com/ 01534 869 129





KITCHEN INFERNO

WITH SHAUN RANKIN 2014

THE HEAT IS BACK ON

www.kitcheninferno.com

Fine Dining Standard – that's the expectation from the fourteen novice chefs taking part in this year's Kitchen Inferno with Shaun Rankin, raising money for Jersey Cheshire Home. This time Shaun has designed the menus, which include some of Ormer's most technically challenging dishes. The two teams have just a month to train, before they go head-to-head in the kitchen at the Highlands Academy Restaurant. They're scared; and they should be. Seventy guests will arrive on November 13th to eat and judge their efforts. Shaun will be judging them too, watching every move and mistake. He doesn't suffer fools and has high expectations. All we can say is, Good Luck!

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ROB
VERON

BLUE TEAM LEADER

blueislands.com
A WELCOME DIFFERENCE

CENGIZ
SOMAY

RED TEAM LEADER



FIRST / NAMES
GROUP

Blue Team

COOKING SKILLS

Rob Veron

Managing Director, Blue Islands

Back to defend his title, Rob is once again leading the Blue Islands Team. His day job is running an airline but he proved last year that he's a pretty impressive cook too. He has a great ability to appear calm at all times, even in complete chaos. Can he handle the pressure and lead the Blue Team to victory for a second time?



Ben Maidment

First Team Player (Back Row), Jersey Rugby



Dave Chalk

Managing Director, Cimandis



Jenny Mullin

Radio Presenter, Channel 103



Kirstie Ross

Associate Specialist, Jersey General Hospital



Paul Coundley

Fundraising Committee Member,
Jersey Cheshire Home



Sara Felton

Freelance Writer, Gallery



Red Team

COOKING SKILLS

Cengiz Somay

Group Operations Managing Director,
First Names Group

Excited by challenges that get the heart pumping and put the brain into overdrive, Cengiz couldn't say no to Kitchen Inferno! He's the first to roll up his sleeves and relishes getting 'stuck-in' at work. So how will he fare in the kitchen? We reckon he's going to give Rob a run for his money.



Ashlea Tracey

Radio Presenter, BBC Radio Jersey



David Bishop

First Team Player (Centre), Jersey Rugby



Richard Rolfe

Co-founder, Codex Jersey



Kate Taylor

Fundraiser



Andy Jarrett

Director, Digital Jersey



Margaret Thompson

Director, Thompson Estates



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APPETITE NEWS



FENTIMANS FRIDAYS AT THE WATERFRONT BAR & TERRACE

- This is what we've been asking for in Jersey!

As the ideal location for your Friday after-work drink, the Waterfront Bar & Terrace has now teamed up with Fentimans, to bring you even better products.

Fentimans, which are superior mix drinks, are a welcome change to your standard soft drink so why not give them a try with their spicy "Curiosity Cola" or a fresh "Victorian Lemonade"?

Supported by Hendrick's Gin, Ryka Vodka, Sailor Jerry Rum and Monkey Shoulder Whiskey, the bar staff at the Radisson Blu are prepared to steer you into your weekend in style! Every Friday they also offer complimentary Fentimans tasters, which are accompanied by the Radisson Blu's own homemade Cicchetti, Italian style tapas, which is also offered free of charge. You can sit outside and watch the world go by over the beautiful Elizabeth Marina and see the sun go down. With their brand new glass wind breakers and warming terrace heaters you can snuggle up and while away the hours, without getting cold feet. All this is rounded off with live music from 5.30pm, which makes this the perfect place to finish off your working week.

They are a welcoming team down at the Radisson Blu, so if you have not been there recently why not pop down next Friday evening? You can call 01534 671 100 if you'd like to reserve a table.

I SEE STARS, HERE THERE AND EVERYWHERE

Jersey continues to thrive as a food destination, having become one of the most successful and respected gastronomic regions in the UK. Five island restaurants have once again been recognised in the Great Britain and Ireland Michelin Guide 2015 - with four receiving one Michelin star, and the fifth a 'Bib Gourmand'.

The four recipients of the prestigious Michelin star - which is given to restaurants that demonstrate 'very good cooking' in their category - all retained their award from 2014.

The restaurants were: • Bohemia Restaurant at The Club Hotel and Spa • Ocean Restaurant at The Atlantic Hotel • Ormer Restaurant • Tassili at the Grand Jersey

Mark Jordan at the Beach - the sister restaurant to the Ocean - retained its Bib Gourmand, which is given to restaurants offering 'good food at moderate price'.

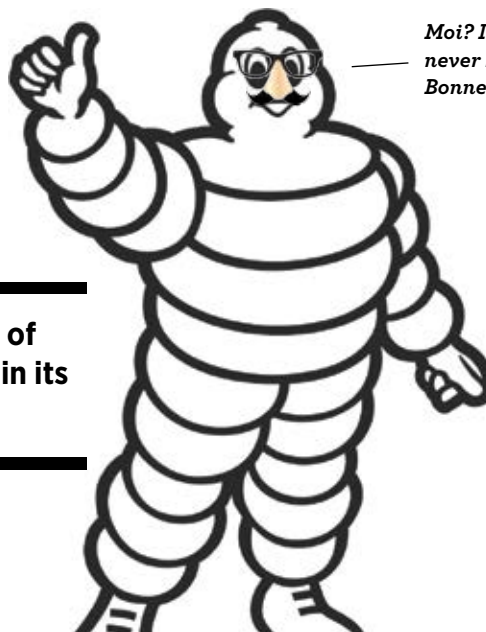
The Michelin Guide is aimed at making travel a pleasurable experience, first created as a guide for car travellers by tyre manufacturers Michelin. The key to the success of The Michelin Guide lies in its strict impartiality. Michelin's inspectors visit establishments in complete anonymity and settle every bill.

"The key to the success of The Michelin Guide lies in its strict impartiality"



MARVELLOUS MARY ANN

Even though the Liberation Brewery has become renowned for its cask ales, Head Brewer Paul Hurley is particularly proud of the quality and consistency of it's Mary Ann. "Although I inherited the beer from my predecessors, as it's been brewed for over a 100 years, we have continually strived to make this craft beer a stand out product on its own. It has an amazing complexity for a sessionable beer at 3.6%abv with rich dark chocolate and coffee notes complimented by a superb blend of English and continental hops. The overall beer is smooth and as well balanced as any we have ever produced and is one I, and my team, are justifiably proud of. It is a beer I would recommend to fellow brewers, my peers and customers alike - paradoxically it doesn't look like it tastes but the flavours are unrivalled for a beer of this strength".



Moi? I was never here... Bonne soirée!



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Words: William Berresford

Escape; *'to break loose from confinement' or 'to elude the memory or comprehension of...'*

Do either of these 'escape' definitions ring true when contemplating enjoying a glass of wine after a hard days work? I certainly understand how a glass of wine in the evening can help one unwind from those daily stressful workloads. Although, rather than just pouring a glass and turning your concentration to the television, why not let that glass of wine allow you to escape in a different way?

Its not only the alcohol that helps you unwind and escape from that daily buzz. The very story behind the juice has the ability to transport you to another part of the world. There are vineyards out there with scenery that will blow your mind and leave you with that 'end of holiday' feeling when it's time to leave.

So, with that in mind why not let wine take you away from your sofa, escape to another country and experience another culture.

Here are a few wines that can help you escape for a brief moment:

Jansz Premium Sparkling Cuvee Rosé NV *Tasmania*

From the cool climes of Tasmania this sparkling rosé is as stunning as the landscape it is produced. The vineyard lies in the Tamar Valley in the heart of the Pipers River region in north eastern Tasmania. Jansz was Tasmania's first sparkling wine to be made according to the traditional method champenoise, now describing the technique used in creating each of their wines as Methode Tasmanoise.

Picpoul de Pinet Prestige Domaine La Grangette 2013 *France*

The southern equivalent of Muscadet, perhaps. Located in the beautiful south of France just north of Sète on the Mediterranean coast this refreshing white wine is becoming a more regular sight on wine lists. Moreover, this part of France is far removed from the rest of the country, a must see if you are passing through.

AA Badenhorst Family Blend 2010 *Swartland South Africa*

Now I would be lying if I said I've been here, but I'd be telling the absolute truth if I said I will visit as soon as possible. If only to meet Adi, the awesome 'dude' behind this wine. I call him a naturalist. Not sure that's the right word but nevertheless he applies this mindset to his winemaking with minimal sulphur and sustainable farming in a landscape as naturally beautiful as they come.



Love
wine
lovewine je

Wine available online or in store at Longueville Road



EVER WONDERED WHAT IT'S LIKE TO BE A CHEF IN A THREE MICHELIN STAR KITCHEN WHEN THE HEAT IS ON? NOW IMAGINE TAKING IT UP A NOTCH AND ADDING A LARGE HELPING OF HIGH-OCTANE ADRENALINE AS THE TOP CHEF FOR FORMULA ONE, TRAVELLING THE GLOBE AND COOKING FOR CHAMPIONSHIP RACING DRIVERS AND HOLLYWOOD ROYALTY. WELCOME TO THE WORLD OF FABRIZIO TANFANI.

As career trajectories go, Fabrizio's stratospheric rise from chef school on the island of Elba to Florence's three Michelin star restaurant, Enoteca Pinchiorri and then onto Hilton resorts in New York, LA and San Francisco is already impressive. And when Fabrizio returned to his home town of Piombino to open his own restaurant, the Osteria Peccato, you might have expected the story to stop there. Then came a call, inviting him to Barcelona to cook for a special event. It turned out to be an 'interview' to become Benetton's executive chef travelling with the Formula 1 team, and on his first day, Fabrizio cooked dinner for 75 Russian VIPs and Fernando Alonso and his family. How did it feel? 'Can you imagine, here I was inside this amazing circus with all my heroes, Jarno Trulli the Italian racing driver, and Fernando Alonso. It was incredible. Beyond words.'

Flavio Briatore must have been just as impressed, as Fabrizio was immediately hired as the resident executive chef,

travelling with the Formula One team as well as overseeing the GP2 and GP3 series kitchens, feeding over 500 for lunch and 400 for dinner through the season. 20 races, and 15 or 16 tests across the world from Abu Dhabi to Australia. Logistically that must have been quite a challenge. 'Of course. It was a lot of work to source ingredients for a different menu each day in each country. But it's very inspiring too. You're essentially creating new dishes incorporating the spices, seasoning and ingredients of each country. Local food is so important, and you pick up the flavour profiles at each location you visit. One of my favourite places to cook was Japan, not only for the fresh flavours but also their knife skills of the local team - they were ninjas with knives!'

It might be a coincidence that in the year he joined the Benetton F1 team as its executive chef, Fernando Alonso won the World Championships, but we like to think it had quite a lot to do with Fabrizio's cooking. What was Fernando Alonso's favourite

meal? 'Steak on the grill and pasta with tomato sauce. Simple but just perfect for him. He would come and hide out in the kitchen sometimes - racing is a sport which is very demanding and there were always journalists around, but in the kitchen he could be himself. Often when the drivers are at a loose end they come into the kitchen because they like the atmosphere and they can just be relaxed.'

It wasn't just famous racing drivers in Fabrizio's kitchen. 'One of my best memories is cooking for Michael Douglas. He was my idol ever since Basic Instinct with Sharon Stone, so it was amazing to meet him myself. He asked for seafood pasta, so I made him an artisan calammarata pasta with razor fish, fresh tomato, saffron and lemon zest. And then a dish from my book, tuna tartare with avocado and melon seasoned with Persian blue salt.' And then there was the time in Budapest that Fabrizio cooked for James Cameron and the cast of Avatar and didn't even realise... 'I only

IT'S MODERN HIGH-END LOCAL EATING AT LA CANTINA BUT WITH A CLASSIC LAID-BACK ITALIAN APPROACH. CHOOSE SMALLER DISHES WHICH GIVE YOU THE ABILITY TO EAT A PROGRESSION OF COURSES IN A TRADITIONAL ITALIAN WAY, OR JUST STOP FOR A FANTASTIC PLATE OF ARTISAN PASTA AND A GLASS OF IMPORTED ITALIAN WINE

found out later when I was in the disco at the F1 party and realised it was the Avatar actor, Sam Worthington. I didn't recognise him - lots of famous Hollywood actors are quite short in real life.'

Fabrizio even found time to squeeze in a season as the chef for Flavio Briatori's superyacht, where dinner guests included Naomi Campbell, Kate Moss and Heidi Klum (well you would, wouldn't you) as well as writing his own cookery book full of his recipes from the Formula One circuit, 'Miles and Meals' for Pirelli and having a steak cook-off at the book-launch in Montecarlo with Jenson Button and Romain Grosjean. Who won? 'Jenson wasn't bad, he had a good wrist action on the pan, but Romain Grosjean was the better cook. They cooked fillet steak with pepper sauce, and the secret is to have the pan and the olive oil very hot so it seals the meat without burning. Never cook it too much!'

After eight years with Formula One's Benetton and then Pirelli team, these days Fabrizio is working for The Calvani Group as their executive chef developing the exciting new Terminal GBJ project where he will oversee the kitchen. You'll also find

him at La Cantina where he's launching a new a la carte menu this month alongside the restaurant's classic pizza and pasta dishes. Think dishes that owe their heritage to Italian tradition and taste but created with hyper-local ingredients. So carbonara with home-cured pig cheek & eggs from Potage Farm, burrata mozzarella made from Jersey milk, artisan fresh pasta, 30-day aged Jersey beef, local smoothhound shark meatballs, whole pig salami and Jersey honey pannacotta.

It's modern high-end local eating at La Cantina but with a classic laid-back Italian approach. Choose smaller dishes which give you the ability to eat a progression of courses in a traditional Italian way, or just stop for a fantastic plate of artisan pasta and a glass of imported Italian wine. You might even get a chance to try a few of Flavio Briatori's favourite dishes...

La Cantina, 7 Pierson Road, St Helier. Tel: 01534 724988 www.lacantina.co.uk

FABRIZIO IN A FEW WORDS...

Favourite food: Mediterranean flavours will always be my favourite - basil, tomatoes and olives. But I like cooking food with more power. Hunter food like wild boar and venison.

Favourite local ingredient: I'd have to say fish, especially sea bass or seafood like lobster. I get excited about lobster, but I don't think they get so excited about me...

Where do you find inspiration? I'm inspired by the sights and smells around me.

Smells? So what does Jersey smell like? It's a salty fresh clean coastal smell with a hint of Mediterranean rosemary and pine.

Favourite drink: Tuscan red wine of course. My friends say I have no blood, it's just red wine that runs through my veins.

What would you pair it with?
A large glass...

Favourite thing about Jersey: The seafood, especially the tartufo di mare (prairie clams) and the tidal flows which mean that you have access to so much seafood and fish.

Favourite moment: The launch of my cooking book 'Miles and Meals' with Pirelli. I was in Monaco and the presentation was with Prince Albert. It was very special.

Funniest F1 food memory: My porcetta alla romana - a whole pig deboned, stuffed, rolled and slow-roasted, was one of Berni Ecclestone's favourites. But getting a whole pig into the kitchen was a challenge with all the security, so Berni made my pig a special microchip security pass with 'Porchetta No 1' to hang around its neck while I wheeled it around the pit lane!

Favourite dish on La Cantina's menu: The mazzafegati from local Brookland's Farm pork (whole pig salami).

Who would play you in a film of your life? It's already been done! No I'm joking but 'The Chef' has just come out, and people say Jon Favreau is a dead ringer for me...

Favourite things - apart from cooking? My beautiful fiancée Federica who worked with me at Pirelli and my motorbike.

Something people don't know about me: I'm a very good DJ.

Fine — & — DANDY

Are you looking for a little escape away from Jersey, but don't want to stray too far from your own front door? Then why not pay a visit to the new kids on the island's coffee shop block, Dandy on Conway Street. The small but perfectly formed establishment, which opened its doors on August 4th, has taken up residence in the premises that used to house Flat Fee, the estate agents and before that a dog clothing shop, both businesses now operating purely online. Whilst it's new and shiny, it is also unassuming and already feels as though it's been on the street forever, despite only being open for around three months.

Behind the discreet exterior awaits a fabulous and beautiful wood clad sanctuary that was born out of a shared love for quality coffee, good produce and sustainability. It's thanks to the union of Jamie Hooker and Dustin Moore, the co-owners of Dandy who met when Jerseyman Jamie left the island to travel to Australia back in 2005, that we're lucky enough to have this little taste of the southern hemisphere on our doorstep. Jamie's original trip, planned for just 12 months, saw him gravitate towards Sydney where he stayed until earlier this year and of course met Dustin!

"We'd spent a long time thinking about moving back to the UK, we knew what we wanted to do, having been inspired by the fantastic coffee shops in Sydney and I wanted to be closer to home having been away for such a long time, although initially we were gravitating towards London. But then just before Christmas my stepfather had a stroke, so we came back to help out my Mum and be with family. We only ever planned to stay for a couple of months, using Jersey as a base to set up and get our London plans started. After being here for a few weeks we realised what was involved in his recovery, so wanted to stay close and help out and then we found this place."

The Dandy boys offer a small, simple food menu, a fabulous people watching spot with seats for up to eight and then there's the coffee...which is 'thoroughly good'. They are already building up a firm following of regulars and you only need to visit their Facebook page to read any one of the excellent reviews to realise they've already achieved a great deal in the first three months they've been open.

The difference between setting up in Jersey via London came down to many things, Jamie credits his local support network with enabling them to get Dandy off the ground as quickly as they did, something they wouldn't have had in London. "Whilst we did a lot of the work ourselves we were really lucky to have had help from so many people. Charlie Dolan, a childhood friend of mine, he's an incredible furniture & cabinet designer-maker, he gets commissioned to make pieces, in fact he made the furniture in here. He helped us with the fit out of the shop, he showed us how to make the

wooden struts that line the walls and then we worked off his design, oh and used his tools, and did the rest ourselves, well actually Dustin did."

They serve Allpress coffee, a brand that began its life in New Zealand, and one that invests a lot of time looking for small farms, estates and co-ops that are sustainably managed. If you're really interested in coffee then ask the guys to explain all about the water filtration system they had to install in order to satisfy the very high standards set by Allpress. Sustainability is very much at the heart of everything the Dandy boys are doing, Dustin himself spent a year working on a sustainability project within a coffee farm in Panama, gaining valuable experience and insight, much of which motivates him today.

If you're making your first visit to Dandy then be sure to sample the banana bread, it's already got a reputation for being some of the best around or for a savoury hit try Rich Howell's sourdough, featured in last months Genuine Jersey Articles, topped your choice of one of the following toppings: fresh tomato, free range smashed egg, house sliced prosciutto and avocado, or have it with a choice of spreads. Or there's the Cada, a non oat based museli made from shredded coconut, apple, dates and nuts served with fresh fruit, Jersey Dairy natural yoghurt, sweet dukkah & honey, it's divine! These are just a sample of the treats that await you.

There are a great many things that separate Dandy from other establishments on the island, least of all their size, service, menu and the boys themselves, but so as not to appear totally biased I asked a friend what is it that makes Dandy her new go to, and I think she summed it up perfectly "It's just everything, from the style, the service, the different food, the lovely smiles, the great coffee. It's just great!"

If you're a coffee lover pay the boys a visit, at peak times you may have to wait for a little while, these boys will accept nothing but the best for you, and if this means they have to pour your espresso shots more than once then they will, but trust me it really is worth the wait!

Oh and be sure to leave a tip, you'll see the bowl on the counter, but these aren't for the staff, they donate them to a different charity each month and are happy to consider your suggestions.

Dandy are open weekdays from 0630 and close around 1600.

THEY SERVE ALLPRESS COFFEE, A BRAND THAT BEGAN ITS LIFE IN NEW ZEALAND, AND ONE THAT INVESTS A LOT OF TIME LOOKING FOR SMALL FARMS, ESTATES AND CO-OPS THAT ARE SUSTAINABLY MANAGED. IF YOU'RE REALLY INTERESTED IN COFFEE THEN ASK THE GUYS TO EXPLAIN ALL ABOUT THE WATER FILTRATION SYSTEM THEY HAD TO INSTALL IN ORDER TO SATISFY THE VERY HIGH STANDARDS SET BY ALLPRESS.

www.dandycoffeeshop.com





THAI SPICED FISH SOUP WITH BOK CHOY & CHILLI

WORDS MARTIN CZECHOWSKI
WAYSIDE CAFÉ



INGREDIENTS (SERVES 6)

3 tbsp vegetable oil
1 heaped tsp red curry paste
4 banana shallots peeled and thinly sliced
300ml chicken or veg stock
600ml coconut milk
2 tbsp lime juice
1 heaped tsp palm or muscavado sugar
1-2 tsp sea salt
300g raw peeled tiger prawns
700g white fish (bream, bass, monkfish)
4 tbsp chopped coriander
200g bok choy
To serve: Extra coriander and medium hot red chili

METHOD Heat the oil in a large saucepan over medium-low heat, add the curry paste and stir it around, then add the shallots and cook for a few minutes until they soften and are coated with the paste. Pour in the stock and coconut milk, and add the lime juice, sugar and salt. Bring to the boil and simmer over a very low heat for 15 minutes, stirring frequently, until the soup is creamy.

Cut the fish into 4cm pieces. Add the fish and prawns to the pan and bring back to the boil over high heat then maintain at a lively simmer for about 4 minutes, until the fish is firm and has lost its translucency, gently stir in the bok choy halfway through. Add the coriander and serve scattered with extra coriander, and if you wish a slice or two of chili.

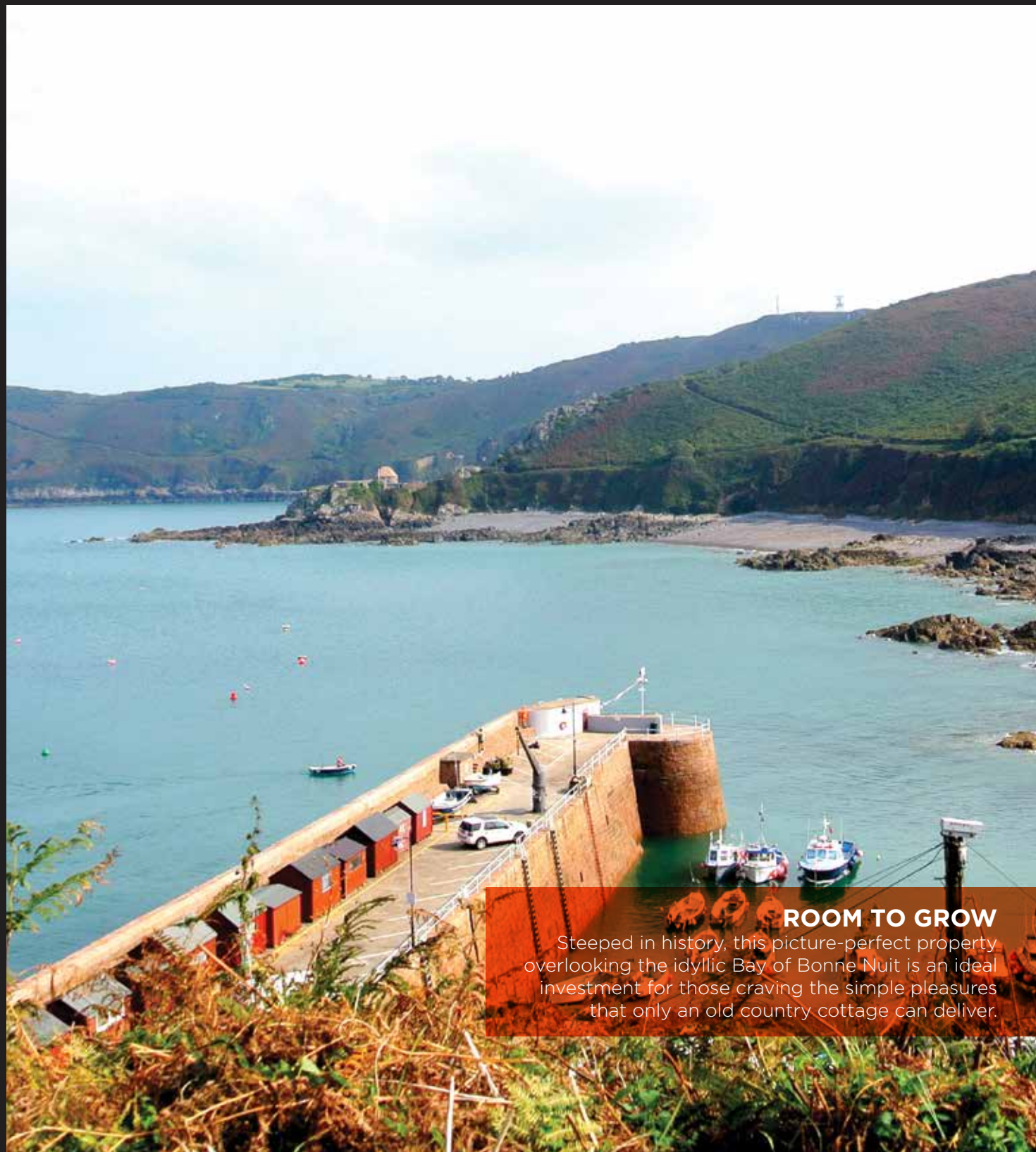


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ROOM TO GROW

Steeped in history, this picture-perfect property overlooking the idyllic Bay of Bonne Nuit is an ideal investment for those craving the simple pleasures that only an old country cottage can deliver.

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ROOM TO *Grow*

STEEPED IN HISTORY, THIS PICTURE-PERFECT PROPERTY OVERLOOKING THE IDYLIC BAY OF BONNE NUIT IS AN IDEAL INVESTMENT FOR THOSE CRAVING THE SIMPLE PLEASURES THAT ONLY AN OLD COUNTRY COTTAGE CAN DELIVER.

It's hard not to be completely enchanted by Maison du Havre's delightfully charming facade. A new addition to the market, this wisteria-clad, harbour-side home is brimming with historic features including antique style beams, two hearths (one in each gable), a corbelled fireplace, mature gardens and sea views that reach as far as the French coast.

This is a property that has retained its earthy, centuries-old charm. What some may dismiss as an empty shell, others will envisage as a glorious project just waiting to unfold. From lining the garden with borders that bloom all summer long, to

fashioning the derelict outer buildings into the likes of a romantic potting shed, a state-of-the-art home gym or fully-fledged, multi-generational living quarters...Maison du Havre is a myriad of endless opportunities and a hub of potential. You can't help but daydream about transforming this unique residence into the perfect hideaway.

History has it that this fisherman's cottage was once a thriving public house and the new owners will undoubtedly enjoy peeling back the layers, taking care to preserve the cottage's quaint details and 17th century charm. In fact, it was only in 1982 that the two delightful granite fireplaces were

discovered under a mound of plaster and rubble fillings.

Although a historic property, its aesthetic is coupled with plenty of modern conveniences, which include three phase electrics and oil fired central heating. The granite walls are sure to inspire creamy tones and soft furnishings, whilst those who wish to make the most of the astounding views may choose to extend the already substantial sunroom.

Asides from the interior, which plays homage to old world simplicity, a lure from the moment you lay eyes on this

HISTORY HAS IT THAT THIS FISHERMAN'S COTTAGE WAS ONCE A THRIVING PUBLIC HOUSE AND THE NEW OWNERS WILL UNDOUBTEDLY ENJOY PEELING BACK THE LAYERS, TAKING CARE TO PRESERVE THE COTTAGE'S QUAIN

DETAILS AND 17TH CENTURY CHARM. IN FACT, IT WAS ONLY IN 1982 THAT THE TWO DELIGHTFUL GRANITE FIREPLACES WERE DISCOVERED UNDER A MOUND OF PLASTER AND RUBBLE FILLINGS





property, is its potential for an incredible garden – the land surrounding the cottage could easily be shaped into a green fingered utopia.

This house represents the perfect blend of historical formality and country-cottage cosy with just a hint of shabby chic. From the nooks & crannies to the Hansel and Gretel style windows, Maison du Havre is a haven for the environmentally minded. Outside, the ample ‘wrap around’ garden, which boasts spectacular views of the harbour and beyond,

is a mishmash of mature greenery and was once home to heavy machine posts during the German Occupation.

From watching the sun rise over the coast of France on a tranquil summer’s morning, to experiencing the far cliffs gradually become awash with colour as the heather reveals itself in all its purple glory come autumn, to witnessing the waves crash into the bay on a wild and windy winter day, Maison du Havre revels in the stunning nature of its location.

Whether you fawn over fixer-uppers or embrace in the excitement of putting your own stamp on a property, those searching for a project will feel right at home here. There’s no denying that this historic stone treasure would make a stunning home for anyone willing to undergo a little sweat and toil, fashioning Maison du Havre’s enchanting façade into an up-to-date oasis, without losing any of its bucolic charm. Whoever chooses to take it on will become part of its rich history and will own a great home in a place of natural beauty.

“FROM WATCHING THE SUN RISE OVER THE COAST OF FRANCE ON A TRANQUIL SUMMER’S MORNING, TO EXPERIENCING THE FAR CLIFFS GRADUALLY BECOME AWASH WITH COLOUR AS THE HEATHER REVEALS ITSELF IN ALL ITS PURPLE GLORY COME AUTUMN, TO WITNESSING THE WAVES CRASH INTO THE BAY ON A WILD AND WINDY WINTER DAY, MAISON DU HAVRE REVELS IN THE STUNNING NATURE OF ITS LOCATION”



Maison du Havre

Les Nouvelles Charrieres,
St John

Guide Price

£750,000

Freehold

Red Properties

01534 710 710

www.redproperties.je

Idyllic granite cottage

Sea views to the French Coast

Sunroom with large patio doors

3 bedrooms

2 bathrooms

2 reception rooms

Stunning location

Ample parking for up to eight cars

Large mature gardens

All mains except gas, three phase electrics in situ, and oil fired central heating



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- ☒ We will give you value for money

Contact



Jonathan Hughes
Partner - Property Law

 +44 1534 504111



Julie Melia
Partner - Property Law

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INTERIOR NEWS

Get fired up for winter

WORDS Nick Crolla

Head of Sales & Marketing at Rubis Fuel Supplies



Leaves are falling, the air has a definite chill to it and we're into that time of year that just makes you go brrrrr!

If you've lived in your home for some time you are probably already thinking about what you need to do to make sure you're warm and cosy this winter but what if you've just started on the housing ladder (either owning or renting), or you've just moved into a house that has oil-fired central heating?

There are a few things you can do to make sure everything works fine and you're not left shivering:

Check your boiler – when was it last serviced? If you're not sure call your fuel supplier or boiler engineer and ask them. If it does need a service, try to get it done early if you can, before things get really busy. Think about taking out a boiler maintenance contract – it can be a God-send if something stops working when you least want it to;

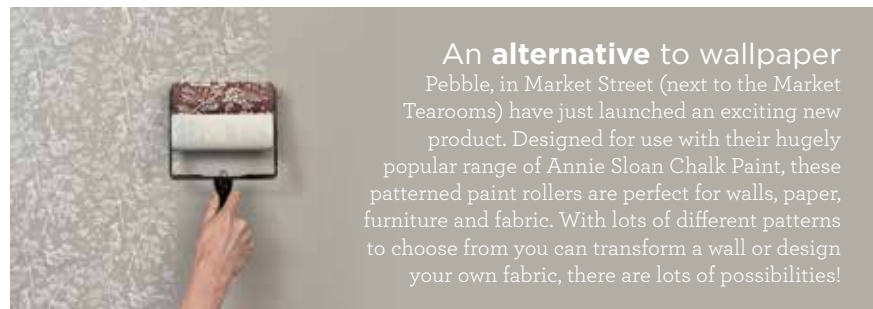


Learn how to read your oil tank gauge – again your fuel supplier should be able to help you and guide you through the different types of meters. Think about signing up for a planned delivery service to give you peace of mind that your tank will never run dry at the most inopportune moment and it helps spread the cost;

Bleed your radiators – if you used to wonder what that funny little key was in your parents' kitchen drawer, now you'll find out how useful they can be in making your heating system run efficiently.



Don't leave anything to chance. Call your fuel supplier and ask them to explain the options and the costs. Ask for a factsheet on how to make the most of your heating system – acting now will save you pounds in the long run, and keep you toasty this winter!



An alternative to wallpaper

Pebble, in Market Street (next to the Market Tearooms) have just launched an exciting new product. Designed for use with their hugely popular range of Annie Sloan Chalk Paint, these patterned paint rollers are perfect for walls, paper, furniture and fabric. With lots of different patterns to choose from you can transform a wall or design your own fabric, there are lots of possibilities!



Have you ventured into Le Lieve's lately?

If so, you may have noticed a few changes to the layout and hopefully a more pleasing display of goods, in order to fully showcase the fantastic range of cookware, kitchenware and gifts on offer.

Le Lieve's offers a specialist in-store experience that is unavailable on the internet or in other shops in Jersey and in fact on the mainland.

Display signs invite customers to pick up handle and inspect products and the informative, friendly staff are always on hand for any help or advice. New lighting has been installed and the overall customer experience has been greatly enhanced.

In a recent customer survey, results showed that around 55% of customers noticed the recent changes, over 48% thought the service was excellent and staff were extremely helpful and over 79% thought goods were reasonably priced. Other customer comments were all very positive and will be taken on board, such as bringing back in-store demonstrations, serving up coffee and perhaps offering somewhere to sit and relax whilst other family members or friends are browsing.

Based on the survey and Le Lieve's own initiative, the long-term plan is to bring the in-store and online experiences closer together. The aim in 2015 is to expand the capability of the website, adding more products and introducing a click and collect purchasing service which will give customers a 24/7 accessibility.

In the short term, Le Lieve's plans are for better in-store signage to make items easier to find in a logical and pleasing manner, creative and fun display of goods and more interaction with shoppers via social media, online newsletters and competitions.

Pop in and see for yourself! Le Lieve's hope you will enjoy what you find.




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HOW TO LAYOUT A KITCHEN

WE ALL KNOW THAT THE KITCHEN IS THE 'HEART OF OUR HOME' - BUT IS YOURS LIVING UP TO THAT STANDARD?

Your kitchen shouldn't only be viewed as a source of food but instead a sanctuary where you love to be and love to cook. Cooking has been proven to reduce stress and healthy home made meals are a guaranteed way to make you and your family feel great. So you need your kitchen to be designed around you and your life style; maybe you need to look at a beautiful extension from the team at Style Group, or perhaps some stunning storage solutions from the guys at McCarron

& Co, exclusively at Bauformat, will help keep things in order, or you might just need those finishing touches like a bespoke granite surface or dream tiled floor from Granite Le Pelley?

As the party season is upon us it really is time to sort out this all important space, or at least start plotting for a 2015 overhaul! The next few pages are full of inspiration and ideas to get the ball rolling.

Small but perfectly formed

Space is often at a premium in Jersey with many, especially young professionals, living in apartments, flats and house conversions - often open plan. But small doesn't mean you have to compromise on style or settle for a characterless kitchen that lacks looks and storage space.

The newly extended Powerhouse Kitchen Studio offers a wide range of kitchens designed to cater for all tastes and budgets, while the Powerhouse's highly experienced designers ensure the trickiest of angles and spaces can be utilised.

The Powerhouse Kitchen Studio's range of internal accessories, such as the skinny pull-out larder, turn the tightest spots into useful and easily accessible storage solutions. You can make your kitchen look more spacious by choosing narrow cabinets, while glazed doors also add to the spacious effect.

BOLD COLOUR AND VARIED TEXTURES AND FINISHES BETWEEN WALL AND BASE UNITS CAN ADD FUN AND CHARACTER, WHILE A GLOSS FINISH REFLECTS LIGHT, MAKING LIMITED SPACE FEEL LARGER.



Setting integrated appliances within units creates valuable work surfaces and the Powerhouse has the largest range of integrated electrical appliances in the island, including the latest highly efficient, energy saving induction hobs.

Sales and Design Adviser Paul Le Bourgeois says: 'Whether your kitchen is nestled in an awkward shaped space or conversion, you need to use every bit of space available. Taller than average wall units and open shelves in small gaps will do this. If your kitchen is open plan, we have ranges which take you seamlessly from kitchen to living area using complementary door finishes. Our highly acclaimed range is manufactured in the UK from sustainable sources. Our preferred fitters are C and J Carpenters and our lead times are exceptional for Jersey - three to four weeks from order to completion. Though units can also be purchased on a supply-only basis.'



WE'VE INTRODUCED NEW TECHNOLOGY THAT BRINGS DOWN MANUFACTURING TOLERANCES TO TENTHS OF A MILLIMETRE. AND THE WEIGHT OF EXPERIENCE THAT WE HAVE WITHIN THE TEAM ENABLE US TO DESIGN AND BUILD CLASSIC, TRADITIONAL AND CONTEMPORARY FURNITURE

Bauformat's exclusive deal with luxury furniture maker

Bauformat – already well-known for supplying the highest quality kitchens, bedrooms and bathrooms – has added a further prestigious brand to its portfolio. The company has now installed a Hampton kitchen in their St Helier showroom and are pleased to announce they are the exclusive supplier of McCarron & Co bespoke furniture on the island.

Greg Smith, managing director of Bauformat, commented: "We previously worked with the McCarron & Co owners for 15 years. In the last two years we've supplied some really interesting kitchen, bathroom and bedroom projects. The quality of their design and manufacturing is just outstanding. I'm very excited that we can now introduce a lot more people in Jersey to their innovative work."

McCarron & Co was established in 2009 and has since established a unique style taking both traditional and contemporary design influences, but always focusing on meticulous craftsmanship.

Richard Jackson, a partner in McCarron & Co, explains, "All of the original partners had been working in bespoke furniture for an average of 25 years. But when we launched the company we decided to break down every single aspect of furniture design and manufacture and start afresh."

"So, for example, we've introduced new technology that brings down manufacturing tolerances to tenths of a



millimetre. And the weight of experience that we have within the team enables us to design and build classic, traditional and contemporary furniture. But we've also retained that old-fashioned love of hand craftsmanship and combined it with modern ergonomic design that recognises exactly how people live today."

Bauformat will display a number of McCarron & Co collections such as Hampton, Modena and Brompton. However, as Greg Smith says, "Each collection is tailored to suit the specific architectural style of the property into which it is installed. That's why we are so delighted to be Jersey's exclusive supplier of McCarron & Co hand-made furniture."



Consider an Orangery?

Kitchen extensions remain one of the best ways to improve your home and add value. With the preference today for homes with open-plan family kitchen/living space, an orangery could be the perfect solution to help you achieve this.

Orangeries originated in the 17th century and were designed to house and protect orange trees in winter. They were traditionally a statement of wealth – a property extension for grand houses and wealthy estates but nowadays, manufacturing and building technologies have advanced to make these structures more affordable to all.

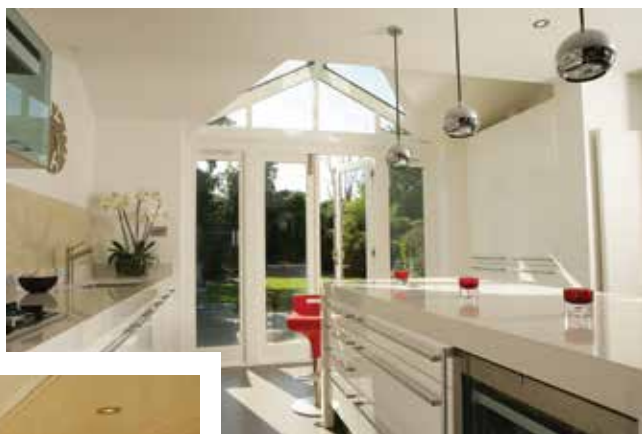
An orangery is a more solid-looking structure than a conservatory. With striking lantern roofs, solidity and roomy proportions, they are a modern solution to open plan living providing everything you need in terms of space, natural light and sheer usability.

Unlike conservatories which are often entirely glazed, orangeries typically can have solid walls which can be useful in kitchen extensions providing space for installing wall units and kitchen appliances.

Extending the rear of your property with an orangery is an easy way to add extra living space to your kitchen with lots of natural light and views of your garden too. And on top of that it can add value to your home. But don't just consider the re-sale value, enjoy how a well designed, open plan family living space that seamlessly links to your kitchen can change how you live in your home. Priceless.



**EXTENDING THE REAR OF YOUR PROPERTY
WITH AN ORANGERY IS AN EASY WAY TO
CREATE EXTRA LIVING SPACE TO YOUR
KITCHEN WITH LOTS OF NATURAL LIGHT AND
VIEWS OF YOUR GARDEN TOO**



Style Windows are exclusive distributors of David Salisbury conservatories and orangeries in the Channel Islands.

Jane Haslam from Paul Haslam Furniture gives her advice on kitchen planning...



Kitchen furniture is returning to a more comfortable, relaxed style that fits the family rather than the ultra minimalist styling that has enjoyed popularity for a while.

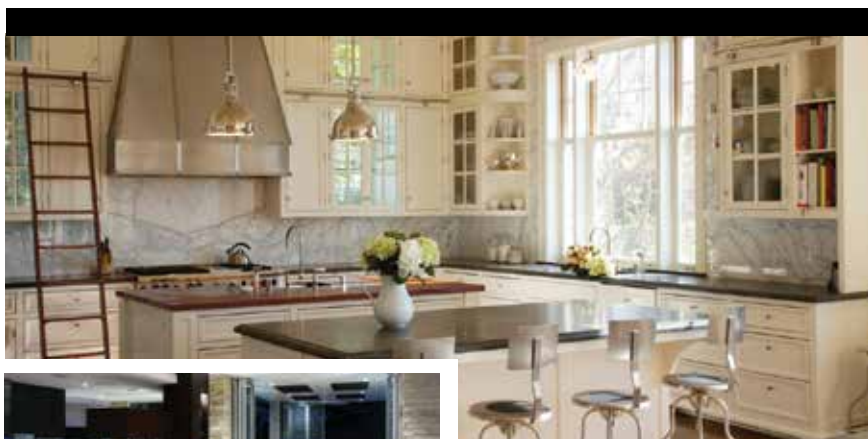
A mix of practical cupboards coupled with pleasing visual lines and plenty of preparation surface areas are popular requests when considering design.

USING SIMPLE WALL SHELVES INSTEAD OF WALL CUPBOARDS CREATES A MORE INFORMAL FEEL AND GIVES A FEELING OF SPACIOUSNESS.

Layouts that work well include tall banks of cupboards along one wall housing refrigeration and larder storage plus eyelevel cooking, leaving the rest of the cupboards at base level with worktops for work-prep.

A central island remains one of the most popular design inclusions with an overhang of worktop so that two or more friends/family can enjoy a relaxed seating area in the kitchen space without intruding on the cook's space. Colour palettes are often warm greys and warm whites to keep the scheme neutral so that accent colours can be added and changed to enhance the personal style.

It's worth remembering that the flooring and worktop are the biggest surface areas and therefore have a big visual impact on the room so need careful consideration when choosing. The choice of appliances is vast, so check you are going to make real use of multi-function items and that they will give you the most practical solutions for your needs. The finished kitchen should be a pleasure to work and relax in and offer long service and timeless quality.



The perfect finishing touches

Kitchens are now the main room in the family home, which is why many are choosing to dress this space accordingly. From elaborate chrome accents to composite surfaces that mimic exotic semi-precious stones and tiles featuring splashes of rich gemstone colours, today's kitchens are boasting somewhat of a glamorous facade.

Of course, the key to crafting your dream kitchen is all in the finishing touches, and such ideals are often determined in the materials used.

Granite Le Pelley, the leading Channel Islands' stone company boasts an extensive project portfolio for commercial, private and public buildings. From natural stone rainscreen cladding, ashlar walling and facade restoration to traditional stonework, internal flooring, wall lining and worktops, they're the only local company to specialise in all areas of work.

Reflective surfaces in the shape of glass, marble and stone help to create dynamic and visually interesting spaces. Those wishing to introduce a little style into their home will embrace Granite Le Pelley's exciting new range of interior stones, perfectly suited to high end residential builds and refurbishments. Our homes aren't however the only places to brandish functional, aesthetic stone wear and Granite Le Pelley also extend their expertise to office foyers, bars, restaurants and hotels.



From limestone and marble, to granite, slate and the famous Burlington Stone from Cumbria (of which they're the exclusive suppliers of) Granite Le Pelley have a vast range of stoneware to choose from, with many materials available in tile format - ideal for dressing the floors and walls of bathrooms, kitchens and living areas. Every design is made for the room in which it will sit.

Their bespoke design service includes tailor-made pieces for the likes of kitchen worktops, bathroom vanity units, shower walls, bath surrounds, stairs and sills, and with a team of experts with a design and architectural background at hand, a full installation service with skilled stonemasons is at your disposal.

Of course, when choosing stone, aesthetics and function are equally important. Thankfully the materials available from Granite Le Pelley are naturally hard wearing and beautiful. They even house a range of stones suitable for swimming pool edging, paving, flooring and wet rooms, as well as external terraces and garden landscaping.

For more information on Granite Le Pelley's bespoke services and to view their exciting new range of stones for all interior projects contact the office on 01543 832488 and make an appointment to visit their new in-house showroom.

Beautifully Bespoke

Celebrating many years in the business, Direct Furniture Supplies – a locally owned company – is at the forefront of bespoke kitchen design.

Their well-established and unique showroom, located in the heart of St Helier (Burrard Street), is where all the magic begins, whilst their inspirational 3D design software shows the true meaning of beautifully bespoke enterprise. With enough experience between them, Direct Furniture Supplies and their team of six professionals deliver all stages, from design and planning through to the meticulous craftsmanship and finally the installation. In fact, creating your dream kitchen has never been easier – you can even view a computer-generated image of the final product.

From a full design service to the best quality materials and a dedicated installation team, Direct Furniture Supplies are intent on delivering a bespoke service and one that goes far beyond expectations. Their process is both personal and tailored to the client, with every aspect of the design being discussed beforehand, and every kitchen bespoke to the room in which it sits.

From custom-built Jane Cheel Furniture to state-of-the-art interior fittings, choosing your dream kitchen is an exciting prospect and with a wide spectrum of kitchen trends, ranging from contemporary to traditional designs, there's something to suit all.



HAVING JUST THE ONE POINT OF CONTACT MAKES THE ENTIRE DESIGN PROCESS A HASSLE-FREE EXPERIENCE. DIRECT FURNITURE SUPPLIES WILL EVEN WORK ALONGSIDE INTERIOR DESIGNERS TO ENSURE YOUR NEW KITCHEN RECEIVES THE SOFT FURNISHINGS IT DESERVES, ALLOWING YOU TO SIT BACK, RELAX AND WATCH THE TRANSFORMATION TAKE PLACE.

Aside from beautifully bespoke kitchens, their unique service extends to luxury bedrooms, bathrooms, home studies and fitted living room furniture, all of which are designed to the client's exact specifications.

Regardless of whether you have a clear idea in mind or you're searching for a little inspiration, Direct Furniture Supplies' reputation for quality, innovation and flair means you'll be met by an impressive range of designs, materials, finishes and accessories, as well as a friendly approach each and every time.



Hungry for a new look?

We spoke to Nspace to get the inside info on 2015's top kitchen trends.

For the latest in new season kitchen design – savvy trendsetters look to Impuls for a refreshing blend of innovative materials and textures. Following the minimalistic approach, with their clean lines and simplistic design, this German born brand possesses a Zen-like appeal. From block-coloured, high-gloss finishes to stone structures in Vesuvian grey, there are a variety of diverse designs to choose from.

The kitchen, the heart of the home, is not only a reflection of our lifestyles, but a personal design statement. Using custom, handcrafted specifications, 2015 is all about embracing bespoke design. Celebrated for their 'credibility, dependability and loyalty, Stoneham's philosophy is one of 'form meets function, tradition meets innovation and scale meets detail'. From English Character Oak to American Black Walnut, there are plenty of finishes available, including an entirely bespoke option to match your preferred colour scheme. Fully integrated appliances, sumptuous granite, mirrored surfaces and drawers instead of doors have all been designed with the comfort of modern-day living in mind, whilst seamless corian surfaces, curved worktops and optional accents of rich colour are all set to make an appearance in the new year. Of course, you don't just buy a Stoneham kitchen; you invest in one. So, it comes as little surprise that their bespoke designer kitchens are often named as a key feature when marketing properties. In fact, during its 150-year history, Stoneham has provided designer kitchens and bespoke furniture for customers all over the UK, including the Royal family. Borne from a commitment to quality craftsmanship and exemplary



THE KITCHEN, THE HEART OF THE HOME, IS NOT ONLY A REFLECTION OF OUR LIFESTYLES, BUT A PERSONAL DESIGN STATEMENT. USING CUSTOM, HANDCRAFTED SPECIFICATIONS, 2015 IS ALL ABOUT EMBRACING BESPOKE DESIGN.

service every timeless kitchen is delivered with absolute peace of mind, which is why, four Stoneham generations on, they've been granted a Royal Warrant and ISO 9001/2008 Quality Assurance accreditation.

Pino Kitchens, another of Nspace's German brands, believes in the ethos 'your new kitchen is as individual as you are.' Catering to the modern day individual is high on their agenda and as such; convenience will play an important part in the design process in 2015. From roller-style shutters and additional storage space to dual purpose counters and high-gloss, denim blue, mango yellow and violet hues – quirky LED lighting, stainless steel finishes and contemporary design are set to be huge.

Asides from bespoke doors and creative finishes, kitchen appliances are also stepping it up a notch. The new AGA

City60 is everything you would expect from an AGA, wrapped up in a more compact package. Unlike the original (which has also undergone a revamp with stainless steel accents) the AGA City60 can be switched on and off as and when you please. It's also available in a wide range of colours, including every shade from British racing green to pretty pastel yellow. The hot tap (fuss-free steaming hot water at the touch of a button) and the sous vide (a method for cooking food in sealed air tight bags) are just a few of 2015's additional top picks.

THERE IS CURRENTLY 20% DISCOUNT OFF STONEHAM AND IMPULS KITCHENS UNTIL NOVEMBER 28th 2014.

**To learn more about the latest trends, visit the Nspace showroom today: Norman House, Five Oaks, St Saviour.
www.nspace.je T: 01534 883366**



FEATURED SELECTION

St Peter £765,000



5 3 ✓

Tucked away on a private cul de sac
Spacious living room with fire place
Eat-in kitchen
Separate utility
Large sunny garden & patio area

01534 722227



Grouville £675,000



3 2 ✓

Stylish Family Home
Large Spacious Rooms
Detached with Garage + Parking
Quiet Location
Surrounding Garden

01534 766689



St Clement £1,500,000



5 4 ✓

Incredibly spacious family home
Walk-in condition throughout
A fantastic integral unit
Opposite La Bourg slip
Double garage, ample parking,
attractive gardens

01534 710710



St Helier £535,000



2 3 ✓

Detached House
Contemporary Cabin outside
St Helier/Trinity Border
Garage
Rear sun trap garden

01534 766689



St Brelade £699,000



5 3 ✓

Spacious and imposing family home
Close to Beauport Common
In good condition throughout
Double garage, ample parking,
manageable gardens

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St Lawrence £2,850,000



5 4 ✓

2 generation country residence
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Meadow and stable block
Lovely gardens
Gated entrance

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New apartments and houses across the Island...



READY TO MOVE IN
JANUARY 2015



26 The Willows

£785,000

Gorey Village

- Detached 4 bedroom 3 bathroom home
- Spacious open plan living
- Fantastic master bedroom suite with fitted dressing area and large en-suite
- Good sized garden
- Single garage with utility room and a further 2 allocated parking spaces
- Easy access to the amenities of Gorey Village and walking distance to beach
- Ready to move into January 2015

THE WILLOWS
GOREY VILLAGE



B613 Castle Quay £705,000

St Helier - Penthouse sea facing apartment

- Stylish Penthouse show apartment
- Castle views from large balcony
- 2 Bedroom 2 Bathroom
- Spacious living area
- 2 Secure parking spaces



22 Langtry Gardens £520,000

St Saviour's Hill

- Brand new 3 bedroom 2 bath show cottage
- Ground floor wet room
- Fully fitted kitchen
- Enclosed garden
- Two parking spaces plus visitors spaces



56 Belvedere £895,000

St Saviour

- Detached 4 bedroom 3 bathroom house with study and separate utility
- Master bedroom, dressing area, large en-suite
- Garage and 2 allocated parking spaces
- Garden with uninterrupted meadow views



25 The Willows £545,000

Gorey Village

- 2 double bedroom 2 bathroom cottage plus study
- Spacious open plan kitchen/lounge/diner
- Attached single garage with utility and additional parking x 1
- Good sized garden
- Easy access to the amenities of Gorey Village



9 Georgetown Mews £485,000

St Clement

- 3 bedroom with master bedroom en suite
- Separate kitchen
- Garage and secure under cover parking
- Separate utility



621 Castle Quay £850,000

St Helier - Penthouse sea facing apartment

- Uninterrupted Castle views
- 2 bedroom 2 bathroom
- South west facing
- Secure parking for 2 cars
- Wrap around balcony



40 Langtry Gardens £475,000

St Saviour's Hill

- 2 bedroom 2 bathroom cottage
- Located on a quiet courtyard
- West facing garden
- Available to buy off-plan



7 Sanderling POA

Portelet Bay

- Stunning Penthouse apartment
- 4 bedroom 3 bathroom duplex
- Uninterrupted views of Portelet Bay
- South facing balcony, large west facing terrace
- Secure basement parking and additional storage



40 The Willows £650,000

Gorey Village

- Detached 3 bedroom home
- Open plan kitchen/diner and separate living area
- Master bedroom with en suite walk in shower and dressing area
- Single Garage plus a further 2 allocated spaces
- Walking distance to Gorey high street



10 The Willows £335,000

Gorey Village

- First Floor 2 bedroom 2 bathroom apartment
- Spacious open plan kitchen/lounge/diner
- House bathroom plus en-suite shower room
- Large Balcony plus allocated basement parking and store



B343 Millais House £880,000

St Helier

- Fantastic Marina views
- Stylish 3 bedroom 3 bathroom apartment
- Large sunny balcony
- 2 secure parking spaces



71 Belvedere £450,000

St Saviour

- 3 bedroom family home
- 2 parking spaces
- Private garden to rear

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BUSINESS

BUSINESS

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BUSINESS NEWS



Liberation Group fulfils major export order

Liberation Brewery in Jersey has fulfilled a major export order from one of the UK's largest pub chains.

JD Wetherspoon ordered more than 60,000 pints of American Brown Ale from the Longueville-based brewery for its 2014 Autumn Beer Festival. It's the fifth consecutive year that Liberation Brewery has been invited by the pub giant to supply a beer for the prestigious event.

The order took the seven-strong team at the brewery three weeks to create, brew and package the order of 845 casks of American brown Ale, which will be exclusive to JD Wetherspoon throughout the festival, which runs until 11th November.

Paul Hurley, Head Brewer at Liberation Brewery said, "To be invited to take part in the Autumn Beer Festival you have to create a beer that will be exclusive to JD Wetherspoon and unique among the other beers available over the six weeks. Our American Brown Ale will be sharing bar space with top quality beers from all over the country and elsewhere in the world, and we are naturally very proud to demonstrate our product is considered worthy to be included in such a prestigious collection. Hats off to my team here at the Brewery for yet again proving we can compete with the very best the country has to offer."

The JD Wetherspoon Autumn Beer Festival will feature 40 UK beers and a further 10 from overseas producers.



Farah Ballands of Appleby makes Power Women Awards shortlist

Farah Ballands, Partner and Global Head of Fiduciary & Administration Services at Appleby, one of the world's largest providers of offshore legal, fiduciary and administration services has been included in the shortlist for the Citywealth Power Women Awards 2015.

The awards recognise individuals and companies who maximise the potential of women in wealth. They focus on influencers as well as professionals, and celebrate powerful women from diverse backgrounds. The awards aim to recognise women of achievement who are opinion formers, promoting business excellence in their own jurisdictions and consolidating the reputation of the global international financial services sector.

Karen Jones, Editor at Citywealth and founder of the Power Women Awards contest said: "The judges have been impressed with the entries which demonstrated financial competence and understanding of business growth for the businesses these individuals work for."

Farah Ballands said: "I am very pleased to be shortlisted for the award, but I believe that it really reflects and recognises our strength in depth and the quality of our team at Appleby."

The winners will be announced at an awards dinner in London on the 22nd January 2015.

New look website for BPP

BPP's new look website www.bpp.com/jersey is sleek and stylish and is full of new features, new imagery and refreshed copy to make the site more user-friendly and encourage user interaction. It has been designed to provide the ultimate user-friendly experience with improved navigation and functionality throughout, allowing customers to access detailed information about their accounting; company secretary; bookkeeping; funds; banking; Islamic Finance and short CPD courses. It also allows easy access to their wide range of professional development brochures and detailed information about their face to face, Online and Online Live courses. BPP have also recently re-launched their Facebook page which students are encouraged to 'Like' to receive all the latest news. For feedback about the new website or Facebook page feel free to get in touch with janegolding@bpp.com



Client On-boarding Specialist

This investment house needs a specialist to ensure there is sufficient and compliant CDD/KYC documentation in place for all clients and intermediaries. Strong AML experience essential.

REF: 2333

Graduate Trainee, Funds

A specialist alternative asset fund administration firm is seeing consistent growth and therefore requires a trainee to join them. This is a fantastic opportunity for a graduate to begin a career within the booming fund arena.

REF: 1860

Senior Fund Administrator (P.E.)

A global, independent provider of trust, corporate and fund administration services have a new opening within their funds team. This position would suit an ambitious candidate looking to climb the career ladder quickly.

REF: 2341

Investment Assistant - Contract

The role holder will process investment transactions for customers efficiently and promptly. Banking or investment operations experience is needed. This is a 6 month contract.

REF: 2324

Trust Administrator

18 months trust experience coupled within an enthusiastic attitude is needed for this brilliant opportunity with a small trust company. Professional study will be encouraged.

Junior HR Administrator

An amazing opportunity to join a well established HR team within one of the islands leading firms has arisen. 1-2 years HR experience is preferred but candidates with 2 years general office experience will also be considered.

REF: 2342

Trainee Secretary

A bright school leaver with strong administration skills is wanted to train as a Legal Secretary. We rarely see opportunities like this so if you want to join the legal world get in touch now.

REF: 2348

Remediation Analyst (Temporary)

We need an experienced KYC/AML administrator to join a global business on a 3 month contract. This is not the only CDD temp role we have so if you have similar experience, get in touch asap.

REF: 2252

Senior Operations Manager

Responsible for the delivery of operational excellence to fund administration clients. The ideal candidate will possess strong technical funds knowledge and a comprehensive understanding of relevant regulation and codes of practice.

REF: 2365

Employment levels are up!

Junior Administrator

We need a bright administrator who is keen to develop. This is an entry level role, offering a motivated individual exposure to real estate funds. This company are growing hugely so it's a fantastic time to join.

REF: 2168

According to the June 2014 Labour Report there are more people in jobs in Jersey than at the same time last year. This increase in employment levels has also led to an increase in our vacancies. Our clients are keen to recruit local talent for their growing teams; here is a selection of just a few of the roles we are working to fill. There's never been a better time to start looking for your new opportunity so register today!

Call 01534 871666 or email jobs@park.je

Senior Trust Officer

Candidates should have a minimum of 2 years' experience in either corporate, structured finance or funds work. A relevant professional qualification is needed.

REF: 1852

IT Security Expert

We are looking for a Security Specialist to provide on island and off island consultancy to customers and colleagues in Information & Infrastructure Security matters. A background in a similar role is needed.

REF: 2320

Business Sales Manager

We are looking for a seasoned sales professional to develop and maintain a portfolio of corporate customers. This is a fantastic opportunity for a charismatic individual.

REF: 2287

Senior Manager, Fund Services

We are looking for a senior fund professional with extensive real estate experience to support the continuing expansion of this well regarded firm. The role holder will oversee teams administering varied and technical real estate portfolios.

REF: 2186

IT Technician

A great opportunity for an experienced IT Technician to provide core 2nd tier IT support for this well established business.

REF: 2291

Assistant Relationship Manager

We need an ARM for our global banking client; the ideal candidate will have 12 months+ experience. This is a busy role which requires someone who can work under pressure and who enjoys liaising with clients over the telephone.

REF: 2315

Credit Administration Officer

The role holder will assist the Head of Credit in providing an efficient and controlled credit support service to RM's. Credit experience is preferred but a general banking background will also be considered.

REF: 2134

Senior Administrator, Family office team

This is a great opportunity to join the family office team of this well reputed company. We always hear such fantastic things about working for this firm. 3 years+ trust administration experience is required.

REF: 2335

HR Advisor

A CIPD qualified HR professional is sought for a generalist role within a trust and accounting business.

Experience of working in a busy and professional environment providing advice and support to a range of personnel is needed.

REF: 2195

Senior Financial Systems Analyst

The role holder will design & deliver new reporting solutions as well as maintain, control & refine the existing suite of solutions and tools. Strong systems knowledge is needed.

REF: 2159

See even more opportunities and register online at...

www.park.je



Park
career shapers



Charleen the Jersey cow checks in at Grand Jersey

Charleen, the Jersey cow was a VIP guest at a special event hosted at Grand Jersey.

The hotel organised a cheese tasting event to celebrate the World Jersey Cheese Awards (12th – 20th September) and Charleen was invited as the guest of honour to pay homage to the global success of the Jersey cow and its associated dairy produce. The event was free but visitors were encouraged to make a donation to Grand Jersey's chosen charity for 2014, Headway.

A pop-up farm, complete with wood chippings and hay bales was set up for Charleen to graze on while she enjoyed unrivalled views of St Aubin's Bay and greeted visitors as they arrived to enjoy the festivities.

Grand Jersey's leading local supplier, Classic Herd, offered a selection of their own local artisan cheeses and Tassili's Richard Allen produced some luxurious chutney's and flatbreads to accompany the produce on display. A range of matching wines was also selected from the hotel cellar for people to try with the cheeses.

'The event was a fantastic opportunity for us to celebrate our partnership with Classic Herd and to give islanders the chance to try some of the quality and unique products available on our doorstep. It was also a wonderful example of how our Michelin star restaurant uses local produce to compliment and enhance the products from our suppliers,' said Eamonn Elliott, general manager at Grand Jersey.



Elian director invited to join prestigious asset management awards judging panel

Elian director, Niall Husbunds, has been invited to join the judging panel of the prestigious PAM Awards.

Highly regarded within the UK wealth management industry, the PAM Awards gather market data on the relative performance and service quality of the leading private asset management firms, including private banks, fund managers, independent investment boutiques and stockbrokers. Wealth managers are invited to enter the Awards, which include an in-depth evaluation process and are reviewed by a panel of leading independent industry professionals.

The panel is chaired by PAM Insight founder James Anderson, a long-standing observer of the wealth management sector, he said; 'We are delighted that Niall has accepted our invitation to join. Niall has established a formidable reputation as a leading expert in the professional oversight of manager performance and, along with my fellow panellists, I very much look forward to the valuable contribution that Niall will bring to our annual evaluation process.'

Hanson Renouf Recognised for Family Law in Legal 500

The Legal 500 assesses the strengths of law firms in 106 jurisdictions and ranks the best of these in a directory that is updated annually. The rankings are based on a series of criteria: feedback from 250,000 clients worldwide; submissions from law firms and interviews with leading private practice lawyers; and a team of researchers who have unrivalled experience in the legal market.

Hanson Renouf has been ranked every year since the firm's formation in 2005 and for years has been able to count listed 'Leading Lawyers' among their ranks, however this year they have achieved a first for the firm and a first for Jersey.

Historically, family law in Jersey hasn't been recognised by the directory, with the focus instead falling on other areas of the Law. This year however, Advocate Barbara Corbett has been mentioned in the editorial as both a 'key player' and a 'family law specialist'.

Mark Renouf, co-founding partner at Hanson Renouf commented: "We are very pleased to see that Jersey family law has at last been recognised by Legal 500. The family department has gained significant recognition since being started by Barbara in 2007 and we are glad that this very important area of law is now being given the credit it deserves".

Exciting work opportunities for JIBS's new degree intake

Jersey International Business School is to welcome 12 new students onto their two-year BSc (Hons) International Financial Services degree, over 50% of whom have already confirmed work experience placements secured through the Undergraduate Employment Programme (UGEP).

The students will be undertaking an intensive course of study following the traditional University of Buckingham structure of four terms per annum, which means that students graduate a year earlier than their peers.

In addition to studying at the Business School on Mondays and Tuesdays, students can apply to some of the Island's leading finance institutions for a paid work programme which allows them to complement their studies with hands-on office experience on Thursdays and Fridays.

The placements are for the duration of the degree and during term-time meaning students can benefit from constant work experience throughout their studies. The successful scheme has been running for two years, and is now supported by RBS International, HSBC, Moore Stephens, Canaccord, Elian, Appleby, Marbral, States of Jersey, UBS, Sanne Group and Triton.

Applications for the 2-year degree are currently being accepted for next October and for the new 3-year study option which begins in January 2015. Students wanting to enrol onto the degree can submit their application directly to the school, in addition to their UCAS applications, and can contact Gavin Fraser on 816333 or email gavinfraser@jerseyibs.com for further information.



WE MEAN BUSINESS

WHAT'S ON YOUR **agenda** ?

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* Client quote and results from a client satisfaction survey undertaken in 2013 by The Leadership Factor, the UK's leading customer survey specialist.





2008: MONACO



2009: BARCELONA



2010: GENEVA



2011: MONACO



2012: ST TROPEZ



2013: BIARRITZ

OVER £150,000 RAISED FOR CHARITY



COMING SUMMER 2015

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Minerva Trust appoint new Group Managing Director

Minerva Trust & Corporate Services Limited ('Minerva'), a family owned fiduciary business that has been in existence for over 35 years, is delighted to announce the appointment of Steven Bowen as Group Managing Director. Based in Minerva's Jersey office, Steven will be responsible for driving the performance and growth of the Minerva Group companies which are situated in Jersey, London, Geneva, Mauritius, Dubai, Singapore Amsterdam.

Steven has worked in the banking and fiduciary industry for over 30 years. He joins Minerva from Standard Bank, where he worked for six years in a number of executive roles, most recently as Global Head of the Private Clients Trust & Fiduciary business. Prior to joining Standard Bank, Steven was employed by J.P. Morgan Chase for over twenty years where he held a number of senior roles. Steven holds a Bachelor of Science (Hons) Degree in Financial Services, is an Associate of the Chartered Institute of Bankers and holds the Society of Trusts and Estate Practitioners Diploma in International Trust Management. He is also Captain of the Royal Jersey Golf Club and plays off a handicap of three.



Matt Haynes, Group Business Development Director at First Names Group

In this new role, Matt will be based in the Jersey office and will also oversee the Group Business Development team, reporting to Group Commercial Director Kevin O'Connell.

Matt joins First Names Group from Hawksford where he was Director of Business Development and prior to this he held senior Business Development roles at Ogier and Barclays Wealth Structuring.

Group Commercial Director, Kevin O'Connell comments, "I would like to welcome Matt to the Group. I am sure he will be a great asset to the team, his experience and broad skillset will be instrumental in the continued growth of the businesses."

Matt Haynes, Group Business Development Director at First Names Group, added: "I am delighted to be joining First Names Group. I am looking forward to hitting the ground running and working closely with the teams across the Group to strengthen and drive Business Development activity."



Two new Jersey based partners for Ogier

Ogier have announced the appointment of three new partners across the Jersey and Luxembourg offices. Two of those appointed; Niamh Lalor and Bruce MacNeil are based in Ogier's Jersey office.

Niamh has been with the Group for over 13 years and in that time has developed a strong Funds practice, with particular emphasis on the regulatory work undertaken in the team. Niamh offers clients an outstanding depth of knowledge in the Funds practice area which continues to see a great deal of change.

Bruce joined Ogier in 2008 as part of the Jersey Banking and Finance team and he has led on numerous high value and high profile banking and finance transactions. Bruce also works closely with the teams in both Guernsey and Luxembourg, providing the cross jurisdictional capability Ogier clients look for.

Global Managing Partner, Nick Kershaw said "These promotions underline our commitment to investing in and developing our internal talent. Our focus is to look for opportunities to add strength to our partnership by continuing to promote our existing talented people, together with bringing in new hires at a senior level."



Head of Channel Islands recruited by Gray Dawes

We're not sure if it's due to their office being based in the UK, but it would appear that Gray Dawes has achieved what many others have failed to do in the past and unified the whole of the Channel Islands and they've recruited a man to Head them up, is this the new King? "Nick Hasel has been appointed by Gray Dawes as Head of Channel Islands. In his role he will take responsibility for managing existing Channel Island based clients with a keen focus on both customer retention and new business development.

Nick, who will split his time between the company's office in Jersey and its head office in Colchester, Essex, has over 25 years experience in the travel industry working with accounts based in the UK, EMEA and North America. Prior to joining Gray Dawes, Nick worked as Account Manager at Midas Travel and before that held Account Management roles at both BCD Travel and Egencia.

Suzanne Cockburn, CEO of Gray Dawes, commented, 'I am delighted to welcome Nick and to be working with him again. With his extensive experience I am confident that our accounts in the Channel Islands will enjoy all the knowledge and insight he brings.'



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Deutsche Bank strengthens corporate services team

Deutsche Bank has strengthened its growing corporate services team in Jersey with three appointments, including Jackie Foot as the new Head of Global Transaction Banking with responsibility for both Corporate Services (SPV incorporation & management) and Fund Services in the Channel Islands. In addition, Carl McConnell and Marc Harris have both joined the Corporate Services team in Jersey.

Andreas Tautscher, CEO for Deutsche Bank in the Channel Islands, commented: "Corporate Services is an important part of our Channel Islands' proposition. The return of Jackie and the addition of Carl and Marc will bring huge benefits to this growing area of our business as we look to offer an enhanced range of operational, risk, governance and business management functions to the corporate and funds sectors."

Benest & Syvret boosts property team

Jersey law firm Benest & Syvret has appointed solicitor Abigail Watkins to its experienced property team. Abigail has developed an in-depth knowledge of the local property market, having worked both for law firms and one of the Island's leading property agents.

A graduate of De Montfort University, she began her career at Moss Solicitors in Loughborough where she specialised in residential and commercial leases. Having moved to Jersey in 1998, Abigail continued to develop her knowledge of complex property matters including real estate trust administration, JPUT structures for large UK property investors, share transfer transactions and commercial property sale and lease agreements.

Philip Syvret, partner of Benest & Syvret, added "We are delighted that Abigail has joined us. She brings with her a wealth of experience in the Jersey residential and commercial property market. In particular her skills in respect of commercial property management, lease and rental renewals will expand the services we are able to provide."



Deloitte welcomes 14 to their class of 2014

Deloitte in Jersey has welcomed a group of 14 young people into the business and the bright and talented new joiners have already embarked on their accountancy training programme.

The young people are a mix of university graduates, A-level and scholar students. The Jersey office received almost 100 applications for the 14 places. The successful candidates passed through a pre-screening process, various numerical and critical thinking tests and a number of interviews, including one with a Deloitte Partner or Director.

The new joiners have widely varied educational backgrounds, with degrees in accounting and finance, economics and languages, sport, physiology and biochemistry, which reflect the diverse nature of Deloitte's sectors, their clients' interests and the firm's passion for bringing broad thinking and insights to their clients.

The group has quickly settled into the routine of work and study and they have already started their professional education training and taken the first exams of Institute of Chartered Accountants of England & Wales (ICAEW) or Association of Chartered Certified Accountants (ACCA) courses. They have also undertaken extensive in-house training and the next years will see them take on more responsibility throughout the audit.

Promotion and management changes at C5

The C5 Alliance Group is pleased to announce that Gary Stewart has been promoted to Team Leader of its growing Business Intelligence team of 11. Gary, who has worked at C5 for over three years managing a wide range of business solutions projects, replaces company Director Dan Hare who will be leaving to provide an innovative new virtual information strategy service to clients.

Dan commented "While I have immensely enjoyed the last 10 years at C5 building the Business Intelligence team, I am excited to have an opportunity to specialise in an area that I am passionate about, namely data and information strategy."

Gary Stewart, Team Leader of Business Intelligence also added "I am delighted to have the opportunity to extend my role and experience within our Business Intelligence team. We have worked on some fantastic projects over the last few years; in particular in the area of FATCA, reporting and data warehousing and I have really enjoyed working with Dan. I am looking forward to supporting the team's growth and innovation in new areas such as data visualization and automated regulatory reporting."



X factor hopefuls line up at Bedell Trust

No this isn't Jersey's answer to Simon Cowell being flanked by next years line up of X Factor hopefuls, it is in fact Nick Cawley, Bedell Trust CEO and 13 of the recent 16 people promoted across Bedell Trusts business lines, from director to officer level, we assume those missing are involved in high level press junkets elsewhere.

The promotions include the appointment of Claire Le Brocq to the Board of Bedell Trust Company Limited. Claire, a Director of Bedell Fund Services Limited, began her career in 1993 and joined Bedell Trust in 1997.

Sam Symons and Nick Cushion have been appointed Trust Directors and Ashley Vardon and Claire Drummond are promoted to Associate Director. There are also a further series of management promotions in the trust and fund administration teams.

Nick Cawley, Bedell Trust CEO, commented: 'Fundamental to the success of the business is our people and the ongoing commitment displayed on a daily basis.'

The firm's growth has included the launch of a new depositary service offering, the successful expansion of its family office business, only one year since launch, and ongoing recruitment of key people to strengthen its capabilities.



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Subject:> OUT OF OFFICE

Being able to escape the office is, for almost everyone, an essential part of the working day. Whether it's for a meeting, lunch or just a break away from your colleagues. Finding alternative places to break away from the norm can be even more important for those who work for themselves.

That's right we're talking about the world of freelancers and self employed folks often found hovering around available plug sockets, nursing a coffee whilst waiting for appointments or working to deadlines, consider us as the nomads of the working world. One thing we know well is the best places to be able to 'cop a squat' whilst getting refreshed and online, essential for those who often carry their offices on their backs, or in fashionable handbags!

We've identified some of the top spots around St Helier, whilst this isn't perhaps a definitive list it does contain some of our personal favourites and also recommendations from others.



BASTILLE BRASSERIE

35 Queen Street

A hidden gem at the top end of town! The Bastille is an excellent place to pop in and have a coffee, lunch or tapas whilst holding meetings or just catching up on your emails. Owner Georgie is happy for you to plug in and charge your devices too, if she's got sockets free and their WiFi is open access.



Mon - Sat: 11am until 11pm



Yes



Yes



+44 (0)1534 874059

www.bastillebrasserie.co.uk



THE ROYAL YACHT - CAFE ZEPHYR

Weighbridge

Another favourite of the freelancer, best to avoid over lunch if it's peace and quiet you are after, but outside of their peak times this a great spot to while away the hours. In particular there is a table on the left-hand side as you enter that has easy access to a plug socket and their WiFi is open access.



Mon - Sun: 9am until 1am. Last food orders 10pm Good for late night working



Yes



Yes



+44(0)1534 720511

www.theroyal yacht.com



POMME D'OR CAFE BAR

Liberation Square

A regular meeting place for those who don't have a base in town. WiFi is open and the staff are welcoming. They've a few plug sockets up by the high stools area.



Mon - Sun: 8am until 10pm
Good for late night working



Yes



Yes (only a few by stalls)



+44(0)1534 880110

www.seymourhotels.com/pomme-dor-hotel



CAFE JAC

Jersey Arts Centre, Phillips Street

A gallery staple, mainly due to its proximity to our office. Ask any of the staff for the WiFi password or take advantage of their standalone PC's which allow you to log on (pay for the time you use) without having to lug your laptop around.



Mon- Fri: 7:00am - 11:00pm
Sat: 8:00am - 8:00pm



Yes (password)



Yes



+44 (0) 01534 879482

www.cafejac.co.uk



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Castle Quay

A little out of town, but ideal for those who are based around this end of St Helier. Good if you need to be able to park close by and there is plenty of space.



Mon-Fri: 8am - 5pm
Sat: 8:30am-4pm | Sun: 9:30 am -4pm



Yes



Yes



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www.cooper.co.je



CURIOSITY COFFEE SHOP

14 Sand Street

Snug and welcoming, they have an eclectic selection of furniture on to which you can seat yourself. Owner Nick or his staff will be on hand to provide you with the WiFi password and he's happy for you to charge your devices, if sockets permit!



Mon - Fri: 07:00am - 7pm
Sat: 8:00am - 6pm



Yes (password)



Yes



+44 (0)01534 510075

curiositycoffeeshop.com



DANDY COFFEE SHOP

7-9 Conway Street

Be sure to read our article(pg 96) on the new kids on the block. Dandy is a great out of office spot, but make sure that you avoid peak times.

This one is perhaps best saved for the post lunchtime rush, early afternoon pick me up, but be careful you don't get caught up in the people watching, you may be best setting yourself to face away from the window.



Mon - Fri: 6:30am - 4pm
Sat: Closed



Yes



No



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11am until 11pm



Yes (password)



Yes



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THE LIBRARY

Halkett Place

Yes that's right, the Library. Perhaps one of the best kept secrets in the island. It's quiet, they've got WiFi, they have plug sockets and they've even got private booths which you can book out. Perfect for those confidential moments or for when you just need peace and quiet.



Mon-Fri: 9:30am - 5:30pm (7:30pm Tues)
Sat: 9:30am - 4pm



Yes (password)



Yes



+44(0)01534 448700

www.theroyal yacht.com



Investing in a new and exciting business plan can be both an exhilarating and daunting procedure, whilst finding the perfect office space for a new venture can often prove a difficult task. With Honeycomb, space is of no issue – choose from a wide range of contemporary and affordable office suites located in the heart of town.

Who Are Herbalife?

Founded in 1980, Herbalife currently stands as one of the World's leading nutritional companies and to date, Herbalife Formula 1 is the largest selling healthy meal replacement in the World – but as a brand it goes much deeper.

With a keen interest for healthy living and wellbeing, Jean-Paul Martyn took it upon himself to further pursue this passion, whilst using Wharf Street as a base to meet clients.

'Herbalife has presented me with a great opportunity to educate myself in making better lifestyle choices, with the main aim of passing this knowledge on to as many people as possible.'

Asides from boasting the first sports nutrition range 'tailor made' for the 24-hour athlete, Herbalife have just launched a brand new 'paraben and sulphate free' SKIN range – designed to be used on any skin type with clinically proven results in just seven days!

Other products include inner nutrition merchandises, which promote healthy

hearts, healthy immune systems and healthy digestion, an Aloe Vera range, various fragrances and health centred beauty products.

'Clients are able to drop into the office where I offer wellness evaluations, discuss products and design personalised nutrition programmes – all of which are tailored to the needs and goals of each individual.'

What the future holds

'Everyday I have someone asking what Herbalife is? What it's about? The high volume of interest is incredible. The more people myself or the team can help to make lifestyle changes or improve their sporting performance, the better. I'm always looking for new clients to talk too and share my experiences with. The ultimate goal is to do whatever I can to help make a difference.'

Even though Jean-Paul's only been involved in Herbalife for several months, the recognition he's received for his progress is astounding.

Any challenges you've had to overcome along the way?

Since Jean-Paul has become a part of Herbalife, things have gone from strength to strength.

'The Wharf Street office is really helping to increase my efficiency.' Going from a home-office and having to travel to clients houses – to a central base with a great display of all the products for people to come to and view – has allowed me to see more clients each day and respond to a rising demand. The transition has been great and the girls at Honeycomb have been fantastic in helping me.'

Why Wharf Street?

Whether your start-up is a tech-based company or a nutritional endeavour, having an easily accessible hub in which to work from is a must. Wharf Street is just that for Jean-Paul.

'Wharf Street provides sizable, clean, smartly laid out and well decorated units in a central location with good facilities and good value for money. It's exactly what I was looking for. They can be adapted to many different business needs, which is why I'd definitely recommend it to others.'

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"I LIKE TO BE ORGANIZED, NEAT AND TIDY. THEY SAY A TIDY DESK IS THE KEY TO A TIDY MIND, NOT TO MENTION IT LOOKS MORE PROFESSIONAL. THAT SAID, IT'S ALSO AN INFORMAL ENVIRONMENT THAT CLIENTS FEEL COMFORTABLE IN – NOTHING IS TOO CLINICAL"

'The convenient location certainly comes in handy when coordinating lunchtime appointments – it's suitable for everyone, including myself.'

Additional benefits to renting one of Honeycomb's suites include the flexible lease – if needed, businesses can upgrade to a larger office without breaking their agreement. There's also a kitchen, free online access, individual mailboxes and no service charges to contend with – an asset to brands wishing to put a precise financial plan in place. These offices are anything but four walls; they're a community for like minded entrepreneurs.

What does your desk say about you?

'OCD I like to be organised, neat and tidy. They say a tidy desk is the key to a tidy mind, not to mention it looks more professional. That said, it's also an informal environment that clients feel comfortable in – nothing is too clinical.'

Is it an asset to be able to take advantage of an office space that is open 24 hours a day/seven days a week?

Absolutely, Herbalife isn't 9-5 – five days a week, so I need an office that is accessible yet secure and grants me access at both evenings and weekends.

A day in the life of Jean-Paul Martyn...

Jean-Paul arrives at the office at around 9am, which is when he sets about confirming appointments for the upcoming days. He also spends an hour of his morning self educating and working on personal development skills. Other day-to-day things include overseeing and placing orders with Herbalife, responding to emails, answering any customer-related questions and generally making sure everything is in order.

What do you enjoy about your job?

I enjoy every aspect of my role; especially in knowing that I'm doing my best to make a difference to others.

Seeing the smile and joy on a client's face when they receive great results whilst also doing something I'm passionate about is less like work and more like being part of an organisation – one that has presented me with some amazing opportunities. Herbalife has allowed me to meet some incredibly inspiring people and it's a great global company to be a part of!

Jean-Paul encourages anyone who may be interested or intrigued about Herbalife to contact him today:
herbalife24jersey@gmail.com
07797789650 or you can find them on facebook Herbalife – Jersey

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WiFi access. Free online access.



VITAL STATISTICS

Stephen Ross

Born: Jersey.

Marital status: Married with two children a daughter of 21 and a son of seven.

School: De La Salle College.

First Job: Working for my father in the carpet trade as a planner & estimator.

Car: Range Rover Sport.

Book: Da Vinci Code and Angels & Demons.

Music: Most modern contemporary music.

Film: Great Escape and Battle of Britain.

Gadget: iPhone 6 & iPad.

Last holiday:

South of France.

Enjoy: Flying, travelling and trying new things.

ON THE
SOFA



STEPHEN ROSS
SPIRIT ESTATES

About the business

Spirit Estates is a mid to high end property rental agent and management company. We do not have a shop or shop window everything is via the internet. We offer tailor made packages for landlords who either have a single rental property or a portfolio. The ethos of the company is to provide a personal quality service and as you can see by our company motto "Property handled Properly" it goes to the very heart of what we do.

We will tailor a bespoke package for landlords if they require a full property management service. Or we will carry out full tenant profiling if they just want us to locate a suitable tenant for their property.

People have asked me why use the name "Spirit" and my answer is quite simple. Spirit to me means freedom, the ability to achieve your dreams and to have the freedom to make choices in your life. Many people dream about what they would like to do but never do it or achieve it.

It is this spirit that drives me daily and in my working life I have always provided a personal service and don't like ending a day whereby I have not achieved something.

So, tell us what inspired you to get this off the ground?

It was something that I had been thinking about doing for sometime but as is usual in life if you are in a secure job and have children and a mortgage to pay you tend to stay in your comfort zone and the dream never becomes a reality. However, for a number of reasons that all changed and my focus shifted back to the dream and it was a case of walk the plank and at the end of it jump and you would either sink or swim. I of course chose to swim and see where the journey will take me. This again is the basis of "Spirit"

What did you do prior to starting this business?

I worked in the finance industry for 30 years and latterly as a Business Development Executive. But my background historically has been in Residential & Commercial Real Estate structuring and Management. I was also a presenter on a number of Radio Stations in Europe and in Jersey, briefly with BBC Radio Jersey before moving as a founding presenter to Channel 103 where I presented a weekend evening show up until about six years ago.

Did that teach you any lessons that helped you succeed?

Well I have not succeeded yet! But what I have learnt over 30 years is to provide a quality, professional personal service to your clients and by doing so they will trust you and build a close working relationship with you and I hope I will succeed in achieving this over time.

What's the hardest lesson you've learnt since starting the business?

Oh dear that is a hard question to answer. Let's just say that over the last two years I have learnt many things the hard way and from those lessons I am now much more cautious with everything I do.

Any funny stories that you have about the business starting out?!

Oh yes many but I think the best ones are from the Observatory who did my branding and my website.

Let me explain, I am not at all a creative person when it comes to art or creativity and when I met with Ben Hickingbotham and Sarah Cilliers of the Observatory (both brilliant people) they were on board from the start. But I tell you what, these creative guys they speak a different language to me and have had me in smiling all through this journey and have a fantastic perception of things but I do take my hat off to them on the excellent job. In addition, to my accountant Alun Griffiths who you can only say is wildly and funnily eccentric and I would not like to be a client of his tailor that's for sure!

What are your plans for the future?

That is easy, channel my energies into the success of Spirit Estates have fun whilst doing it and of course make sure that at all times you provide a first class quality personal service.

What advice would you give to would-be entrepreneurs?

If you have an idea or a dream go for it don't do what I did and keep thinking yes, but no, but yes. Speak to other people who have started their own businesses and take on board what they say. I have had some fantastic advice in respect of what I should do and where to go and find it and to market what I want to do. I hope they were right? Only time will tell.

The background is a solid green color with a repeating pattern of tennis rackets. The rackets are oriented diagonally and are rendered in a lighter shade of green, creating a subtle texture. In the center, the word "SPORT" is written in a large, bold, white, sans-serif font. The letters are slightly transparent, allowing the racket pattern to be visible through them.

SPORT



The island's cricket development officer, Lee Meloy, has been named the International Cricket Council's (ICC's) European coach of the year. This year's awards were billed as the most successful to date and the ICC were looking for coaching heroes who fulfilled a number of criteria, such as engaging new participants into cricket and working with and developing junior players.

Alongside his role as development officer Lee is the Head Coach of the island's U15 side, forms part of the coaching team supporting the U17 and also senior sides. He helped to guide Jersey to inter-insular

victory over Guernsey and was part of the support staff at World LeagueFour in Singapore. Not bad for someone who claims he started playing cricket relatively late and until he did 'it was all football!'

Name: Lee Meloy

Age: 25

Sport: Cricket

What do you do: Cricket Development Officer for Jersey Cricket Board

School attended: Victoria College

Favourite ice cream flavour: Toffee

Favourite animal: Lion

Favourite food: Steak and chips.

What would you wear to a fancy dress party: Last thing I wore was a blow up horse and Jockey costume.

Favourite cricket expression: Anything from @UScricketguy on twitter.

Favourite thing about Jersey: It's the warmest place in the British Isles. [-Ed the tourism department will love this!]

Favourite song: Ben Howard – Black Flies.

When did you start playing/coaching cricket: I started playing quite late at age ten, before then it was all football. I first started coaching at the cricket summer school when I was 16.

Where has been your favourite place in the world to play/coach cricket: This year I've been to St Lucia and Singapore coaching different teams, they were both amazing places for different reasons.

Where and when was the favourite moment in your career: As a player it was being part of the Jersey U19 team to first win a European tournament in 2007. For coaching, it has to be this season with the U19 team who won the same tournament this time in Essex.

What's coming up on the cricketing calendar that we should be looking out for: Next season we will be hosting two important tournaments for our U19 and senior sides. The first will be ICC European

T20 Division 1 in May and then the U19 European World Cup Qualifier where the reward for the winners will be a place in the 2016 U19 World Cup in Bangladesh.

If you weren't working in the world of cricket, what would you be doing: Anything but sitting behind an office desk.

Do you have a tip for aspiring sportspeople? Whatever age or sport, always continue to learn and improve from your experiences, coaches and other players.

How can people get involved in cricket in Jersey: We go into almost every primary school on the island with many of them having teachers to contact who are "ambassadors" for cricket within their school. There are also lots of different clubs who play indoor, evening and weekend league cricket throughout the year that are always looking for new players.

For more information visit: www.jerseycricketboard.co.uk



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Lorna Jackson BSc (HONs) Acupuncture, MBAcC, MRTCM
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PUTTING YOUR FITNESS FIRST

Now in its 21st year, Fitness First began a journey 18 months ago to redefine the industry, putting the customer at the heart of everything that it does.

Having researched what really matters to gym-goers, Fitness First has reengineered the entire brand experience, from the quality of its facilities, to the people running its gyms, the training programmes it uses and the products and services that it offers. Fitness First is also working with world-class behavioural psychologists to crack what motivates people to exercise, in an effort to help more members visit more often - helping people to achieve their goals and go further in their lives.

“THE NEW PROGRAMME IS INSPIRED BY TEAM GB ATHLETES AND COACHES, HOW THEY TRAIN AND THE OLYMPIC SPORTS THEY COMPETE IN; FOCUSING ON FIVE KEY FITNESS DISCIPLINES WHICH ANY ELITE ATHLETE REQUIRES: SPEED, ENDURANCE, POWER, AGILITY AND STRENGTH”



PRO ATHLETE PROGRAMME

Following the announcement that Fitness First is the first ever official fitness partner to Team GB, Fitness First has rewritten the rules of fitness and created the Team GB Pro Athlete programme - to give members a taste of what training like a Team GB athlete could feel like!

Launched by Olympic medallists Nicola Adams, Ed Clancy, Max Whitlock and Gemma Gibbons - the new programme is inspired by Team GB athletes and coaches, how they train and the Olympic sports they compete in; focusing on five key fitness disciplines which any elite athlete requires: speed, endurance, power, agility and strength.

The 40 minute class consists of three key phases; training which centres around the five key disciplines; competition, competing in teams and finally, teamwork, learning the importance of working together to achieve the best possible results. A functional core workout follows each phase in order to strengthen the core, an attribute crucial to successful athletic performance.

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Fitness First Jersey, The Waterfront, La Rue de L'Etai, St Helier, JE2 3WF - 0844 571 2883

SPORT NEWS



Jersey Ladies Rugby - the season so far

Jersey Ladies are up to 3rd place in the league, National Challenge 1 South East, South, after beating Havant 22-7, on Sunday 19th October and drawing away the week before vs Worthing (19-19). After a disappointing opening season defeat three weeks ago, against current league leaders and former Championship side Oakmedians, Jersey Ladies finally put their hard work in training on to the pitch, with a well deserved four try win vs Havant on Sunday on pitch one at Jersey Rugby Club, St Peter.

Head Coach Gary Ayres was delighted with the win to get the season back on track but noted the ladies were disappointed that they had left a few more tries out on the pitch. The team have a four week break until their next game but are targeting 3 wins in 3 weeks before Christmas which will put them in a strong league position going in to the new year.

Training continues at Jersey Rugby Club, St Peter on Tuesdays and Thursdays at 6.30pm. New members are always welcome. Jersey Ladies RFC invite all supporters to like their Facebook page "Jersey Ladies Rugby"



Jersey Ladies
Rugby in numbers
so far this season:

3
games
1
win
1
draw
1
loss

3rd
place in the
league with

6
points

8
tries

22
training
sessions

+5
more on the
beach

3,300+
passes

500+
rucks

30+
different
players have
trained

7
debuts



Brazilian Power Team

Are you looking to take up a new sport, or do you already have an interest in MMA (mixed martial arts), if so then be sure to check out the Brazilian Power Team Jersey who also offer Brazilian Jiu-jitsu classes. The team are happy to announce that from Monday 3rd November they have a new home and will now be based at The Rock Boxing and Fitness Studio, Le Breton Lane, St. Helier

They'll be holding classes on Monday and Wednesday evenings for novices, those with no martial arts experience, between 7-8pm and also advance classes, for amateurs and professional fighters, between 7-8.30pm. Saturdays there are classes for both girls and those of all levels from 10am - 11am.

For more info check out their Facebook page Brazilian Power Team Jersey-GB or call Miro 07700716875 or Eddie 07829885555

Up for a challenge?

The SandStorm Adventure Race on 29th November is going to be one of the most exciting and unique obstacle course races on the island. Using the diverse location at Simon Sands in St Ouen's bay they have created a 5km route that will see racers climb over sand dunes, jump over walls, crawl under barbed wire, paddle surf boards, carry sand bags, flip tires, plow through water obstacles and much more!

Categories of Men, Women and Teams of 3 will battle each other from a mass start; first person from each category over the Finish line will be declared the winner.

To find out more and sign up visit:
www.absolutejersey.co.uk/sandstorm



HARDWARE



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THE ROAD

WORDS Russ Atkinson

YOU ARE HERE

I'd be lying if I said that a week goes by in my life where the overbearing sense of wanderlust doesn't captivate my wandering mind and briefly detach me from the sheer reality of reality.

For most people, until the point that they find themselves sipping a pina colada floating around an infinity pool at an all-inclusive resort travelling is nothing but a chore, but for others the journey is the destination. Don't get me wrong, pack me off to a fancy hotel on the side of a mountain where I can ski all day then spend the afternoon relaxing in the spa slowly digesting a stack of books before digesting a three or four course gourmet dinner and I certainly won't complain, but the whole way there I'll be soaking up the changing terrain with

the fascination of an eager child be that in a car, on a train, watching the crowds rush past whilst I stand on the airport travelator or through the compact porthole window of an aircraft. It's all part of the adventure, and those books I mentioned - you just know they'll more than likely be about other people's overland adventures so that I can live their lives past vicariously in complete comfort whilst being somewhat envious of their discomfort at times, curiously. I must be a masochist. In my mind, there are three levels of overland wanderlust:



'I'm just popping out to get a bottle of Rioja... From Spain'

Or some other similarly absurd excuse revolving around a different commodity that's commonly available locally. It'll taste better when sourced from where it's produced, trust me. That's an excuse, yes, but one where you have at least a small chance of arguing and coming up trumps. The first stage involves a motorbike (or a pushbike if you're a true glutton for consistent and unrelenting punishment, as rewarding as the success of a full day's cycling somewhere is in reality), a car ferry to the European mainland and some

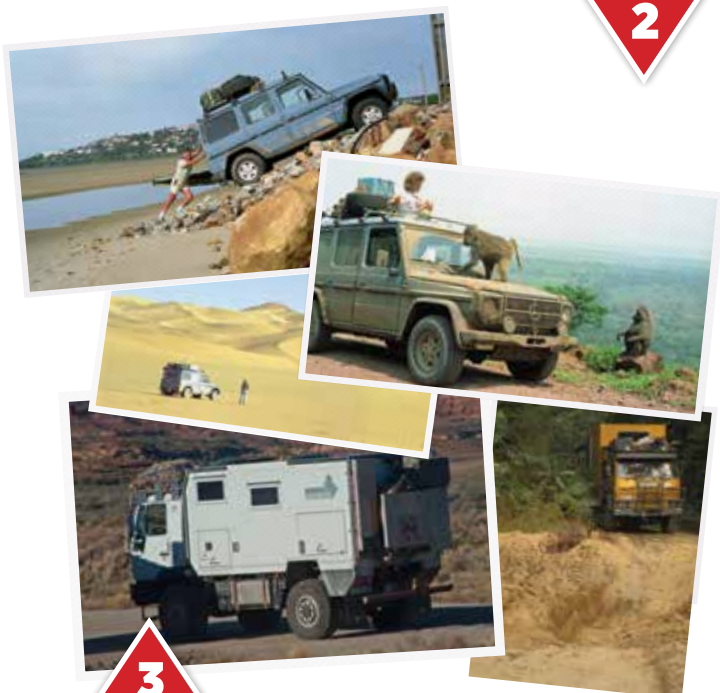
incredible roads. I've driven the Stelvio pass in Italy and instantly knew I'd be back for more one day on two wheels, be that with or without combustion engine. It's places like this that fuel your thirst for more and when the trip can be made 100% on tarmac and with plenty of decent accommodation available en route there isn't an excuse not to, really. Europe's on our doorstep, border crossings are painless and there's a diverse enough culture mix just waiting to be consumed.

ABOVE, CLOCKWISE FROM TOP LEFT: Get your pannier down in Europe. Check. Stelvio pass, Bormio, Italy. No road? No problem!

Sun, sand, and oases

I suspect that there comes a time when driving on roads no longer presents enough of a challenge, and if the risk of injury or death presents itself solely in the form of other road users your trip won't ever reach the required heights of adrenaline induction. This is likely the point at where you begin to invest in more serious overlanding equipment and prepare to sleep in a tent on the roof, shower from a bag and carry enough fuel on-board to burn down a moderately sized town. Central Africa has remained fairly consistently dangerous over time as far as I understand, but with enough people still travelling south and now we have the internet to compare notes and arrange travel convoys isn't the draw of absolute silence in the middle of a desert as you stare at the stars and doze off to sleep an attractive one?

2



3

Sell the house, I'm never coming home

Expert level. Serious dedication to preparation, previous experience probably essential and an undeniable financial investment will be required to live a life on the road, but it's definitely been done and is happening somewhere right now. Of course, you can do this in a small off-roader, but for that extra bit of personal space and a relative level of comfort to avoid the almost inevitable meltdowns at any moment that travelling companions experience from time to time you're going to need a truck. If it's going to be your house, it might as well be the size of a house and house its very own proper kitchen and separate bedroom. What they lack in manoeuvrability and lightweights they seriously make up for in off-road ability, and if you don't believe me, go to your preferred online video streaming website and search for Unimogs, MAN or for the particularly extreme oversized overlander base vehicle look toward Russia and for a Kamaz, Maz, or anything built similarly simplistically and ruggedly enough to survive the Siberian taiga.

If you need any more inspiration for a never-ending trip, a trip to the death, the trip of a lifetime (quite literally) look no further than Gunther Holtorf, who spent over two decades visiting 172 countries and covering a distance of 823,000km (the equivalent of 20 times around the planet) in his trusty Mercedes G-Wagen, Otto. Mercedes Benz have allegedly agreed a price of around 300,000€, the estimated cost of Otto's entire record breaking trip, to preserve the G-Wagen in their museum. A fitting tribute to such a momentous journey, I'm sure you'll agree. So what are you waiting for?

ABOVE, TOP TO BOTTOM, LEFT TO RIGHT: Gunther and Otto, a MAN expedition truck for the truit nomadic and a Scania ready for anything



THE ROBERTS GARAGES ACCOUNT CARD

We caught up with Ricky Davey, Finance Director and General Manager of Roberts to ask him a few questions about the very popular Roberts Account Card.

Gallery: So in addition to the excellent customer service that Roberts are renowned for, what are the benefits to local businesses of holding a Roberts Account Card?

Ricky: Obviously the most important benefit to any business in this current climate is the huge cost savings that can be achieved by using a Roberts Card. However, there are numerous other benefits including:

Being entitled to discount in our Tyre, Exhaust & Brake Centre at Springfield, which is open 6 days a week;

Our convenient opening times of our forecourts. So it doesn't matter what time you start in the morning or what time you finish in the evening, Roberts is likely to be open;

We offer 'one stop shops' on each of our forecourts, selling a little bit of everything. So you need not get caught out when it comes to those little essentials;

We have a number of forecourts to choose from, so no matter what part of the island you are in, there is always a Roberts nearby;

And, we have a wonderful bakery and a very good selection of lunchtime snacks. Added to this, you will find our quality of take-out coffee far exceeds most convenience stores. So morning shoppers can stock up for the day ahead and fuel themselves up with great coffee to kick start the day.

Gallery: So, when Roberts claims its Account Card is 'flexible', just how flexible is it?

Ricky: This is where the Roberts Card comes into its own, offering our account customers full transparency on their purchases. Individual cards can be allocated to each driver or to each vehicle. Also, restrictions can be placed on individual account cards on both what is purchased at Roberts and setting limits on how much can be spent on each card. And, to top this off, our itemised billing provides a full breakdown of what has been spent per card, on what and by whom.

Gallery: We know how convenient customers have always found Roberts, but can you remind us of the opening times.

Ricky: Certainly. Our Springfield site is the only site not to hold an alcohol licence and so we keep this site open later, opening at 6am and closing at 1am. Our sites at Bel Royal and Greve d'Azette both hold alcohol licences and so close earlier, opening at 6am and closing at 10pm each day. Finally, our Tyre, Exhaust & Brake Centre is open 8am until 6.30pm weekdays and 8 am until 5pm on Saturdays.

ESCAPE REALITY



WORDS Taylor Jones

This month I've had to be realistic. When I read that the theme for this edition of Gallery was "Escape", I was immediately inspired by images of Bond-esque missions and being captured by evil tyrants that, for some reason, despite being able to create laser death machines, still use rope as their method of binding the hero. However, whilst these images flicked through my mind, I had a very sobering, disappointing realisation. Not all men are James Bond. Quite the contrary in fact.

The majority of men, women and children will never experience the rush of being chased down a picturesque mountainside somewhere in the unexplored Alps by machine gun-clad helicopters. Rather, the overwhelming majority of people will simply grow up, get a job and settle into the reality that is the working world. Needless to say, the inspiration I had taken from the images of Bond, Bourne and Bacon (Kevin's an action hero at heart) was quickly ruined, and I began to wonder what gadgets there could be out there for escape, when you can't escape from real life.

But how naïve I was. If movies like *Sucker Punch* and *Inception* have taught us anything, it's that you certainly can escape from real life, quite easily in fact. It may not be an incredibly intricate and eerily-real dream, but welcome in the world of "virtual reality". When the doldrums of a stagnant life start to get you down, Virtual Reality gadgets are the perfect way to escape from the redundant daily repetitions and (digitally) put yourself in that tux, hold that gun and shoot your way out of the evil dictator's private chamber. Irony, really.

SAMSUNG GEAR VR (OCULUS)

For anyone that has read this feature in the past, you may be aware that I harbor a certain disdain for the new Samsung Galaxy Gear. It is simply a collection of grotesque watches that serve about as much purpose as a convertible submarine, or so I thought. With the help of Oculus, there is a new addition to the Galaxy Gear family that may just save the company from the wrath of scathing online reviews. This new addition is the Samsung Gear VR, Innovator Edition. This headset, although blinding you to the outside world and making you look like a rejected extra from *AI: Alien Intelligence*, is essentially witchcraft to those who don't understand the science of virtual reality, and let's be honest who does? Boasting one of the widest ranges of features in the market, the Samsung Gear VR is not only a gaming device when linked to a range of Samsung smart phones, but also acts as your own personal 2 and 3D cinema, with a store of movies to buy or to watch off your phone.

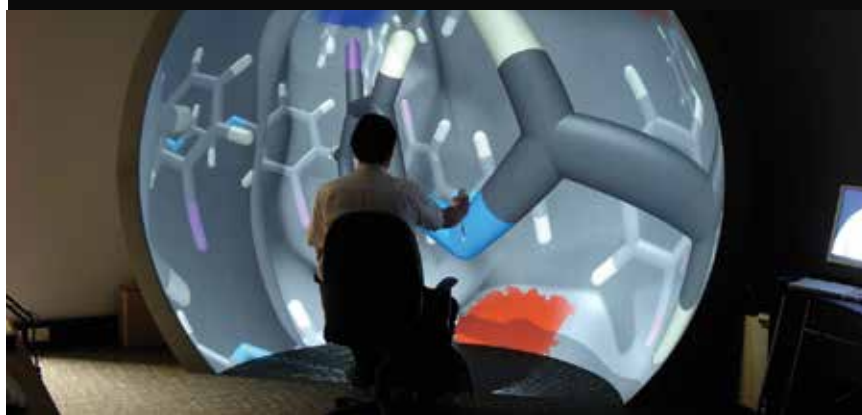


The Innovator Edition is only the prototype essentially, and thus, as the company admits, there are still things to work out with this device, the features on it only being beta versions. However, in the future, I have absolutely no doubt these things will be the new Nintendo Wii, minus the shocking failures that came after the original. Unfortunately, after a back-breaking, eye-aching five minute search online, I found out these things will only be available within the next few weeks, and I can't even find a place to pre-order them. Just keep looking out online, because realistically this thing won't be making its way to the island any time soon.

VISIONSTATION VR DOME

There are gadgets out there in the world that raise serious questions, such as whether the world really ever needed the text-messaging chandelier, or whether Microsoft should just give up in its fight with the iPhone. However, the VisionStation VR Dome brings about certain musings on the subject of want vs. need. In fact, that is a lie, "need" is not one of the many things that go through anyone's mind when they see this product, unlike an intense desire to completely unjustifiably spend four years worth of wages on what is essentially a glorified wall. Hailed by its creators as "the future of virtual reality", the VisionStation is intended to be used for workers, reviewing building, automotive and aero designs, with a 2m display, which admittedly does boast a resolution of 1920 x 1080. However, realistically, we all know that the three people that actually fork out the \$24,500 for this will be aging, single and overweight gentlemen that will use it to show off to their couple friends, ironically only emphasizing their loneliness. It may also be found somewhere dark and quite private.

You read right unfortunately. This product, which really is just a projector and a piece of black plastic, costs \$24,500, roughly £15,000. Hardly seems worth it, especially when you consider that a HD television is a 15th of the price and doesn't portray an image of crippling isolation.



5DT DATA GLOVE 5 ULTRA

Despite having a name that evokes the sense that this glove was created by a European in the early stages of learning English, the 5DT Data Glove 5 Ultra is in fact an incredible piece of kit. For anyone that has ever wondered about the ways in which CGI fight scenes are created, this is an important gadget to have, or at least to understand. The Data Glove, when connected by USB to a computer, tracks the movement of the wearer and creates (with a bit of help from you) an animation featuring yourself. Freaky? Yes. Wondrous? Yes. Devil's work? Perhaps, but that doesn't stop it being incredibly cool, giving you the ability to literally (not at all literally) live out your fantasies through animation.

Dreams, however, come at a considerable price (if your dreams involve home animation). The non-wireless version of this product, limiting your movement and space, starts at \$895.00, roughly £556, and the wireless version, whilst freeing your movement, will not free you from crippling debt, costing £925. Needless to say, this product comes from a website on which there are more grammatical mistakes than there are hanging from the walls of Year 1 classrooms, but hey, the fun of virtual reality is virtually priceless (IT'S TOO EASY).

Head to <http://bit.ly/1zhAnik>



GOOGLE GLASS

Due to computer memory loss and a lack of back-issues, I have completely forgotten whether or not I have reviewed Google Glass before, so please allow for repetition or, more likely, a complete shift in attitude towards the product. Although the Google Glass may not appear to fit in this list of "escape" gadgets, I believe that this represents a new form of virtual reality, one in which the attention is drawn away completely from the real world itself and put onto the glasses' view of it. Google may try and claim that the person is still connected to the real world when wearing the Google Glass, however I have to question whether or not seeing a computer display in front of you really constitutes a real world view? This is not taking away from the fact that the glasses are damn impressive, and all their features are still mind blowing. With Google Glass, we've really taken a massive stride technologically, giving you constant access to all sorts of features that we could normally only find on our computers at home, and yet I can't help feel that this no longer constitutes "escape" from the real, working world, instead offering a replacement. A terrifying concept, especially when considered that the "escape" we look for now may in fact in the future be a return to mundane, technology-free life. Good old science.

I realise that nothing in that was actually about the function of the Google Glass itself, so here are some facts on the product: It can analyse your golf swing, navigate you, give you a perfectly designed workout plan in the gym and even send messages. Like I say, impressive, and let's see Samsung do that with a watch (I really hate the Galaxy Gear). Unfortunately, and I'm becoming used to starting these final sentences with that, the Google Glass is not cheap. Just for the frames, it's \$1,500, and once again I am certain that this will be an "order online" job. However, who can put a price on a heads-up display of how to improve your drive?

Sound & vision

WORDS Matt Arnold
Sales Consultant



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If music is your motivation, wait until you hear the SoundLink Colour Bluetooth speaker. It plays your favourite tunes from your favourite Bluetooth device out loud in clear, full audio just about anywhere you want to go. It's small, durable and simple to use. And it comes in a spectrum of colours to match almost any style. Full, lifelike sound from a lightweight, compact design. Wireless connection to your smartphone, tablet or other Bluetooth device. Voice prompts make pairing your devices easier than ever. Up to 8 hours of music from rechargeable lithium-ion battery. Comes in Black, White, Red, and Mint.

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LG OLED

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Sonos is a smart system of HiFi wireless speakers and audio components. It unites your digital music collection in one app that you control from any device. Play what you want with perfect sync in every room - no skips, delays or drops. Sonos wireless speakers are custom designed for every space in your home. From the compact PLAY:1 to the TV-compatible PLAYBAR, our line-up fills any room with crystal clear HiFi sound at any volume.

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Nokia claim that the Lumia 735 is "the first smartphone designed specifically for selfies"; hosting a full HD 5MP wide angle front facing camera, this phone will be your partner in crime for those essential selfie moments whether it's a solo snap or a group pic with your mates. Plus, with a stylish finish and the highly customisable Windows Phone 8.1 operating system, the Lumia 735 makes a great all-round smartphone.

So why not visit the JT Store today to find out more about the Nokia Lumia 735 and their fantastic range of Christmas gift ideas too – all available on JT Pay Monthly.



Made for Living!
The Sony Xperia Z3

You could be swimming or with friends at a concert. You could be running or at home, gaming. It really doesn't matter what you're doing, if you are living life, then you should live it with the Sony Xperia Z3 or, if you've smaller pockets, the Z3 Compact.

Whilst it is the incredible screen quality that first catches the eye with the Z3, there is so much hidden within its sleek aluminium and glass frame that it's difficult to know where to start. The 5.2 inch screen knocks the spots off the competition with an extremely high resolution 1080 x 1920 (4.6 inches and 720 x 1280 for the compact) crystal clear display.

Combine a screen of such quality with a 20.7 megapixel camera and you'll see the results for yourself in the razor sharp images you capture both above and below the waterline.

Below the waterline? Yes, you read right! The Z3 and Z3 compact are both water and dust resistant to such a degree that you can happily take them onto the beach and then into the sea so you can share your underwater memories with friends.

Both Z3s use Android for their operating systems, giving you access to the thousands of apps in the Play Store and the Sony Entertainment Network, with hundreds of movies, tunes and games to choose from.

Both the Z3 and Z3 Compact are immensely powerful multimedia phones that will fit right into your life. All you need to do is choose the size that best fits your pocket!

Pop into the Sure Store to try a Z3 for size. They are both available for free on the SmartUltimate plan.

TIAGO'S TOP TIP



How to...reply to texts on an iPhone quickly

If you're playing a game, watching YouTube, or doing anything else on your iPhone, you may not want to stop in order to answer a message.

If you get a message and you have to reply, if you have an iPhone with iOS8 you can do it without leaving the application you're in.

To do it:

Slide your finger down from the top of the screen

A mini window will appear – write your response

Once you've sent you are straight back into whatever you're doing



All i Phone for Christmas

Jersey's own superstar DJ - and Airtel-Vodafone Brand Ambassador - Hannah Jacques looks at the iPhone 6 and 6+

If you're an Apple fan the chances are that the iPhone 6 is already on your Christmas list and nothing that I or anyone else says is going to change that.

Those of us who like the iPhone, but realise that there are other makes out there, may want a bit more information but for some the mere fact that Apple have brought out the latest version will be enough.

So what can I say? Yes it's the best iPhone so far and built brilliantly (as you'd expect). But I don't like the back with its plastic strips and the hump which makes the handset wobble when I put it down.

The front on the other hand looks great and its bigger brother, the 6+, looks even better. The display has been upgraded from the iPhone 5, yet the battery life is better too, so it has better features for longer.

The speakers and video player are okay, but the camera and video recorder are fantastic. The iOS 8 means that there are extra features, but I noticed that it didn't have an FM radio. I guess that iPhones come under such scrutiny that things like that will get noticed, even if they're minor or fixable.

The iPhone 6, and 6+, compare pretty well to the competition but they don't blow everything else out the water. Yes, they're fast and they have an apple on them, but if you want more features on your phone then you might look elsewhere.

I'd pop in to Airtel-Vodafone and actually pick up one of these, a competitor, and talk about which is better for you. However, I suspect that there will still be a lot of people who will be disappointed if they unwrap anything else on 25 December.

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NOVEMBER MUSIC & NIGHTLIFE: WHAT'S ON...



SATURDAY 22ND NOVEMBER BOOGALOU EVENTS PRESENT... MOJO FOR FOJO @ ROJO

FOJO (Friends of Jersey Oncology) are taking over ROJO for 1 night of Mojo. Raise money for Jersey Oncology whilst raising the roof of Rojo with DJ Hedgie, Glasgow's Justin Reilly and Ross Hunter (Philosophy of House)... It's going to be a good one...

Tickets £10 from Eventbrite (plus booking fee).



FRIDAY 28TH NOVEMBER WAREHOUSE JERSEY IS BACK WITH.... BONDAX @ HAVANA!

Following the success of the WH Jersey event at Havana in the summer with Route 94, Jersey's one and only Club, Havana is back with another coup booking. Bondax are the hottest duo in house music at the moment and with Lyle De La Cloche never failing to disappoint at Havana, we're sure this one is going to be massive. Support on the night comes from Jersey's Tharindu and Pale Face, so none-too-shabby on the local side of things... Expect sweaty greatness in Havana on the 28th; the dance floor will no doubt be rammed - a sell out is inevitable.

Tickets are only a tenner and can be purchased from Roulette of online via Fatsoma.



FRIDAY 28TH NOVEMBER Rat City Promo Presents: PUSSYFEST @ ST JAMES WINE BAR

For the live music lovers out there, head to St James Wine Bar at 9pm for PUSSYFEST - raising funds for The Cat Action Trust 1977 Jersey Branch. Dress up all cat-like, a purrrfect night for catapulting in to the weekend indeed. See what we did there? Bands: Whitechapel Murders, The Devil And The Deep, Brave Yesterday, Head Head, Sick Men as well as hip hop DJ set from MOLE.

Entry is only a few quid, £4 if you're dressed normally, £3 if you stick on a few whiskers and a tail.



FRIDAY 7TH NOVEMBER TECHNEEK LAUNCH NIGHT @ NIKITA BAR

Enjoy DJ Adam Fryer's Club Night 'Techneek' at Jerseys up and coming gay and lesbian venue where everyone is welcome. Listen to some great underground Deep House, House and Tech House music at the 2 floored bar and nightclub.

Strictly over 18s, free of charge.



SATURDAY 8TH NOVEMBER MOULIN DE LECQ BONFIRE NIGHT

Come to Moulin de Lecq Pub and enjoy a spectacular fireworks display accompanied by some great food stalls and music. Gather round the blazing bonfire and enjoy Moulin de Lecq's bonfire night, price to be advised.

6:30pm-11pm



SATURDAY 8TH NOVEMBER !CONIC PRESENTS 'DIMITRI FROM PARIS'

Enjoy an act from abroad as firethorn productions present the french ambassador of stylish club sounds, DJ, producer and remixer Dimitri from Paris. Supported by DJs' Craig Alder and Ben Newman. Tickets available at the Royal Yacht, White Label Records, Roulette clothing and online.

9pm-2am

Saturday 15th & 29th November



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Roberto's Bar presents LQ, every Saturday until Christmas so swing by Roberto's bar and enjoy the smooth tones of LQ's Latin Jazz.

8:30pm-11pm



SATURDAY 29TH NOVEMBER SASHA - BIO RHYTHM AT THE WATERSPLASH

The first in a series of house music events with some big names coming to the Watersplash to play some huge sets. Welcoming Sasha, Warren Le Sueur and Jstar this is a night that is made for people who really enjoy music.

Over 18s only, buy tickets from White Label Records and Online. 10pm-2am

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Nokia Lumia 635



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SILENT |sɪlənt|
adjective

- not making or accompanied by any sound

DISCO |diskō|
noun (pl. discos)

- a club or party at which people dance to pop music





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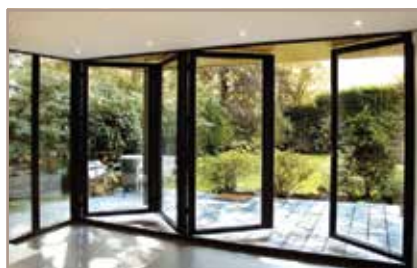
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Food for thought



Appetite began when we couldn't find a local restaurant guide that would tell us when all our favourite places were open, and what was on the menu. So we decided to write one ourselves.

The fifth edition of Appetite is out now and has all the key features you love about your food annual - easy to navigate sections, sample menus and clear contact details as well as a few extra tasty tidbits like interviews, features and special offers and giveaways for Appetite readers.

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“The Skills Accelerator grant has helped me to attend courses in the UK enabling me to continue my professional development and expand my chiropractic skills and knowledge.

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Gemma Weston | GW Chiropractic



Employees. Employers. Grants up to £4,000 still available for skills training.

Skills Accelerator grants provide support to employees of local businesses (SMEs) to access training that will make a difference to the viability or diversification of their employer's business. Grants could support personal development, vocational or specialist training, and training for employees looking to progress to a new role.

Successful applicants are offered a grant of up to 75% of the total balance of their training costs, up to £4,000.

Launched by Skills Jersey in September 2013, the grant has now received more than 225 applications.

To be eligible for a grant, applicants must be able to demonstrate their residential status, and businesses must have been trading for a minimum of six months. For further information about the Skills Accelerator and how to apply visit: gov.je/Skillup

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