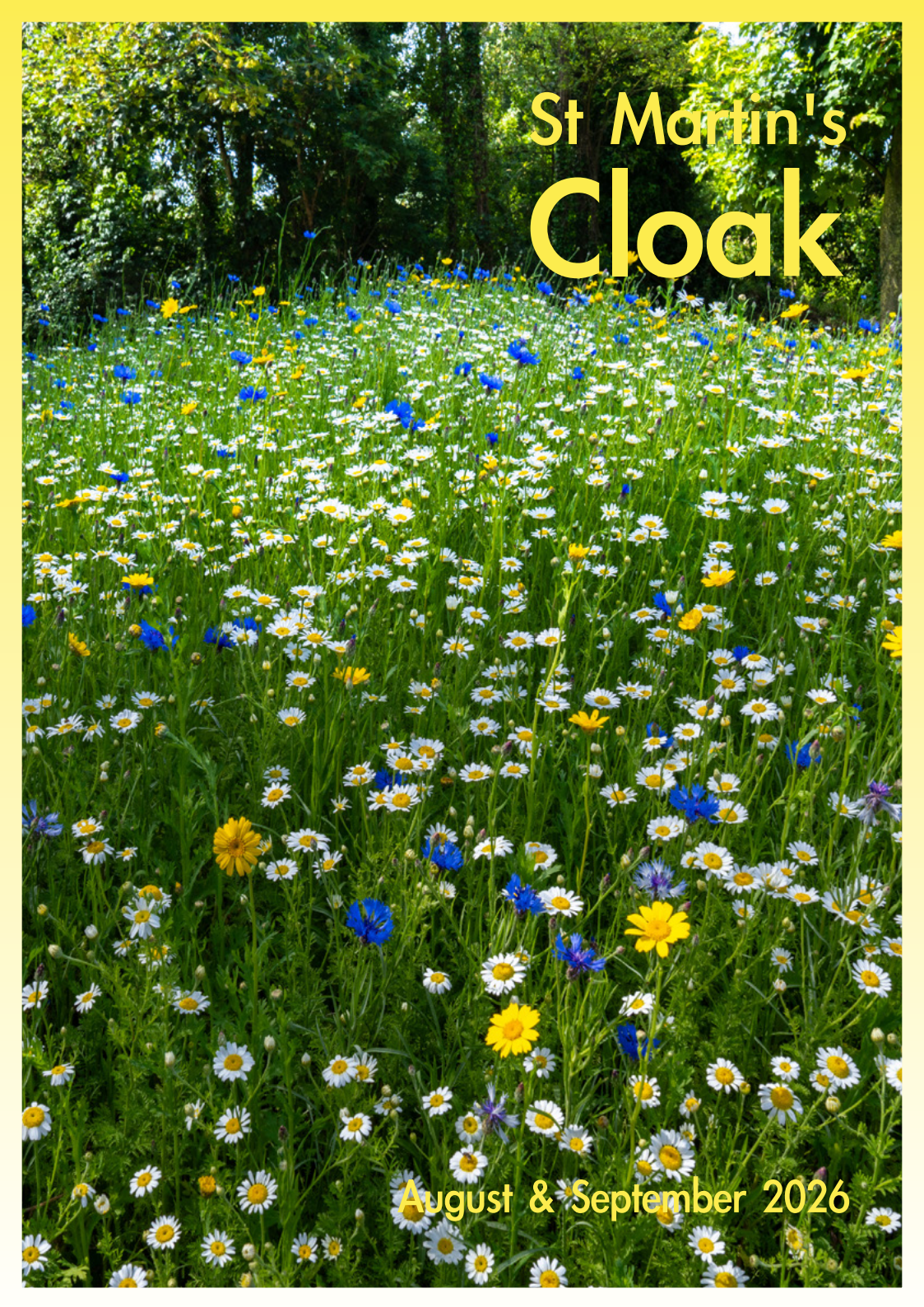




# St Martin's Cloak

August & September 2026

## St Martin's Parish Church Directory

|                                 |                   |                   |
|---------------------------------|-------------------|-------------------|
| Rector                          | Vacant Post       |                   |
| Rector's Warden                 | Laura Stockwell   | 235498            |
| People's Warden                 | Paul Steele       | 233203            |
| Honorary Treasurer              | Neil de la Mare   | 237816            |
| Organist & Choir                | Daniel Madden     | 715010            |
| Men's Society                   | Patrick Banfield  | patrick@cwgsy.net |
| Ladies of Faith Together (LOFT) | Carol Guille      | 258364            |
| Music Group                     | Daniel Madden     | 715010            |
| Cloak Magazine                  | Stuart Lawson     | 235470            |
| Church Flowers                  | Vacant Post       |                   |
| Coffee/Craft Mornings           | Sallysara Windsor | 256342            |
| Church Office                   | Claire Holliday   | 231197            |
| Youth & Children's Minister     | Claudia Evans Cox | 07781 165077      |
| Youth & Children's Minister     | Natasha Luggar    | 07781 144222      |

Find us on Facebook pages: 'St Martin's Church, Guernsey'  
'Roundabout, St Martin's'  
'St Martin's Junior Church'



Details of St Martin's Parish Church and its services can be found at:  
[www.stmartinschurch.gg](http://www.stmartinschurch.gg)

## Les Camps Methodist Church Directory

|                                        |                         |              |
|----------------------------------------|-------------------------|--------------|
| Minister                               | Rev Anne Richardson     | 01481 239144 |
| Leadership Team                        | Yvette Barbe            | 07911 733721 |
|                                        | Jean Carre              | 07781 427947 |
|                                        | Robyn Craig             | 07911 712272 |
|                                        | Don Lowe                | 07911 715712 |
|                                        | Vonnie Mahoney-Bougourd | 07781 139992 |
|                                        | Andrew Redhead          | 01481 233150 |
|                                        | Sarah Snell             | 07911 718812 |
| Discipleship & Small Group Coordinator | Helen Mahoney           | 07911 712271 |

## Welcome to the August edition of the Cloak

As we prepare to enjoy the summer and for many, a change of routine, there is plenty going on in St Martin;

- the South Show on 14<sup>th</sup> and 15<sup>th</sup> of August including a Dog show,
- movie nights and summer baking for young people,
- a creation walk, cream teas and creative morning at Les Camps,
- our own Cloak quiz for those in the know about livestock watering.

We also include articles about some wonderful charities featuring the Priaux Premature Baby Foundation; the first of a series of articles promoting wellbeing by a parish based care professional; tips about trees and a fascinating piece about the rise and fall of parish hotels aptly called the 'The Sunshine Island' - thanks to the diligence of one parishener.

I hope you enjoy reading the Cloak, maybe with a refreshing drink in the garden. As always, we would love to hear from you.

### Photographs & Anecdotes

If you have taken any photographs\* or have any parish anecdotes you would like to have featured in the Cloak, please send them to:

[cloak@stmartinschurch.gg](mailto:cloak@stmartinschurch.gg)

## St Martin's Cloak

Covering the Whole Parish



|                                |      |
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# Rector's Farwell Letter

By the time you read this, my family and I will have left Guernsey and begun the next chapter of our lives in Dorset, where I will shortly take up a new role as the Pioneer Rector in Dorset. After eight years as Rector of St Martin's, saying farewell is not easy. This parish has been much more than the place where I have worked. It has been our home and its people have become an important part of our lives.

During those eight years, I have had the privilege of meeting people from across the parish in many different circumstances: at church services, weddings, baptisms and funerals; through the school, the Community Centre and parish events; during times of celebration; and sometimes during moments of great sadness or difficulty. One of the great privileges of parish ministry is being invited into people's lives. I am deeply grateful for the trust that so many people have placed in me and for the kindness, warmth and encouragement that Amy, our family and I have received. The parish of St Martin is a very special community.

It is a place with a strong identity and a rich history but also one where people continue to find new ways of supporting one another and responding to local needs. I leave with many happy memories and with great thankfulness for all that we have shared.

One encouraging recent development is the St Martin's Community Food Project. The project is still small, but it is steadily growing.



Volunteers are working together to grow fresh produce, care for the land and develop a project that can benefit the wider community. There is room for more people to become involved and no previous gardening experience is required. Whether you can offer practical help, gardening knowledge, enthusiasm or simply a little time, you would be warmly welcomed. To find out more, please contact Claire at [claireh@stmartinschurch.gg](mailto:claireh@stmartinschurch.gg) and she will put you in touch with the team.



Although our family is moving away, the community of St Martin will remain very close to our hearts. We will remember with gratitude the people we have met, the friendships we have made and the many experiences we have shared.

Thank you to everyone who has helped to make these past eight years so memorable. It has been a genuine privilege to serve as Rector of this parish and I wish the whole community every blessing for the future.

À la perchoine, que le Bouan Giu te bénisse.

Until we meet again,

God bless.

**Rev Daniel**

# Parish Matters

Dear Parishioners,

Summer is here and the parish looks amazing with all the flowers and we have many of the boxes kindly sponsored by local business which will enable us to replace all of them over the coming months. Logos of all our sponsors are on the boxes around the parish, so it's a big thank you to them. For next year we are looking for a sponsor for eight boxes at St Martin's school. If your company is interested, please email [info@stmartinsconstables.com](mailto:info@stmartinsconstables.com) for costs and details.

## Rectory Roof

The big summer job is the Rectory roof which is being re-slatted as we look to maintain what is a parish asset. Fortunately, the timbers are in good condition but after the two storms of recent years the roof would not have survived another without the re-battening and slating.



Rectory roof repairs in progress.

We also have taken the opportunity to add additional insulation. By the time you read this Reverend Daniel and his family will have moved on to the UK to continue his ministry and we thank him for his time here and wish them well with their new life in Dorset.

## Parish Hall

The parish hall is in the final stage of us completing the refurbishment with the painting of the windows, so after two years and lots of voluntary helpers along with tradesmen we have modern offices, hall, kitchen and a meeting room available for use by the public.

## Kayak Storage

Saints harbour has seen kayak storage introduced and railings installed in front of the benches for all to enjoy. If you wish to leave a kayak there, please send us a photo, your name and contact number, there is no charge, but it will help to identify it, if one gets lost.



Refurbished bench and railings

## Bench Repairs

The ongoing of refurbishment of benches owned by the parish will continue into the Autumn to maintain the standard we have and to give people places to rest, as they walk around and enjoy the parish.

Enjoy the summer and the parish with its cliff walks, beautiful beaches and so much more.

**Dave Beausire**  
Senior Constable

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# St Martin's Parish Church

## Special Services and Events:

**Sunday 2<sup>nd</sup> Aug**     **10am** All-Age Holy Communion

**Sunday 6<sup>th</sup> Sep**     **10am** All-Age Holy Communion

## Regular Services and Events:

Our regular Sunday services are:

**8.00am** Book of Common Prayer

**9.15am** Bubble Church\* (at the Community Centre)

**10am** Holy Communion

**10am** Junior Church (at the Community Centre)

**6.30pm** Evensong

*\* No Bubble Church on the first Sunday in the month*

## Roundabout Parent and Toddler Group

*Wednesday Mornings (term time) at 10am - St Martin's Community Centre*

## Coffee/Craft morning

*Tuesday Mornings at 10am - St Martin's Community Centre*

## Youth Group

*Thursday at 7pm - St Martin's Community Centre (term time)*

## Choir Practice

*Wednesday evenings at 6.45pm - at the Parish Church*

*The Church is currently in interregnum while a new priest in charge is appointed. Services may be conducted by visiting priests or occasionally by members of the Church.*

*More details on church notice board or email [claireh@stmartinschurch.gg](mailto:claireh@stmartinschurch.gg)*

*Like us on Facebook@StMartinsGuernsey  
or check our website [www.stmartinschurch.gg](http://www.stmartinschurch.gg) for updates*

# Les Camps Methodist Church

## Services and Activities:

### Sundays:

**10.30am**     Worship at with Lightbulb and Crèche for 0–16 years.

**6.00pm**     Informal Worship with Worship Band

**7.30pm**     Youth Cell

### Cell Groups:

These small groups meet at various times during the day and evening throughout the week. They are an opportunity for fellowship alongside learning how to live a life centred around Jesus.

### Knit and Natter:

On the second & fourth Thursday of the month between **2pm & 4pm** is a chance to sit and knit and catch up with friends old and new.

### Saturday Pop-in:

On the first & third Saturday of the month between **10am & 12 noon** our church hall is open for people to meet for a cup of tea or coffee and a biscuit or two.

### Tuesday Toddlers:

In the hall next to Les Camps church **9.30am to 11.15am** (term time). Plenty of activities and play for the children. Refreshments are served, then song time is at the end of the session.

## Third Sunday of the Month

**10.30am** All In Service for all ages with interactive activities

**6.00pm** Jesus and Jackets, a relaxed gathering with jacket potato meal

*For further information please contact [info@lescamps.com](mailto:info@lescamps.com) or 01481 239144  
see our website: [www.lescamps.com](http://www.lescamps.com) or facebook: LCMethodistChurch*

# Born From Early Beginnings

## The Birth of the Priaulx Premature Baby Foundation



### The Emotional Impact

Giving birth to a 'preemie', as premature babies are affectionately known by parents and healthcare professionals alike, is often a multifaceted, traumatic and turbulent experience. Owing to the suddenness and unpredictability of a preterm birth, mothers, fathers and wider family are entirely caught 'off guard'. They have no option other than to navigate a complex, emotional rollercoaster that spans intense anxiety and fear, overwhelming guilt and a deep sense of grief for missing out on the final stages of gestation, a typical labour and birth, and the bonding that they had envisioned.

Seeing a fragile, tiny baby, lying in an incubator and hooked up to life-saving machines within a Special Care Baby Unit (SCBU), also known as a Neonatal Intensive Care Unit (NICU), can be not only daunting but also profoundly frightening.

Parents often feel helpless in the face of medical procedures over which they have no control.

A sense of guilt is particularly common in parents, especially mothers who blame themselves and fear that they did something wrong in pregnancy to cause the early birth.

These negative emotions and stress accompany feelings of fierce, protective love and immense joy as parents witness their baby's resilience and struggle for survival.

Altogether, such feelings are not a one-time experience. They occur in waves that often track a preemie's progress from the initial birth and time spent in the NICU to the ultimate discharge and the long-term adjustment of caring for him or her at home.

### Birth of PPBF

Navigating this reality was the experience of Jo and champion racing driver, Andy Priaulx, following the births of their son, Seb and daughter, Dannii. The amazing compassion and support that Jo and Andy received during and after the births of their children inspired them to reciprocate. Around a year after Dannii's birth in 2003, they staged a one-off fund-raising event at Beau Sejour Leisure Centre. A gala dinner and auction, the event raised around £45,000 that they donated to the local SCBU for purchase of a specialist incubator.



A 'preemie' undergoing intensive care

The immense generosity of local people who attended the event astounded Jo and Andy and galvanised them into establishing the Priaulx Premature Baby Foundation (PPBF), a locally based charity that lovingly supports not only preterm babies but also critically ill children and their families.

### Compassionate Housing

During the charity's evolution, Jo recognised that, for parents and families in Guernsey, the emotional strain of a preterm birth or caring for a critically ill child is uniquely compounded by geography. A baby born significantly premature or a critically ill child must be transferred to specialist care units in the UK, often Southampton General Hospital.

Within an instant, parents are not only dealing with the trauma of a medical crisis but are also uprooted from their homes, support networks and loved ones. Through recognition of these factors, Jo envisioned the acquisition of residential property within the vicinity of Southampton Hospital.

Aided by immensely generous benefactors, Jo's vision eventually became a reality and led to the acquisition and management of three units of 'compassionate housing'.

These havens, named Aggie's Burrow, Isaac's Pad and Frankie's Den, are fully equipped two-bedroom apartments located within easy walking distance of Southampton General Hospital and the nearby Princess Anne (Maternity) Hospital.

For Guernsey parents and families unexpectedly thrust into an alien clinical environment, these apartments represent more than bricks and mortar. They solve the immediate anxiety of where to sleep, wash and eat.

Provided completely free of charge to Guernsey residents, this compassionate housing offers a vital, cosy sanctuary. It provides parents with a safe and private space to retreat, weep and gather their strength and ensures that they are never more than a few minutes away from the bedside of their critically ill child. Understandably, providing these safe havens entails significant cost.

## Born From Early Beginnings continued...

The PPBF provides 1,095 secure and comfortable nights for Bailiwick families every year. To maintain, manage and run these three apartments to a high standard, the foundation must raise around £66,000 annually just for the housing alone, part of an overall £156,000 yearly fundraising target required to keep all the charity's operations afloat.

### Supporting the Foundation

The community of St Martin and the wider Island can contribute to making a profound difference. Through the charity's invaluable Buy-A-Night campaign, individuals, families or businesses can choose a specific date on the calendar and sponsor a night of sanctuary for a local family in crisis. Sponsoring a night costs just £60 (or a monthly commitment starting from £5), directly relieving a family of severe emotional and financial strain.

What began over twenty years ago as a single, generous evening at Beau Sejour has evolved into an enduring network of local love and care. By supporting the PPBF, we can ensure that when Guernsey's tiniest fighters are facing their biggest battles, their families are never left stranded across the water but are kept close, safe and strong. To stay updated on events, learn about past successes or donate, follow PPBF on Facebook or visit [ppbf.org.gg](https://ppbf.org.gg).

**Gary J Vaudin**

## South Show

Another year and another South Show to look forward to; a two-day summer community event celebrating the agricultural and horticultural heritage of the Southern parishes including St Peter Port.

This year it will be held on Friday the 14<sup>th</sup> (1pm-7pm) and Saturday the 15<sup>th</sup> (10.30am – 5.30pm) of August at St Martin's Community Centre and will feature hundreds of exhibits including locally grown fruits, vegetables and cut flowers, alongside baked goods and arts & crafts.

Inside the Community Centre you will find a broad range of stalls together with food and refreshments. The Show truly comes alive on Saturday afternoon with activities in the field, live music and the annual Dog Show run by the GSPCA.

The entry day for exhibits will be Saturday 8<sup>th</sup> August at the St Martin's Community Centre from 10am until 12.30pm. Please note, this is just to sign up your exhibits ahead of the Show. Exhibits can be staged on Thursday 13<sup>th</sup> August between 3.30pm and 9pm and on Friday 14<sup>th</sup> August from 7.30am until 9.30am.

Find us on Facebook – 'The South Show Guernsey' for more information. If you have any questions, would like an exhibit schedule or to become a member, contact [thesouthshow@gmail.com](mailto:thesouthshow@gmail.com). We look forward to welcoming you.

**Christine Guerin**



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# Rethinking Trees

Was it the beech towering over my bedroom window, growing up in Le Varclin? Or maybe my grandfather's encyclopaedic knowledge of his native Devon? Whatever it was that sparked my imagination, I've been drawn to trees for as long as I can remember.

I count myself lucky to work with trees and to help others to understand and enjoy them too. That's not always easy, especially after the recent storms. As our climate changes, it's time to rethink the way we live with trees. With a little thought, that relationship can be less worrying, destructive and costly. The damage of the past three years provides a chance to replant and reimagine the theme of our outdoor spaces, with an eye to the future.

Healthy trees are extremely strong and dynamic structures that move in the wind. Watch a big tree when it's breezy to see how it balances itself. It's practically dancing! They can usually take care of themselves but, like all living things, trees benefit from a bit of care now and again. As a property owner, being mindful of their needs and benefits - can go a long way.

Trees are often planted as screens but with little thought for the consequences. Historic planting of Monterey pine along boundaries can be dangerous and expensive when they eventually collapse. A large conifer may not be the right tool for the job. Think about planting different species to complement existing trees.

Try reframing the requirement: what is it that you wish to screen and from what? Consider perspective: maybe several smaller and more manageable species, planted at varying distances, will achieve the aim with more amenity and less cost, not to mention happier neighbours and insurance brokers!



I love trees but I'm also a pragmatist: a tree's long-term needs must also match yours if you are to live well together. Sadly, a beautiful tree planted in the wrong space will outgrow its welcome. If you do decide to replant, begin with an informed plan based on professional advice. With trees, it pays to think 10 years ahead and manage them in small ways before they bring big problems. Like us, trees do not live in isolation and felling is not always the answer. Some trees lost to Storm Goretti were left fatally exposed by unnecessary felling following the earlier Storm Ciarán.

A little foresight can see the right tree in the right place, with minimal management and maximum enjoyment.

**Hugo Ciotti**

[www.hcconsultancy.org](http://www.hcconsultancy.org)

Hugo studied Forestry & Arboriculture at Sparsholt College, Hampshire and is LANTRA qualified tree inspector.

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# Quiz Time

How well do you know you know the Parish of St Martin?

Constructed of stone, an *abreuveur* is a trough or watering place from which livestock, may freely drink. Also constructed of stone, a *fontaine* (fountain in English) encloses a source, spring or well of water.

The name *abreuveur*, also spelt *abreuvoir*, derives from the ancient and highly skilled profession of stonemasonry. It is an archaic and obsolete term for the interstice or joint between two stones that, to achieve watertightness, is filled with mortar.

The majority of *abreuveurs* and *fontaines* feature an area of a natural stone paving that, known in Guernesiais as *énn pavai*, prevents livestock from 'poaching', the term used to describe the trampling of wet ground and churning it into mud.

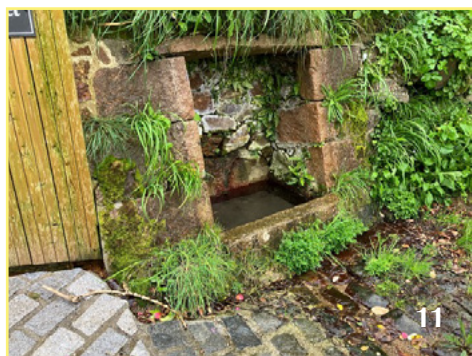
The following photographs depict fifteen of more than thirty *abreuveurs* and *fontaines* that exist within the parish and that are maintained by volunteers of the Douzaine.

Those shown demarcate the boundaries between neighbouring parishes.

Can you identify their location?

Answers are given on page 25







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# The Sunshine Island

## A brief look back at the Golden Age of tourism in St Martin.

Despite the multi-day heatwave that occurred little more than a month ago when, on 25<sup>th</sup> June, an all-time high temperature of 36.4°C (97.5°F) was recorded at Guernsey Airport, levels of sunshine were fractionally below average. Even so and beginning in the 1930s till around the early 1980s, Guernsey was prominently and widely promoted to holidaymakers and tourists as 'The Sunshine Island'. Like the title of this article suggests, it will briefly reflect on tourist accommodation that was then available throughout the parish.



Before the outbreak of World War II, a hotel by the name of La Marcherie existed on Icart Road. It was trading as a 15-bedroomed establishment in 1936 but by 1944, German Occupying Forces had demolished it. Granite from it was used to build a military cemetery on the site of what is now Baugy Estate off La Route de Jerbourg though bodies therein buried were subsequently exhumed and reburied within the military cemetery at Fort George. Nowadays, only a Norman arch doorway and a few low walls, luxuriantly overgrown, betray the former site of Hotel La Marcherie.

At the outset of the German occupation, one-time Hotel Beaulieu, now The Wicked Wolf pub, was commandeered for use as a General Staff Headquarters. It was later converted, however, to a *Soldatenheim der Kommandantur* (Soldiers' Home of the Field Command), a type of social club or rest and recreation centre that provided military personnel with a place to eat, drink, relax, write letters and socialise away from their duties.

Following the liberation of Guernsey in 1945, air and sea connections were reinstated and, in 1946, over 54,000 tourists visited the island. This marked the beginning of a post-war, mass-market tourist industry that, driven by the introduction of affordable promotional package holidays targeting British seaside vacationers, gained massive momentum during the 1950s.

At the industry's peak, during its heyday of the 1960s and early 1970s, the Island annually welcomed upwards of 250,000 visitors and tourism became a pillar of the local economy.

The hordes of tourists that flocked to Guernsey during those boom years required somewhere to stay and in St Martin's Parish alone, there used to exist in the order of 34 public hotels, 15 private hotels and 34 guest houses.

Throughout those years, too, there was an abundance of establishments offering bed and breakfast or dinner, self-catering holiday apartments in the form of bungalows, chalets and cottages and campsites located at La Bouvée Farm, Saints Farm and in fields at Icart. Among long bygone hotels, elderly parishioners might well recall Hotel Mont au Nord.

Established in 1947, it was located off La Route de Jerbourg and operated until the advent of the 1970s when it was superseded by the Idlerocks Hotel, itself recently demolished and reduced to rubble.

Nearby was the Continental Hotel that operated from the early 1980s till the late 1990s and is now Hotel Jerbourg. Also nearby was the Bungalow Hotel, Cliffways Private Hotel, Hotel Beau Site and La Falaise Guest House. Located atop the cliffs, those establishments commanded magnificent panoramic views over the outlying islands and the west coast of the Contentin (Cherbourg) Peninsula.

West of Jerbourg Point yet also commanding superb views of the sea and the rugged cliffs of the south coast were a string of establishments.



## The Sunshine Island - continued

The Windyridge Hotel, Moulin Huet Private Hotel, Hotel Bon Port and, on Icart Road, La Pastorelle Private Hotel, Saints Bay Hotel and Llandaff Lodge Guest House. From around the 1920s, Bon Port was a private property that was extended in 1963 and 1978 for use as tourist accommodation. It was opened as a hotel in 1989 but, sold in 2010, its doors were finally closed three years later.

Advertised in the 1960s as 'Guernsey's most famous address' was Ronnie Ronalde's Hotel at Les Merriennes. It was named after the stage name of its purchaser who, throughout the 1950s and 1960s, achieved fame as a British music hall artist, siffleur (whistler) and yodeller. Later named St Martin's Country Hotel, the establishment closed in the mid-2000s from which time it remained derelict till recently when it was demolished and, like the one-time Idlerocks Hotel, reduced to rubble.

A trawl of photo-illustrated holiday guides published by the States Tourist Committee in the 1960s and 1970s is like taking a walk down memory lane. Commanding spectacular views over Fermain Valley and the sea beyond was Le Chalet Hotel that, with its steeply pitched roof, resembled a Swiss alpine chalet. Within the vicinity was Les Hubits Hotel, The Ambassador Hotel and The Greenwood Trees Hotel, the latter located opposite Sausmarez Manor.



Le Chalet Hotel in its heyday

Currently in a state of significant disrepair and recently served with a Development and Planning Authority 'improvement notice' is St Margaret's Lodge Hotel. A private dwelling in 1883, it began trading as a country hotel from the early 1950s and was considerably extended over successive years. By the early 2010s, the hotel's once respectable reputation and physical condition had begun to deteriorate. Early in 2013 and owing to structural and operational issues, the States Commerce and Employment Department refused to renew the hotel's boarding permit, which led to a brief closure. After undergoing rapid upgrades, the building reopened in September 2013 under the new name of Forest Park Hotel.

The rebranding and restructuring, however, failed to save the business and, in 2016, a routine inspection revealed that the property had degraded to a point where it was officially deemed unfit for human habitation.

The States of Guernsey immediately revoked the hotel's boarding permit, forcing it to close its doors for good.

The long-term structural decline of tourism in Guernsey began in the late 1970s and was due to several factors that will feature in a future edition.

Heartfelt thanks to Peter Cann, a parishioner who furnished much of the above information.

**Gary J Vaudin**



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# Why Movement Matters

We've all heard the phrase "use it or lose it," but when it comes to our health, there is a great deal of truth behind those words. As we get older, staying active becomes one of the most important things we can do to maintain our health, independence and quality of life.

Movement doesn't have to mean running marathons or spending hours in the gym. It can be as simple as walking the dog, gardening, cycling, swimming, playing golf, enjoying the coastal paths around Guernsey, or taking part in local sports and community activities. The key is to keep moving regularly.

Our bodies are designed for movement. When we are active, we challenge our muscles, joints, bones, heart and lungs to work. This helps them stay strong and function effectively. Unfortunately, as we age, we naturally begin to lose muscle mass and strength. This process can affect balance, mobility and the ability to perform everyday tasks. However, regular physical activity can significantly slow this decline and help us remain independent for longer.

Exercise also plays an important role in maintaining bone health. Weight-bearing activities such as walking, jogging, strength training and racket sports help keep bones strong, reduces the risk of osteoporosis and fractures later in life.

Better strength and balance can also reduce the likelihood of falls, one of the most common causes of injury in older adults.

The benefits of movement extend beyond physical health. Many people find that exercise improves their mood, reduces stress and helps them sleep better. Physical activity stimulates the release of chemicals within the brain that promote feelings of wellbeing and can help reduce symptoms of anxiety and low mood. In today's busy world, taking time to move can be one of the best investments we make in our mental health.



Marathon men - author and colleague.

One common misconception is that aches and pains are a sign that we should stop exercising. While some discomfort should always be assessed if severe or persistent, many minor aches are a normal part of life.

They do not necessarily mean damage has occurred. In fact, appropriate movement is often one of the best ways to manage stiffness and maintain joint health. The challenge is finding the right type and amount of activity for your body.

Perhaps the most important message is that it is never too late to start. Research consistently shows that people who become more active later in life still experience significant health benefits. Whether you're returning to activity after a break or looking to maintain an active lifestyle, every step counts.

Movement matters because it allows us to continue doing the things we enjoy. Whether that means playing sport, travelling, gardening, spending time with grandchildren, or simply remaining independent, staying active helps us maintain the freedom to live life on our own terms. Rather than viewing exercise as another task on the to-do list, think of it as an investment in your future health. Your body is designed to move; it will thank you for continuing to do so.

**Alex Duncan**

CMC Wellbeing  
66 La Grande Rue, St Martin

Alex is a qualified sports rehabilitator specialising in musculoskeletal injuries, exercise rehabilitation, running biomechanics. He works with people of all ages to help them stay active, recover from injury & maintain long-term health & wellbeing.

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## Quiz Answers

1. Les Hubits de Bas
2. Le Varclin
3. La Bouvée
4. Les Courtes Fallaizes
5. La Ville Amphrey
6. Le Rocher
7. La Fosse de Bas
8. La Route des Saints
9. La Villette
10. Les Pages
11. Les Pages
12. Les Nicolles
13. Les Mouilpieds
14. Le Becquet
15. Les Mourants

# Minister's Musings

These summer months should be times of rest - time to recharge the batteries before everything starts back up again in September. I hope you will have some time to do that and that whether you stay here or go away, the weather will be kind for you.

The recent warm weather is a bit like marmite, isn't it? Personally, I'm not keen when it gets too hot! I remember my first experience of a really hot summer was in 1976. I was in Plymouth then and we even had standpipes to collect water, there was such a drought! We take water for granted, don't we, having to walk to the pipe and stand in line to fill our buckets was a new experience. The novelty soon wore off but it made us think about how we used the water we had. Of course, for many people in the world, this is still a daily reality.

We are so privileged to have a lovely garden behind Les Camps Methodist Church and have now made something for you to explore; our new 'Creation Garden'. This is a self-guided seven-stop tour and whether you have a few minutes to spend while waiting for the bus, or longer to sit and enjoy the restful space, please come and use it.

Each stop on the tour takes you to one of the days of creation and there is an Explorer Sheet that can be downloaded for younger folks to use. If you're looking for an activity for the children, bring them along and maybe have a picnic!

As we travel to the bank holiday weekend, a labyrinth may appear on the grass! Labyrinths have been used for generations to give space and time, to get in touch with our spiritual nature and even to meet with God.

The idea is to walk the labyrinth slowly and meditatively. Many people like to bring a question they're thinking about, maybe a decision that needs to be made. As you enter the labyrinth, think of that question or decision. Hold it in your mind and take several deep breaths. Then start to walk and allow your mind to notice how you're feeling and what you need to do. When you reach the centre, this is the place to wait a while, starting to feel your way to the beginning of some clarity. As you turn and walk back, allow the decision or thoughts to rise within you.

If you come to the South Show, you will find us in a Gazebo with Forest Methodist Church on Saturday 15<sup>th</sup> August from 11am-4pm. There will be give-aways and activities for children - so please drop by and say 'Hi'.

However you spend these months, I pray you will find some rest and peace, to restore you if you've been feeling a bit low. I hope that our garden and the events we're putting on will help you on your journey, with something for yourself and time to gather and have fun with others.

**Anne Richardson**  
Methodist Minister

26 We will need to replace the roof of the Church in a few years so we are beginning to fundraise. Money raised from the GU10 concert and any donations will go to that fund.



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Discover God's Wonderful World

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Pause to pray, reflect, or simply enjoy the beauty of nature in our wildlife and pollinator-friendly garden.

Whether you have five minutes while waiting for a bus or longer to linger, you're warmly invited to explore at your own pace.

**DAY ONE LIGHT**

**1 STORY TIME**  
Before anything else, there was darkness. Then God said, "Let there be light!" And light filled the world.

**2 SCRIPTURE READING**  
Genesis 1:1-5  
A reading from Genesis: "God saw that the light was good... there was light, and there was light. God saw that the light was good."

**3 REFLECTION**  
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LIMITED PLACES EACH WEEK - PLEASE BOOK

## CHILDREN'S SUMMER BAKING

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# Community Cookery

If you were passing the Community Centre in June on a Thursday afternoon you may have smelt some fabulous cooking smells as we ran a wonderful collaborative pilot project with Health Improvement Commission, Guernsey Institute and St Martin's Community Centre.

As many of you will be aware we have a fully equipped kitchen and we knew having this wonderful resource, collaborating with some fabulous charities and other organisations we could run a successful pilot project and see where it took us.

Initially we met together to discuss what we thought we could offer. We wanted people to learn new skills, explore new recipes and leave the session with a meal for their family they could enjoy that evening.

We were so thankful that Rivelino, a professional chef from The Guernsey Institute, agreed to come on board. Having a professional chef as part of the project really gave it that professionalism and we knew we were in safe hands.

Rivelino knew what recipes would be well received, how we could make the most of the sessions, how we could share skills, support people and make the project a success. He didn't disappoint.

The project was promoted in all media outlets and we were blown away with the uptake and were fully booked with a waiting list.

We ran three different sessions making stir fry, chicken kebabs with cous cous and frittata with carrots and rice - see examples on following pages.



# Vegetable Frittata

*A hearty baked Frittata packed with potatoes, leeks, peas & peppers - great for a crowd*

**Serves:** 4-6 | **Prep time:** 15 mins

**Cook time:** 35-40 mins

**Oven:** 180°C / fan 160°C

## Ingredients

- 7 large eggs
- 83ml milk
- 167g potatoes, peeled and diced into 1cm cubes
- ½ leek, sliced into rounds
- ½ medium onion, finely diced
- ¼ green pepper, diced
- 50g peas, fresh or frozen
- 1 garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ tablespoon oil, for frying

## Method

1. Preheat the oven to 180°C / fan 160°C.
2. Parboil the potatoes in salted water for 6-7 minutes, until just tender but not falling apart. Drain and set aside.
3. Heat the oil in a large oven-safe pan or wide skillet over medium heat. Add the onion and cook for 3 minutes.

4. Add the leek, green pepper and garlic, then cook for a further 5 minutes until softened.
5. Stir in the peas and parboiled potatoes. Season with the salt and black pepper.
6. In a large bowl, beat the eggs with the milk until well combined and slightly frothy.
7. Spread the vegetable mixture evenly across the pan or baking tray. Pour the egg mixture over the top, allowing it to settle through the vegetables.
8. Bake for 25-30 minutes, until the egg is fully set in the centre and the top is lightly golden. A knife inserted in the middle should come out clean.
9. Allow to rest for 5 minutes before slicing. Serve warm.

## Notes:

For large-batch catering, divide across multiple trays. The frittata holds well and can be made ahead. Reheat covered with foil at 160°C for 10-12 minutes.



## Community Cookery - continued

Some comments from people who attended the course;



'Lovely to meet you , great fun today and very helpful, really enjoyed it thank you' – Kate

'I found the cookery project very helpful, easy to prepare and fun to do. The whole experience was very enjoyable and the chef and team were great. Bonus was our dishes were done' – Barbara

This was just a pilot project, and we will be reviewing it soon to decide what our next steps will be. If you would like to find out more or have any ideas of what we should be offering at the Centre, please do contact us, we would be delighted to hear from you.

**Rebecca Silk**  
Operations Manager



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## Carrot Rice

*Fluffy long-grain rice with sweet carrots, onion, garlic & stock - a simple, comforting side dish*

**Serves:** 3-4 | **Prep time:** 10 mins  
**Cook time:** 20-25 minutes

### Ingredients

- 300g long-grain rice
- 3 carrots, peeled and finely diced or grated
- 1 medium onion, finely diced
- 1 garlic clove, minced
- ½ teaspoon salt, or to taste
- ¼ teaspoon black pepper
- ½ tablespoon oil or butter
- 600ml water or vegetable stock

### Method

1. Heat the oil or butter in a large, heavy-bottomed pot over medium heat. Add the onion and cook for 4-5 minutes, until softened and translucent.
2. Add the garlic and carrots, then cook for a further 3-4 minutes, stirring, until the carrot softens slightly.

3. Add the rice and stir well to coat each grain in the oil and vegetable mixture. Toast for 1-2 minutes, until the rice smells slightly nutty.
4. Pour in the water or vegetable stock. Add the salt and black pepper, stir once to combine, then bring to a rolling boil.
5. Reduce the heat to the lowest setting, cover tightly with a lid and cook for 15-18 minutes. Do not lift the lid during this time.
6. Remove from the heat and leave covered for 5 minutes. Fluff with a fork, taste and adjust the seasoning if needed.

### Notes:

- Grating the carrots gives a more even distribution and a slightly sweeter flavour as they soften into the rice.
- For extra aroma, add a bay leaf with the stock and remove it before serving.
- Serve warm as a side dish with roasted vegetables, grilled meat, fish or stews.



# Eleanor Foundation - update

The temperature is in the thirties as I sit down to write this update at 5pm in the evening. I cannot help but think how appropriate it is as we have all appreciated the availability of fresh water during this recent heat wave. How easy to go to a cold-water tap and draw a cooling, refreshing glass of water or sluicing down in a cold shower or swimming pool.

It is all so resonant of the work of the Eleanor Foundation which featured in The Cloak some months ago. We have received an update from Allister Carey who was in Tanzania recently. Allistair writes:

'While there, we went to Mutundu Primary School to view the extra work done to enhance the toilets. Water from the nearby borehole that we installed is being delivered by pipe and is now available for drinking, hand washing and cleaning purposes.



Delivery of water from the borehole.

I've attached some pictures including a drone shot. The building on the right in the drone shot are the former toilets that will be demolished shortly.



Aerial picture of the new & old toilet block

This has been a really good project that is delivering all that we anticipated. Thank you again for the support!



Toilets in excellent condition & highly valued.

It is wonderful to see the effect that our Community Centre has had. If you would like to learn more or make additional donations, please go to [www.eleanorfoundation.co.uk](http://www.eleanorfoundation.co.uk)

**Richard Corbin**

Eleanor Foundation is a Guernsey registered charity (CH425) and member of the Association of Guernsey Charities.

## PARISH INFORMATION 2026

The Constable's Office is open 9am until 12.30 noon Monday to Friday  
If you would like to speak to the Constables, they can be contacted through the numbers below.

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| Parish Hall Caretaker | 07911 729761                 |
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