

# L'ÉTALE DU NORD STAR OF THE NORTH



## Parish of St John

ISSUE 31

December 2013

### 2013 – A YEAR OF SPORTING ACHIEVEMENT!



**Bermuda Island Games**  
*(top) Pages 16 and 17*

**European Surf Championships**  
*(centre) Pages 18 and 19*

**National Kickboxing Superleague**  
*(left) Page 15*



## EDITORIAL



### Introduction

Hello, my name is Jo Falla and I am the new Editor of the Star of the North. I am well aware that Angela's shoes are very difficult to fill as she has done such a fantastic job all these years! Luckily, the committee is extremely supportive. Thank you.

I have lived in the central, rural parish of St John for over 25 years. I love walking my minischnauzer along the Bonne Nuit North coast cliff-

paths and yet being close enough to Bouley Bay – my favourite place for a dip. Many years ago I worked for the J.E.P and then Jersey Heritage where I was P.A. to the then Director, Mike Day. I gave up work when we had our boys as my husband is often away on business. Since then I have had a part-time, ad-hoc contract with Jersey Heritage in their Business Development department for several years and I have studied subjects I am interested in through the Open University including Humanities, Social Sciences and Linguistics. Friends often ask me to help with charity events, I do a yoga class and paint – badly!

### A magazine for the community

We welcome contributions to the magazine, particularly if they concern community projects; and let us all try and support our parish shops and businesses. From everyone at the Star of the North – have a healthy and happy Christmas and New Year and please give a thought to those in the parish who work over this busy period...

*Jo Falla*  
Editor

## *St John's Women's Institute:* *in, out and about*



We have had a busy summer holding various events. In July our meeting was a visit to the Masonic Temple, which proved very interesting and we were all delighted to see inside the beautiful Temple and to hear all about the history of the building. On Friday 12th July, the Island W.I. walking scavenger hunt was hosted by St John and our members provided a splendid supper for everyone to enjoy. St John's W.I. was also involved with the Governor's walk held on the 21st July followed by afternoon tea which was very successful. Thanks to all those who helped in any way.

Mr David Gainsborough Roberts came for our September meeting to give us a talk and show us some of his collection, from various artists; an interesting evening. We had an outing for our October meeting to the Jersey Pearl in St Ouen where we had an excellent meal followed by a talk by a member of staff on the production of all the pearls and how the business started. We all enjoyed the evening tremendously.

In November we held our annual meeting where the officers were elected and the new committee formed for the coming year. Following the formal business the evening was rounded off with a beetle drive and the usual supper. Our Christmas celebration will be on Thursday 12th December at the St Helier Yacht Club with a meal and entertainment.

### Other Groups

Many of our members take part in various activities held by other W.I.'s throughout the Island, some belong to the walking group or the dancing group, others meet regularly to play canasta and as you can see the W.I. and all its members are always busy. So anyone interested in joining please come along on the second Tuesday of the month or phone the President Mrs Myrtle Malzard on Tel: 862931 for more information. Please note the evening has been changed to a Tuesday from a Wednesday as previously.

*Myrtle Malzard, President*





## Dear Parishioners...

Well, the summer has come and gone and the long hot days have now been replaced by autumn. The equinox has past and the short days are with us. When you read this article the clocks will have gone to winter time and all of us will be preparing for Christmas.

Reflecting back on the glorious summer (when it eventually arrived) the parish gardening contractor, James Bonny, put our Parish Hall in the forefront of all others with our flower displays. They were fantastic, beyond any expectation; many people commented on how great they looked. Well done James! It was with regret we could not enter the Parish in Bloom competition, but at the time and for several weeks around that event the building was surrounded by scaffolding to carry out essential roof and gutter repairs. Maybe next year we could enter, if parishioners would support us in doing so?

As the summer moved on, the parish hosted His Excellency General Sir John McColl on the Governor's walk, which was well supported and took in a circuit and included a talk by Frank Falle on the historic property of St Blaize; then along the north coast, returning to the Parish Hall for afternoon tea some two hours later. A good time was had by all and a sum of £1,000 was raised for the Variety Club.

### Working as a Team

At the beginning of October, Wendy and I had to go off island to attend a funeral; the Chefs de Police was on annual leave, so I appointed a Deputy Chefs de Police – Trevor Pointon – to take over the reins (welcome Trevor). Just prior to my departure, Trevor called to say he himself had received news that necessitated that he leave the island some 24 hours later. Ah, a bit of a dilemma! I just had time to speak to Jim Elam and ask if he could act as assistant Deputy Chefs de Police to cover the period. Thank heavens he agreed. The Attorney-General was notified prior to my departure and for the second time, Jim had stepped into the breach at short notice. The first was when he stood for Centenier in 2011 at the 11th hour and 59th minute (thanks Jim). I must say St John is fortunate to have a dedicated team within the Honorary Police and Municipality, who will drop whatever they are doing to assist the parish. My thanks to all.

Within the Parish Hall, Sue and the team have been collecting the rates and burning the midnight oil (my thanks to them too.) At the time of writing something in the region of 57 rates bills remain outstanding out of approximately 1,400. These outstanding accounts have attracted a 10% levy. Last year the parish received all its rates and nothing had to be written off. Unfortunately, with several companies going into liquidation over recent months, this



year may not be so good. Luckily, in most cases, the parishes are preferred creditors so we might be fortunate enough to recover these debts, although it may take some time.

Time is moving on, so all that remains is for Wendy and me to wish you all the Season's greetings and a peaceful 2014.

*Phil Rondel  
Connétable*

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## More trees for St John and a special gift

Jersey Trees for Life will be planting new woodland in Le Mourier Valley this winter. In conjunction with the Birds on the Edge project to restore Jersey's coastal habitats, a mix of native trees and shrubs will form an extension to existing woodland in the valley on the steep cõtils north-east of the stream and reservoir. The area is presently overgrown with bracken and planting conditions will be somewhat inhospitable, but it is hoped that eventually the area will provide habitat for resident and migrant birds; the planting will further inhibit bracken growth and improve the richness of plant species. Planting will be undertaken by the Jersey Trees for Life team assisted by groups of job-seekers and volunteers from corporate supporters.

The public will have the chance to contribute to this project as the trees are being offered as the perfect Christmas present for environment-lovers. For £25 you will receive a copy of the book "Trees in Jersey", and a thank-you Christmas card which you can inscribe yourself to pass on as a gift. To learn more about this planting project or to purchase a tree please visit our web-site: [www.jerseytreesforlife.org](http://www.jerseytreesforlife.org)

## OPERATION HAMPER 2013 – APPEAL

Once again Age Concern, sponsored by Sandpiper, will be delivering hampers to older people in our community to ensure that they have food in the cupboard for Christmas. These are our older people who seem to be the forgotten few – they have given so much to the Island and yet receive so little in return. Not all are on Income Support and not everyone pays tax but this doesn't mean that they are rich. They may own their own house but can be asset rich and cash poor.

Last year's appeal was an overwhelming success and we would like to make it even more successful this year, but we need your help. This can be given in two ways: 1) by collecting food in receptacles in the Parish Halls; and 2) by helping with deliveries. If everyone gave just one item of food e.g. a tin of soup, tinned fruit, tea, coffee, sugar, biscuits, etc. we would be able to fill at least 250 hampers. The appeal was launched on Monday, 4th November, 2013 and collections will be made from Parish Halls on 9th, 10th or 11th December to allow time for sorting, packing and delivery.

Please let us know if you are willing to help by contacting Age Concern Jersey on 0800 735 0345. Your help would be greatly appreciated.

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## LES MATHIONNETTES – ‘Northern Lights’

**Experienced Centenier, newly appointed Deputy Chiefs de Police with a background in Nursing and the Army Medical Services. Trevor Pointon talks to Mary Rouillé**

Trevor Pointon was born in Leicester, the eldest of four children, to parents who were both District (community) Nurses and who were referred to in the local press as “the husband and wife team”. He always wanted to follow in their footsteps, and after leaving school at the age of 15 he joined the Health Service as a Nursing Cadet in a local hospital. This was the early 1960s when a Cadet Nurse spent three years learning the mechanics of the hospital. This involved working in the various clinical and non-clinical departments, interspersed with college attendance to obtain the qualifications necessary to begin training to become a Nurse. After three years training at Leicester General Hospital he qualified as a State Registered Nurse, and at the age of 22 he trained for a further 18 months to become a Registered Mental Health Nurse. His first post qualification appointment was as Staff Nurse in a residential Therapeutic Community treatment centre, dealing with people who had complex psychological and personality disorders. These included sociopaths who because of their anti-social behaviour had fallen foul of the law.

His next position was as a Charge Nurse, running an Acute Psychiatric Admission Ward. It was during his time as a Ward Manager in Leicester that he met his first wife, also a Nurse, and had three children. In the mid-1970s Trevor was appointed Nurse Manager for North Cambridge and Huntingdon Mental Health Services based at Fulbourn Hospital. The move to Fulbourn plunged him into a diverse role that encompassed in-patient, out-patient, day centre, drug addiction and community services. He retained a clinical involvement running regular therapy groups. In the fullness of time he moved with his family back to Leicester to take up a more senior position, managing community nursing groups, a health visitor group, a small hospital and initiating liaison systems between Community Nurses and Hospitals county wide. It was while in this post that he met a broker who had arranged a mortgage for the family. The broker approached Trevor with the idea of selling mortgages and life insurance. Intrigued by this idea he began marketing financial products in his spare time, soon finding that his earnings were equivalent to his Health Service salary.

A Health Service reorganisation in the early 80s formed the catalyst for change. Taking a small redundancy package he joined the brokerage full time, beginning a journey that led him in to forming, firstly a partnership and then a limited company. The company's core business was to project manage or advise and supply developers establishing private residential and nursing homes around the country.



This was in collaboration with architects and a construction company. Trevor was a professional adviser responsible for organising capital funding and negotiating with Health Authorities in relation to regulatory requirements.

Running along side his working career, in 1979 at the age of 30, he joined the Territorial Army (T.A.) and was commissioned in to the Royal Army Medical Corps with the rank of Captain. After thorough training and gaining significant experience, he was appointed Field Training Officer for 300 personnel in the General Hospital Unit he had been posted to. When practicing for the hospital's role in a conflict, he was appointed Casualty Movement Officer and worked closely with the MOD in the early development of a computerised casualty tracking system.

Unfortunately, Trevor's first marriage broke down and he found himself caring for his three children. He shared some of this responsibility with his parents and sister living in the same village, allowing his business and military career to continue.

### Pastures new...in Jersey

It was in 1987 whilst on a military exercise in Germany that he met Jersey girl, Captain Jane Averty. Jane had been posted to the unit and as such was a new Officer in the Mess. Trevor admitted that prior to this meeting he did not know Jersey existed.





The romance progressed, and in 1990 Trevor moved to Jersey. His first job in Jersey was on a part time basis with the Guardian Nursing Agency, delivering Nursing Care to people in their own homes. After six months he found a permanent position as General Manager at Vermont Nursing Home (now La Haule Residential Care Home). This proved to be short lived, as the owner of the home decided to sell and the incoming owners did not require a Registered Nurse as manager.

Once again looking for employment, he found a post on a limited contract with the company that developed Pinewood Residential Home. Trevor was giving advice and guidance on the registration requirements of the Jersey Health Department, sourcing the equipment needed to adequately care for elderly people and coordinating the marketing programme. For the next four years, until in November 1999, Trevor was the General Manager for the Shelter Trust. The organisation that provides care for homeless people in Jersey. Long hours and a conflict of ideas eventually led to an amicable break that resulted in Trevor working for the Jersey General Hospital where he became a (Bank) Staff Nurse. He progressed to the permanent position of Senior Staff Nurse, with responsibility for planning and delivering Nursing Care in an acute surgical ward. A post he held until his retirement in June this year. Many parishioners unfortunate enough to have been admitted to Portelet Ward will have met Trevor.

In July 1991 Jane and Trevor were married at Sion Methodist Church, and in July 1992 their son Alex was born. This event prompted Jane, now Major, to retire from her T.A. career. Alex is currently at Brighton University reading for a BA in Humanities (War, Conflict and Modernity). The reader might take a guess at what his career intentions might be.

Although he had moved to Jersey, Trevor continued to serve in the T.A. and was part of a Field Hospital with Head Quarters at the Army Medical Services barracks in York. In April 2004, he was mobilised to reinforce Army Medical Services and was posted to Iraq. He was attached to the Multi-national Field Hospital (South) at a military base located near Basra. The base was about two miles by three miles, and served as the main logistics' centre and reserve trooping area for operations in southern Iraq. Trevor, now Major, was running an Acute Trauma Ward receiving casualties who had been seriously burnt, had sustained gunshot wounds, were bomb blast victims, or had been involved in road traffic accidents. A large number of sprained ankles also featured. Part of Trevor's role involved flying by Chinook helicopter to collect casualties from one of the smaller, but very active bases further north in the region to bring back the injured. This involved flying 60 feet above the desert, avoiding rocket propelled grenades, but occasionally receiving small

arms fire from the ground. Although showing a very large Red Cross the hospital was not able to escape the dangers of the conflict and on many occasions was targeted by insurgents with Katyusha rockets and mortar bombs.

### Parish life

Trevor returned from Iraq in November 2004 and whilst on post deployment leave he was approached by the then Connétable, Richard Dupré, asking whether he would like to become a Centenier. He accepted. Now an experienced Centenier (recently appointed Deputy Chefs de Police) and retired from full time work obligations, Trevor is particularly interested in developing a closer relationship with the people of the parish and nurturing a better understanding of how the honorary system works. He is particularly keen to find new recruits for the role of Constable's Officer and urges interested parishioners to contact the Parish Hall.

Although it is early days since his retirement Trevor intends to learn French and pursue his interest in the history of Jersey. At the moment he keeps busy in the home and runs a small business selling original printer inks, as Jane is still working full time as a Health Visitor and running a private psychotherapy practice. When Jane has retired, long trips in the ageing camper van will be the order of the day!

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## A day in the life of... CLAIRE HUBY recounts it to Elisa Canas

Many of us that visit St John's Village regularly and use the amenities will recognise Claire Huby. She was a hair stylist at TRANQUILITY Salon for three years but in September this year she decided to leave behind the comfort and safety of home and volunteer her time to the Iris Harvest School based in a deprived and poverty-stricken village in Mozambique. She told Elisa Canas all about her new life and how it compares with life in St John.

Here in Africa, I wake up in a dormitory which I share with eleven other women; the House Mama who makes sure we're all OK and helps with any issues we, and the ten other ladies volunteering their time from around the world, may have. We have one shower and one toilet between us and at the moment there's no water! It has its challenges but it's great fun. In Jersey I lived on my own so it is a big change from 'normal' life.

My job in St John was really busy. I used to have clients continuously most of the day and loved listening to their stories, catching up on local news or having a bit of a gossip! People visited the salon expecting to receive some care and attention



so that they'd leave feeling a bit better. I loved making my clients feel special. Over here in Africa, my aim is very similar but it's on a different scale with far more challenges, as you can imagine.

Our morning is spent going to various lessons which vary from listening to guest speakers, having cross-culture classes or hearing people, who have dedicated their lives to being long term missionaries, share their experiences. Everyone is so inspiring and listening to them gives us hope when we get out into the communities in the afternoons to work with people who may be struggling. Sometimes, I spend some time learning the local language so I can communicate better with the different people I meet. I go to the baby house as well to help the ladies who work there and frequently go into the village to spend time among the local community. We also go into the 'bush' by which I mean the remote, poor villages to help in any way we can, whether it be playing with the children, helping with the laundry or just spending time with them.

At home, my biggest concerns were whether our stock had arrived on time at the salon or

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maybe the price of my sandwich at lunch time. Sometimes I would moan that I was too hot! Now that I'm out here experiencing what it's like to often have no running water, trying to adjust to frequent power cuts and battling against the stifling heat which can't be fixed by opening a window, everything is quickly put into perspective!

### Christian Principles

When we arrived we were given a choice of 75 different missions to undertake during our stay here. I was privileged enough to be given two. One is to relieve some of the burden that is on the long term missionaries. They are here for a minimum of two years and work incredibly hard. They might need help with their families or household chores so that they can continue their work or have a well-earned rest. The other is a night mission. Each Friday evening we go out after dark to spend time with girls and women who work on the street. We have a small 'barrakka', a bamboo shack-come-shop, which provides a safe haven for the women. We aim to build relationships with them and teach them their value through love and friendship. They're such great women and it is an amazing feeling when you can see that the attention and kindness you're giving them is making them think differently about their worth.

### Wrap up for the beach!

Saturday is our day off. We go down to the beautiful beach, always in groups of four or more for safety reasons or visit the local town to buy food. Sometimes I stay on the base and just relax. It's very hot here and culturally we must make sure we are well covered, which means trousers and t-shirts on the beach and in the sea, quite different to Bonne Nuit on a summer's day!

Iris is a Christian organisation founded by an American couple called Heidi and Rolland Baker. They come from missionary families themselves and have bases all over the world which run different kinds of ministries but under the same core values. Their main ideology which they try to pass on is to 'Stop for the One' which means to always be available to help or give your time to anybody who needs it. Over here that means praying for a sick person in the street or sitting down with a widow and offering her your time, giving some love and attention to the poor children and orphans or giving them cuddles even though they are very dirty. It's such a simple idea that can easily be put into practice both here in Mozambique and back home in Jersey.

If you would like to see more about this organisation please take a look at [www.irisglobal.org](http://www.irisglobal.org). When I return, I intend to bring all these lessons back with me and you never know, maybe in a small way, I can help make the world a better place.



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## Christmas 2013 **Rosie Bleasby talks to DEE DAYE, HAZEL O'GORMAN, JOHN FOSSE and ANDY THEWLIS**

What will you be doing this Christmas? Going to church, Buck's Fizz brunch with family and friends, a good walk or a slump in front of the TV? No doubt someone in your household will be wrestling with the turkey and all the

accoutrements of a traditional Christmas festive meal. Perhaps this year you could spare a thought for these three St John residents whose Christmas will almost certainly be different from yours.



### DEE DAYE – Mental Health Nurse

Dee is a fairly new resident of St John with husband Nigel who has already joined the Honorary Police in the parish. They have been in Jersey just over 18 months, brought here from York by Dee's profession as a mental health nurse. For the last 15 years both in York

and here, Dee has chosen to work on Christmas Day and this year will be no exception.

Dee regards her work as a vocation and chooses to be with her patients on this day as she feels she wants to make it special for them, especially the ones with no family to visit them. Her own family accept her strong feelings on this and are happy to support her.

Dee has a fund of stories, mainly from her time in York, but adding to them are her Jersey experiences. She says that Christmas day would start like

any other with the staff in uniform getting their charges up and ready for the day. But often the atmosphere would relax later and the staff, having chosen a theme, would change into fancy dress to create a party atmosphere. Dee particularly remembers the time they were all dressed as angels. The wards would be decorated and tables laid with festive cheer. Even though in the UK the meals came from a central source, one year Dee decided, as a true Yorkshire woman, that at least the Yorkshire puddings would be made on the spot. She and other staff managed this in the ward kitchen.

*Dee feels strongly that everyone should feel valued, especially the ones with no family, and everyone under her care is part of "her family" at least for a day. Dee is fun, caring and committed and we can rest assured that her patients will have a great time this Christmas.*



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## HAZEL O' GORMAN – Manageress, The Farm House and L'Auberge

Many residents of St John will have experienced the warm Irish welcome of Hazel, at either The Farm House and L' Auberge, where she is now in charge, or previously at Les Fontaines. Hazel has been in Jersey for 18 years and 13 of those have been in St John, which she loves. In all those years, Hazel has only once missed Christmas on duty.

At The Farm House, Hazel will already be well ahead with her planning so that those who wish to eat out over the Christmas period will be well catered for and made welcome. Her cheerful manner and great organisation have made The Farm House the 'go to' place for many people. Early on Christmas Eve they will be busy all day with families with children and then older diners lingering until late. Hazel loves the anticipation and excitement in the air on Christmas Eve as everyone looks forward to the next day. Although they do not serve meals on Christmas Day itself, Hazel and her partner man the bar in the L'Auberge to give the staff a full day off. Her words are, that this is a magical time when the regulars come along to wish her and one another the compli-

ments of the season. When the doors finally close in the afternoon, Hazel can do her own celebrating. Next day, Boxing Day, is all hands on deck once more as The Farm House opens for a late lunch and expects to be very busy. This pattern is repeated a week later at New Year; a huge amount of work and forward planning but Hazel would not have it any other way.



*Hazel is a young woman with huge amounts of energy and a real desire to see her customers happy and well fed. We are lucky to have her as a 'Mein Host' in St John.*



## JOHN FOSSE – Duty Officer, La Moye Prison

On Christmas Day, I will be one of many prison staff that are required to be on duty at some point during the day to ensure the smooth running of the Prison. Staff duties will range from health care needs, prisoner meals, supervising prisoners on recreation, to dealing with any incidents

that may occur at this emotive time of year.

Christmas Day is a real time of reflection in prisons as both officers and prisoners are away from their loved ones. There are no visits permitted on Christmas Day, so the only contact prisoners have with their close friends and family is via the prison phone system at restricted times. And whilst a special Christmas meal is provided this is collected on a tray by each prisoner from the food servery and taken back to be eaten behind a locked cell door, so the mood in prison is sullen. That said, the staff, on a low-key level, remain cheerful and festive.

I personally will be starting work in the afternoon so will have had the luxury of spending Christmas morning with my wife and children; they will then be heading off to spend the rest of the day with family.

My colleagues have very kindly offered to work some of the festive period for me; however, I was fortunate to have had Christmas off last year and our shift pattern works very fairly year on year.

Christmas afternoon will begin for me by doing my rounds visiting all areas of the jail ensuring that all is in order with both staff and prisoners, managing any incidents that may arise along with interviewing any new receptions that are sent our way from our Police colleagues. Once the jail is completely locked down, with all prisoners secured by 9pm, our team of night staff arrive. They will ensure prisoners are contained and those on suicide watch or drink/drug addiction detox observation are all kept safe.

After 9pm I will head home, however I am on call in case we have any further incidents during the night, and then back into work for 7:30am on Boxing Day.

Despite what people are led to believe Santa does not visit our jail and the prison is definitely not a holiday camp or hotel and to quote one of my retired workmates 'the sign at the gate says La Moye not the Savoy'. The loss of liberty is punishment from the courts and all staff employed at the Prison are here to help prisoners address their offending behaviour and live law abiding lives in custody and most importantly upon release; this includes Christmas Day.

*I feel that John has written about his own day so eloquently that I need add little more except to say that his work is more demanding than most of us would choose but you sense the tough love and compassion that his charges will receive on Christmas Day, as well as any other, will hopefully help them in their rehabilitation.*

*Continued overleaf*





## ANDY THEWLIS – Rector

Four very different services within eighteen hours, with combined congregations of over four hundred people, makes Christmas Eve and Christmas morning a busy time for our Parish Rector.

The celebrations begin with the 5.30pm Christingle Service, which is the best attended service of the year numbering between two and three hundred people, of all ages, and featuring the traditional procession around church. The talk is the most challenging of the year to prepare as with so many children it needs to be lively and interactive. He has to rely upon speech alone as such a large percentage of the congregation are seated in the choir stalls around the font and in the welcome area, near the main door, and thus have no eye contact with the Rector. Setting up for and tidying up after the service means Andy will have been at church for almost three hours, getting home for his tea at about 7.00pm.

He is back in church by 10.30pm, for the 11.30pm Midnight Communion, which remains one of the most special services of the year. It will be nearly 1am when Andy gets home. However, having been focused in leading worship sleep won't come easy,



but an hour spent wrapping presents will help. Bed about 2am with at least two alarms set for 6.30am to ensure he's not late in arriving to set up for the early morning 8am Prayer Book Communion, which provides a quiet reflective start to the day. Home for an hour before returning to set up for the fourth and final service of Christmas, the 10.30am All-age Celebration, where members of the congregation will bring and share some of the things that Santa has delivered.

Whilst an exhausting time means that he won't open his own presents until the afternoon, Andy continues to enjoy leading worship that allows an opportunity for so many to remember that Jesus is the reason for the season.

The remainder of the Christmas week and through to the New Year will be a relaxing one, unless there's the call for urgent sick visits, or a funeral to prepare. As with other times of the year, these will be attended to with care, for Andy considers it a real privilege in ministry to stand alongside those in their times of need, bringing the hope of the gospel message which is celebrated in the annual Christmas celebration of the Saviour's birth.

## St John's Women's Institute South Seas Christmas Pudding



I was asked for my favourite Christmas recipe. This is one my family love instead of the traditional Christmas pudding which is not so rich after a big meal. Hopefully, you will enjoy it as much as we have.

### South Seas Christmas Pudding

Makes a 1 lb. pudding

8oz. can of pineapple rings  
4oz. soft margarine  
4oz. caster sugar  
1 orange (grated rind only)  
2 eggs beaten  
3oz. S.R. flour  
2oz. fresh white breadcrumbs  
2oz. raisins  
3oz. glace cherries (quartered)  
2 tablespoons Golden Syrup

### Method:

- 1) Drain pineapple, reserving juice. Cut 3 half rings and put on one side. Chop remainder coarsely.
- 2) Cream margarine and sugar, add orange rind and beat in eggs. Fold in flour and breadcrumbs.
- 3) Add chopped pineapple, raisins and cherries and mix well (if mixture is a little dry add a little of the pineapple juice)
- 4) Butter a one and half pint basin, put Golden Syrup in the bottom and arrange the pineapple rings in a circle. Spoon mixture on top and level. Cover with buttered paper and foil.
- 5) Place basin in saucepan of boiling water, two thirds of the way up the sides of the basin. Boil for about 2 hours.

Serve with custard or cream.

Bon Appétit.

*Myrtle Malzard*  
President





Planning is already underway for the sixth annual Bonne Nuit Harbour Festival which will take place, from 11.00am – 8.00pm, on Saturday 14th June 2014.

### Competitions

Gorey Fete may have 'Spaghetti Eating' and the 'Yard of Ale,' but our Harbour Festival has the spectacle of the 'Fun Food Challenge' and 'Bonne Nuit's Strongest Man', which along with the 'Bonnie Baby' and 'The Stocks' will return next summer. Who would you like to see in the stocks and be willingly to pay £1 to throw wet sponges at? Perhaps your children's class teacher from St John's School, or again those good sports the Constable and Rector.

### Challenge

Next summer the football World Cup takes place in Brazil and so we're incorporating a soccer aspect to the Festival. In August 2011, former Welsh International Robbie Savage, set a world record for the

*Strongest men?*

most football shirts worn at one time; wearing shirts from each of the 72 English Football league clubs. How many different club and country shirts, from around the world, can we gather worn by different people as we attempt to set an Island, possibly even a World Record? It'll be interesting to see which individual team and country is best supported. So if you've got a football shirt, wear it to next year's Harbour Festival. I'll certainly be bringing along my own Huddersfield Town shirt!

### Committee

Our thanks go to James Evans, our treasurer for the last three years, and to Joyce Berry, both of whom have decided to step down from the planning group.

We welcome back Jayne Luce, who will be looking after the 2014 raffle and welcome Yvonne Le Cornu, joining us as treasurer to work with Neil Cotillard (Chairman), Andy Thewlis (secretary) and committee members Linda Carter, Viv Day, Phil Graham and Michel Larose.

### Contributions

We're already on the lookout for donations of interesting lots for the Silent Auction which is an important source of income and adds to the interest of the day. So do please let us know if you, or your company, have an unusual lot which others would be interested in bidding for.

### Charitable Donations

Although strong winds across the Island reduced number attending the 2013 Harbour Festival the organising committee are pleased to announce that income exceeded expenditure and donations of £600 have been made to St John's Youth Project; Bonne Nuit Boat Owners and St John's Parish Church.

*Andy Thewlis  
Bonne Nuit Harbour Festival Secretary*





## Triumph over Phobia (TOP) Jersey

Triumph Over Phobia (TOP) Jersey is a local charity, which is affiliated to the national charity TOP UK. If your life is adversely affected by a phobia or Obsessive-Compulsive Disorder (OCD) we would love to see you at the TOP Group, either on your own or with a relative or friend, to see if you feel we can help you.

People's lives can be severely restricted with a phobia or OCD. There are numerous phobias and it is when a phobia or OCD interferes with a person's daily life that help should be sought. Agoraphobia affects more women than men. Claustrophobia may result in the avoidance of flying or using lifts. Social phobia often leads the sufferer to avoid eating with others, writing in public or it can cause problems with other social activities. Emetophobia (fear of vomit) may lead the person to avoid travelling or eating certain foods. Phobias may concern dental treatment, injections, or blood and injury.

On average there are two OCD sufferers in every street! So you probably know at least one person with OCD. A fear of contaminating or harming other people often leads the sufferer to perform repetitive, time-consuming rituals. OCD may cause a person to be involved in hours of checking rituals. Both washing and checking rituals can completely disrupt a person's life. There may also be the problem of upsetting thoughts and a fear of causing harm to others.

We all know that if we don't like doing something, the easiest thing is to avoid it – make an excuse and get out of it! However, for OCD sufferers, avoidance is likely to result in more avoidance and an increased fear regarding what has been avoided. This can make a huge impact upon a person's daily life.

Giving reassurance to someone you love and care about who suffers from OCD seems the right and kind thing to do. However, when the reassurance concerns an OCD fear, the more a person receives reassurance, the greater urge the person feels to seek reassurance. Therefore, with the agreement of the sufferer, relatives should refrain from giving reassurance.

We are a structured self-help Group for people who have phobias or Obsessive-Compulsive Disorder (OCD) and have been holding meetings in Jersey for over twenty-one years. I am a former OCD sufferer and following successful in-patient treatment by Professor Isaac Marks, formerly of the Institute of Psychiatry, he asked me to start a TOP Group in Jersey. We use cognitive behavioural therapy (CBT) to help people to set their own goals each week.

Our aim is to help sufferers to become ex-sufferers. If a person feels we can help them, we firstly ask the person to read two specific chapters of *Living with Fear* by Professor Isaac Marks. For OCD sufferers we have copies of *Overcoming Obsessive-Compulsive Disorder* by David Veale and Rob Willson.



Mark Harris, Celia Scott Warren, Denise Raymond, Kate Denis and Gill Tanguy

The important thing is that the person wants to get control of the phobia or OCD, and that he or she is willing to try our step-by-step approach to do or face what has become difficult and may also have led to avoidance. We help people to set their individual weekly homework goals which are manageable and achievable.

In May this year we held a Jersey Training Day for nine Supporters at the TOP Group, with a grant from the Association of Jersey Charities.

You can phone on freephone 0800 735 0608 or email me at [topjerseyci@gmail.com](mailto:topjerseyci@gmail.com) if you prefer to contact us first.

*Celia Scott Warren*

### TOP Jersey meetings

The Headway Centre,  
Springfield Road, St Saviour

Thursday evenings 7.00 – 8.30pm

## POPPY APPEAL

Thank you to the generous people of St John for your financial support of the Royal British Legion in 2013.

Door-to-door collection – £1,607.64

Parish Hall Coffee morning – £1,302.18

Remembrance Sunday Collection – £451.92

Sale of Poppy pins – £220

Donations – £580

**St John total = £4,161.74**





## *Jersey Warriors Kickboxing Club produces a Champion*



Jersey Warriors Kickboxing Club based in St John's Recreation Centre, is ending the year on a high as their youngest competitive member Ethan Rault, aged 12, has been crowned Grand Champion of the Cimac National Kickboxing Superleague 2013.

Ethan travelled to various parts of the UK throughout the year to take part in this prestigious league, collecting points as he was placed in first, second or third position each time.

By October he had safely secured his title as he distanced himself from his closest rival by an impressive 20 point lead.

All the experience he gained and commitment to training throughout the year paid off. His exceptional talent was spotted by organisers and scouts from the WOMA European Championships, recently held here in Jersey. Ethan achieved two Gold medals and was offered sponsorship and a position in the WOMA National Squad.

*Elisa Canas*

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# BERMUDA ISLAND GAMES

*St John residents win GOLD, SILVER and BRONZE!*

## GYMNASTICS

Four St John's residents travelled to Bermuda in July for the Island Games as part of Jersey's medal-winning Gymnastics Team – twin gymnasts Olivia and Charlotte Pollard (14) and Coach Tory De Mond with her son, 7-month-old Etienne, acting as team mascot.

On the first day of competition the twins were involved in the team event along with St Clement residents, Ellen Marett and Bonita Shurmer. All routines by the girls were clean and well executed, however the final results showed Jersey placed just half a mark (0.5) behind the Faroe Islands who took the Bronze. On the second day Charlotte put in a superb performance on all four of the apparatus to place fourth, with an overall score that saw her just 0.4 from Commonwealth Games qualification for Glasgow 2014. She took Silver on the asymmetric bars for her strong, stand out routine. Although disappointed with her overall result on the second day this just gave Charlotte more fire in her belly to fight harder. On day three, the final event, both twins rose to the challenge. Olivia took the highest vault score of all of the Jersey Team to place 8th out of 22 gymnasts and Charlotte took the Bronze medal on the beam out of 30 gymnasts.

Overall the St John's quartet coped very well with the heat, with the twins and Etienne covered head to toe in factor 50 sunscreen for ten days, nobody got burnt and all managed to stay well hydrated even with the competition gymnastics arena having no air-conditioning. Charlotte did an amazing job to put medals on the Team Jersey table at just fourteen years old.



*Charlotte Pollard, Ellen Marett, Olivia Pollard, Bonita Shurmer, Tory De Mond and Etienne.*

Both girls train at De Mond Gymnastics Academy, Les Frères Centre on Les Chenolles in St John. The Academy offers structured classes for 2-16-year-olds and holds toddler playgym during school term time and throughout the holidays.

**For information visit [www.dmga.co.uk](http://www.dmga.co.uk) or email / call Tory on [tory@dmga.co.uk](mailto:tory@dmga.co.uk) / 07797763775.**

*Tory De Mond*



*Elliott with the Jersey medal board*

## ATHLETICS

The Bermuda Island Games was a magnificent experience for a small team of excited Jersey athletes. Amongst the group was young parishioner, Elliott Dorey, who first started running whilst a pupil of St John's Primary school. The party was assisted by various helpers including parents, Chris and Dawn, who had a brilliant holiday whilst waving a Jersey flag!

Elliott, who turned 19 in April, hoped to bag some Gold medals but knew that the heat and humidity, coupled with some strong competition, would be a challenge. He approached the week with careful preparation from his UK coach to whom he speaks daily.

Housed in a large cosmopolitan hotel towards the South West of the island, the team had a great experience, initially building team spirit, and was not far from the beautiful golden beaches and tropical

*Continued >>*





## COULD YOU BE MISS ST JOHN 2014?

As we settle into winter and snuggle around the fire, the thought of bright blue skies and battle floats seems a long way off but it won't be long until it's time to find the perfect young lady to step into the role of Miss St John.

Kayte Arthurs represented the parish in 2011 and told us all about her experience...

**What made you apply to be Miss St John?** I have never missed a year of going to watch the Battle of Flowers. When I was little, I would always look at the girls from the different parishes in their ball gowns and thought they were special celebrities, so for me, not to be watching but to be in the parade as Miss St John was amazing. I really did feel like some sort of celebrity because of the atmosphere. All the children were waving and smiling at me and it reminded me of when I was their age. I also knew I would only get once chance to do it, so when I was 18 I felt it was my time and I applied!

**Did you find the application process intimidating?** Yes I did, but only because I am incredibly nervous in interview situations. I had never spoken in public before so that was quite a big deal for me. But everyone was so supportive and understanding that it made things a lot easier and I was put at ease.

**Where were you when you found out you were successful?** At Pizza Express with my Grandma! She was so happy and surprised!

**What was your favourite aspect of being Miss St John?** When you win Miss St John you automatically get entered into the Miss Jersey competition. I was a bit unsure of doing that at first, but the idea eventually sunk in and in the end it was a really good night. We

all sat in the back room helping each other to get ready and practised what we were going to say. When we all went on stage, we had to do a walk down a catwalk to this really funny song! I'll never forget that!



Kayte Arthurs 2011

**What was Battle Day like?** Every single battle day historically had been perfect weather EXCEPT 2011 when I was Miss St John. I was soaking. I was cold. I was windswept but I still managed to enjoy it. So on a warm evening I am sure it would have been even better. I suppose I was just unlucky. But the atmosphere was still brilliant and I got to ride in a beautiful classic car.

**What will be your lasting memory?** The whole year will be a lasting memory. If I could do it all over again I would! (In fact, if no one applies for it, please can I do it again?!) I feel like every girl that wants to be Miss St John should apply and take the opportunity! It's an incredible experience.

**What would you say to anyone thinking about applying for 2014?** If you are slightly interested you should go along, make an effort with how you look and make sure you know why you applied. The memories are worth it and you will meet new people and do something special for our parish! GO ST JOHNNIES!!!

*Elisa Canas*

**If you are interested in applying to be Miss St John 2014, please contact Rosemary Dupré on 866880 or Barbara Collins on 861975 or email [rosedupre@jsyonline.com](mailto:rosedupre@jsyonline.com).**

water temperatures. Elliott had three main events and sailed into the final of the 800 metres just ahead of his main rival. The final was on the Tuesday evening, in front of noisy patriotic supporters. With 150 metres to go the Scottish athlete made a surging, blistering burst from the back of the pack and, despite a drive to catch him, Elliott was pipped to the Gold by a canny Western Isles athlete.

### A winner!

This meant Elliott was desperate to achieve the Gold in the metric mile (1500 metres) on the final evening. It was a full house as the athletic events were the preamble to the closing ceremony. Elliott felt he had the engine to win the 1500 from the front and set off at a pace which none of the other competitors were willing to match, giving him a 15 metre lead at the end of lap 1. He continued to press hard from the front at a pace close to his personal best and the crowd

was shocked by his bold tactics. With the stand full to maximum with supporters and athletes he was cheered home and felt this made amends for the 800m disappointment. The night was young and Jersey had several other opportunities to get medals. In the 4 by 400 metres men's relay Elliott and team ran spectacularly well for Gold, with the 4000 crowd screaming their appreciation as the result was unclear until the last 20 metres. The team had a brilliant post-event celebration.

Elliott is looking forward to developing his running into 2014 and is hoping he can reach the standard for being selected to run for Jersey at the Commonwealth Games in Glasgow.

### Results:

[www.natwestislandgames2013results.com/files/Athletics.pdf](http://www.natwestislandgames2013results.com/files/Athletics.pdf).

*Chris Dorey*





## SHELLEY MCFARLING – Jersey Team Captain European Surf Championships

Shelley McFarling, although small in stature is large and lively in character, and is the likeable Assistant Manager at The Farm House Bar and Restaurant.

In September she travelled, as Team Captain, to San Miguel in the Azores, along with 15 of Jersey's best surfers to compete in the European Surf Championships. The competition was held in a very pretty small town called Santa Barbara at a beautiful black sand beach called Riberia Grande. 'The green island' as it's known locally is very raw and unspoilt. With plenty of natural beauty spots such as Lagoa do Fogo (lake of fire) and the natural hot springs.

The first two days of the competition were held in 2-4ft onshore messy waves which were challenging, but after day three the weather turned good and the waves turned on, as did everyone's surfing.

When competing against some of the best surfers in Europe you soon see yourself improving very quickly and progressing through my first few rounds felt amazing. By day four the longboard category had already been decided and Ben Skinner from the Channel Islands took the win over France's Remy Antoine. Jersey lost a few more surfers from the competition in the coming days, but some respectable finishes from the team: Josh le Marquand (longboard – 6th), Matt Chapman (Men's open – 19th) and myself (Women's Open – 9th).

The final day of competition saw the Channel Island team lying 5th in the team rankings behind France, Spain, Portugal and Morocco. We had three surfers left on the final day with Sam George in the Senior Men's final. If he could place third he would secure FOURTH PLACE overall for Jersey, our best ever result. The whole team were on the rocks ready to cheer their team mate, Jersey flags flying high. It was a close heat, in not ideal conditions, but Sam did everything he could and secured third place.

### Amazing achievement

Some of us were uncertain of the significance of Sam's result. The atmosphere was tense. As the anticipation grew in the Jersey camp; smiles were nervously shared. The podiums were filled and the results hailed through the PA system. Jersey had achieved Fourth in Europe. We were ecstatic!! Hugs



*The lagoon*



*Shelley in action*

and joy were shared – all with satisfaction that the support from our boss Roley McMichael our friends and family at home, our training and preparations had all paid off. Our team spirit had taken us to a place we had never dreamed of. We feel inspired by our success and are determined to improve our performance in the future – well done crew!!

A final word of thanks goes to my own Personal Trainer Helen Papworth, who was a great support in my own personal preparations for the competition...

"I began training with Helen when I was picked to represent and captain the Channel Island surf team that was headed to the Azores to surf against some of the best surfers in Europe in the European championships.



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I had sustained an injury early on in the year and was worried about my strength. Together we worked on both my fitness and core muscles to improve my surfing, but also worked on the injured area to make it stronger.

Helen was amazing, researching my sport thoroughly, and using her knowledge she planned my sessions based on the most important exercises to improve my overall surfing. We worked on a variety of strengthening exercises, which within a few sessions had improved my paddle power hugely.

Week 1 hurt.... a lot! But very quickly I felt a huge improvement not only in my surfing, strength and fitness, but in my whole life. My motivation changed, my energy levels improved; the injury to my shoulder was not affecting my sleep or surfing like it had been and I felt like a different person, which helped dramatically when I arrived in the Azores.

Helen was not only able to train me in my general fitness, but also designing me a sports specific programme to benefit me in my chosen sport and with a top ten finish in the European championships, I need say no more.... Apart from thanks Helen.

To anyone who's unsure about the gym and what to do in the gym – "Go have a session with Helen you won't regret it".

## Local Girl

Helen Papworth has lived in the Parish all her life, attending St John's primary school, then Beaulieu Convent School and completing her education at Highlands College where she attained the National Diploma in Sport.

Helen is a very keen horsewoman and continues to compete in B.S.J.A competitions both here and in Guernsey. As a dedicated horse rider she wanted to understand the workings and needs of horses. She combined her two passions by first qualifying as a Human Bowen Therapist and then as an Equine Bowen Therapist. Apart from horse riding she enjoys running, skiing and snowboarding and has recently taken up surfing. Last year she was a bikini competitor in the Jersey Bodybuilding Competition. She is always keen to try different sports.

## Change of direction

After college she worked in banking as a corporate benefits administrator before working for a local Law firm as a trainee administrator. However, she knew that her calling was in the sports industry. Eventually Helen gave up office work and in 2010 travelled to Cyprus where she trained as a personal trainer and a sport massage therapist.

Since qualifying, Helen has taken further courses to extend her personal training knowledge, including:-



*Helen and Shelley at work*

Boxercise; Kettlebell Training; Weight Management and is currently studying Core Conditioning and Olympic Lifting. She is looking to start up Boxercise and Equilates classes and would love to hear from anyone who would be interested in either of these.

In returning to Jersey after training she worked in a gym in town where she increased her knowledge in training and nutrition, but after two and half years of experience she decided to set up her own company, Aurora Fitness.

*Continued overleaf*





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**CONTACT AURORA FITNESS**

Phone: 07797711622 Email: [helen@aurorafitness.co.uk](mailto:helen@aurorafitness.co.uk)  
 Facebook: [/aurorafitnessjersey](https://www.facebook.com/aurorafitnessjersey) Twitter: [aurora\\_fitness](https://twitter.com/aurora_fitness)  
 Website: [aurorafitness.co.uk](http://aurorafitness.co.uk)





Helen is now based, as a freelance Personal Trainer, in the Carrefour Gyms, at St Lawrence and in town. Helen is passionate about her vocation and is very keen to help people achieve their fitness goals with the aid of a personal training programme alongside weight management advice and is happy to provide sport specific training programmes.

### **Rev Andy Thewlis, Rector of St John, is one of those trained by Helen who says...**

Last year, I undertook a year of cardiovascular exercise; cycling, swimming, running and walking 2012 miles in the calendar year. However, after the St John Biggest Loser competition earlier this year I felt, as the summer sun shone, the need of a further personal challenge. So, after several decades away from resistance training and not fully utilizing the full range of equipment available as a member of Club Carrefour in St Lawrence, I opted for an introductory fifteen sessions of Personal Training with Helen.

One hour, twice a week, doing whatever Helen says, leaves me absolutely exhausted after a full body work out. To date, I have not yet sworn at Helen, even when she utters my least favourite words 'Four more repetitions.' Shortly afterwards she'll say my more favoured word 'Relax', but I know that the suffering is not yet over, as it's only a mere pause before the next cycle of exercises.

The best testimony to any Personal Trainer is a recommitment to further sessions, which I have continued and thoroughly recommend to others.

The commitment of pre-arranged sessions means that you do train regularly. In addition, you sweat more and definitely work far harder than if training alone, with the consequent benefits. Thank you Helen, for my new body and for your encouraging smiles (I can't believe you would actually be laughing at me!) and for the occasional affirming comment 'Well done.'



*It's not all sweat and tears!*

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## NEWS FROM THE UNITED REFORMED CHURCH

One of the Readings often included in the Service of Nine Lessons and Carols at Christmas Time includes these words from the prophesy of Isaiah quoted by St Luke in chapter 3 of his Gospel:

*"Get the road ready for the Lord; make a straight Path for Him to travel! The winding road must be made straight and the rough paths made smooth."*

Here at the URC in Sion we are trying to make our rough paths smooth. After decades of coping with gravel car parks we are being re-surfaced with tarmac which will make it much easier for those with wheelchairs etc. and will mean that if we have another very wet winter it will not be necessary to plod through puddles and mud to get to Church.

We are most grateful to Pallot Tarmac for all their help and advice with this project. Why not come and try it out!?

### Invitation

If you live in the Sion area and would like to join us for a short (45 minutes maximum) and informal Family Service on Christmas Morning (10.00 a.m.) you will be most welcome. Children (under 90 years) are encouraged to show us what they found in their Christmas stockings.

The Elders and Members at the URC wish you and your Families a blessed Christmas and may 2014 bring you all for which you hope.

*Michael Ruskin  
Church Secretary*

## Les Frères Playgroup

Les Frères is a friendly playgroup which meets every Friday from 9.30-10.30am during term time, located on Les Chenolles, St John. Each week there are toys, books and craft activities, as well as a variety of snacks for the children and a well-earned cup of tea/coffee for the mums. We also organise special activities throughout the term, such as visits from an ambulance, tractor rides, taster gymnastic sessions at De Mond Gymnastics Academy next door and much more! Please come and join us, it is just £2 per child and £1 per additional child under 1 year old.

**For more information contact Claire Kybett on 07700 702661.**

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# St John's School News

## KS2 Beach Exploration

Imagine learning out in the fresh air, in an environment bursting with resources and opportunities. Imagine learning in an exciting environment, where our senses are stimulated and where our imaginations run wild. This wonderful place is the beach and with Jersey's stunning coastline, staff at St John's School decided, that it would be the perfect place for a 'key stage learning day'. Therefore, on October 15th, we organised coaches to take 100 children from KS2, with ten members of staff, plus parents, to La Rocque, where we planned exciting and motivating learning opportunities, to stimulate and provide powerful learning experiences.



### What is so special about learning on the Beach?

Learning in our local environment, either through Forest School experiences, trips and visits or exploring our local coastline, develops personal values and encourages pupil independence, which in turn enhances self-confidence and self-esteem. All of our learners become more knowledgeable, more empathetic and develop greater respect and appreciation of the coastal environment, as well as encouraging a profound understanding of our role as guardians of this precious environment.

### What types of leaning did we explore at the beach?

In short, we learnt a great deal! During Autumn Term 2013, the whole school has been investigating topics involving our Island, from understanding the historical significance of local castles, farming, trade, tourism and the impact of Neolithic times on Jersey, to understanding how our coastline evolved, why the Cod Triangle is significant for our Island and the difference between pirates, privateers and smugglers. Our day at the beach helped us to understand and make sense of the knowledge we had been researching in our classes, as well as enabling us to think about the environment, about ourselves, about our peers and along the way, developing practical, emotional and intellectual skills. We learnt, observed and discussed facts based around the gravitational pull of the moon on the tides, coastal erosion and the creatures that inhabit our shoreline. We all had fun making works of art from natural materials found on the beach, building on knowledge learnt from studying Andy Goldworthy's style of art. We also used our senses to create poetry based on the sights and sounds discovered at La Rocque.



*Rock pool study*

By placing the learner at the heart of this learning experience, holistic, individualised learning and development is promoted. This thinking and engaging approach allows pupils to take responsibility for their own learning and development, and, as we all identified, opportunities such as these impact on behaviour, motivation and learning. We at St John's School believe the outdoor classroom to be an important, motivating and engaging aspect of our learning and we seek to use it as frequently as we are able – be it in Forest, School grounds, or through exciting stimulating visits to the beach.

*Trudie de La Haye – Head Teacher*



*Art creation*





I am pleased to announce that St John's Youth Club in partnership with St John's Parish Church is opening a 'Youth Drop-In' in the church vestry. Young people from Yr. 9+ are invited to drop in and meet the youth workers on Monday evenings between 7pm and 9pm. This is an opportunity for young people to get together to plan youth activities in the parish, meet people from other organisations or just hang out somewhere warm once a week with friends.

We are also working hard to bring junior youth club back to the parish. It is hoped that we will have further news about this before the Christmas holidays.

We are now looking for adults 21yrs + who would like to join the parish youth work team. If you would like to find out more about becoming a volunteer youth worker please contact:

*Nicky Brown, Senior Youth Worker  
Mobile: 07797 844 861*

*Email: nickybrown@youthservice.yc.je*

## The Play Area St John's Church – *the final push!*

The fund raising effort by the Trustees of the Youth and Community Trust has been steady and we are pleased to report that well over half the funds needed to purchase new equipment have now been secured. The latest donation was from the Jersey Childcare Trust to whom we are most grateful, not only for their financial contribution but their support as an organisation championing the needs of young children.

We are nearly there! Therefore we are appealing to parishioners of St John to make a donation, no matter how small, as it will be most warmly received and will take us a step closer to replacing this well used parish facility. I don't think there are many families in St John who have not made use of the play area with their children or grandchildren. It would be fantastic if we could place the order this side of Christmas, so the work could commence in the New Year.

Anyone wishing to make a donation may post it to the Rectory or contact Andrew Lewis 07797 711042 or email [andrew.lewis@imageci.com](mailto:andrew.lewis@imageci.com).

*Andrew Lewis  
Chairman, St John Youth & Community Trust*

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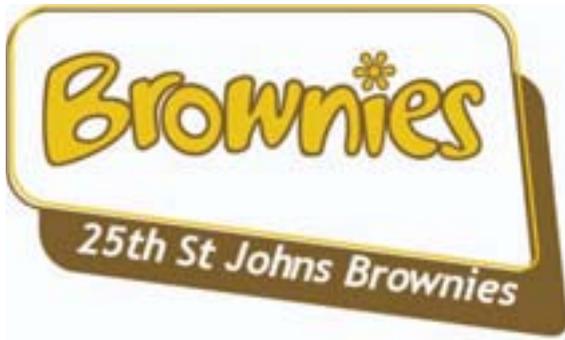
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At the Postal HQ

The Brownies ended the summer term by taking part in the annual Brownie Adventure Day which was held on the beach next to the Gunsite café. There were lots of challenges and games but best of all was sharing new experiences with Brownie friends and having fun.



A trip out to Jersey Post at Postal Headquarters was extra special as we all got to witness the new sorting machine in action. Andy and Paul escorted us around the HQ. Before our visit, Jersey Post gave each girl a pre-paid envelope and card for them to complete and take on the night. We all watched the letters as they dropped into appropriate mailing boxes. Did you know there are 135 working post boxes in Jersey and 269 Postmen and Postwomen?



Adventure day



Sorting the post

The Brownies are currently working towards the Number, fun badge and so far they have each completed a mock application for an account with Barclays Bank. Jude and Debbie, both are Personal bankers, gave a talk about money and the girls brought in foreign currencies to show. We ended the evening with a quiz about money.



We are going to celebrate six new girls making their new Brownie Promise; we are all learning it as it has been changed to:

I promise that I will do my best:  
 To be true to myself and develop my beliefs,  
 To serve the Queen and my community,  
 To help other people  
 and  
 To keep the Brownie Guide Law.



And finally  
 Christmas Activities for All.



Currency display

Our Brownie pack is currently full. If you or your daughter would like to know more about joining: visit [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested). Alternatively, you can email me: [donnamcrobbie@hotmail.com](mailto:donnamcrobbie@hotmail.com).

Donna Tupper





# Bonny's Country Garden

Sion, St. John

**CHRISTMAS TREES**

from 1st December

Spruce or Nordman

Pot-grown or cut



Choose early and we can keep until required - delivery available  
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**We will be closed from 12:30 on Christmas Eve  
Open again on Wednesday 2nd January 2013**

**Alan, Veronica and Staff would like to wish you all a very  
Happy Christmas - and hope to see you all in the new year**

**Telephone 865101**

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# News from the Pews

## Church clock

As the shortest day of the year draws ever closer it's time to look back and reflect upon the year that will soon be over. To remember in celebration the good times with gratitude to God and those close to us for their friendship and support in the challenging times.



*Beach service*

As a church family, during 2013, we enjoyed amongst other things, a wonderful outdoor Beach Service at Bonne Nuit in August. The sun shone for the service which included the baptism of Theo Matthews and continued to shine afterwards for the traditional sandcastle building competition. We're already looking forward to next summer when ice-cream prizes are to be supplied by the beach café.

Looking to 2014, we're planning several events under the umbrella of HOPE14, joining with hundreds of other churches across the UK and further afield, in a year of mission. Building upon the rhythm of the churches calendar we shall demonstrate God's love and invite people to go further in their spiritual journey, providing opportunities for all-ages to connect with the life of the Parish Church.

So consider joining us for Pancakes and a beetle drive in the Parish Hall on Shrove Tuesday and do join with others on our Annual Parish Clean, walking the lanes and collecting litter, which takes place on Saturday 22nd March. Also look forward to your own personal invitation, from a church member, to coffee and hot cross buns at their home during Holy Week. In the summer, we're planning a traditional Sunday Club type outing, open to all, in vintage lorries with fish and chips for tea.

We're also planning special services focusing upon different aspects of life, including in the next few months the following;

**Christingle**, 5.30pm on Christmas Eve, with a congregation of hundreds ranging in age from babes in arms to grandparents, many of whom are with us every year and for which the service provides a few moments to remember what the season is all about.

**Celebration of Baptism**, 11.00am on Sunday 26th January. As parents and god-parents we promise at baptism to support our children and god-children in their spiritual growth. Let us share the journey with them in 2014.



*Baptism*

**Celebration of Marriage**, 11.00am on Sunday 9th February. If you were you married at the Parish Church then consider joining us to renew your marriage vows and see how you compare in your knowledge of each other to the participants in our very own St John's Mr & Mrs Competition.

Church **a new**  
**recipe**

## A service for everyone

8.00am - Book of Common Prayer Communion  
9.30am - Holy Communion with traditional hymns  
11.00am - Contemporary Worship with Sunday Club

Rector Andy Thewlis - Phone 861677

Email - [athewlis@jerseymail.co.uk](mailto:athewlis@jerseymail.co.uk)





## ADVERTISEMENT

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*"I have complete peace of mind knowing the wellbeing of my mother is at the heart of everything they do." Daughter*

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01534 725356 or 07797 900267 [ptcsje@gmail.com](mailto:ptcsje@gmail.com)

**THANK YOU** to everyone who worked so hard to make cakes, scones and sandwiches for the Governor's walk in July. Due to everyone's generosity in donating the food the Variety Club made more than £1,000 towards their children's charity.

*Wendy Rondel*

**Save Our Star!**  
Our magazine cannot survive without **advertising. HELP** in obtaining more is urgently needed.

Please contact Richard Dupré.  
Tel: 866880 Email: [red@jysonline.com](mailto:red@jysonline.com)





## Monty – My Life

*“I shocked the Constable, but  
couldn’t find the Deputy”*

by Monty Grimshaw ©



Where has all the time gone  
Since my arrival here in St John?  
I appeared just before the snow came  
in January in a small plane  
from Southampton where I’d come from

Playing in the snow drifts was fun!  
Preferring the cold to the sun,  
Taking my first steps in a wet leafy lane  
Exploring my new found terrain  
In Fremont Perle, my new life had begun!

As my walks became longer and more daily  
I trotted around the Parish quite gaily  
Meeting friendly Parishioners on the way  
Enjoying scenic views and the odd play  
I was becoming as recognized as Dizzy Disraeli!

Slowly Summer brought heat and warm air  
My coat looked like a little brown bear!  
I was now fully licensed at the Parish Hall  
and according to the Constable no longer “small”  
But most people don’t mind me at all!

### ST JOHN’S PARISH CONTACTS

Archery: Martin Pomroy – 855479  
Bell Ringing: Justin Read – 888484  
Bingo: Muriel Poisson – 863184  
Bonne Nuit Boat Owners: Linda Carter – 864828  
Bonne Nuit Harbour Festival:  
Neil Cotillard – 077977 97834  
Brownies: Donna Tupper – 865728  
Carpet Bowls: Shirley Caurel – 863825  
Caesarean Handbell Ringers: Diane Nelson - 481898  
Constable: Phil Rondel – 861455  
Deputy: Patrick Ryan – 851934  
Football Club: Nigel Perrée – 865113  
Friends of Bonne Nuit: Gary Romeril – 861972  
Golden Age Club: Wendy Rondel – 863667  
Honorary Police: 866560  
Jersey Gym Club: Jody Whittingham – 721630  
Kickboxing: Elisa Canas – 07829 886423  
Les Frères Mother Toddler and Baby Group:  
Sharon Day – 725224  
Parish Hall: 861999  
Rector: Rev Andy Thewlis – 861677  
School: 861692  
Shooting Club: John Renouf – 861908  
Skateboard Association:  
Claudine Thebault-Tobin – 486999  
Star of the North (Acting Editor):  
Rev Andy Thewlis – 861677  
Youth & Community Trust: Andrew Lewis – 862663  
Tennis: Tina Spencer-Nairn – 861716  
Twining Association: Ron Le Herissier – 862010  
Women’s Institute: Myrtle Malzard – 862931  
United Reformed Church:  
Secretary Michael Ruskin – 482366  
Youth Project: Rosemary Dupré – 866880  
Youth Worker: Nicky Brown – 07797 844861

### PARISH HALL

#### Christmas Opening Times 2013

The Office will be open over the Christmas period as follows:

Christmas Eve – Open morning only  
Friday 27 December – Open morning only  
New Year’s Eve – Open morning only

and don’t forget that we are open late until 7pm on  
Wednesday evenings.

What a rural and pleasant Parish in which to dwell  
I feel I’ve settled in very well!  
Walking on the cliffs and exploring Bonne Nuit Bay  
Is a joy for a pup, I have to say,  
For my name is Monty, a special dog, can’t you tell?!

With my sharp canine nose,  
I sniffed out intensely,  
No matter how hard I tried,  
I just couldn’t find the Deputy  
Then after searching eateries near and far,  
There he was sitting in the Farmhouse Bar!





# Christmas Quiz

Cut out and keep – answers next time – comments to Roger Long c/o the editor



How well do you know your parish? Here's something to occupy the family in those lazy afternoons after Christmas. These photographs were all taken from public roads, paths or places and they are all in St John. There are no prizes – just the satisfaction of knowing, or finding, where they are. Some of them might be difficult, but you don't want to do them all at one go, do you?





## L'ÉTAILE DU NORD

The magazine is published for the Parish of St John by the Editorial team:

c/o East Wing, Les Issues, La Route des Issues, St John JE3 4FA. Tel: 861611  
Email: nijo@jerseymail.co.uk

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

The magazine is printed by Mailmate Print.

### EDITORIAL TEAM

Editor – Jo Falla  
Assistant editor – Roger Long  
Advertising manager (Acting) – Richard Dupré  
Treasurer – Terry Le Sueur  
Distribution – Rosemary Dupré  
Editorial Committee members – Rosie Bleasby, Elisa Canas, Angela le Sueur, Mary Rouillé, Revd Andy Thewlis

### ADVERTISING RATES

Eighth page – £30    Quarter page – £ 50  
Half page – £95    Half back page – £120  
Full page – £175    Flyer, inserting only – £50  
For full colour rates, and to advertise please contact Richard Dupré, Advertising Manager (Acting) Tel: 866880; email: red@jsyonline.com

### WEBSITE

Star of the North website:  
[www.starofthenorth.org.je](http://www.starofthenorth.org.je)  
Kindly sponsored by C.I. Web Solutions.  
The latest edition will be available on line as soon as it is published.  
Archive editions will also be available.

Anyone who lives outside the Parish and wishes to receive 'L'Étaile du Nord' is invited to take out a year's subscription (3 issues) for £6. Please fill in this form:

Name.....

Address.....

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.....Postcode.....

I enclose £6 cash/cheque made out to: 'Star of the North'.  
Please send to: The Editor, c/o East Wing, Les Issues,  
La Route des Issues, St John JE3 4FA.

### PARISH OF ST JOHN ADMINISTRATION

CONNÉTABLE: **Philip J. Rondel**

PROCUREURS DU BIEN PUBLIC: **Michel Larose,  
Andrew Jehan**

RECTOR: **Revd Andy Thewlis**

CENTENIERS: **Jonathan Plunkett,  
Trevor Pointon, Jim Elam,  
Dave Ward**

VINGTENIERS

Hérupe: **Sharnie Olliver**  
Nord: **Trevor de la Mothe**  
Douet: **Maxine Fergusson**

CONSTABLE'S OFFICERS:

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Tim Luce, Ian Syvret, Chris Taylor,  
Steve Pallot, Mya Florence, Nigel Daye**

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**Constable, Rector, Steve Hewlett,  
Ron Le Herrisier, Bill Wheaton**

ROADS INSPECTORS

Hérupe: **Tony Le Brun, Eddie O'Toole**  
Nord: **Peter Pallot, Stephen Brennen**  
Douet: **Stephen Masters, Andrew Godwin**

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Martin Whitley, Martin Farley,  
David Ward, Andrew Morris**

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CHURCH WARDENS: **Rosemary Bleasby,  
Andrew Lewis**

EMERGENCY PLANNING OFFICER:

**Martin Whitley**

PARISH SECRETARY: **Sue Rodrigues**

### PARISH HALL

Tel 861999 Fax 864553 E-mail: [posj@gov.je](mailto:posj@gov.je)  
Website: [www.parish.gov.je/st\\_john/](http://www.parish.gov.je/st_john/)

### PARISH HALL OPENING HOURS from January 2014

Monday, Tuesday and Friday  
9.00am – 1.00pm 2.00pm – 4.00pm

Wednesday  
9.00am – 1.00pm 2.00pm – 7.00pm

CLOSED ALL DAY THURSDAY





# PARISH DIARY – December 2013 to May 2014

## DECEMBER

Tues 10th	7.30pm	Muriel's Christmas Bingo in the Parish Hall
Wed 11th	5.25pm	Father Christmas at the Parish Hall
Thur 12th	6.30pm	WI Christmas meal at St Helier Yacht Club meet Parish Hall
Sun 15th	6.00pm	St John's Group of Churches Candlelit Carol Service, at the Parish Church
Tues 17th		Last day of term
Sun 22nd	10.30am	Service of Lessons and Carols at the URC
Tues 24th	5.30pm	Christingle Service at the Parish Church
Tues 24th	11.30pm	Midnight Communion at the Parish Church
Wed 25th	8.00am	Christmas Day Communion at the Parish Church
Wed 25th	10.00am	Christmas Day Family service at the URC
Wed 25th	10.30am	All-age Christmas Day Celebration at the Parish Church
Sun 29th	10.30am	Morning Worship at the URC
Sun 29th	10.30am	New Year Celebration at the Parish Church

## JANUARY

Mon 6th		Back to School
Sun 12th	10.30am	All-age Plough Sunday Service at the Parish Church
Tues 14th	7.30pm	WI in the Parish Hall. Photography talk by Sheila Baudains
Sun 26th	11.00am	Celebration of Baptism Service at the Parish Church
Tues 28th	7.30pm	Muriel's Bingo in the Parish Hall
Wed 29th	2.30pm	Golden Age Club AGM in the Parish Hall

## FEBRUARY

Sun 9th	11.00am	Celebration of Marriage Service at the Parish Church
Tues 11th	7.30pm	WI in the Parish Hall. Dancing talk by Anne Dove
Fri 21st		Last day of half-term
Tues 25th	7.30pm	Muriel's Bingo in the Parish Hall
Wed 26th	2.30pm	Golden Age Club AGM in the Parish Hall

## MARCH

Mon 3rd		Back to School
Tues 4th	7.00pm	Pancakes and Beetle Drive in the Parish Hall
Wed 5th	8.00pm	Ash Wednesday Communion at the Parish Church
Sat 8th	12-2pm	Lent lunch in the Parish Hall

Tues 11th	7.30pm	WI in the Parish Hall. Talk on The Jersey Cow by Winston Le Brun
Sat 15th	12-2pm	Lent lunch at Les Frères
Sat 22nd	9.30am	Parish Clean. Meet at the Parish Church
Sat 22nd	12-2pm	Lent lunch at URC
Sun 23rd	10.30am	Celebration of Education Service at the Parish Church
Tues 25th	7.30pm	Muriel's Bingo in the Parish Hall
Wed 26th	12.00pm	Golden Age Club lunch. Meet at the Parish Hall
Sat 29th	12-2pm	Lent lunch in the Parish Hall
Sun 30th	10.30am	All-Age Mothering Sunday Celebration at the Parish Church

## APRIL

Sat 5th	12-2pm	Lent lunch at Les Frères
Tues 8th	7.30pm	WI in the Parish Hall. Talk on Holiday for Heroes by Dawn & Richard Woodhouse
Fri 11th		Last day of term
Sat 12th	12-2pm	Lent lunch at URC
Fri 18th	10.30am	Good Friday Worship at the Parish Church
Sun 20th		Easter Day
Fri 25th	7.00pm	Assemblée Jerreais Annual Service at the Parish Church
Tues 29th		Back to School
Tues 29th	7.30pm	Muriel's Bingo in the Parish Hall
Wed 30th	2.30pm	Golden Age Club AGM in the Parish Hall

## MAY

Sun 4th	10.30am	United Service for Liberation at the Parish Church
Mon 5th		Bank Holiday – no school
Fri 9th		Liberation Day – no school
Tues 13th	7.30pm	WI in the Parish Hall. The Resolutions and quiz.
Fri 24th		Last day of half-term
Tues 27th	7.30pm	Muriel's Bingo in the Parish Hall
Wed 28th	2.00pm	Golden Age Club Afternoon Tea, meet at the Parish Hall

## SUNDAY WORSHIP IN ST JOHN

### THE PARISH CHURCH *Every Sunday*

8.00am	Holy Communion
9.30am	Holy Communion with traditional hymns
11.00am	Contemporary Worship – All-age Worship, Celebrations or Communion.

### UNITED REFORMED CHURCH

Sundays at 10.30am Family Worship  
Holy Communion, monthly, as advertised





# St John's Village Inn

Telephone 864690



George and Staff wish all their customers the Seasons Greetings – Christmas menu @ £19.95 per person

## STARTERS

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With warm bread & butter

Deep Fried Breaded Brie  
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½ pint Prawns with shell on  
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Ham Hock Terrine with  
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Half Roast Duck with Orange & Cointreau  
sauce, with roast potatoes & brussel sprouts.

Goat Cheese and Provencal Vegetables  
with onion marmalade croutons & balsamic glaze

## DESSERTS

Traditional Christmas Pudding  
with warm brandy sauce.

Chocolate and Orange Mousse  
(Homemade)

Belgium Waffle with Maple  
syrup and Jersey ice cream

Selection of Jersey Ice Cream  
vanilla, strawberry & chocolate

Christmas opening hours - Christmas Eve - normal hours restaurant will be open  
Christmas Day 11am to 1pm & Boxing Day 11am to 5pm (bar only)

Restaurant normal opening hours:- Tuesday to Saturday from 12 to 2:30pm & 6 to 8:45pm - Sunday 12 to 4pm

We are normally closed on Mondays (but open on Bank Holidays) call us now on 864690 to book a table.



'Snow' by Richard Dupré

