

L'ÉTAILE DU NORD ★ STAR OF THE NORTH



Parish of St John

Issue 43

April 2018



St John's school Year Six, cooking
Brazilian food see page 9

Contents

Cheval Rock reopens, "My cycling life", Yoga Trapeze, "The Devils Lunchbox", Life at the Rec

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Dear Parishioners...

Happy New Year, and this looks like being an exciting year ahead of us. The parish magazine is now, after a brief hiccup, back in full swing. We do need a few extra helpers to write the odd article, or interview an interesting parishioner and write up the interview. If you feel you could help, and age is no barrier, please could you contact the Editorial Team.



This year we have an Island-wide election on May 16th. St John has a reputation for a high turnout at the polls and I urge parishioners to use their vote. Numbers have been falling in recent years. Naturally how you vote and for who you vote is totally confidential, but I believe everyone eligible to vote should use it and be part of our democracy. Details will be added to on the Vote.je website.

Pick it up!

St John's School will be having its annual St Juff's Day walk around the Parish on May 11th to raise funds for the school. This year the children will be doing a litter pick on their rounds which is a brilliant idea, and helps keep our Parish nice and tidy. However we should not rely on the school to litter pick and I ask everyone, if you see an unsightly piece of litter, please pick it up.

Two big projects (see pages 18 and 19)

St John has embarked on two big projects. The first is to provide some first-time buyer homes. The last time the Parish built homes was in 1992, namely Clos de L'École, and now, a generation later, we desperately need more homes for our next generation. The proposal is to supply sixteen homes and a very important green area for the school in the form of a junior football pitch and playground. It is ironic that a country parish school, in St John, has less green space than any other primary school on the Island.

We currently have around 170 parishioners on the list for these first time homes, so the need is great. Anyone with parish ties who is interested in being on the list, please contact the Parish Hall.

The second big project is to provide a car park and a Memorial Garden or Village Green. The plan is to create much-needed parking, a safe 'drop off' area for the school and a nice garden area with a Pétanque pitch. It is hoped that this will be a safe area in which children can run around and let off steam, as well as being a suitable place to hold a variety of parish events.

Finally, I wish everyone a prosperous year ahead. If you have any issues you would like to raise I am always available at the Parish Hall between 5 and 7 pm on Wednesday evenings or, if my car is parked in front, I am probably inside and will be happy to meet you.

Chris Taylor, Connétable

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*My Cycling Life – Part 1
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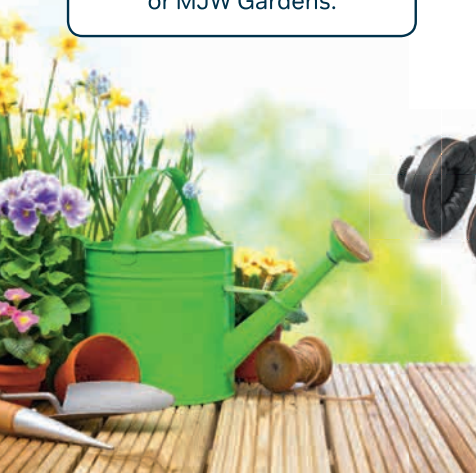
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JOIN TOGETHER

A day in the life of Tomas Pieprzowski

I met Tom at the Recreation Centre café after the breakfast rush, and I was immediately impressed by his immensely positive can-do attitude. After attending catering college and working in his native Poland, Tom arrived in London, where he spent the next seven years employed as a chef in various establishments, ranging from working within Michelin-starred restaurants, to running his own West London gastro pub kitchen.

In 2009 he began a quieter life in Jersey, finding employment as a chef at the Longueville Manor Hotel. The following year he moved to St John's Recreation Centre as caretaker; a job which provided on-site accommodation. His responsibilities included cleaning the public areas, carrying out small maintenance jobs and generally looking after the building. A year later Tom set up Jersey Warriors Kickboxing Club in the Centre; a sport he is passionate about, having achieved his Black Belt 2nd Dan and competing at a National and International level, as well as gaining coaching qualifications enabling him to teach the sport. His next venture was in 2017 when he opened the Rec Café, which is very popular; not only with the residents of St John, but with those further afield.

A busy day!

Tom's day starts at 5am and by 5:30 he is off exercising for the next hour; probably jogging round the Parish! At 6:30 he begins work in the café, prepping for the day ahead, lighting the open fire, accepting deliveries and setting up for a 9:00 am opening. Last orders in the café are at 2:30 with a closure time of 3 pm. For the next hour and a half Tom's attention focuses on his dog, Jess, walking her on the cliff paths and down to Bonne Nuit for a swim.

Back at the Centre he sets up the gym every Tuesday, Wednesday (a

free session for the community) and Thursday for kick-boxing/boxing sessions. These begin at 6:00 and finish at 7:00, then it's back to the café to prepare for the next day, order provisions, attend to any paperwork and deal with any other tasks that may require attention. Before retiring to bed at around 11:00 Tom checks that the centre is secure, and that all is clean and well presented for the following morning.

Last year he was appointed manager of the Recreation Centre, giving him the ambition to make it even more successful. Alongside all of this, Tom is also writing a book on his journey from arriving in the UK with no English and few pounds in his pocket to where he is now and what he has planned for the future so... watch this space!

Mary Rouillé

“His next venture was in 2017 when he opened the Rec Café, which is very popular; not only with the residents of St John, but with those further afield.”



Right:

Tomas with his dog Jess outside the cafe

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Welcome to this edition's update from St John Youth Project. We have had a busy winter term. Here are a few of the best bits!



THE BAKE OFF On Fridays at our Juniors session we have been running a bake off competition with some stunning results. Entries are judged by other young people and are rated on creativity, teamwork and taste. Well done to all those who have taken part!



All young members judged the cake baking



Our new music room is proving very popular. We have some very talented young workers who are offering lessons to the younger members and new-found skills are developing as a result.



St John Youth Project travelled away to play St Lawrence Youth Club in a fun football tournament. Boys and girls took part in what was a fun night. Excellent sportsmanship was on display from both sides. Well done to everyone who took part!

We need help! St John Youth Project relies on its committed volunteers to keep the project running. If you can help out on the sessions you will be provided with training and a DBS check, not to mention a huge sense of reward! We also need people to sit on the project committee. If you would like to find out, more please give **Bill Moore** a call at the Project on **07797819958** or email on **billmoore@jys.je**

St John Youth club opening times @The Rec

Tuesday	Years 7,8 & 9	7pm – 9pm
Wednesday	Year 9+	7pm – 9pm
Friday	Years 5 & 6	6.30 pm – 8.30pm

BODY ZORBS

We borrowed the zorbs from St Peter's Youth Club and spent plenty of time bouncing, falling and running around in them. (Lilly, age 10)





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Above
Andre Vitel and his son, Declan

Multicultural Week

at St John's School

We have had a fabulous start to our new term with the launch of whole school multicultural week. It has enabled us to nurture our pupils to be responsible global citizens. Each class has been learning about a different country and everyone took part in a variety of activities to learn about them. The activities included, learning music, dancing, Capoeira, a well-being workshop and a concert and workshop by local band the 'Badlabecques'.

Also each class cooked a dish from their chosen country with chef Ian Florence who kindly came in to share his expertise with us. Year 6 studied Brazil. See the cover photo which shows them cooking the Brazilian dish 'Pao de Queijo', a cheese dough ball.

We are very grateful to our families, friends and visitors for supporting our learning opportunities.

Heather Paul, St John's School



Above:

The Badlabecques, teaching us about Jersey French

Left:

Year Two making Chapatis

Top:

St John's school Year Six, cooking Brazilian food



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'THE DEVIL'S LUNCHBOX'

by budding St John's dramatist

A new play to be performed at the Arts Centre in April

Just recently I caught up with Muriel Poisson's son, 47-year-old Mark who, although currently working in the realms of London theatre, was on a flying visit not only to catch up with family and friends but to set the wheels in motion for the premier of his stage play 'The Devil's Lunchbox'.

He first mooted the idea of writing after seeing a play in London entitled *The Spoils* which was set entirely in a New York apartment. This triggered off his desire to write his one-act play combining his personal experiences of bullying which he endured from around the age of 14 years.

Having set to work on the script in 2016, Mark feels it is now mostly complete but still adds and alters parts from time to time, which no doubt, causes some concerns for the actors taking part!

In order to ensure that the story flowed to his liking, he first wrote the ending then worked backwards through the middle to the beginning; which he feels adds a certain depth to the plot.

The next stage was various readings in order to try and iron out any problems which might come to light – such as time scale and what would or would not work. Next came an approach to the Jersey Arts Centre to see if they would be interested in it, before moving on to the third reading of the amended script by quality London actors which Mark says he feels very privileged to have had. All in all there have been five readings to date.

Mark agrees that although there is still bullying it seems, thankfully, to be less prominent in schools these days and he hopes that should any teenagers come along to see the show they will

take away the message that these types of actions stay with one for ever and ever.

Producer Mark feels thankful that all is moving along smoothly, which is a relief to him as he is also due to move jobs to a new London theatre. He is extremely grateful to the JADC for their assistance in sourcing scenery etc.

The play, with a cast of local actors, is a nine-scene, one-act show lasting 90 minutes with no interval and is suitable for ages 14 and above, with moderate language. It is on at the Jersey Arts Centre from April 26th to 28th, at 8 p.m. with a 2.30 p.m. matinée on the Saturday.

To close, the only thing left to say is that I am sure you would all be pleased to join me in sending Best Wishes to Mark and his cast for a successful show, and say in true theatrical terms - Break A Leg !

Rosemary Dupré



“In order to ensure that the story flowed to his liking, he first wrote the ending then worked backwards through the middle to the beginning; which he feels adds a certain depth to the plot”



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requests The Stroke Association

The Stroke Association has received amazing support from the Jersey Ukulele Group which raised over £5,000 last year at venues across the island. Les Collis, Jersey Ukulele Club Organiser, said, 'I chose the Stroke Association because two members of my family suffered a stroke. My father died as a result and my stepdaughter is a stroke survivor. The Stroke Association helped her immensely and she is now enjoying an independent life with her three children'

The Stroke Association is calling on everyone in Jersey to sign up to Make May Purple in 2018. During the month, the charity will be raising awareness of the impact of stroke, sharing information on stroke and prevention, whilst raising vital funds for the charity.

A stroke is a brain attack which happens when the blood supply to the brain is cut off, caused by a clot or bleeding in the brain. Stroke is the fourth biggest killer in the UK, and more than 400 children have a stroke every year in the UK.

At the Stroke Association we believe in life after stroke, and together we can conquer stroke. We work directly with stroke survivors and their families and carers, with health and social



care professionals and with scientists and researchers.

Tracy O'Regan, Fundraising and Operations Manager for the Stroke Association in Jersey,

said, "Each May we invite the Jersey community to show their support for people affected by stroke by getting involved with Make May Purple. This year we're asking people to Go Purple for Pounds – at work, at school or at home. It's a really simple and fun idea; wear purple and raise funds. It's a great excuse to dress up while helping stroke survivors, families and carers. There are lots of ways people can get involved and the main thing is to have fun."

Across the UK, more than a million people are rebuilding their lives after stroke. By supporting Make May Purple you can help us to make sure stroke gets the attention it deserves and to raise vital funds for innovative research into stroke care and treatment.

To find out more about this year's Make May Purple and how you can get involved, please visit www.stroke.org.uk/makemaypurple or contact 01534 724672

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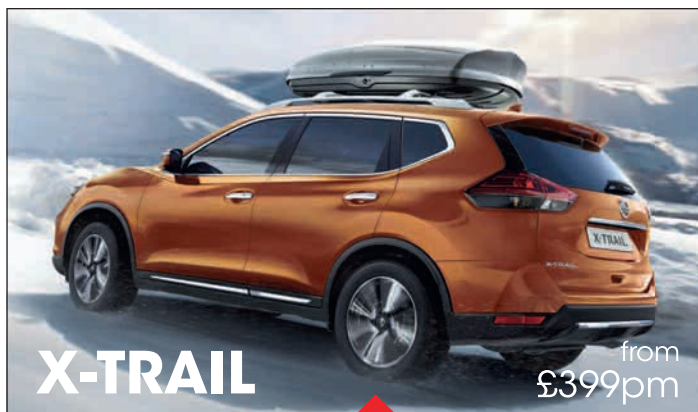
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Why people love the Yoga Trapeze

Because we're a culture of sitting at a desk, hunched over our iPhones or iPads, our poor spines are constantly compressed which leads to all sorts of back pain – lumbar pain, herniated discs, pinched nerves, etc. Back pain is what led me to learn yoga originally. I started after signing up for a Quids-In deal for 10 hot yoga sessions at St John's Recreation Centre and within a couple of years I decided I liked it so much I wanted to teach. I travelled to Koi Samui in Thailand and spent a very intense month training to become a hot yoga instructor. Whilst I was there I was introduced to the yoga trapeze. I only spent a few minutes on one to become totally hooked. The Yoga trapeze helps create natural traction within the spine, allowing it to lengthen and pull apart (instead of squishing together like normal).

The power of inversion is amazing and with this yoga trapeze you can combine inversions (where your hips are above your heart) with resistance training and stretching. It helps to increase blood flow, circulation, strengthen muscles and so much more.

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■ Suspension Training:

Functional fitness requires pushing, pulling, and holding of weight. In traditional yoga classes, you push and hold your body weight constantly, but it's very difficult to find pulling motions in classes. Pulling is a crucial movement for back, neck, and upper-body health, and The Yoga Trapeze introduces functional pulling movements in a fun and dynamic way.

- **Flexibility:** Aside from inversions, there are also dozens of hip openers, shoulder openers, and hamstring stretches that work amazingly well for flexibility. Using the leverage of the sling, gravity, and suspension, you can practice flexibility training in a whole new way.

■ Deep Backbends:

Backbends are some of the most-challenging poses in yoga, and students often get so frustrated that they skip them altogether. On the Yoga Trapeze, you can do passive backbends (just hang and breathe) to open the stiff and stuck areas of your shoulders and thoracic spine.

- **Our classes** are held at St John's Recreation Centre so if you want to find out more, or join a class please contact **Lorna Kearney** or **Sammy Price** mbtherapeutics@gmail.com or **07797772593**

“ I started after signing up for a Quids-In deal for 10 hot yoga sessions at St John's Recreation Centre and within a couple of years I decided I liked it so much I wanted to teach ”



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Cheval Roc Care Home Back from the brink

Terry and Angela Le Sueur show us round the home

For many years Cheval Roc had been in existence as a hotel, mainly under the direction of Wace Philo, but over the years the demand for out-of-town hotel beds had declined.

The ownership of the property changed, and after some discussion with the Island planning authorities, the use of the premises changed to that of a Residential and Care Home with rooms for 39 residents . . . After an initial setback, detailed below, the home opened in November 2017 and at present has twenty residents, mainly in their 80s and 90s. Some have connections with St John, others had links with the sea in their younger days and now this is the perfect place for them as the sea views are stunning. It was a bright, rough February day when we visited and over the choppy sea the coast of France was clearly visible – a view being enjoyed by the residents in the main lounge.

'The food is good, the staff very helpful and I can go out if I like. Everything is done for me – including the laundry,' said one appreciative gentleman whose room faced the sea.

'Security and freedom' sums up the ethos of Cheval Roc. 'We aim for the best possible care', said manager Maggie Stobbart-Rowlands 'It's home'. The residents have lots of choice – for example getting up and going to bed time, and meals 'are as much a restaurant experience as possible'. There are two dining rooms, and residents can choose where to eat – and eating times are flexible too.

As well as the large main lounge there are also four cosy coffee lounges in different parts of the building. Some bedrooms overlook the garden area, where, when the weather warms up, the plan is for residents who enjoy gardening to plant up and tend the raised beds. One gentleman, a keen bird-watcher, pointed to the hillside his room overlooks, hoping to see the pair of buzzards which are frequent visitors.

The bedrooms are large and each has an ensuite wetroom. Married couples have two rooms – a bedroom and a sitting room. There are two lifts – one is a bed-lift. A sensory room with soft lighting and coloured water features is a work in progress. In a place like this it was not surprising to hear that new residents settle in very quickly.

Maggie arrived in January 2016 to prepare Cheval Roc for its initial opening in February of that year but before taking up her position as manager of Cheval Roc, she had visited Jersey several times before, because, as a National Lead Nurse for the Gold Standards Framework she travelled all over the UK running training workshops for care homes. Initially she thought she was coming to Jersey for a quieter life – but little did she know.

Sadly, the home had been open for less than a month when there was a significant landslide on the cliff face. Fortunately, at the time there were only 8 residents, and the structure of the building appeared unharmed, but it was felt necessary to relocate the residents whilst investigatory tests were carried out, as well as remedial work to the rock face. Ultimately it was decided to knock down the front of the building nearest to the cliff edge and re-build it further back once stabilisation works to the rock face had been completed.

With the help of experienced structural engineers and groundworks consultants, nearly a thousand rock nails were inserted into the cliff face and the structure has now been thoroughly reinforced and deemed to be totally safe structurally. By November 2017, some 20 months later, Cheval Roc reopened its doors, and welcomed back two of the original eight residents. Meanwhile Maggie had not been idle, and as well as helping on the rota of bank nurses throughout the Island she also spent some time training staff of the LV Group.

At present there are 35 staff at Cheval Roc: care staff, housekeepers, chefs and qualified nurses. More will be needed as the number of residents increases to the maximum of 39. The staff come from all over the world – Jersey, UK, Belgium, Egypt, the Philippines, Poland and Portugal. At present all the residents are English-speakers (though two prefer to converse in Jersey-French), but with such a multilingual staff it should be possible to accommodate people of many nationalities. One of the original eight residents was a Portuguese lady who could not speak English so it was very helpful for all concerned to have Portuguese members of staff.

Staff recruitment is continuing as more residents move in. In particular an Activities Organiser is being sought. At present there are twice weekly chair exercise sessions and visiting dogs are a regular feature. A minibus is awaited which will enable residents to go for drives and to town. It is also hoped that craft sessions will begin soon, as the number of residents grows. Interaction with St John's Parish organisations and events is desirable too – maybe visits from schoolchildren coming to sing or do jigsaw puzzles with the residents, and perhaps some link with the Parish Church.

So Cheval Roc has certainly come back to life, contributing a new addition to the tapestry of life in St John.



Right: Care Home Entrance

Top right: The garden area

Below: The View from the lounge



Parish approves plans

At a Parish Assembly on Wednesday 21st February, a full capacity gathering of parishioners approved the following provisional plans for a green playing area for the school, and a development of 16 first time buyer homes.



All the proposals were approved by a large majority, and are now to be considered by Planning

At the same meeting parishioners also approved the provision of car parking and a drop-off area for the school, a memorial garden and repositioning of the Cenotaph.



Water Damage Prevention is better than claim



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Water damage

The facts, the figures and some expert advice

In the last few years, there has been a significant increase in the number of insurance claims being made by Channel Islanders because of water damage in the home.

In some instances, a small undetected leak has led to such severe flooding that the family has had to move to temporary accommodation.

Jim Purkiss, Sales and Marketing Director, Islands Insurance, said: "We want to make all islanders aware of the impact that water damage can have, how common these incidents are becoming, and what steps can be taken to help prevent or minimise claims.

"We have seen a dramatic increase in the number of Escape of Water claims. Insurance can repair your property, replace damaged contents and cover the costs of alternative accommodation, however nothing can compensate you for the stress and trauma of not being able to use your own home for weeks or even months whilst your home is drying out. Nor can insurance compensate for the damage that can be done to irreplaceable personal possessions such as family photographs."

The Association of British Insurers calculates that a fifth of all domestic property claims are caused by water leaks. In the UK, £2.5 million is paid out by insurers each day, with the damage costing on average £7,000.

Insurance companies predict that if the number of Escape of Water claims continues to rise, premiums and water damage excesses are very likely to increase.

Mr Purkiss said: "We are seeing exactly the same issue in Jersey, Guernsey and Alderney as we are in the UK. The extent of the damage is increasing dramatically, and the number of large losses is spiralling – 2017 is on course to be the most expensive year yet.

How to check

"There are a whole host of causes behind a water leak, but when it happens, it can happen fast," Mr Purkiss said. "What often starts out as a small undetected leak can cause extensive damage very quickly to ceilings, floors, and electrical wiring, as well as personal belongings.

"We have come up with a checklist which will help homeowners prevent or reduce the effects of water damage, and we are working with other organisations to address the issue. Everyone should do simple things, like monitor their water meter for any big increases in usage, have their hot water cylinder, oil and gas boilers serviced annually, and with the winter



“We are seeing exactly the same issue in Jersey, Guernsey and Alderney as we are in the UK. The extent of the damage is increasing dramatically, and the number of large losses is spiralling – 2017 is on course to be the most expensive year yet.”

approaching ensure that water pipes are lagged to minimise the risk of bursting or cracking during cold spells.”

In addition, new preventative technology can help provide protection against water damage. There are new sensor and data tools such as pressure regulation valves, passive leak detectors, water flow sensors, and more sophisticated active leak management systems which can shut off a leak as soon as it is detected. Your usual plumber should be able to help with a survey and risk assessment and advise on appropriate products.

"A burst pipe may not sound like much, but it can have a huge impact on a family. Taking a little action now could reduce the likelihood of problems in the depths of winter and, while we are here to support our customers, prevention is always better than a claim," Mr Purkiss said.

To get your free checklist, and for more information, go to www.islands.insure/water

Picasso Fiasco?



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Elections 2018

CHANGE IS UP
TO YOU. **VOTE.**

FIND OUT HOW TO VOTE >



Election day is **Wednesday 16th May 2018** when Islanders can choose up to 8 Senators and also their Parish Connétable and Deputies (*if contested*).

The **vote.je** website is your essential guide to voting in Jersey. It has everything you need to know about registering to vote and voting in the May 2018 elections.

Register to vote

To be able to vote, you have to be on the electoral register. If you will be 16 or over by 16th May 2018 and have lived in Jersey for the last 2 years or for the last six months (plus a period that adds up to five years altogether), then you can register to vote. The deadline to register is noon on 9th May 2018.

Standing for election

Have you ever considered standing as a member of the States? Nomination nights are on 10th April for Senators and 11th April for Deputies and Connétables. Details about standing and the support available for new members is available at vote.je.

Find out about the candidates

Visit vote.je to find out about who will be standing for election in your Parish or district. Photos of candidates will be on the website from 3rd April and full manifestos on Friday 13th April at noon. A short video profile will also be available of each candidate. During March we will ask the public to suggest questions they would like us to ask the candidates when they film their video profile. We will be filming the hustings and these will be uploaded to vote.je.

Cast your vote

There are lots of ways you can cast your vote. When you vote you will need to take
If you register by 9th April 2018, then you can vote before 16th May at a pre-poll station. You do not need a special reason to vote early and it means that you can choose a time to vote which is easier for you.



PRE-POLL OPENING TIMES

Weekdays: St Paul's Centre, St Helier **Monday to Friday** 8.30-5pm (30th April -11th May) and **Monday 14th May** 8.30am - 2pm.

Saturday 5th May 2018: Trinity Youth Centre 10am - 1pm.

Saturday 12th May 2018: Communicare, St Brelade 10am - 1pm.

If you are ill, disabled or have difficulty reading or writing, then a home visit can be arranged. All you have to do is telephone your Parish Hall. If you will be out of the Island on 16th May you can apply for a postal vote. You will need to complete an application form and return it to the Judicial Greffe before midday on 11th May 2018.

You can vote at your district polling station on 16th May 2018 between 8 am and 8 pm.

Find out more at www.vote.je



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R O M E R I L S
outdoor living

Nick Le Cocq My Cycling Life – Part 1

Setting the wheels in motion

My Passion

It is 04.45, the alarm goes off, it is dark, it is always dark. I creep out of bed trying not to wake the wife, squeeze into some lycra, let our puppy, 'Bones' (new addition to the family!) out to do her business, sip down a quick shot of coffee, check the training schedule and prepare myself mentally for the next 90 minutes of suffering before breakfast and heading into work. This is my daily ritual; this is a choice. Why? Because this is my passion.



Who am I? I'm your average 40-year-old husband and amateur athlete that has to fit his hobby, cycling, into his lifestyle. At my age some would probably now describe me as a MAMIL – a Middle Aged Man in Lycra! OK, I'm a little more dedicated than your weekend warrior. Yes I wax my legs in race season. Those that don't race, would probably describe me as obsessed or even addicted to training and my sport. I, however, love it, it is my outlet. It's a means for me to push myself to my limits and feel more alive – albeit in all honesty sometimes I feel like death and I'm told look like it! But this is who I am.

Little did I know during my time at St John that sports would become such a significant part of my life. Believe me, I was not an 'athletic' young man, and no, I was not going to turn professional at anything sport related nor did I aspire to, but over the years I found a passion for amateur sports and a need to set goals for myself, personal challenges and wanted to compete at the highest level I could. I wanted to find that bar and push it. In fact, over the years I have run a number of marathons - in the extreme climate of Mumbai and the more familiar surroundings of London. I've competed in the Island Games three times for Jersey in three different islands for three different sports - athletics, triathlon and, most recently, cycling. Triathlon was a main focus of mine for a number of years before cycling. I enjoyed longer distance events and so focused on Half Ironman (70.3) events: a 1.2-mile swim, 56-mile bike and 13.1-mile run, qualifying for the 2009 70.3 World Championships in Clearwater, Florida as an age grouper. This was my goal and my last event for I had achieved my personal best.

I then hung up my speedos (for which I, and others, were hugely thankful!) and moved into cycling.



Left:
Along St Aubin
seafront
Below:
With his wife Jo in
Mallorca training
for Taiwan
Below left:
At Les Quenevais
during a local
circuit race



Sport, and during more recent years, cycling in particular, has given me a sense of achievement and fulfilment, taken me around the world competing in places I might never have otherwise visited. I have competed in stage races (multi-day events) across the Alps, Pyrénées and Dolomites, beautiful but brutal giants that must be respected when ridden or they can destroy you physically and mentally. I have met like-minded people, all competing for personal reasons and all fighting their own inner demons - 'chimps' - telling them to stop and the pain will stop. With each achievement I am driven to the next, wanting more and increasingly harder challenges to find that bar and see if I can nudge it just a little further.

I remain competitive – for my age! Whilst they're nice to get it's not about the results as much, the time or even the position it's now become a very personal passion. I love to set a goal and achieve it. I recognise to do that I must train hard but I must have a balance in my life. At the end of the day the results I'm looking for are to enjoy what I do and experience new and exciting places and things whilst doing so and Taiwan, well Taiwan was very special and unique. **TO BE CONTINUED...**

ST JOHN'S PARISH CHURCH NEWS

I'm pleased to start my first article for the Parish magazine by saying thank you to everyone in St John for making my family and me so welcome since we arrived six months ago. We are grateful to the Constable and the Parish for decorating the Rectory beautifully and we are enjoying our lovely home and being able to offer hospitality.

Parish activities

As part of my role as Rector of St John's I sit on the Roads Committee, the Greenwood Housing Trust and even took part in my first branchage! It is a joy to establish a good working relationship with the Constable and staff at the Parish Hall. I am grateful for the support of Churchwardens Rosie Bleasby and Nicholas Crocker; Almoners Beryl Vautier and Bruno Rioda; and all the members of the congregation who contribute to the life of the church and the community.

I've taken an assembly at St John's Primary School and welcomed the staff and pupils to Church for their Christmas Carol Service. I'm building links with St John's Youth Project and enjoyed joining the Youth Club on Shrove Tuesday to make pancakes, talk about Lent and Easter and answer questions!

Services

At St John's Parish Church we have two Sunday morning services to which all are welcome. The 8 am Traditional Holy Communion is a spoken service using the Book of Common Prayer. The 9.30 am Contemporary Holy Communion is a mix of hymns and worship songs with bible readings and a sermon. Our Thursday morning prayer meetings continue at 11 am in the Vestry.

We have a few families with young children at our 9.30 am service and children and families are welcome. There is a children's area at the back of church with books, toys and beanbags for any little ones who are wriggly during the service! Little Oaks Sunday Club is a group for children aged 3-11 years old. The children begin in church for a song and then go through to the Vestry for bible story, games and craft. They meet on the first Sunday of the month at 9.30 am.

We are blessed with a great team of bell-ringers who regularly ring our peal of eight bells after the 9.30 am service. My three children have enjoyed 'learning the ropes' quite literally! New recruits are always welcome to bell-ringing practice on Tuesday evenings at 7.30 pm.

This year's Lent Lunches at the Parish Hall were in aid of the Island-to-Island appeal for Christian Aid supporting the Philippines. Our forthcoming special



services are Mothering Sunday at 9.30 am on 11th March, Good Friday at 10.30 am on 30th March and Easter Day at 9.30 am on 1st April.

To stay up to date with all that is going on at the Church, and to get in touch with any questions about Christenings, Weddings, Funerals, or exploring the Christian faith, please connect with us on social media @stjohnchurchje on Facebook, Twitter and Instagram, or telephone Rev. Beverley Sproats on 861677 or email beverleysproats@gmail.com.



Top: Rev Beverley addressing the children at Christmas

Right: The plough and the milk churn that were blest on Plough Sunday

Above: St John's Primary school visiting Church for their Christmas Carol Service

NEWS FROM THE UNITED REFORMED CHURCH, SION

Since the last edition of "Star of the North" we have lost two much loved and faithful stalwarts – John Du Fresne (almost a parishioner but for a quirk of fate) and Jean Gray whose Funeral Service stretched the Church's capacity to the limit.

You may have noticed as you pass by that our "Manse" is again occupied and we are delighted to have a young family living there.

All our Christmas Services were well



attended (11 children on Christmas Eve), and 2018 started with a "Bring and Share" Tea on New Year's Day and games kindly arranged by Sarah Prothero which were greatly enjoyed by the 18 who attended.

We continue to try to keep our premises up-to-date and attractive and if there are any ways in which we can further serve the community, especially in

the southern reaches of the Parish, please let us know. And, of course, we would always be pleased to see you on Sunday mornings at 10.30.

With our Greetings

Michael Ruskin
URC Church Secretary
Phone 482366

JAYF Open Gardens in St John – this summer

Sunday 20th May (2pm-5pm)

Les Chasses, La Rue du Chasses, St John JE3 4EE

Beautiful gardens set around an historic granite property. Delicious Jersey cream teas will be served.

Open by kind permission of Mr Roberts. All proceeds to the Jersey Association for Youth and Friendship.

Sunday 5th August (2pm-5pm)

St John's Manor, Rue de la Mare Ballam, St John JE3 4EH

The Manor stands in 10 acres of land, with an additional 40 acres of farmland and surrounding woodland.

All proceeds to Jersey Association for Youth and Friendship.

Delicious Jersey cream teas will be served.

Admission is £4 (children under 12 free). **Regret no dogs.**

Main image St John's Manor **Below right:** Les Chasses



Time for bed in the garden

Vegetable growing expert Graeme Le Marquand passes on a few tips for “early” Jersey Royals and spring salads



I planted my first Jersey Royals on the 6th of January in Pound Shop bags, which have now been in use for 3 years, the same bags!

I use a multipurpose compost with a small sprinkling of potato fertiliser, but any basic fertiliser will do, I plant four tubers per bag into about 8in-20 cm of compost, and top up, then top up the stalks again as they appear through the surface of the compost until the stalks reach the top of the bag.

The royals are grown in my poly tunnel and should be ready for harvesting within 10 - 12 weeks after planting, depending on weather, and I always keep a supply of fleece in hand to cover them when temperatures drop.

The practical aspect of growing potatoes or any other vegetable in containers is that they can be moved around, for instance Royals planted in bags outside during January/February can be bought in at the first signs of frost and put in a shed etc. or left outside and transferred into a sheltered position with a covering of fleece until the frost disappears.

When ready for harvesting can even be given as a presents or taken in the car with you if you're planning a self-catering holiday.

Winter/Spring salads

We are really spoilt for choice with the number of salads that are available nowadays, and of course when you can grow your own the flavour seems that much better.

All my salads at this time of year are grown in containers either in my greenhouse or poly tunnel but it's just as easy to grow them on a window sill with plenty of light or in conservatory.

One of my favourite salads is Mesclun mix which is a mixture of zesty leaves and herbs which I sow in one of my containers using a multipurpose compost sown thinly at roughly half inch deep - 1.5 cm - the seedlings should appear in 7 to 21 days depending on light and temperatures.

I make regular sowings every 2 to 3 weeks to ensure that I have a continuous supply of leaves.

Other varieties of salad that I grow are oriental mustard which has a mild flavour with deep red and green leaves, these are ideal when picked young for salads and sandwiches, most of my salad sowings are at half inch deep - 1.5cm - and thinned out if necessary and used in a salad mix.

Bon Appétit



“A few bedrooms remain at Cheval Roc with exceptional sea views over Bonne Nuit Bay. We look forward to welcoming new residents this year”

Maggie Stobbart-Rowlands

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01534 859270

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maggie@lv.je

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www.chevalroc.com



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After a busy winter The Rec is looking forward to the summer

Tom is now into his second year of running the Café which has established a name for itself as a great place to go to for first class food and a really friendly service. With improving weather Tom will be serving food out on the decking. What more could you ask for . . . some sunshine?



Over the winter Yoga has continued to thrive with hot yoga, Manju's yoga, Yin yoga and latterly trapeze yoga classes. In the Butlin Memorial Hall, gymnastics, archery, tennis, cricket, flying model aircraft and racing model cars have all been active. From 1st April when all these activities move to outside locations, the Gym Club take over the hall until 30th September.

For young people

The St John Youth Project is thriving as are other activities such as the Cloud Nine Activity Club during the school holidays and Les Frères Mothers and Toddlers Group during term time. Other groups enjoying our facilities are the Blockhead Lego Club, Art for Young People Classes, Sign Time and the Skate Club.

New initiatives to introduce sports to young people have expanded: tennis for children, introduction to archery and flying model aircraft for youngsters have all been introduced this winter. We hope that they will prove even more popular next winter.

All our long-term users such as St John Football Club, Shooting Club, Squash and Racketball Club, Jersey Warriors Kick-Boxing Club continue to prosper at the Centre.

There is information on our notice board covering all of the activities taking place at the Centre, so why not pop up there and join in or, if that seems too strenuous, just relax in the café!

Angus Spencer-Nairn



APPLY NOW FOR THE 2018 JERSEY CLIPPER BURSARY

Below:
Tom Pollard

Applicants of all ages are invited to apply for the 2018 Jersey Clipper Bursary – a £1,000 cash award aimed at furthering maritime endeavour.

The bursary is designed to assist an Islander of any age to achieve a particular nautical ambition. This could be a trip on a tall ship, attending a training course, participation in a watersports competition, undertaking a marine biology field trip or competing in an ocean race – anything with a maritime theme.

The 2018 winner will follow in the wake of sailing instructor Tom Pollard who put the 2017 award towards the cost of representing Great Britain in the Laser 4.7 World Championships in Nieuwpoort, Belgium, and also the Laser Radial Youth World Championships in Medemblik, Holland.

Since then Tom has been selected for the under-19 British Laser Radial Youth Squad and has been attending challenging training sessions in the UK run by the Royal Yachting Association.

The deadline for submitting written applications for this year's Jersey Clipper Bursary is the end of April 2018. They should be no more than 200 words in length and should be emailed to philipjeune@gmail.com.



Church Services Easter 2018

Parish Church

Palm Sunday 25 March:

8am: Traditional Holy Communion

9.30am: Contemporary Holy Communion

10.30am: Hour at the Cross

Good Friday 30th March:

Easter Day 1st April:

8am and 9.30am: Holy Communion Services

Also Little Oaks Sunday Club at 9.30am: followed by Easter Egg Hunt

United Reformed Church

Palm Sunday 25th March:

10.30am: Morning worship with Mike Sheldrake

Easter Day 1st April:

10.30am: Worship led by Rev'd Dr David Prothero

St Matthew's Catholic Church, Coin Varin

Palm Sunday:

9.30am: Blessing of Palms, Procession & Mass

Maundy Thursday:

8pm: Mass of Lord's Supper, followed by procession to the altar of repose in the Oasis of Peace with watching until Midnight

Good Friday:

11am: Stations of the Cross

7-9pm: Prayer around the Cross by candlelight

Holy Saturday:

9.30am: Office of Readings and Morning Prayer

Easter Sunday:

9.30am: Easter Day Mass

CREATING A BETTER FUTURE FOR OUR LIVES

St John family butcher André Vitel leads the way in reducing plastic waste

Plastic waste must be reduced and we want you to help us do our little bit. About a year ago this issue was promoted on The Good Jersey Life Facebook page, but no one showed much interest. We agreed with The Good Jersey Life that re-usable containers and packaging will help us reduce the amount of waste we produce. Personally I hate the damage we have done, and I feel guilty. I do try hard to be waste free and when people ask for a carrier bag to carry six sausages it angers me, but I can't say no because they are my customers.



Recently I was contacted by a customer who wished to use reusable containers. 'Yes please!' was my reply.

We will be happy to sell meat to you in any type of container you choose although we are not supplying them. We will weigh your container and put a tare on so you don't need to worry about paying for the weight of it. Please see the picture below as an example of the type of reusable container that would be ideal

This is just an incentive to try and create a better future for life. I know Jersey is only a small island, but we can make a difference and we can promote the issue. We can also push for supermarkets to reduce the packaging they use.

Thanks in advance

André & Declan Vitel

Above:

André Vitel with his son Declan serving Jadyn Dupré who had brought his own container, but did not expect to find his Grandad about to take a picture!

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ARE YOU REGISTERED TO VOTE?

ELECTION DAY 16 MAY 2018

With or without your vote, States Members will be elected who have views on issues that affect you, so don't let others choose on your behalf.

For more information contact your parish hall or visit vote.je

CHANGE IS UP TO YOU. VOTE.



Crafty knit & natter

Social Group at St John's Parish Church

St John's Parish Church is planning to offer the local community a fun day once a month in the Vestry. If you would like to learn how to knit, crochet, scrap book, make felt decorations and greeting cards, this is for you.

It is envisaged it will take place on the first Saturday of each Month and run from 10.30am to 4.00pm. The idea is to have tuition before lunch and "have a go" in the afternoon. Coffee, tea, biscuits and homemade cake will be supplied but you would need to bring your own packed lunch.

Those who already knit and crochet are also welcome and any unwanted wool would be gratefully received for learners. Any squares made that might be surplus to requirements could be made into blankets and given to charity.

There will be a small charge of £5 per session which will be donated to the Church Restoration Fund.

Please do ring Dee Shrives on 863839 or 07797 713015 for further information.

So looking forward to hearing from you.

Dee Shrives

St John's Parish Magazine



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L'ÉTAILE DU NORD



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We do not necessarily hold the views that are expressed in the articles

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Anyone wishing to join the team will be most welcome – contact the Parish Hall

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Tel. 861999 **Fax** 864553 **e-mail** posj@gov.je

website:

www.parish.gov.je/st_john/

PARISH HALL OPENING HOURS

Monday, Tuesday and Friday

9:00am - 1:00 & 2:00pm – 4:00pm

Wednesday: 9:00am-1:00 & 2:00pm-7:00pm

Closed all day on Thursday

ST JOHN PARISH CONTACTS



Archery: Martin Pomory – 855479
Bell Ringing: Justin Read – 888484
Bingo: Muriel Poisson – 863184
Bonne Nuit Boat Owners: Linda Carter – 864828
Brownies: Donna Tupper – 865728
Caesarean Bell Ringers: – Diane Nelson – 481898
Connétable: Chris Taylor – 864274
Deputy: Tracey Vallois – 867741
Football Club: Nigel Perrée – 865113
Friends of Bonne Nuit: Gary Romeril – 861972
Golden Age Club: Wendy Rondel – 863667
Gymnastics Club: Ben Frith – 07797778629
Honorary Police: Duty Centenier – 866560
Kickboxing: Tom Pieprozowski – 07797969522
Les Freres Mother, Toddler & Baby Group:
 Sarah Stewart – 07700816776
Model Aero Club: Darren Dupré – 07797719897
Model Car Club: Mark Jordan – 07797850112
Parish Hall: - 861999
Rector: Revd Beverley Sproats – 861677
School: - 861692
Shooting Club: John Renouf – 861908
Skateboard Association: John Fosse – 861688
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 franck.matthews@gmail.com 07700883155
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Twining Association: Chris Taylor – 864274
Woman's Institute: Karen Cotillard – 863296
United Reformed Church: Mike Ruskin – 482366
Youth Project: Paul Drélaud – paul.drelaud@gmail.com
Youth Worker: Bill Moore – 07797819958

PARISH DIARY April-July



April

8th JMC&LCC Motor-X at Sorel 10am 5pm
11th St John's WI – Parish Hall 7:30
22nd JMC&LCC Motor-X at Sorel 10am 5pm
24th Muriel's Bingo – Parish Hall
25th Golden Age Club 2:30 – Parish Hall

May

5th/6th JMC&LCC Motor-X at Sorel 10am 5pm
6th Liberation Day Service – & Vin d'Honneur
8th St John's WI – Parish Hall 7:30
16th Jersey General Election day
26th/27th JMC&LCC Motor-X at Sorel 10am 5pm
29th Muriel's Bingo – Parish Hall
30th Golden Age Club 12:00 Lunch outing

June

12th St John's WI – Parish Hall 7:30
15th Copy Deadline – Summer Parish Magazine
17th Sea Sunday Service at **Bonne Nuit Bay**
26th Muriel's Bingo – Parish Hall
27th Golden Age Club 2:30 – Parish Hall

July

10th St John's WI – Parish Hall 7:30
25th Golden Age Club 2:00 – Afternoon tea
31st Muriel's Bingo – Parish Hall

JMC&LCC – Moto-x at Sorel Point
 Admission is free and there is catering and toilets on site. Further information and any other JMC & LCC event can be obtained from the General Secretary; secretary@jerseymotorsport.com or on the website www.jerseymotorsport.com
 See dates of meetings in diary above

Other activities at the Recreation Centre

Block Headz Pop Up Lego Club: Emma O'Prey 07797766580 blockheadzjersey@gmail.com
Cloud Nine Kids Club: Natalie Quenault – 07700353126 natalie@cloudninejersey.com
Hot Yoga: Zelia Leca – 07700870777 zelialeca81@gmail.com Sun 9:30am, Mon 6:30pm – offers available
Mind Body Therapeutics - trapeze yoga and hot yoga: Lorna Kearney – 07797772593 or mbtherapeutics@gmail.com
Sign Time: (signing lessons) Lisa Herivel Sat 9:30 07700795405 lisapalmer@hotmail.com
Yoga4u: Emma Colston-Weeks – 07797761571 Emma@yoga4u.org.uk Teacher of yoga for all ages
I-Move-Freely (Bonhealth): Mandy Bonhomme mandy@bonhealth.co.uk 07797 840976
Art for Young People Julia Renault a local artist & teacher is seeking more 7 to 16 year olds on Wednesdays 5-6:30pm – please book with Julia www.juliarenault.com or call 07797 766302 to discuss

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