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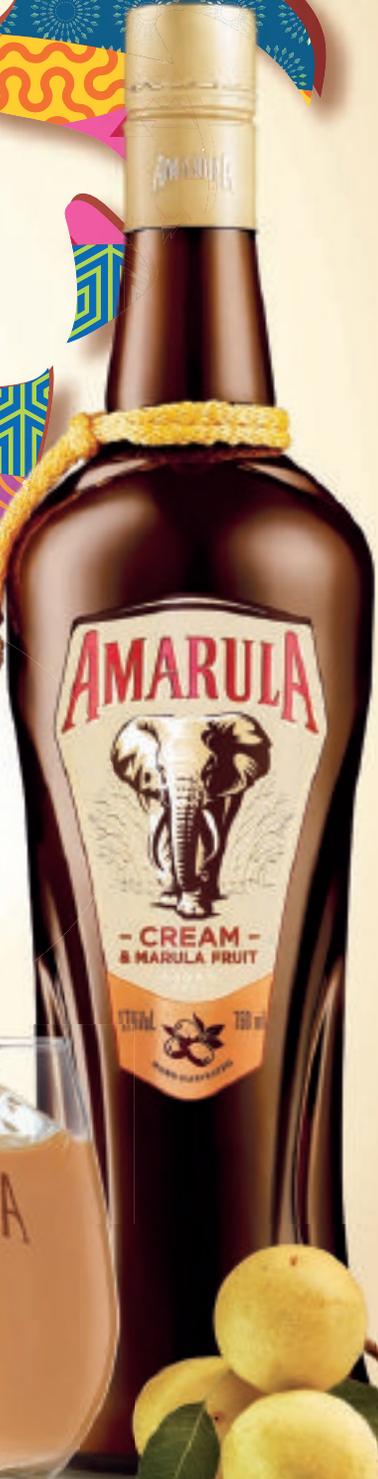
LAURA DERN

THE LITTLE WOMEN STAR
ON FEMALE STRENGTH





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Vera is published on behalf of Virgin Atlantic by Ink. All correspondence should be addressed to: Vera, Ink, Blackburn House, Blackburn Road, London, NW6 1RZ. ink-global.com



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Printed on Roto Green Silk 100% recycled certified paper



WHAT'S IN THIS A-LIST ISSUE



22

Trailers



46



21

Shorts

5 The inside scoop
Wedding crashers, blind sharks, clown face-offs and more.

On location

13 Suite life
Check in to Santa Monica's hip Proper hotel.

14 Action sequence
What's up with our game show obsession?

16 Be an icon
Kick ass like Bruce Lee at his favourite Seattle hangouts.

18 Reel to real
Hunting for uber-cool art inside Mumbai's taxis

21 Good taste
Teatails are the new cocktails. Bottoms up.

22 Hello, San Francisco
Our cinematic guide to The Golden City.

Features

30 Big little woman
Actress Laura Dern talks climate change, feminism and bingeing on box sets.

38 Upstairs Downstairs
Could you cut the mustard at England's most prestigious butler school?

46 Say hello to my little friend
Meet the Hell's Kitchen chefs tearing up the rulebook of city dining.

Onscreen

60 Movies
Gemini Man, The Peanut Butter Falcon and more.

66 TV
Good Omens, Cartel Land, Black Monday and more.

72 Music
Jimmy Eat World, Dr Seuss, Foals and more.

Credits

77 Virgin Atlantic news
Sky-high marriage proposals, People Playlists, job inspiration and more.

82 Sustainability
Tips and tricks to offset your travel footprint in 2020.

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The manual GUEST WORK

Leave toxic types like **Maleficent** out of your nuptials. You'll thank us later



Ahhh weddings. Warm fuzzy occasions full of well-wishers? Or pressure cookers of family politics? No... Tarquin can't be a page boy. Keep the peace by managing this lot.

1) The over-zealous godmother. If, like in *Maleficent: Mistress of Evil*, yours knocks about with a raven, or sporadically bursts into green flames, make it an evening-only invite. Finding a hat to fit those horns would be a hassle anyway. **2) The pining love interest.** Unless you want someone making a play for your fiancée mid-ceremony like Owen Wilson in *Wedding Crashers*, hit delete.

3) The competitive mother-in-law. If the groom's mum wears white, à la Jane Fonda in *Monster-in-Law*, have a well-timed canapé spill and a spare outfit lined up. **4) The jealous bridesmaid.** Two of the bridal party at war like in *Bridesmaids*? Pick your favourite. Who needs two friends anyway? **5) The grandma with a grudge.** If you suspect the temptation to poison your fiancé may be too much for nana, as with Lady Tyrell in *GOT*, keep her away from the wine. **6) The dozy vicar.** Pick an officiator who can get their words out, unlike in *Four Weddings and a Funeral*. Unless you want the blessing of 'the holy goat'.

The trend

YOUNG ONES

De-aging tech is literally changing the face of Hollywood, with **Gemini Man** leading the way



WORDS SARAH NEISH. PHOTOS GETTY IMAGES, ALAMY.

 **The mythbuster**
Could the blind sharks in **47 Meters Down: Uncaged** really hunt us down with no eyes?

You find yourself in pitch-black water, wearing an inexplicably small bikini, with a rogue species of ancient sharks that have evolved to have no eyes circling you. Is it game over? Probably, says marine biologist Blake Chapman, who is the author

of *Shark Attacks: Myths, Misunderstandings and Human Fear*.

"The idea of blind sharks being able to hunt may not be completely unrealistic," she explains. "Sharks have back-up plans for just about any scenario nature can throw at

The one-liner

“So what? I ate an éclair out of a garbage can!”
Larry David, *Curb Your Enthusiasm*



Ronald McDonald
The only scary thing about this flame-haired freak is his ability to stand between you and a Big Mac.



Krusty
The cynical, chain-smoking clown from *The Simpsons* might be a hot mess, but is still a firm fan favourite.



Dumbo clowns
They ply Dumbo with booze, causing the trippy pink elephant dream that scared the bejesus out of us as kids.



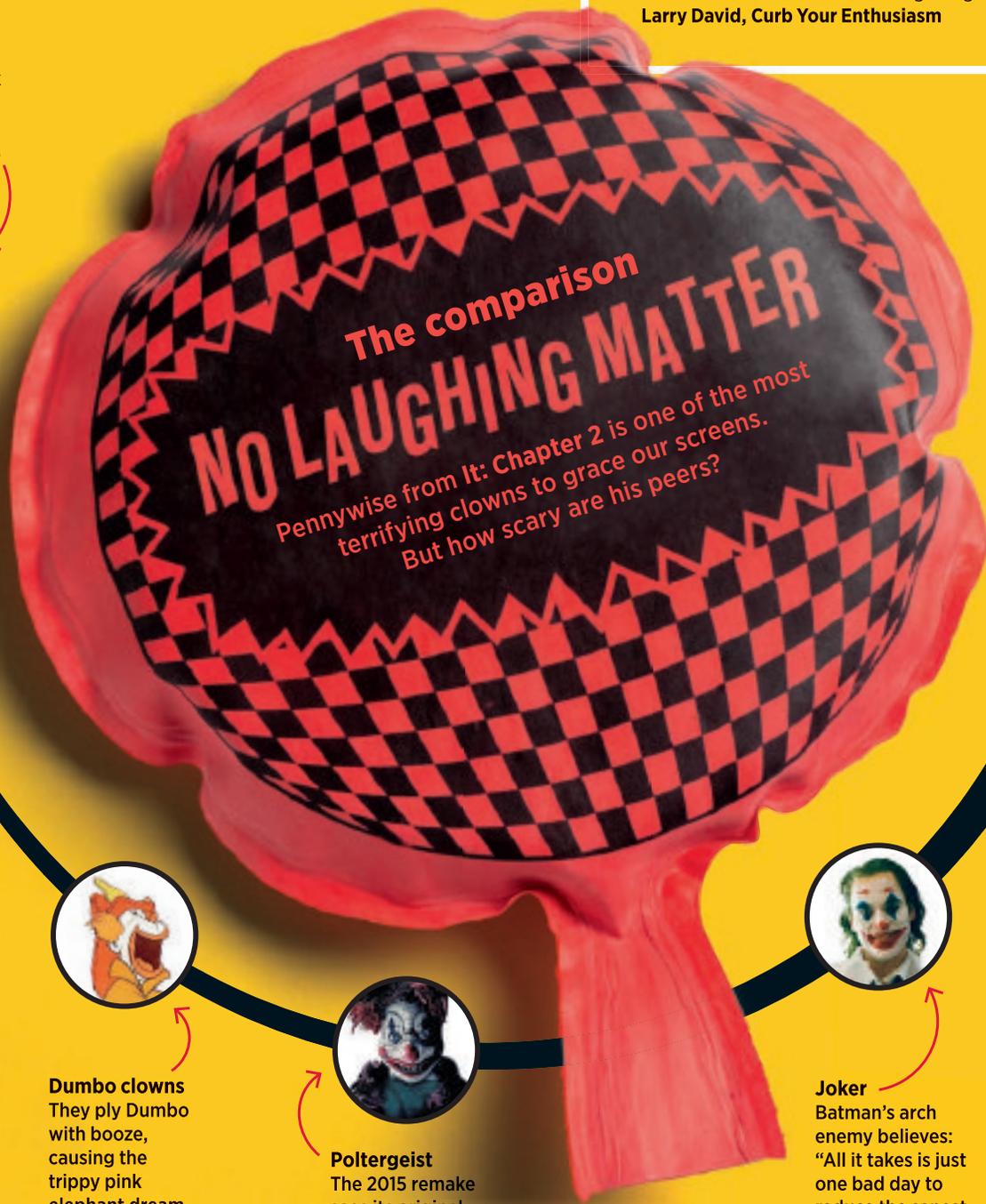
Poltergeist
The 2015 remake sees its original clown back, only this time with its nose on a string. Creepy as hell.



Joker
Batman's arch enemy believes: “All it takes is just one bad day to reduce the sanest man to lunacy.” We hear you.

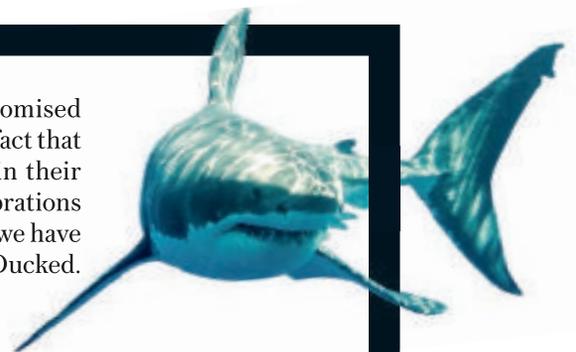


Pennywise
The demonic clown is a deadly combo of chilling and clever. We'll never look at a red balloon the same way again.



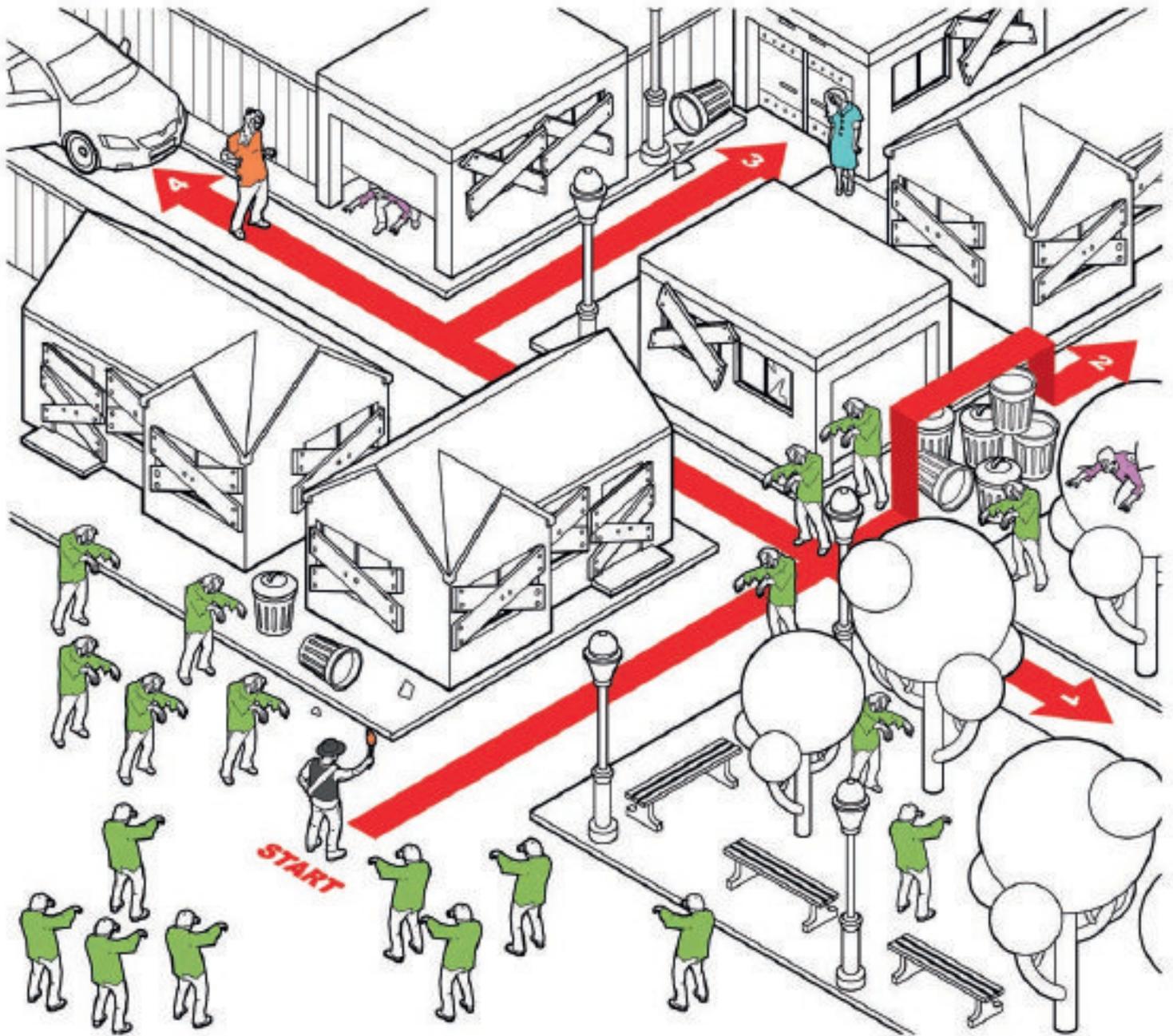
them. So, if light was no longer available, I wouldn't be surprised if they evolved to survive without sight. There are species like the deep-sea goblin shark, that rely very minimally on vision – and the Greenland shark is often infected by parasites on the

eye, but doesn't seem to be compromised hunting-wise at all.” Add to this the fact that sharks also have electroreception in their hunting locker – they can sense vibrations from a few body lengths away – and we have to admit we'd be absolutely Donald Ducked.



The manual WALKING DREAD

Choose your route through our **Zombieland: Double Tap** escape room. Good luck!



KNOW YOUR ZOMBIES



Homers: Slow-moving, stupid and ten a penny



Hawkins: Dexterous. Able to open locked doors



Ninjas: Stealthy buggers. Can climb and jump



T-800: Zombie 2.0. Faster. Stronger. Smarter.

Route 1

Escape through the park

Take the first right turn through the trees. They'll offer valuable coverage from the lumbering undead, right? Wrong. A Ninja punches from the branches above.

Verdict: Game over

Route 2

Face up to the Homers

Take your chances dodging the lurching, braindead creatures in their hundreds, hurdle upturned bins, and the odd dismembered arm, and make it home for tea.

Verdict: Sweet survival

Route 3

Hide out in a bunker

You spy an abandoned nuclear bunker and lock yourself in to wait out the attack. Except, along comes a crafty Hawkins that's learned how to open doors. Rats.

Verdict: Adios amigo

Route 4

Make a dash for the car

Hotfoot it towards your escape vehicle. They'll never be able to keep up once the engine's running. Dang. That was the last film. The new T800 is a super sprinter. Argh!

Verdict: Minced meat



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The hot take

INVISIBLE MAN

Chasing an escaped con artist around the world is knacker, as FBI agents found when they tailed the subject of true crime doc **\$50million Art Swindle** for nearly 20 years

TIP
A wine glass is easier to sing into submission than any other glass, thanks to its size and shape



The measure

Pavarotti style vocals can smash a glass at 105 dB. How loud is that?



Breathing
10 decibels



Rainfall
50 decibels



Electric drill
95 decibels



Thunder clap
120 decibels



Plane take-off
140 decibels



Name: Michel Cohen
Occupation: Shady art dealer
Crime: Multiple art frauds
Flight risk factor: Off the charts



1. New York, USA
After making a packet in the '90s flogging Picassos and Monets to wealthy New Yorkers, rogue art dealer Michel Cohen lost it all on the stock market. Cue mass swindling of auction houses and collectors to pay off his debt.



2. Rio, Brazil
When the truth comes out (crime never pays, kids...) he hotfoots it to Rio where he's captured by Interpol and thrown in jail in 2003. Seven months later Cohen escapes prison by asking to be taken to hospital, leaping out of the car on route, and legging it like Usain Bolt on Red Bull.



3. The Amazon
Disguising himself with a baseball cap and cheap sunglasses, and with FBI agents scrambling to find him, Cohen begins a treacherous six-month hike across the Amazon to French Guiana.



4. French Guiana
After seven months hiding out in Guiana, a penniless Cohen flies to France where he often survives on just sugar and water. We bet he had plenty of time to reflect on Da Vinci's The Last Supper.



5. Undisclosed, France
In 2008 Cohen is reunited with his family in France, where he still lives today. Crafty film director Vanessa Engle achieved what 17 years of FBI resources could not, by tracking down Cohen who tells her: "It's not in my mentality to have regrets."



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On location



Hotel Proper SANTA MONICA

This chic oceanfront property offers the very best of Californication

You might stay here for the elegant palm-filled decor, the pet-friendly policy (hello super cosy dog beds) or the wonderfully therapeutic spa offerings, but eventually all roads lead upwards as Proper boasts the only rooftop pool deck and bar, on the Westside. Cue embarrassing hand gesture.

Kick back on a comfy lounge and watch the live entertainment (read: selfie-snapping fellow guests), or sidle over to bar/restaurant Calabria to get stuck into one of their excellent soft shell crab sandwiches. Ocean-view refreshments, whether you go for a matcha smoothie or a Washed Ashore, made with tequila, prickly pear, citrus and algae, will set you up for painting the town red.

And with the neighbourhood's finest nightlife just a hop, skip and a jump away there's little chance of getting lost ("Another cocktail please bartender!"). In fact, you barely have to move to find one of the hottest dining tickets in town. Just downstairs at

restaurant Onda, you can watch Californian royalty sashay in to nibble on charred octopus and smoked pork jewel topped with fiery habanero sauce.

Show your hangover who's boss the morning after by grabbing one of the hotel's surf boards and paddling out to certain cramp, sorry, calm. Or avail yourself of a private lesson with a local surf champion, arranged through hotel reception, to learn how to tell your barrel wave from your backside.

Once you're done wiping out, why not reset with a turn around the popular Farmers Market? It's one of the best in California and a great place for a spot of stargazing, as famous Hollywood faces swing by on Saturday mornings to load up on organic fruit and veg. Talk about rock and roll.

It won't be long before the rooftop at Proper is calling you back to its warm embrace like Marlin the clownfish hollering for his son Nemo. It's time for forty winks by the pool. Anything else just wouldn't be proper.

✖ *Fly to Los Angeles*



Rooftop gems

Get a bird's-eye view at these California spots



Ocean Terrace

Panoramic views of La Jolla Cove and a 19-strong cocktail menu are reason enough to swing by.

.....



Spire 73

This downtown LA haunt is the highest open-air bar in the Western world, with a fire pit to stay snug.

.....



Single Thread

The rooftop garden at this top restaurant boasts stunning vineyard views of Sonoma wine county.



Play your

CARBS RIGHT

A new immersive dining experience in London feeds into our enduring love for the game show

Game show host Mitch Glimmer is having a workplace dispute with a microwave, and not because it's overcooking his lunch. Instead, the Snack-a-Max 2000 is talking back to him, stealing his punchlines and making moves on his co-host Madge. All the while, contestants sit on a rotating platform and attempt to catch balls in foam buckets attached to their heads.

Sound strange? Not in the retro-glam world of TV Dinners: a 90s-inspired culinary game show and the latest instalment from London's immersive dining pioneers Gingerline. "We wanted to create a fun experience that borrowed from the classic game shows we remember from

Say what you see

Which game shows spawned these legendary catchphrases?

our childhoods,” explains co-founder Suz Mountford. “I grew up devoted to *Supermarket Sweep* and *The Generation Game*, and game shows are still a weekly viewing event today with families sitting down to enjoy them together. We loved the idea of pairing that kind of nostalgic theatre with a dining experience.”

There’s no getting away from the fact that the game show is one of the most-loved formats on TV, drawing audiences in their millions and outperforming prime-time shows like *The X Factor*. Whether it’s brain-busting classics such as *Mastermind* and *Countdown* or rip-roaring iterations like *The Chase* and *Pointless*, they keep us gripped, convinced that surely we could do better if only given half a chance. Cilla Black bought hats for the weddings of contestants match-made on *Blind Date* (shout out to “Our Graham..”), Chris Tarrant transformed peoples’ fortunes on *Who Wants to Be a Millionaire* (and, let’s face it, ruined many a friendship via the ‘Phone a Friend’ option). *Deal or No Deal* even managed to revive Noel Edmonds’ career after a surreal, and some might say, disturbing decade-long duo with Mr Blobby.

“The best game shows engage their audience so they can play along and solve puzzles at home,” says Gary Chippington, creative director of entertainment at STV (the production company behind *Catchphrase*). “You want viewers to identify with contestants, root for their



favourites and share in all the drama.”

Most important of all is the “genuine warmth” the shows radiate. Whether contestants play for big cash prizes or simply bragging rights, the format offers a tonic against the cynicism splashed across our daily news feeds. “Game shows are our TV comfort food,” he reveals.

Back on the set of the TV Dinners experience, diners are divided into colour-coded teams, meaning that once you sit down at your table you’ve joined a tribe.

“It helps people bond, which is important as they’ll have to work together to win food,” explains Mountford. And so begin the hunger games; a series of challenges based on culinary know-how, from identifying mystery ingredients to going head-to-head in quick-fire rounds, all in pursuit of points, which – you guessed it – mean (edible) prizes.

Between rounds, players tuck into a four-course meal of retro dishes like coq-au-vin and beef bourguignon, peppered through with surreal interactions with the off-air hosts. The penultimate game is a buzzers round, with correct answers winning each team the right to select the dessert they’ll get to munch on (our table misses out on the Black Forest gateaux and lemon meringue pie but nabs a tasty Peach Melba). Like real-life TV game shows, the experience provides a delicious dose of escapism, no matter where your team ends up in the league table. After all, everyone’s a winner with TV Dinners.

Above *Wheel of Fortune* has contestants in a spin Left *TV Dinners* combines the thrill of game shows with amazing food



WORDS: IMOEN ROWLAND, PHOTOS: ALAMY, GETTY

“Nice to see you...”

To see you... nice!” Conveyor belts, Brucey and retro car prizes.

- a) The Price is Right
- b) You Bet
- c) The Generation Game

“Our survey says...”

Eh-uhhhh. What bewildering answers did the public give?

- a) Wheel of Fortune
- b) Family Fortunes
- c) The Cube

“You are the weakest link...”

Goodbye! Contestants were in for a right roasting.

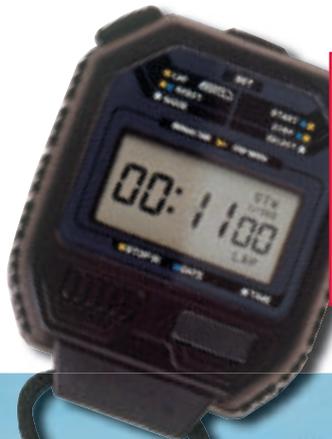
- a) Bullseye
- b) The Weakest Link
- c) University Challenge

“No likey... no lighty”

Who’s coming down in the love lift? Dear god, not to that tune.

- a) Take Me Out
- b) All Star Mr & Mrs
- c) Blankety Blank

✕ Fly to London



Fists of fury

Challenged to a fight by a stranger in 1962, Lee headed to the downtown YMCA to settle things. It took the master all of 11 seconds to take his rival down.



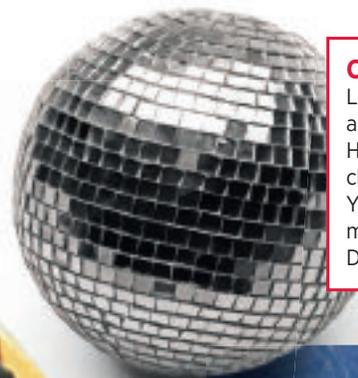
Dishing it out

The martial arts star's favourite restaurant was Chinatown's Tai Tung where he would regularly demolish bowls of their beef with oyster sauce.

Bruce Lee's

SEATTLE

Move as fast as the kung fu legend's feet and visit his favourite haunts. Chop chop



Cutting a rug

Lee loved dancing and was crowned the Hong Kong cha-cha champion in 1958. You can copy his moves at the Bellevue Dance Studio.



High on love

Lee and his wife Linda Emery had their first date at the Space Needle. The charmer gave her a troll doll with pink hair as a gift (don't ask us why).

✂ Fly to Seattle

Wax on, wax off

When Lee wanted to kick back he would head to nearby Lake Washington where he could often be seen meditating on one of the docks. Woosaaah.

WORDS: PIERRE DE VILLIERS. PHOTOS: ANDREA LEOPARDI, TAYLOR SIMPSON BOTH ON UNSPLASH. ALLSTAR, ALAMY, STOCK FOOD, GETTY IMAGES

20 artists
12 countries
58 new works

SF^{MO}
MA



Oct 26—
Feb 17

SOFT POWER

Eamon Ore-Giron, *Infinite Regress LXXIV*, 2019 (installation view)
Photo: Adam Jacobs

Major support for *SOFT POWER* is provided by Shawn and Brook Byers, the Ford Foundation, Diana Nelson and John Atwater, and Katie and Matt Paige.

 FORDFOUNDATION

On the WAGON

We all know great art can be moving – but can it actually move you? All hail the new trend for tarding up taxis

It was a hot summer's day in Mumbai when *Hindustan Times* reporter Rachel Lopez hailed a taxi and stumbled across what would fast become her new obsession.

“The ceiling inside was decorated with giant prints of strawberries in garish colours like purple and green. It was hideous... And I instantly fell in love.”

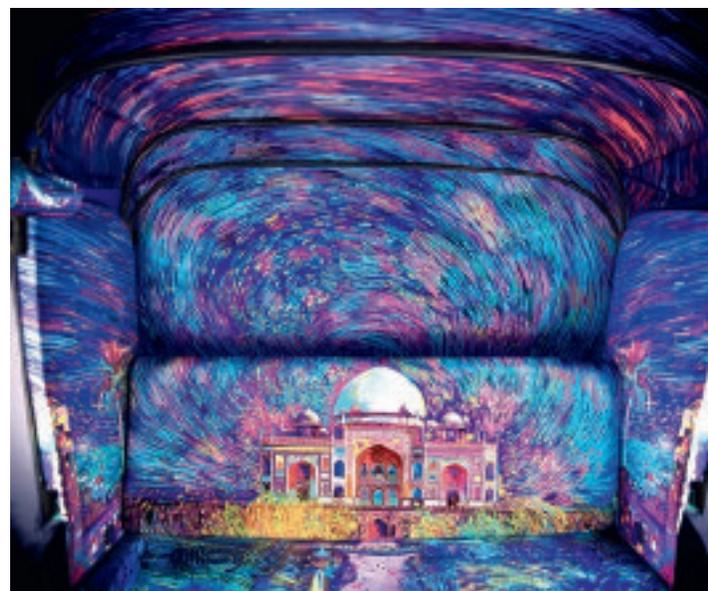
That moment led Lopez to nearly 9,000 followers on Instagram via her selfie-led account (@thegreaterbombay) which documents the absurdly kitschy designs splashed inside Mumbai's 55,000 taxis.

“For the drivers, the artwork actually serves a practical purpose,” she explains. “When the cars leave the factory they have felt ceilings and fabric interiors, which are hard to keep clean. So when drivers take their new cars to the garage to be fitted with meters, the mechanics coat the upholstery in plastic sheeting to protect it.” The eye-boggling prints on these plastic coverings turned out to prove pretty popular with the drivers, many of which decided to keep them. “Geometric patterns and fruit motifs crop up a lot. But others have gorgeous Art Deco details,





Far left A Rachel Lopez selfie
Below Rickshaw art in Delhi
Left Dashboard figurines in Hong Kong Below left Tleane with one of his photos Bottom Flat out from making art



brake pedal” – but she hopes her work shines a spotlight on “a wonderful micro phenomenon, that’s not celebrated nearly as much as it should be”.

Few cities on Earth, however, claim such a profound relationship with their taxis as Johannesburg. “The South African taxi industry started out as an illegal transport system during apartheid,” explains local photographer Kgomotso Neto Tleane. The government at the time insisted people used trains and buses, and with the vast majority of taxi license applications refused, especially from black applicants, ferrying people from A to B came at the risk of a drivers’ freedom.

It was Tleane’s fascination with this link that led him to choose one of the city’s

busiest taxi ranks as the location for his latest exhibition, displaying his candid shots of cabs going about their business in the exact space people wait for their rides.

“It’s about making art accessible to everyday South Africans,” he says. “These vehicles transport some 15 million people daily, so it’s opened up a dialogue around a subject everyone can relate to.”

It’s no secret taxi firms across the globe are feeling squeezed by giants like Uber, so introducing an element of creativity and beauty could be one way of winning the edge over the competition. “With the shift away from owner-drivers, it’s a clever way for people to stop their livelihood becoming a dying art,” says Haworth-West. We’ll turn our light on for that.

or William Morris flowers,” adds Lopez, who is planning an exhibition of her work later this year. “It’s like one big dispersed art gallery, running loose and in constant motion all across Mumbai.”

It’s not the only place accelerating art to a new level. Over in Hong Kong, drivers are using their dashboards to create quirky tableaus of pop culture icons. Allison Haworth-West began snapping these distinctive dashboard dioramas for her book *Taxi Art (OneAsia)*. From lucky cats, manga characters and action figures to racing cars and Buddhist icons, the eclectic displays provide a window into the lives and expressions of Hong Kongers. “Most people live in very small flats. So a taxi driver’s car is his personal domain, his kingdom, where he can express himself however he chooses,” says Haworth-West.

Capturing the images for her book was a challenge in itself – “Hong Kong drivers aren’t known for their subtle use of the



Tick the bucket

It's the new year, so resolve to have a Sandals holiday in 2020

Nobody in the Northern Hemisphere looks forward to January. Once your eyes (and head) clear on New Year's Day, the reality strikes that the holidays are over, and when you're not scraping ice off your car windshield or fighting the cold on your commute to work, you're dreaming about summer.

There are two ways people typically cheer themselves up at this time of year: they make New Year resolutions, or they plan a holiday in a warm climate to give them something to look forward to. But why not combine the two by making 2020 the year you finally tick an item off your bucket list? Something like, say, a luxury all-inclusive Caribbean holiday from Sandals.

After all, it's the perfect holiday destination, with all-year sun, dreamy beaches and crystalline waters – and Sandals has resorts on six of them to choose from: Antigua, Grenada, Jamaica, St Lucia, Barbados and the Bahamas.

The fact that Sandals has been voted the world's leading all-inclusive resorts for 24 consecutive years at the World Travel Awards means you'll have something to really look forward to. It has locations on the best beaches those islands have to offer – and always in the calmer areas away from the crowds. Its rooms are as luxurious as they come, like the romantic Love Nest Butler Suites, with private Tranquility Soaking Tubs for two on the balcony, or the Over-the-Water Suites, which have glass floors and hover above the sea.

Then there's the long list of activities. You can pump that adrenaline with water skiing, scuba diving*, kayaking and paddle boarding. You can play tennis, get sandy with beach volleyball, or swing your way around the prestigious golf courses. It's all included and comes with expert tuition.

And after your exertions, you can refuel with Sandals' 5-Star Global Gourmet dining programme, which offers up to 16 speciality restaurants in each resort. Open at all times, you can eat what you want, when you want and – again – it's all included.

Last month it was a jolly, bearded man who made a very important list. This January, it's your turn.

To book your Sandals holiday, call 0800 742 742, visit sandals.co.uk, or see your local Virgin Holidays store

Sandals



Leaf it OUT

A new Hong Kong bar crafts its drinks using tea from all over the world

The newest addition to Hong Kong's booming bar scene is much more than a storm in a teacup, though we wouldn't rule out finding one of those here too. New drinking den Tell Camellia makes all its boozy brews using carefully chosen tea leaves from around the world, with the heart of its aromatic elixirs hailing from as far flung as Japan, Kenya, Sri Lanka and Australia.

Tucked away inside the Central district's hipster H Code building, the bar is headed up by award-winning drinks duo Gagan Gurung and Sandeep Hathiramani – and is the only joint in Hong Kong where “the tea comes first and the alcohol comes last”. Punters can choose from ‘teatails’ or a long list of funky ‘tea and

Below
There's no need for the milk before the teabag debate with these boozy brews



tonics’, the flavour of each drink denoted by the colour of the recycled tea leaf in your glass. “The flavours and aromas of different teas are perfect for experimenting,” adds Hathiramani. “A black tea from one country can taste completely different to a black tea from another due to its terroir and methods. Smoky teas, for example, are great with dark spirits, while blended teas can be used to create more subtle flavours and complexity.”

Order the ‘Japan’ and you’ll be handed a smooth wooden cup filled with re-distilled, evaporated matcha tea blended with shochu, pumpkin seeds, mint, fermented soybeans, and dusted with plankton. The ‘Sri Lanka’ swirls Ceylon tea with wine, rye whiskey and whiffs of coconut and basmati rice, while the ‘Kenya’ combines Marinyn tea with banana, sweet potato and the bonkers-sounding cornflakes-infused tequila. We wouldn't miss it for all the tea in China.

✕ *Fly to Hong Kong*



HELLO

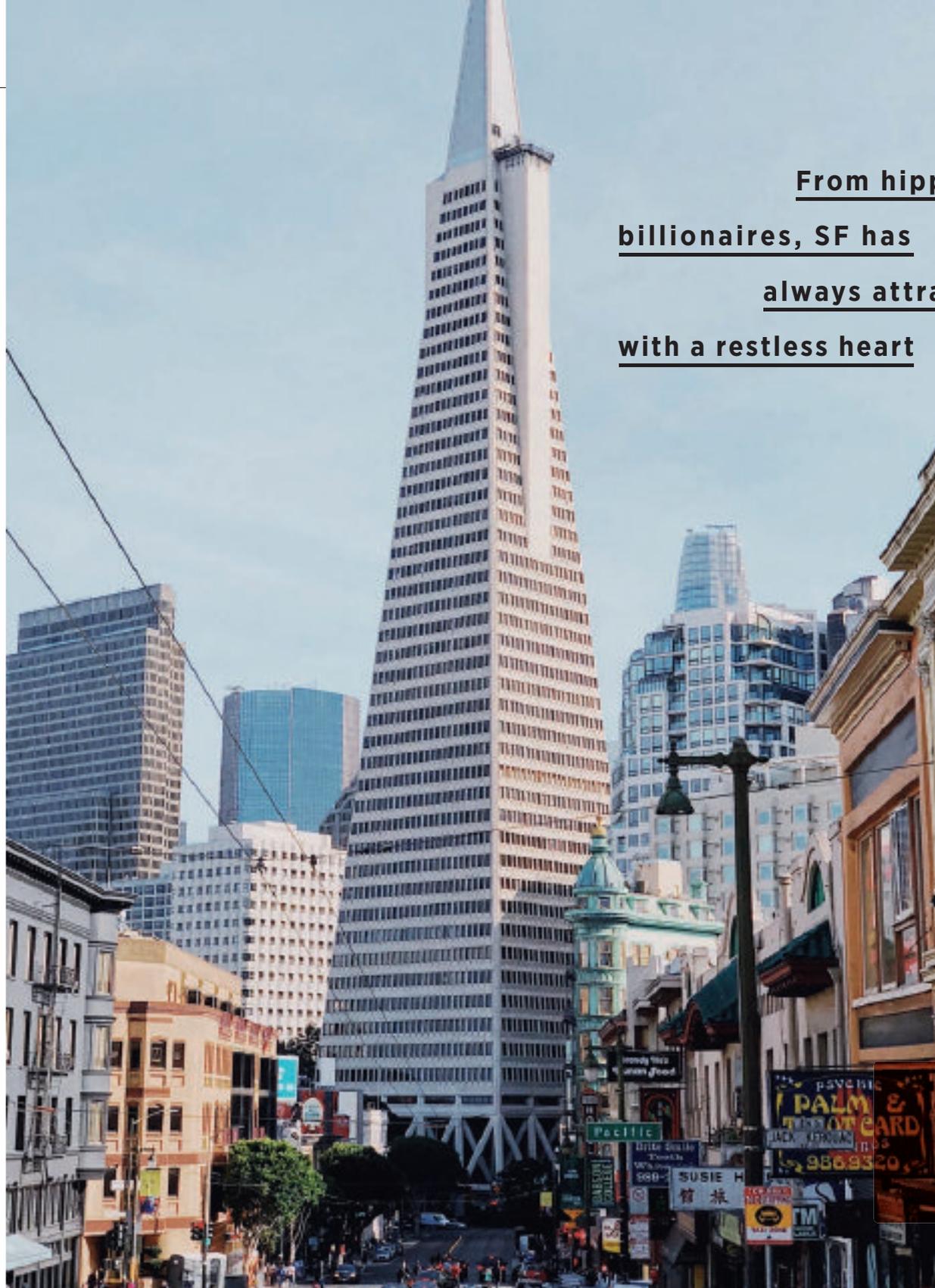
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On location

From hippies to tech
billionaires, SF has
always attracted those
with a restless heart



CISCO

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DICKENS



T

Tony Bennett sang nostalgically about leaving his heart there, but San Francisco isn't the kind of place to deal in fanciful retrospection. New York might be the city that doesn't sleep, but SF, as the locals call it, is the city that doesn't sit still. Perched, princely, on its many hills and overlooking its own bay, it has history by the gallon but is always looking forwards, from the start of the California gold rush to the recent tech revolution via a very different kind of rush during the Summer of Love. It's this dynamism that will suck you in and send you home a lovelorn husk, just like Tony. You'll call, you'll text, you'll write, but San Francisco will move on, which will only make you want it more.

Above Escapist fun at Alcatraz Island **Above right** Robin gets creative with its sushi **Top right** Go to the trouble to see little China

THE ESCAPE MOVIE

Before Dwayne Johnson came along, there was only one 'The Rock' and it sits just more than a mile from the shore of San Francisco Bay. Nudged up right against it is perhaps the world's most famous prison, Alcatraz, which has given the island its name. Famous for being near impossible to escape from, thanks to perilously cold water and pretty hungry sharks, it's now a haunting presence that, if you're into tales of bad guys and incarceration, you can check out with Alcatraz Cruises.

The few inmates who did manage to escape Alcatraz would have gone on the run in what they then called an automobile or jalopy. While getting off Alcatraz Island these days is a whole lot easier, cars are one of the worst ways to get around San Francisco, so swarm your Instagram feed with a morning cycle tour across the Golden Gate Bridge with Unlimited Biking. Electric cycles are available for anyone with delicate thighs, and the charming town of Sausalito makes a perfect stop-off destination to grab some non-prison-fare lunch before pedalling back to San

PHOTOS: CALEB GEORGE, ANTHONY DELANOIX, SERHIK YRYLUK BOTH ON UNSPLASH, ED ANDERSON, STOCKS UNITED, AUGUST (1) FIVE



Francisco. Alternatively, if you're feeling pooped, jump on a ferry at the Gabrielson Park terminal (they have bike racks) for the short hop back to SF. Two companies operate – Blue & Gold Fleet to Pier 39 and Golden Gate Ferry to the Ferry Building – and tickets can be bought at the machines or online.

For a more sedate escape, embrace your inner-Duran Duran music video model and sail out on Adventure Cat's catamaran, whose well-stocked bar and excellent music will accompany your view of the famous bridge

from directly underneath. They'll drop you back in plenty of time to enjoy the taste of freedom at 4505 Burgers & BBQ, the bolthole of choice for meat-loving fugitives, where the patties are so juicy and moreish you'll end up licking your fingers to such an extent, you won't have any prints left on them for the feds to trace.

THE FOREIGN LANGUAGE FILM

You can't come to San Francisco without checking out Chinatown. This, after all, is the same little China in which Kurt Russell found big trouble in 1986 and where, some have claimed, the fortune cookie was actually invented – by a Japanese man, though maybe don't labour that point in Chinatown.

Start with a walking tour around the area with hilarious human Duracell bunny Linda Lee of All About Chinatown Tours, who is part tour guide, part force of nature. She'll tell you about the unrivalled influence the Chinese have had on the city and also load you with choices for great places to eat at. On this list should be Z&Y Restaurant, a San Francisco institution, where you must order the spectacular 'Kung-fu Tea' – delivered into your cup gymnastically and from a great distance – before chowing down on Chef Han's delicious dishes. If you're feeling adventurous, he'll happily choose the best dish for you.

But, in this neighbourhood, food from Asia isn't limited to Chinese. Plant your well-worked behind (assuming you haven't taken a cable car up every hill) on a counter-side seat at Robin,



an omakase restaurant in the swish Hayes Valley, where your appointed chef will serve up excellent chat alongside the most creative pieces of sushi and sashimi this side of Osaka.

For excellent *chaat*, you can wander over to modern Indian restaurant August (1) Five. Very much a hidden gem, it's situated on a characterless street corner that feels like it shouldn't be home to any eatery, let alone one serving up such imaginative twists on the Indian food you know and love.

THE HISTORICAL DRAMA

San Francisco today might be associated with an influx of 25-year-old tech millionaires, but it has nearly 250 years of history not made from code. You've already done Chinatown, so embrace the rainbow in The Castro, the world's most famous LGBTQ district, where Harvey Milk (you know, the guy who looks like Sean Penn) campaigned successfully for gay rights in the 1970s before his murder. A tour with Cruisin' the Castro will fill you in.

To continue the history lesson, make your way to the Haight-Ashbury district, which in 1967 was the home of the Summer of Love, when the hippy movement reached peak right-onness (the area also gave birth to notorious biker gang, the Hells Angels in a house that looks too wholesome even for the Waltons).

These days it's a well-to-do, hip neighbourhood, so the best way to learn about it is via a beer crawl with SF on Tap, which will give you the story of the district while you indulge in some legal modern-day mind-altering substances: craft beer. Think of it as a 'hops in, drop out' tour. Ahem. From June, the

tour will include revamped bar and tasting room Fort Point Lower Haight, part of the local Fort Point Beer Company, which serves up some fine brews alongside excellent hot dogs.

Next, grab hold of the historic cable car – the one you see in all the films and, yes, you can hang off the side – that chugs up and down the city's hump. Hop off at California St & Powell St and head for a stay at the Omni San Francisco in the financial district. This former bank has only been a hotel for 17 years but is dressed to impress, with dark woods and brass, staff in immaculate uniforms and guests in fancy clothes (well, some of them). It also serves the best steaks in town at Bob's Steak and Chop House: a 'classy joint' where you'll replace the beer with big glasses of red wine and bourbon digestives.

Above left Hang around in a cable car Above Pretty SF is easy to fall for Right and above right August (1) Five serves up modern Indian cuisine



THE FAMILY-FRIENDLY FLICK

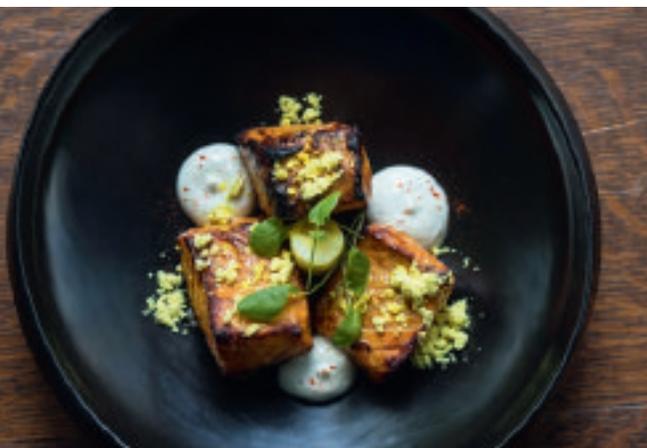
San Francisco is the home of *Dirty Harry*, *Zodiac*, *Vertigo* and *Bullitt*, but don't think that's it's all grit and crime. This, after all, is the city where Mrs Doubtfire lived, so it's also a great place for kids, especially those with cross-dressing estranged fathers. For starters, there's the Children's Creativity Museum where you – sorry, they – can create their own heartwarming tales in an animation studio, programme robots in the tech lab or go totally effing crazy in the 'imagination lab'.

If that's not enough interactive stimulation, then you can head to the Exploratorium, a kind of Willy Wonka's not-for-profit Science Museum that also touches on the arts. When you've finished there, head to the Cartoon Art Museum and peruse their collection from comic books to political cartoons. They also have workshops where you and/or kids can create your own comics, just like Walt Disney – whose family museum is in the leafy Presidio district. Tired out from all this fun? Kids over 12 years of age and 45kg can join adults on a segway tour with the Electric Tour Company before refuelling at the Museum of Ice Cream.

As night falls you could choose between a concert or a Golden State Warriors basketball game (insider info: they're very good) at the insanely deluxe Chase Center arena. Then it's time to head to The Riddler, which sounds like a comic book character, but is in fact a beautiful champagne bar that oozes French panache and bubbles from around the world, along with some tasty bites. Because everyone needs some grown-up time.

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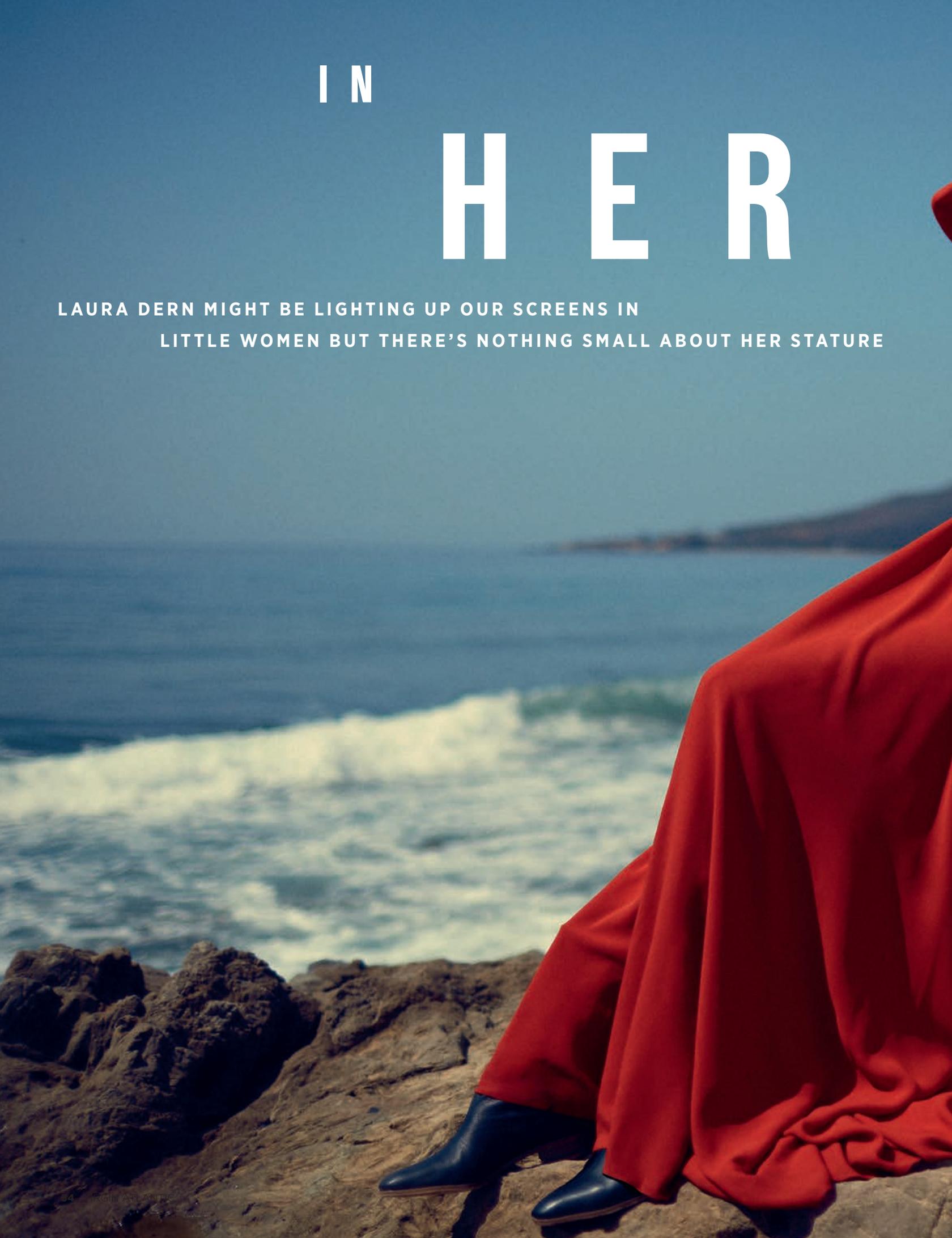
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I N H E R

LAURA DERN MIGHT BE LIGHTING UP OUR SCREENS IN
LITTLE WOMEN BUT THERE'S NOTHING SMALL ABOUT HER STATURE



Words ANDREW DICKENS
Photography BILLY KIDD



ELEMENT

A

“Absolutely nothing,” says Laura Dern. “She’s bad at nothing.”

The discussion is on whether Meryl Streep is in fact human or not. Maybe not.

“I’m hoping there’s perhaps a sport that she sucks at, but if she was asked to learn that sport for a movie, she’d be the best at it. If she’s not the best at something, she just hasn’t been exposed to it yet.”

If Streep has any human weaknesses, Dern should know, having worked with her twice recently: first on the second season of TV series *Big Little Lies*, then in the latest adaptation of Louisa May Alcott’s novel *Little Women*.

“Mothering advice, relationship advice, I want all of it. I want Meryl Streep to be there when I order at a restaurant, because she is my god. She really should be Dame Meryl. I’m going to start calling her that.”

The fact that Laura is happy ribbing one of the world’s greatest living

actors is testament to the kind of bond that Dern believes has been allowed to flourish between female filmmakers in recent years. *Big Little Lies* is produced by, among others, two of its stars – Reese Witherspoon and Nicole Kidman – while *Little Women* is adapted and directed by Greta Gerwig and produced by Hollywood superwomen Amy Pascal, Denise Di Novi and Robin Swicord.

“There wasn’t one female working on the first movie I was in,” Dern says. “Maybe a script supervisor, but that was it. After that I might have worked on a film with one other female character in a cast of men and we’d bond just through having a girlfriend to talk to. It’s not so rare now.”

Little Women is quite literally about the sisterhood with Alcott’s classic yarn following the lives and loves of the March family and its four sisters, played by Saoirse Ronan, Emma Watson, Florence Pugh and Eliza Scanlen. Dern, 52, plays Marmee, the sisters’ mother who is selfless to the point where it’s impossible not to feel slightly disgusted by your own craven and miserly existence. Streep is crusty old Aunt March. There are men, too, such as Timothée Chalamet and James Norton, but they’re not important right now.

The jury is out on whether *Little Women* is a feminist novel and I don’t have the correct chromosomes to cast the deciding vote, but there’s no doubt that it was unusually female-focused for 1868. This is part of what’s made it a must-read for generations of girls; each reader deciding which sister they most relate to (like a Victorian version of the Myers-Briggs personality test).

“I read it as a 12-year-old, maybe a little older,” says Dern. “As an only child being raised by a mother, I was very connected to the mother-daughter relationship between Jo and Marmee. My mother, being an actress, artist and activist had a

“I’m so grateful for those who help us to see the truth through humour”

fire in her spirit that I longed to emulate, but I was trying to figure out what mine was. That felt like the core message of the book: Marmee trying to allow each of these girls to have their own spirit and to be their true selves.”

Big Little Lies, too, is primarily about a group of women: five well-heeled Monterey residents bonded by a grim secret that, precisely because they’re women, they don’t feel able to reveal. Dern plays Renata, a successful businesswoman who is considerably less successful in her marriage to an absolute dolt of a man. She’s spiky, passionate, smart, stupidly well-dressed and takes absolutely no crap from anyone. How much of herself can Dern see in Renata?

“My love of humour and of the irreverent,” she says. “I’m sure a part of that is a longing to fit in or be liked. But other than that, nothing. My God, am I obsessed with her, though. She’s such an amazing character to improvise emotionally, because she could throw her phone in the swimming pool one minute or trash the entire room with a baseball bat the next. The more intolerable the choice, the better.”

The show has become a binge feast of “just one more episode” moreishness. You know the feeling and so does Dern. If you’ve ever wondered how an actor in a binge-worthy show likes to binge...

“Snacks are everything,” says Dern, chuckling. “Popcorn and red wine, and dark chocolate...”

Perhaps unsurprisingly for someone who has had a long working relationship with David Lynch, finding humour in a dung heap is where Dern is at for laughs. She finds it particularly useful in the steaming pile of manure that is modern politics. “When stuff is this insane, you have to laugh,” she says. “I’m very, very



grateful for all who invest their time in helping us see the truth through humour.”

Dern is politically and socially engaged and while she doesn't see activism as 'a choice' for her, as the mother to an 18-year-old son and a 15-year-old daughter, she acknowledges that today's children are "born activists".

"Kids these days are like, 'Oh, my God, we could have no planet in seven years.' That's crazy. Kids in America have lockdown drills in kindergarten and are watching their friends die in front of them. My daughter had two friends die. There are kids being shot and killed at school every week in America."

When it comes to the Me Too movement, Dern is pleased that women and girls are starting to gain a greater awareness about what is and isn't OK.

"What should have been glaringly inappropriate to anyone with eyes was absolutely the norm when I was first acting," she says. "I had no idea it was inappropriate at 13 to be asked to audition alone with a man in his fifties in a hotel room. I'm not talking about women being over-sensitive. I'm talking about egregious sexual harassment all the way to sexual assault on movie sets. I've seen really terrifying situations for women who, because there was no other woman on the movie, didn't know who to complain to."

The more representative film and television productions (indeed any workplace) can be, the better for young women like Laura's real and on-screen daughters.

"I think our eyes are now open to the fact that everywhere should look like a microcosm of our communities. For my daughter and her generation it's an exciting time, even if it's just baby steps, to be aware of what you deserve and how you should ask to be treated."

Acting is the family business. Not only has her BAFTA-winning mother Diane Ladd and two-time-Oscar-nominee father Bruce Dern spent a lifetime in front of the camera, but also her godmother, the late Shelley Winters. Dern has few qualms about her kids following in her footsteps.

"What's great is that I don't need to tell them what's hard about it," she says. "They've been raised through the inconsistencies of the business, the ups and downs. They watched their grandparents have great success but also really struggle, so it's not like they just think, 'You're a movie star. I'd like to be a movie star.' You know what I mean?"

The one thing she never wanted was for her children to start in the entertainment business too early. "I went into it too young – my parents were worried and they were right to be. I just think it's too much when you're growing into your teenage years and are displaced from middle school onto a movie set with mostly adults. It's weird. Luckily my mom made me stay in school and I was always forced to have my hand in both things. I think that was good for me."

Dern recently met a kindred spirit: "An amazing woman called Monica Ramirez who represents female farmworkers." It was during a conversation with Ramirez, who has spent two decades advocating for gender equality in agriculture, that the two realised that: "We belong to two of the only legal industries in America where you can be 11-years-old and work in an almost-all-adult environment."

She trails off to let that sink in. For all its good and bad points, however, once you make it in to the business it seems you're in for keeps. Ladd is 84 and Bruce Dern is 83, yet neither shows any sign of reaching for the golf clubs just yet. It's an inspiration – or perhaps a kind of instruction – for their daughter.

“Today’s kids are born activists. They know that in seven years we could have no planet”



Dern and Derner

A quick glimpse into the *Little Women* star's guilty pleasures



WATCH

"My son and I binge-watched series two of *The End of the F*cking World*. It's brilliant. So disturbing and funny."



READ

Dern credits J.D Salinger's *The Catcher in the Rye* with being "the book that made me love books. I read it at 14."



LISTEN

She totally fangirls over Kate Bush. "Her music is this amazing journey full of imagery, passion and self-discovery."



EAT

"When I'm in the South of France, I eat tonnes of *fraises du bois*, these baby wild strawberries, topped with sugar."



PLAY

Dern used to do an hour and a half of yoga every morning. "Now, if I'm feeling adventurous I surf or paddleboard."



“I love people. If I could I’d like to know all people, everywhere”

“I’ve never even heard them say the word ‘retire,’” says Dern. “They’ve been working since the day I was born. Literally. They were in the middle of a Western when I arrived! It’s not a thing you do as an artist. You don’t retire. Ever. A painter doesn’t retire. A writer doesn’t retire...”

But what if she did? “I love people,” she says. “I would like to know all the people everywhere. If I could travel the entire planet meeting different people and figuring out how to, with their help, impact the horrors of climate change, I would dedicate myself to that. I want to understand who has more wisdom at living better so we can work together to save this amazing home we have.”

“Travel gives me connection. You can’t know people unless you know how they eat, how they communicate, what community means to them.”

It must be odd, I suggest, travelling when you have a face as famous as Dern’s. Different cultures have different reactions to celebrity. But rather than, say, an Egyptian or New Zealander loudly humming the *Jurassic Park* theme tune at her while she’s trying to do her shopping, Dern’s strangest encounter took place in her home state of California.

“People are usually lovely and respectful,” she says. “But we were at Disneyland with my kids and a woman came running across to me in a manner that was quite intimidating. She said: ‘Oh, my God. You look exactly like Laura Dern.’ We all smiled and I said: ‘I am Laura Dern.’”

“Then she said: ‘No. You look the spitting image of her,’ and walked away. Like, what part of ‘I am Laura Dern’ sounded like, ‘Yeah sure, I get that a lot.’ She was so adamant that I wasn’t me that she didn’t hear me say I was.” Bet that wouldn’t happen to Meryl Streep.

📺 **Watch *Big Little Lies***



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SILVER



Words NIONE MEAKIN / Photography TOM OLDMAN

YOU'D NEVER CUT IT AT DOWNTON ABBEY IF
YOU HADN'T BEEN TO BUTLER SCHOOL



S E R V I C E



I

can feel my hand shaking as I carefully lower a gleaming silver platter down until it's level with the Duke of Edinburgh's plate. One slip and there will be veg all over the immaculately laid table and a seriously ticked-off Duke. Or so I imagine. In fact, the platter is empty, there's no wine in the cut crystal glasses and the 'Duke' is actually a 24-year-old Belgian called Joris who's gamely agreed to a bit of role play.

I'm at Oxfordshire's Ditchley Park, home to the Butler Valet School, where students like Joris come from

around the globe to learn everything from how to polish a pair of riding boots perfectly (tip: you'll need a bone) to how to discreetly advise a guest that their gown is tucked into their knickers. *Downton Abbey* may be fictional but the steady demand for butlers – in stately homes, on yachts and in plush holiday resorts – is real. And it's here in this 39-bedroom mansion, not far from the village of Charlbury, that many begin their esteemed careers, under the watchful gaze of the school's founder, Rick Fink. A friendly figure in steel-rimmed glasses, green apron and shoes shined the old-fashioned way, using polish burnished over a candle, 84-year-old Fink is an industry veteran who could teach even *Downton's* long-serving butler Mr Carson a thing or two.

"I saw one scene from the series where Carson was carrying three plates on his arm. One should never carry more than two!" Fink tuts. "The china we use costs £200-300 per individual plate."

Before opening the school in 2002, the former Royal Navy steward spent nearly six decades serving admirals, politicians and members of the Royal Family. He knows

“IT SIMPLY WOULDN’T WORK ANYWHERE ELSE. WHEN THE WORLD THINKS OF BUTLERS IT THINKS OF ENGLAND”

what time The Queen takes a cup of tea (5pm apparently) and how Tilda Swinton likes her eggs in the morning (he’s not saying). Still I think he may have bitten off more than he can chew in agreeing to tutor me. My last experience in hospitality was a stint waitressing at a local pub and I was swiftly demoted. Not to worry though – “The most important skill for a butler is discretion,” Fink says. Ah. That most famous of journalistic tools.

We’re in the West Wing of Ditchley Park, built in the 1700s by the second Earl of Lichfield and still considered

Left Our writer Nione and fellow student Joris get a Fink masterclass
Below Grape scissors and berry spoons
Below right Ditchley was built in 1722

one of the country’s finest houses. It’s not hard to imagine the Crawley family sweeping up its spooling drive or sitting down to dinner among the portraits peering gamely down from the walls of the Tapestry Room. Naturally, the house has enjoyed a starring role in *Downton Abbey*, appearing as Mallerton Hall in the show’s final season.

When Fink decided to open his butler school, Ditchley Park was the ideal location. He had originally toyed with the idea of opening a school abroad but was dissuaded by the father of one of his apprentices. “He said: ‘No, it needs to be in England, Rick’. It won’t work anywhere else. When the world thinks of butlers, they think of England,” Fink recalls.

He works from the old servants’ quarters, where the flagstone floors have been worn down by generations of staff summoned upstairs by a series of tinkling bells, including one connected to Winston Churchill’s old bedroom. During the war, the British Prime Minister used to stay at Ditchley – a short hop from his Blenheim Palace birthplace – whenever the moon was high as it was considered a safer spot that was less likely to be targeted by bombing raids, Fink tells me.

I’m relieved to see that the table in his classroom has already been laid by Joris, who is patiently learning how to serve a six-course dinner. Each setting is a complicated arrangement of four knives and forks, two spoons, six glasses and napkins folded into the shape of what looks like an elf’s shoe – “A bit of fun,” smiles Fink. He begins to explain what goes into each of



the glasses but by the time he's listed the sixth I've forgotten what he said about the first. Perhaps I'd like to pour the port, he suggests? I pick up the decanter and shift to stand behind a seated Joris. "To the right," Fink corrects. "Food is served from the left, drinks are poured from the right. Always. Don't forget to twist the decanter."

The correct way to lay a table is just one element of what Fink teaches. The syllabus also includes washing and valeting clothes, packing and unpacking suitcases, cleaning silver, maintaining rooms, mixing drinks and serving wine, not to mention all the other essential minutiae butlers must know. In the storeroom behind the classroom, he hands me a pair of ornate grape scissors, then a tray of berry spoons. I had no idea such things existed, which is precisely why he's showing them to me. "Can you imagine going to work at a house that's been there since the 1800s and being faced with something you don't recognise, but you can't ask what it is?"

Some of the etiquette he teaches is archaic – "We don't iron every page of the newspaper any more. I'd probably



Clockwise from left The corridors at Ditchley Park have seen many eminent butlers pass through; from shining shoes to polishing chandeliers, a butler's work is never done; a trained butler can earn up to £80,000 a year



just do the front and back.” – but students must be confident in the proper way of doing things, even if the households in which they work rarely require it.

Huge armies of staff are mainly a thing of the past and the modern-day butler is often required to be a valet, personal assistant and driver all in one. Hence the butler’s traditional sign-off: ‘Will that be all, Sir?’

“Anything more open-ended and nine times out of ten they will find something for you to do,” says Fink. “If you go to work for somebody, you must accept that your life revolves around them. If you can’t commit to that then I don’t think you should do the job.”

Fink knew he wanted to be a butler as a child, when he would watch Hollywood films where women in diamonds danced with men in tailcoats.

“I thought, ‘I want to be amongst this’. But we weren’t rich. My dad was a welder. I knew I’d have to find a different way in.” He joined the Royal Navy as a steward and swiftly rose through the ranks to become steward to the Commander in Chief, beginning his first butler job in 1960, earning ten shillings a week. These days, live-in butlers can expect to earn ‘around £30k’ while live-out staff, who don’t benefit from free board and lodging, can command up to £80,000 a year.

Most of Fink’s students hope to end up working for the super-rich in locations such as London, Switzerland or Monaco. Increasingly Fink also tutors those who employ their own staff, including the Crown Princess of Thailand, who arrived at Ditchley with an enormous entourage of 20 to learn ‘household management’.



“WE DON’T IRON EVERY PAGE OF THE NEWSPAPER ANYMORE, JUST THE FRONT AND THE BACK”

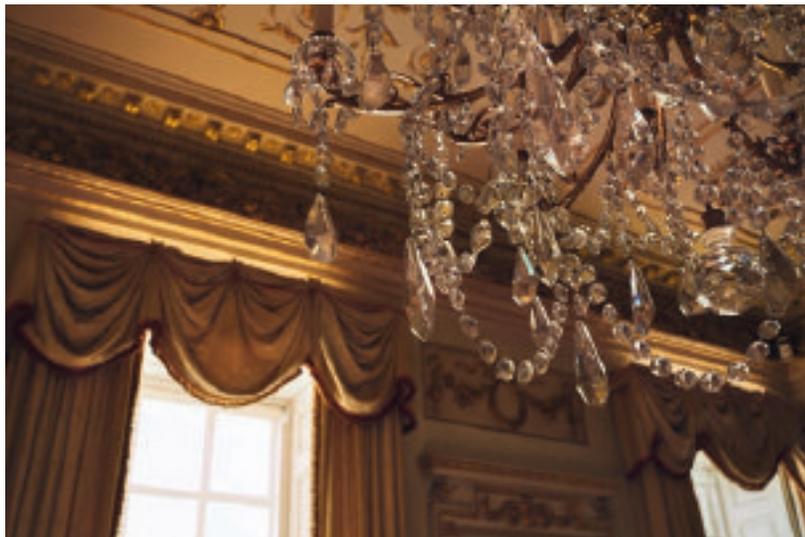
“One day I said, ‘Your Royal Highness, today I am going to teach you how to wash up properly. There are some aprons on the settee.’”

It’s an amusing image but Fink isn’t joking. Washing-up here is akin to a military operation, often taking several hours. Fink has been known to use up to 70 tea cloths to ensure a streak-free finish.

Excessive? Perhaps. But it’s the sort of attention to detail that has made him one of the most respected figures in his field.

“You couldn’t learn what Rick teaches from a textbook,” says Joris, who considers the £5,160 he paid for the two-week course to be a worthy investment. Such is Fink’s reputation, talented students can be assured of finding good positions quickly. Ditchley Park’s current head butler Riaan Ackerman is one recent graduate. “In this business Rick is a living legend,” he tells me.

The real-life Mr Carson? Fink isn’t settling for that. “I had a student who gave me a glass when he left,” he tells me. “He’d had it engraved with the words: ‘Who needs Mr Carson when there’s Mr Fink?’”



✕ *Fly to London*

🕒 *Watch Downton Abbey*

Grape potential

Champagne, watch your back – English sparkling wine is growing in stature thanks to pioneers like Hambledon's Ian Kellett

If you asked a French winemaker twenty years ago what they thought of *le vin anglais*, you would most likely have been met with a Gallic shrug, or even laughter. The tables, however, are slowly turning and English sparkling wine is starting to give the rest of the continent some serious competition.

Hambledon is one of the finest producers flying the flag for the British Isles. During English Wine Week last year, Virgin Atlantic offered its Upper Class passengers the choice of Hambledon Première Cuvée – a sparkling number grown in Hampshire – alongside Champagne. It proved so popular among its passengers that the bottle is now a permanent fixture on the Upper Class menu.

For those who know a thing or two about wine, the idea that English grapes could compete with the likes of France and Italy isn't as preposterous as it might sound. "For a start, our vineyards sit only 110 miles north of the Champagne region," explains Ian Kellett, owner of Hambledon. "We also have a similarly high grade of chalk soil, but with a marginally cooler climate which is far better for getting the acidity necessary for exemplary sparkling wine."

A former biochemist, Kellett took over the Hambledon site, England's oldest working vineyard, back in 1999 and spent the next 12 years planting testbeds for the grape varieties used in Champagne. After finding that the grapes were up to standard, the first bottles hit the shelves, and it wasn't long before Britain's oldest wine and spirits merchant Berry Bros. & Rudd excitedly added the range to its portfolio.

Like a fine vintage, Kellett believes the English wine industry will improve with age. "In regions like Burgundy, they've had hundreds of years of experience in their trade," he adds. "Once domestic wine producers get to know their terroir and investment grows, English sparkling wine will become as coveted a category in its own right." We'll raise a glass to that.

To buy Hambledon wine, visit bbr.com



Hambledon owner Ian Kellett spent 12 years planting grapes to perfect his wine



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**WORDS
BY**
Jamie
Lafferty

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A gang of anarchic chefs are taking over Hell's Kitchen

W

hile many neighbourhoods across America have been too hot to handle over the years, there's only ever been one Hell's Kitchen. Manhattan's gritty West Midtown district was once a molten eruption of gangster activity, with its cavernous warehouses used to stash untold amounts of bootleg booze during prohibition. The lawless zip-code was known as the Wild West of New York for much of the 20th Century, but fast forward to 2020, and Hell's Kitchen is gaining a reputation for something quite different.

The last few years have seen the area emerge as a fearless food destination and one of the most fascinating places to eat in the city. While the menus on offer might vary widely, there's a shared ethos among its chefs – a defiant middle finger raised firmly in the direction of food critics. Frankly, the characters running the kitchens of Hell's Kitchen couldn't



Clockwise from above right
One of the oldest bars in New York; dell'anima's executive chef Andrew Whitney; belly-busting fare at Legacy Records







Clockwise from right Out of the frying pan and into the fire; the drinks are flowing at the Landmark; Legacy Records' plush bar



give a damn what the establishment thinks. It's an attitude passed down through generations of Kitcheners, a hangover perhaps from the neighbourhood's wayward past, documented most recently in director Andrea Berloff's film *The Kitchen*, which sees a group of mafia wives battle to keep their husbands' interests afloat while their spouses are in the clink. It's not so long since real-life residents here had to dodge turf wars between Irish and Italian gangsters as they strolled out for dinner.

How times change. Now the winds of gentrification are blowing hard with average apartment prices hovering above the \$800,000 mark. It helps that the new Hudson Yards complex, a cultural behemoth of galleries, live sports and concert venues and hotels, is just a 20-minute walk away.

You won't find better proof of the neighbourhood's remarkable rebirth than at swish restaurant Print inside

the Kimpton Ink48 Hotel on 11th Avenue. Despite being located smack bang in the middle of a concrete jungle, it claims to be a dedicated farm-to-table restaurant, which begs the question of chef Gary King: where are all the farms? His answer is lengthy and profane, but sums up the anarchic attitude so typical of the Kitchen.

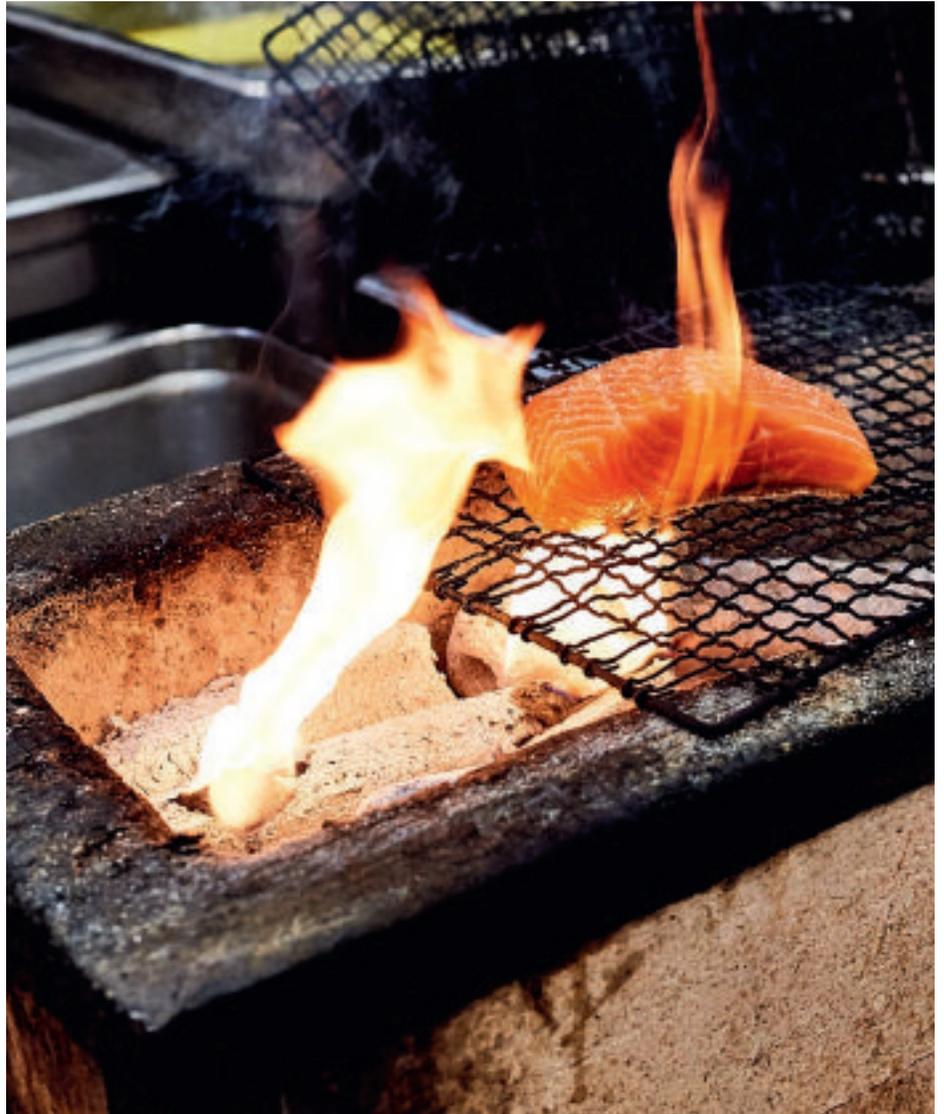
"We keep it within a two or three-hundred-mile radius. Most big suppliers want you to buy from certain places but not here. We got a milk guy, we got a salt guy, we got a beef guy, we got a veal guy, we got a f***ing quail guy," chef King's list goes on and on. "We have a guy for everything and we support local farms and small businesses. The big guys? F*** them, they don't need the money. Our guys are working their asses off, out in the cold, getting their hands dirty."

With so many threads feeding into the restaurant, it's hard to argue with King's supposition that Print has "the

most complicated ordering system in the country.” Not only that, but the forensic focus on supplies means the menu is an ever-shifting thing, not just with the seasons, but on a weekly basis. “Nothing really sticks here,” says the chef, waving away a question about signature dishes. “Sometimes customers come back and ask for a dish and I don’t even remember having cooked it.” It’s precisely this obstinate shrug of the shoulders that makes eating here so exciting.

“Some neighbourhoods can be a little snobbish, but Hell’s Kitchen was always very open. I moved here 35 years ago, when it wasn’t exactly...” Michael Young, owner of the nearby Landmark Tavern, searches for the most appropriate word: “Desirable. But the attitude was very much: if you’re willing to move in with us, we’ll be your friends,” he laughs.

Built in 1868, the Landmark Tavern is one of the oldest bars anywhere in New York City, with much of its interior dating back to its Prohibition heyday. It’s inevitable, says Young, that some of the area’s gangs would have drunk and eaten here at some point in its long history. Once a waterfront bar, land reclamation into the Hudson has dismayingly now put the tavern a block back from the river. Still, it’s the kind of eclectic spot where you can get a perfectly poured Guinness (custodian Young hails from County Tipperary, Ireland) alongside a hearty, all-American steak and eggs, followed by an indecently good *Tartufo* (Italian ice cream dessert) filled with vanilla



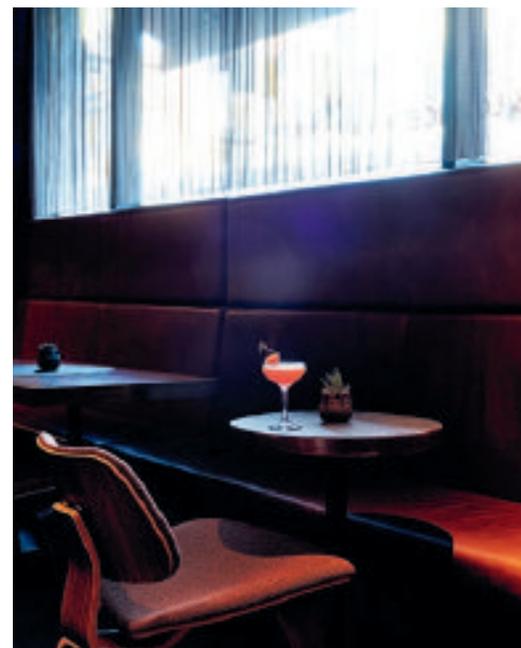
Clockwise from above The flaming fires of Hell’s Kitchen; Sleeping with the fishes; a finishing touch at Legacy; renegade Print chef Gary King







Left Dining out on the neighbourhood's Italian roots in dell'anima
Below Speakeasy vibes at Print



and chocolate gelato with an oozing cherry centre. Lucky Luciano and his gang would have appreciated that one.

There are hints of Hell's Kitchen's mafia past to be found all over. The excellently named Hellcat Annie's, now a dive bar flinging out tasty burgers, was once the headquarters of the notorious Westies gang, while Mickey Spillane's was named after the former leader of the same infamous mob. Quite what Spillane, known for his tit-for-tat war with the Italians, would make of his namesake being turned into an effervescent gay bar, can never be known – the old Irish mobster was assassinated in 1977.

A few streets over in the bustling Gotham West Market food hall, more chefs are hard at work whipping up everything from Mexican quesadillas

to earthy ramen, but be sure to save room for a plate or two at dell'anima. This counter-style Italian is driven by executive chef Andrew Whitney. With impressive tattoo sleeves disappearing up inside his whites, he is (shock, horror), stubborn about what and how he likes to cook: "It's southern peasant food – nothing razzle dazzle. I like to use no more than three-to-five ingredients." Gotcha. The lunchtime crowd go wild for Whitney's spicy, smoky pollo diavolo panini. "Our chickens are hang-dried, not flash frozen, so they really keep all their moisture." But his *piece de résistance* is the mouthwatering marrow and *testa* served inside a huge, excavated bone. Really, it's extraordinary.

Over at Legacy Records on West 38th Street, more stand-out munch

prevails. Built on the site of the old Legacy Recording Studios, huge pictures of old recording artists line its walls and there's a low background hum of hip-hop and vintage soul. Chef and owner Ryan Hardy serves up Mediterranean dishes mixed with Japanese influences, such as the delicious honey-lacquered duck-for-two, blackened and rubbed with chilli.

"Hell's Kitchen is a developing neighbourhood and a former red-light-district, so you can take risks here that you can't in other parts of town," says Legacy chef Ryan Hardy. "We're all about embracing New York in all its messy glory; the rubble, the graffiti, the hip-hop music. Our food is an extension of this."

Whether it's the truffle fondue at Kashkaval Garden, the hand-pulled Ratchaburi noodles topped with pork and crab that draw hour-long queues outside Pure Thai Cookhouse, or the \$400 tasting menu at the three Michelin-starred Brooklyn Fare (with just a handful of small tables), you can expect grub worthy of the boss of bosses in these ends. And categorically no rats in the kitchen. Because y'know... snitches get stitches.

✂ *Fly to New York*
📺 *Watch The Kitchen*

Sea the world

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START HERE

Are you looking for a challenge?



Nope



Hell yeah!

Maybe this isn't the adventure for you



Ready for anything

How hard do you want to push yourself?



I need to find my sea legs first

Are you a natural trailblazer?

Pick an opponent: howling winds or the Northeast Monsoon?



Let me catch my stride



Always first out the blocks



All hail the gale!



Just a bit of rain, right?

The Mighty Pacific Leg

The Daddy of all sections. To call crossing the world's biggest ocean from China to the West Coast of the USA in just 37 days a toughie is something of an understatement.

The Australian Coast-to-Coast

Tactical in-shore racing, the infamous speed of the 'Roaring 40s' winds and celebrating Christmas during Australia's glorious summer months, this Coast-to-Coast section has it all.

The Asia Pacific Leg

How's this for a New Year's resolution? Start January with multiple time-trial races from east Australia to China. Be warned, conditions and temperatures can change on a whim.

The Atlantic Trade Winds Leg

The thrill of hundreds of people from all walks of life coming together for the opening stage of the race is unforgettable. Crossing the Atlantic Ocean isn't a bad bonding experience, as it goes.

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Nice to eat you

Join Woody Harrelson and Emma Stone as they blast the peckish undead into an eternal rest in sequel *Zombieland: Double Tap*



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Onboard this month we have

120⁺

MOVIES

570⁺

ALBUMS
& PODCASTS

300⁺

HOURS OF
TV SHOWS

20⁺

DESTINATION
GUIDES

40⁺

HOURS OF KIDS'
CONTENT



Handset pairing

The entertainment screens on our sleek new A350 aircraft are all touchscreen, but you can also choose to navigate our awesome selection of movies, TV and music with your own device, too. All you need to do is pair your phone or tablet and, hey presto, it turns into a remote control. Here's how:

- On your entertainment screen, select the pairing button (see above) to get your four-digit code.
- On your personal device, select the "Virgin-Atlantic" WiFi network.
- Open your web browser and type <https://virgin-atlantic-wifi.com>.
- Select Control Your Screen.
- Select the pairing button and enter your four-digit code when it asks you.
- Ta-da! You can now use your device as a remote.



If you use your mobile phone onboard for texting, calling or data, roaming charges will apply

State of play

Can't decide what to listen to or watch? Create your own playlist or watchlist

Are you a fan of rock, pop or classical music? Do you like dark thrillers or light-hearted comedies? Whatever you're into, we have it onboard. But what if you've got eclectic taste and you like *all* these things – and more? Well, on our planes you can create your own bespoke playlists for music and watchlists for TV and movies. Here's how:

- Select an album from Music or TV show/movie in TV or Movies.
- For Music, click on the star symbol next to your chosen track or album.
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- On the bottom of the screen you'll see a tab that says Saved.
- Click on it and open My Saved Items.
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And you're all set to enjoy your own personally curated entertainment at 30,000ft.



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Headphones

Using your headphones? Our PAs are recorded at levels that work with the headphones we provide onboard, so be prepared if you use your own.

Viewing guide



Not suitable for nervous flyers



Unsuitable for children



Audio descriptive title



English subtitles



Vera Loves

Language key

Most movies have several language options available. To find them, pick a movie, select the dropdown language box, choose your language and enjoy! We also have a selection of Hindi and Chinese movies onboard.

CH = 中文字幕

FR = Français

DE = Deutsch

HEB = עברית

ES = Espanol

IT = Italiano

Movie highlights

Action



47 Meters Down: Uncaged

Cast
Sophie Nélisse,
Corinne Foxx

Runtime
90 mins

Razor-toothed, shark-based thrills as teenage divers find themselves on the menu for a bunch of great whites. With their air supply steadily dwindling, they must navigate an underwater labyrinth.



Angel Has Fallen

Cast
Gerard Butler,
Morgan Freeman

Runtime
120 mins

Languages
FR, DE,
IT, CH

AD

It won't trouble the Oscars, but the latest '...Has Fallen' instalment is a great, brain-in-neutral action film. Butler returns as Mike Banning, who's framed for the attempted assassination of the President.



Crawl

Cast
Kaya Scodelario,
Bary Pepper

Runtime
87 mins

Languages
FR, DE,
IT, ES, CH

AD

With a hurricane on the way, Haley (Scodelario) hurries home to find her dad (Pepper) trapped in a flooded crawlspace with a bunch of hungry alligators. Terrifying and yet bags of fun.



Gemini Man

Cast
Will Smith,
Mary Elizabeth Winstead

Runtime
117 mins

Languages
FR, DE, ES

AD

A very cool concept matched by some equally natty special effects is at the heart of this exciting sci-fi actioner. Smith stars as Henry Brogan, an aging former Marine Scout Sniper who quits his job as an assassin for the Defense Intelligence Agency (DIA) after a hit goes wrong. When Henry discovers an awful truth about

the agency, a top assassin is dispatched to take him out. It soon becomes clear the killer is able to predict his target's every move. The reason why? The enemy hitman is in fact Henry's own clone (also played by Smith). A treat for those who believe you can never have too much Will Smith, *Gemini Man* sees the actor in great form, both as a weary, middle-aged assassin and young tearaway killer.



Fast & Furious: Hobbs & Shaw

Cast
Dwayne Johnson,
Jason Statham

Runtime
134 mins

Languages
FR, DE, IT,
ES, CH

AD

Luke Hobbs (Johnson) forms an unlikely alliance with Statham's outcast Deckard Shaw to battle a cybernetically enhanced soldier in this fun *Fast & Furious* spin-off.



Once Upon a Time in Hollywood

Cast
Leonardo DiCaprio,
Brad Pitt

Runtime
161 mins

Languages
FR, DE, IT,
ES, CH

AD

Tarantino's love letter to Hollywood finds DiCaprio and Pitt leading an all-star cast in a tale boasting multiple storylines that build towards a devastating conclusion.

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Horror



It: Chapter Two

15

| | | | |
|---|----------------------------|---------------------------------------|---------------------|
| Cast Jessica Chastain James McAvoy | Runtime 169 mins | Languages FR, DE, ES, CH | AD [Icon] |
|---|----------------------------|---------------------------------------|---------------------|

Prepare yourself for a big dose of coulrophobia (fear of clowns) as Pennywise returns to torment the Losers Club in the second part of the adaptation of Stephen King's terrifying novel.



Midsommar

18

| | | | |
|--|----------------------------|------------------------------------|--------|
| Cast Florence Pugh, Jack Reynor | Runtime 147 mins | Languages DE, ES, ITL | [Icon] |
|--|----------------------------|------------------------------------|--------|

This brilliant rural thriller revolves around couple Christian (Reynor) and Dani (Pugh) who visit their friend's fabled festival in Sweden during the time of Northern Europe's midnight sun.



Ready or Not

18

| | | | |
|--|---------------------------|---|--------|
| Cast Samara Weaving, Adam Brody | Runtime 95 mins | Languages FR, DE, ES, ITL, HEB | [Icon] |
|--|---------------------------|---|--------|

Woah. This one will catch you by surprise with its mix of black comedy, satire, action and scares. Yes, really. The wickedly entertaining plot involves a wedding night that descends into a horrifying game.

Family



Abominable

U

| | | | |
|---|---------------------------|---------------------------------------|--------|
| Cast Chloe Bennet, Albert Tsai | Runtime 97 mins | Languages FR, DE, IT, ES | [Icon] |
|---|---------------------------|---------------------------------------|--------|

After finding a Yeti on the roof of her apartment building, Yi embarks on an epic quest to reunite him with his family - a trip hindered by a villainous pair who want the creature for their own gain.



Maleficent: Mistress of Evil

PG

| | | | |
|--|----------------------------|--|---------------------|
| Cast Angelina Jolie, Elle Fanning | Runtime 119 mins | Languages FR, DE, ITL, CH | AD [Icon] |
|--|----------------------------|--|---------------------|

In what is a battle of two iconic actresses, Angelina Jolie locks horns with Michelle Pfeiffer in this deliciously dark fantasy sequel from Disney. When powerful fairy Maleficent (Jolie) finds out her goddaughter Aurora (Fanning) is engaged to marry Prince Phillip she is none too pleased. Her emotions boil over during an

intimate dinner with his parents, King John (Robert Lindsay) and Queen Ingrith (Pfeiffer), and before they all know it a war is threatening to tear their worlds apart. Featuring spectacular visuals, a scenery-chewing cast and a touching storyline that explores the mother-daughter relationship, this is a thrilling follow-up to the 2014 original. Expect Jolie to don those horns again in the near future.



The Angry Birds Movie 2

U

| | | | |
|--|---------------------------|--|--------|
| Cast Jason Sudeikis, Josh Gad | Runtime 96 mins | Languages FR, DE, ES, ITL | [Icon] |
|--|---------------------------|--|--------|

When a giant ice ball from Eagle Island lands in the ocean and threatens Piggy and Bird Islands, the pigs seek a truce with the birds. Cue killer ice balls, bungee jumping and breakdancing.

Movie highlights

Drama



The Last Black Man In San Francisco 15

Cast
Jimmie Fails,
Jonathan Majors

Runtime
121 mins

Languages
ES, CH

Director Joe Talbot scooped the Best Director gong at the Sundance Film Festival for this quirky and beautifully filmed character study. A heartfelt love letter to friendship and the city of San Francisco, the film sees Jimmie (Jimmie Fails) and his best mate Mont (Jonathan Majors) trying to reclaim a house that

was built by Jimmie's grandfather – but has since become part of San Francisco's gentrification programme. When the pair find out that the house is empty they decide to move in and furnish it with its original interior decorations. However, their plans to make the place their own is rocked by a damaging revelation. Don't expect lots of plot and story. Do expect an affecting tale of social change.



Blinded by the Light 12

Cast
Viveik Kalra,
Kulvinder Ghir

Runtime
117 mins

Based on Sarfraz Manzoor's memoir about growing up as a Bruce Springsteen-obsessed Asian teen, this affecting coming-of-age tale received the thumbs up from The Boss himself.



Downton Abbey AD

Cast
Maggie Smith,
Hugh Bonneville

Runtime
120 mins

Languages
FR, DE, IT

A feature-length version of the beloved TV show finds the collective blood pressure rising at Downton thanks to the imminent arrival of some very special guests. Who? Only the King and Queen.



Lucy In the Sky 15

Cast
Natalie Portman,
Jon Hamm

Runtime
125 mins

Languages
FR, ES, CH,
HEB

Sci-fi drama featuring a standout turn from Portman as astronaut Lucy, a woman whose determination and drive take her in to space. Once home, however, her connection with reality unravels.



The Goldfinch 15

Cast
Ansel Elgort,
Nicole Kidman

Runtime
149 mins

Languages
FR, DE,
IT, CH, HEB

Theodore Decker (Elgort) is taken in by the family of an estranged friend after his mother's violent death. He has a secret, however – a priceless artwork called The Goldfinch, which is hidden under his bed.



Pain and Glory 15

Cast
Antonio Banderas,
Penélope Cruz

Runtime
113 mins

Languages
ES

Ailing film director Salvador Mallo (Banderas) looks back over his life, including his childhood in the 1960s and his first adult love in Madrid in the 1980s, in Pedro Amoldóvar's latest film.



Indie



Light of My Life ❤️ 15

| | |
|--|----------------------------|
| Cast Anna Pniowsky, Casey Affleck | Runtime 119 mins |
|--|----------------------------|

Directed by and starring the talented younger Affleck, *Light of My Life* is a striking, emotionally intense tale of a man and his daughter struggling to survive in the wake of a pandemic.



Villains ❤️ !

| | | |
|--|---------------------------|----------|
| Cast Bill Skarsgård, Maika Monroe | Runtime 88 mins | ! |
|--|---------------------------|----------|

When their car dies after a gas station hold-up, two lovestruck crooks break into a nearby house looking for a new set of wheels. What they find instead is a pair of seriously twisted homeowners.



Zombieland: Double Tap ❤️ 15

| | | |
|--|---------------------------|--------------------------------|
| Cast Jesse Eisenberg, Woody Harrelson | Runtime 97 mins | Languages FR, DE, IT |
|--|---------------------------|--------------------------------|

A decade after the original comes this sequel in which our heroes are still battling zombies while coping with the demands of their makeshift and decidedly dysfunctional 'family life' together.



The Farewell ❤️ !

| | | | |
|---|----------------------------|----------------------------|----------|
| Cast Awkwafina, Zhao Shuzhen | Runtime 100 mins | Languages FR, ES | ! |
|---|----------------------------|----------------------------|----------|

Moving and beautifully performed, *The Farewell* sees a Chinese family discover their beloved grandmother has just weeks left to live. Wanting to say goodbye they hastily organise a huge get-together.



The Peanut Butter Falcon ❤️ 12

| | | | |
|--|---------------------------|--------------------------------|----------|
| Cast Zack Gottsagen, Shia LaBeouf | Runtime 97 mins | Languages FR, ES, CH | ! |
|--|---------------------------|--------------------------------|----------|

The kind of film that makes you laugh and cry - often at the same time - *The Peanut Butter Falcon* tells the story of young Zak (Zack Gottsagen), who has Down's syndrome and dreams of becoming a pro wrestler. Escaping from his assisted living facility he pals up with wayward fisherman Tyler (LeBeouf), who

agrees to accompany Zak to the wrestling school. As the two set off on the journey of a lifetime they are tracked down by Zak's concerned carer Eleanor (Dakota Johnson). Driven by remarkable performances from LeBeouf and Gottsagen, whose real-life friendship shines through on screen, *The Peanut Butter Falcon* is an unforgettable, feel-good road movie set against the colourful eastern seaboard.



The Wolf Hour !

| | | | |
|--|---------------------------|----------------------------|----------|
| Cast Naomi Watts, Jennifer Ehle | Runtime 99 mins | Languages ES, IT | ! |
|--|---------------------------|----------------------------|----------|

Set in sweltering New York in 1977 - the notorious 'Summer of Sam' - *The Wolf Hour* is a tense Hitchcockian thriller about June (Watts), a writer who has cut herself off from the outside world.

Movie highlights

Comedy



Good Boys

15

Cast
Jacob Tremblay,
Keith L. Williams

Runtime
90 mins

Languages
FR, DE,
ES, ITL



The boys of the title are three sixth graders (that's 11 or 12 for you Brits) who find themselves swept up in an epic but decidedly dangerous adventure when they decide to skip school. In short order they find themselves accidentally transporting drugs while also being hunted by a bunch of teenage girls. When

youngster Max (Tremblay) is invited to his first kissing party, he asks his best friends Lucas (Williams) and Thor (Brady Noon) for some much-needed help on how to pucker up. To get some smooching tips they decide to spy on teenage girls using a drone belonging to Max's father, only for it to be wrecked. Can they replace it before Max's dad finds out and learn how to kiss as the party fast approaches?



Animals

15

Cast
Holliday Grainger,
Alia Shawkat

Runtime
109 mins

Animals is a brilliant look at the complex and often very funny world of female friendship. Grainger and Shawkat star as Laura and Tyler, whose bond is shattered by the arrival of a new boyfriend.



Booksmart

15

Cast
Beanie Feldstein,
Kaitlyn Dever

Runtime
102 mins

Languages
FR, ES, CH

The sweet, uplifting and uproarious tale of two best friends (Feldstein and Dever) who decide that, after years of swotting hard for school, they deserve a riotous night out. Do they get it? And how.



Ode to Joy

12

Cast
Morena Baccarin,
Martin Freeman

Runtime
126 mins

Languages
IT, CH

Sweet and funny rom-com about Charlie (Freeman), who suffers from cataplexy, which causes him to faint whenever he feels strong emotions. Can Francesca (Baccarin) change his ways?



Plus One

!

Cast
Maya Erskine,
Jack Quaid

Runtime
99 mins

Languages
CH

Long-time pals Ben (Quaid) and Alice (Erskine) agree to be each other's dates for an entire summer's worth of weddings in a film they're calling this year's *When Harry Met Sally*.



Sword of Trust

!

Cast
Marc Maron,
Jon Bass

Runtime
89 mins

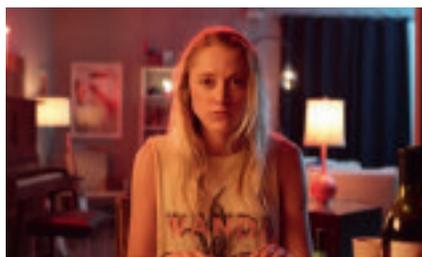
Languages
CH



When Cynthia (Jillian Bell) finds out that her inheritance is an antique sword, she takes it to a pawn shop – only to embark on a strange journey with the potential buyers. Quirky, funny and heartfelt.



Shorts



How to be Alone !

| | |
|---|---------------------------|
| Cast Maika Monroe, Joe Keery | Runtime 13 mins |
|---|---------------------------|

Crammed with creepy imagery, Kate Trefry's horror short film sees Lucy (Maika Monroe) trying to hang on to her sanity as she spends a night alone while her husband works the late shift.



The Replacement !

| | |
|--|---------------------------|
| Cast Mike McNamara, Cecile Von Rhea | Runtime 16 mins |
|--|---------------------------|

Sci-fi short set on election night 2032, as Abe, a lonely janitor, watches his clone become the first clone President. As Abe glumly reflects, all of his clones are successful when he himself is not.



Skin !

| | |
|--|---------------------------|
| Cast Jackson Robert Scott, Danielle Macdonald | Runtime 20 mins |
|--|---------------------------|

Set in a small, determinedly blue-collar town this shocking tale tells of the terrible circumstances set in motion when a black man smiles at a 10-year-old white boy across the checkout aisle.

Crime



Hustlers 15

| | | | |
|--|----------------------------|----------------------------|--|
| Cast Constance Wu, Jennifer Lopez | Runtime 110 mins | Languages ES, CH | |
|--|----------------------------|----------------------------|--|

Glamorous, thrilling and lots of fun, *Hustlers* sees Lopez's Ramona Vega teach a crew of former strippers how to fleece their Wall Street clients after the financial crisis of 2007-2008 hits her profits.



Driven 15

| | | | |
|--|----------------------------|----------------------------|--|
| Cast Jason Sudeikis, Lee Pace | Runtime 108 mins | Languages FR, ES | |
|--|----------------------------|----------------------------|--|

The DeLorean used by Michael J. Fox to time-travel in *Back to the Future* is perhaps the most famous film car of all time. Far from being just another movie prop, the gull-winged ride has a rich and fascinating history, chronicled in this infinitely watchable true-crime thriller. The film looks at the life of visionary

motoring tycoon John DeLorean (Pace) who broke away from General Motors in 1973 to start the DeLorean Motor Company (DMC). When his famous creation was met with lukewarm reviews he tried to revive his company's flagging fortunes by becoming embroiled in a possible drug-dealing conspiracy involving his next-door neighbour. A cracking film as stylish and pacy as the DeLorean itself.



The Kitchen 15

| | | | |
|---|----------------------------|---------------------------------|------|
| Cast Melissa McCarthy, Tiffany Haddish | Runtime 102 mins | Languages FR, DE, ITL | |
|---|----------------------------|---------------------------------|------|

Boasting a wonderful cast (McCarthy, Haddish), *The Kitchen* is set in New York's infamous Hell's Kitchen in the 1970s where a group of women hatch a scheme to carry on their husbands' crime activities.

TV highlights

We've got 33 boxsets onboard! See the full line-up on your screen

Boxsets



Good Omens ♡

Episodes 6 | Runtime 60 mins each

You know a TV series has a good chance of being successful when it's based on a book by fantasy writing legends Neil Gaiman (*The Sandman* novels) and the late Terry Pratchett (the *Discworld* series). And this television adaptation certainly doesn't disappoint. Critically lauded and very funny, the six-episode series stars David Tennant as demon

Crowley and Michael Sheen as an angel called Aziraphale who have become longtime friends and are accustomed to life on Earth. As the duo form an unlikely alliance to stop the upcoming Armageddon (the final battle between heaven and hell), an 11-year-old Antichrist, flaming swords and a doom-saying witch are all thrown into the bizarre mix. We have the whole devilishly good season onboard.

12



Euphoria !

Episodes 8 | Runtime 53 mins each

Revolving around 17-year-old Rue (Zendaya), an addict who's just out of rehab, this no-holds-barred HBO series is about teenagers but not necessarily for them as it turns the spotlight on American youths and the problems they face.



Keeping Faith !

Episodes 8 | Runtime 60 mins each

The stellar first series of this Welsh mystery-thriller centres around a lawyer whose husband goes missing. As Faith launches a search for him, her home life and career begin to dovetail and a disturbing truth starts to emerge.



A Confession !

Episodes 6 | Runtime 45 mins each

Searing real-life drama revolving around the 2011 case of detective superintendent Steve Fulcher (Martin Freeman), who is determined to catch the killer of a missing woman – even if that means breaking the rules and putting the case in jeopardy.



Condor !

Episodes 10 | Runtime 53 mins each

Acclaimed US series about Joe Turner (Max Irons), a conflicted CIA operative who makes a discovery that leads to the murder of his fellow agents. Now on the run, Joe must work out how to foil a plot that could cost literally millions of lives.



There She Goes ♡ !

Episodes 5 | Runtime 30 mins each

Writer/comedian Shaun Pye has drawn on his own experiences as father to a child with learning disabilities for this touching comedy-drama series about nine-year-old Rosie (Miley Locke), her dad (David Tennant) and mum (Jessica Hynes).



Boxsets



The Kominsky Method !

Episodes 8 | Runtime 30 mins each

This awards-nominated comedy about the perils of getting old follows the fortunes of Sandy Kominsky (Michael Douglas), a former actor who had a modicum of success years ago, but went on to become an acting coach instead.



You !

Episodes 10 | Runtime 60 mins each

A bookstore manager uses all the tools at his disposal to get close to an aspiring writer. But is this just a sweet crush, or a more sinister deadly obsession? We have the whole eminently binge-worthy series onboard to devour.



Catherine the Great !

Episodes 4 | Runtime 55 mins each

You thought you knew about Catherine the Great? Think again, as this new series starring the imperious Helen Mirren in the title role simultaneously debunks a few myths about the great tsarina (the horse, for one) and provides a perfect fix of lavishly mounted period drama. Adapted by Nigel Williams, who also wrote Mirren's *Elizabeth I*, this

four-part mini-series chronicles the reign of the Russian empress that lasted from 1762 to 1796. We follow Catherine as she sees off threats from her son Paul (Joseph Quinn) and Russian nobles who balk at the idea of a female ruler, and engages in several affairs including one with the battle-scarred Grigory Potemkin (Jason Clarke). With Mirren in feisty form this is a captivating take on a legendary leader.

Sleep



For Sleep: Sitting Upright

Episodes 1 | Runtime 10 mins

Not everyone is used to sleeping in a seated position. When curling up in your bed is not an option, this meditation will help relax your mind and body so you can fall into a deep, natural sleep while sitting in the upright position.



Sleepcast: Desert Campfire

Episodes 1 | Runtime 45 mins

Feel the troubles of the day melt away as you are transported to a campfire in the heart of California. Relax as your guide describes each feature of this ancient landscape. For a sense of perspective, there's nothing quite like it.



Sleep Sound: Whirlpools

Runtime 45 mins

Few sounds are more relaxing than the rhythmic sloshing of waves. Add live recordings of clarinet and cello music and you have a combination that will ease your mind and help you drift off into a deep slumber.

TV highlights

Documentaries



Finding Vivian Maier ♥

12

Runtime 85 mins

When the collector and historian John Maloof stumbled upon a box of negatives at an auction, he embarked on a journey to learn more about the photographer, Vivian Maier. What he discovered was a true eccentric, a woman who worked as a nanny but was so obsessed with photography that, when she passed away, left behind an unknown cache of

100,000 images - taken mostly in Chicago and New York City over the course of 50 years. This fascinating documentary looks at how Maloof discovered Maier's extraordinary work as a street photographer and, through interviews with people who knew her, uncovered her closely guarded private life. It's a film that not only sheds light on a brilliant artist but also on American life in the late 20th century.



Armstrong ⚠

Runtime 100 mins

Narrated by Harrison Ford, David Fairhead's stirring documentary provides the definitive account of the life of the world's most famous astronaut, from his childhood in Ohio, to joining NASA and taking those first steps on the Moon.



Cartel Land ♥

15

Runtime 100 mins

Executive-produced by the Oscar-winning filmmaker Kathryn Bigelow, this hard-hitting documentary examines the ferocious drug war currently raging along the US-Mexican border - otherwise known as 'cartel land'.



Hail Satan ♥

15

Runtime 94 mins

Don't be fooled by the title, this witty documentary has nothing to do with old Beelzebub himself. It's about The Satanic Temple, the strangely monickered US religion whose members are advocates for religious freedom and want to challenge the status quo.



March of The Penguins U

Runtime 80 mins

Narrated by Morgan Freeman, this classic documentary is the masterfully told tale of the Antarctic penguins, who every March begin what will be an epic quest to find the perfect mate and start a family. You got heartstrings? This'll tug at 'em.



Pavarotti 12

Runtime 114 mins

Oscar-winning director Ron Howard turns his hand to the full-length documentary art form for this detailed look at the life of opera legend Pavarotti. Appearing in archive footage are the likes of Princess Diana and Stevie Wonder.



Documentaries



The 11th Hour

Runtime 93 mins each

Written by and starring Leonardo DiCaprio, this documentary states the case that mankind has reached the last post when it comes to environmental issues - the 11th Hour. Happily, it offers a hopeful message about the future.



The Biggest Little Farm

Runtime 91 mins

Beautifully shot, uplifting documentary following the ups and downs of an intrepid couple trying to develop a sustainable farm on 200 acres outside of Los Angeles.



The Fear of 13

Runtime 95 mins

David Singleton's stunning documentary allows Death Row prisoner Nick Yarris to tell the story of how he got there. As his tale unfolds, complete with shocking twists and turns, it transpires that nothing is quite what it seems.

Sport



Four Four Two

Episodes 4 | Runtime 23-26 mins each

The UK's greatest football mag gets under the skin of the beautiful game with these footballing shorts, which include a look at the genius of Lionel Messi, tales of the Champions League and how players go from grassroots to the Premiership.



Joshua v Klitschko: Return to Wembley !

Runtime 50 mins

It was a bout that saw youthful exuberance take on grizzled experience. In one corner you had Anthony Joshua, the 27-year-old heavyweight making a name for himself. In the other corner, 41-year-old Ukrainian bruiser Wladimir Klitschko, who'd been there, punched that. On the line - Joshua's IBF and the vacant WBA (Super) and IBO heavyweight

titles. What followed on 29 April 2017 was so spectacular it was named Fight of the Year by *The Ring* magazine and the Boxing Writers Association of America. This documentary offers a welcome chance to go behind the scenes of the brutal battle with the two fighters reflecting on what was one of the most thrilling boxing bouts of the modern era - a match-up that found both men in fierce form.



Goodwood Festival of Speed 2019

Runtime 45 mins

An annual celebration of classic, modern and future car design held at Goodwood House in West Sussex. This highlights show captures all the best bits from this year's shindig.

TV highlights

We've got 33 boxsets onboard! See the full line-up on your screen

Comedy



Black Monday ♥

Episodes 10 | Runtime 35 mins each

From his Oscar-nominated turn in *Hotel Rwanda* to flying around next to Iron Man as War Machine in the MCU, Don Cheadle is one of the most versatile and watchable actors working today. He puts in another barnstorming performance in this Seth Rogen-produced comedy series following the employees of a small Wall Street trading firm in the days

leading up to 'Black Monday', when international stock markets crashed in 1987. Cheadle stars as the motor-mouthed Maurice 'Mo' Monroe who, alongside fellow trader and ex-lover, Dawn Towner (Regina Hall), is trying to take on the industry big boys with the Jammer Group. Expect gigantic shoulder pads, acid-washed jeans and a stretch Lamborghini as the show dives into the glorious excess of the 1980s.



Brooklyn Nine-Nine !

Episodes 4 | Runtime 22 mins each

This comedy set in a New York cop shop has been hoovering up Emmy awards and Golden Globes for six seasons now. Its secret is a brilliant ensemble cast, led by Andy Samberg, skilled at serving up character-based laughs.



Curb Your Enthusiasm ♥

15

Episodes 4 | Runtime 30 mins each

Whether at work, at home or around town, Larry David never fails to take a buttock-clenchingly embarrassing situation and make it, well, worse. Onboard we have cringe-making episodes from season nine.



The Office !

Episodes 3 | Runtime 22 mins each

Remakes aren't supposed to match, let alone surpass, the TV series they're based on. The US version of *The Office* is an exception to the rule, however, and we have episodes from the critically-acclaimed season nine onboard.



Brassic 15

Episodes 6 | Runtime 43 mins each

A cross between *Shameless* and *This is England*, *Brassic* is a gritty and very funny series about grifters in Lancashire. Trust us, nobody can hold a candle to this lot when it comes to getting up to no good and living on their wits.



Derry Girls !

Episodes 6 | Runtime 22 mins each

Best described as an unholy mix of *Father Ted* and *The Inbetweeners*, this comedy from Lisa McGee follows the exploits of schoolgirl Erin (Saoirse-Monica Jackson), her family and friends during the Northern Irish Troubles of the early 1990s.



Comedy



Live at the Apollo

15

Runtime 45 mins each

Now over a decade old and in its fifteenth series, *Live At The Apollo* continues to host the world's best comedians in an environment that never fails to bring out the best in them. We have an episode from the most recent season onboard.



Mum

15

Episodes 6 | Runtime 30 mins each

The brilliant Lesley Manville takes the lead in this bittersweet and utterly brilliant British sitcom revolving around a recently widowed 59-year-old woman and her faltering will-they-won't-they romance with pal Michael (Peter Mullan).



Steve Coogan: Live 'N' Lewd

18

Runtime 58 mins

Don't expect Partridge. Instead this document of Coogan's 1994 stand-up tour features the other characters who made him famous, including Paul Calf, Duncan Thickett and Ernest Moss.

Factual



The Case Against Adnan Syed

!

Episodes 4 | Runtime 60 mins each

Based on the true-crime podcast *Serial*, HBO's *The Case Against Adnan Syed* investigates Syed's conviction and subsequent life sentence for the murder of his ex-girlfriend. But is he really guilty?



The Planets

Episodes 5 | Runtime 50 mins each

There can be few better tour guides to the galaxy than Professor Brian Cox. With *The Planets*, the English physicist who serves as professor of particle physics in the School of Physics and Astronomy at the University of Manchester, uses exciting new technology to examine theories about the formation and evolution of the

eight majestic planets that make up our solar system, gleaned from unmanned missions to other worlds. Combining the data from these latest explorations with groundbreaking CGI, Cox reveals the astonishing beauty and grandeur of Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. Presented with infectious enthusiasm by Cox, this is one cosmic journey you won't soon forget.



Tales from the Two Puddings

12

Runtime 79 mins

Documentary about London's infamous Two Puddings pub, which played host to gangsters and sports stars as well as helping to launch the musical careers of the Small Faces, David Essex and more.

Music highlights

Vera is on Spotify! Listen to our playlists at Virgin Atlantic Vera



Dream State ♥

Album Primrose Path | **Genre** Rock

Variouly described as post-hardcore, alt-rock and even occasionally appearing under the aegis of math rock, it's clear that Welsh riff wreckers Dream State know their way around a guitar. This debut full-length album comes

complete with thunderous, earwormy tunes like *Made Up Smile*, *Are You Ready To Live?*, *Hand In Hand* and *Twenty Letters* - a shared vision held together by frontwoman CJ's powerful vocals. Lauded by critics as one of the best British debut albums of the year, this is a band on the rise.



Deep Sleep & Meditation

Album Sleep & Meditation | **Genre** Sleep

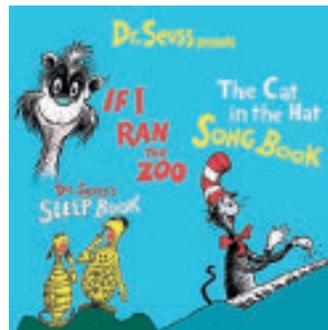
No prizes for guessing what's on offer here. Use this package to help promote better sleep and relaxation through your flight.



Foals ♥

Album Everything Not Saved Will Be Lost Part 2 | **Genre** Alternative

The second part of this ambitious art-rock project expands, and improves, on themes of the original.



Dr Seuss

Album If I Ran the Zoo | **Genre** Kids

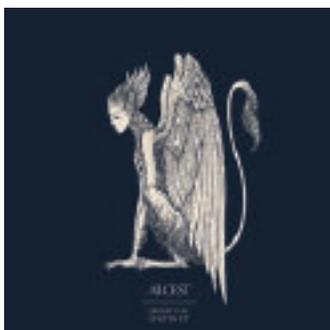
There are plenty of wacky rhymes in this compilation of Dr Seuss classics sure to keep kids of all ages in raptures.



Jimmy Eat World

Album Surviving | **Genre** Rock

Arizonians Jimmy Eat World have pushed the envelope on their 10th album, introducing elements of electronica.



Alcest !

Album Spiritual Instinct | **Genre** Rock

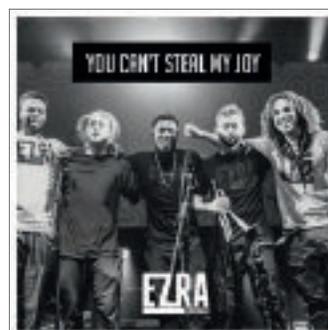
The sixth album by French black metal band Alcest is, according to metal bible *Kerrang!*, 'astonishing'. Rargh!



Alter Bridge !

Album Walk the Sky | **Genre** Rock

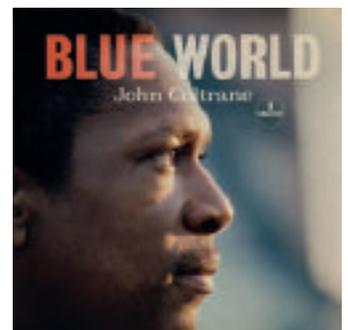
Having worked with Slash and released a brilliant solo album, Myles Kennedy returns to front the band that made his name.



Ezra Collective

Album You Can't Steal My Joy | **Genre** Jazz

Spearheading a jazz revival, Ezra combine jazz (natch) with afrobeat and hip hop - and do so in irresistibly funky style.



John Coltrane ♥ !

Album Blue World | **Genre** Jazz

Made for the soundtrack to the 1964 movie *The Cat in the Hat*, but mostly shelved, this is a must for all Coltrane fans.



Max Richter & Lorne Balfe

Album Ad Astra | **Genre** Chill

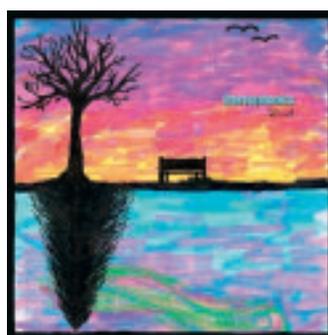
The king of modern classical himself, Max Richter, soundtracks Brad Pitt's recent space film.



PVRIS

Album Hallucinations | **Genre** Alternative

They're American, their name is pronounced 'Paris', and they mix a hard rock sound with pop and electronic elements.



Stereophonics

Album Kind | **Genre** Rock

Their first album for two years finds the Stereophonics pursuing what is an 'if it ain't broke, don't fix it' philosophy.



Virgin People Playlist

Chosen by Cabin Crew Thomas Burn | **Genre** Various

My eclectic list is a simmering array of vocals from artists in total control of their awe-inspiring gift.



Old Dominion

Album Old Dominion | **Genre** Country

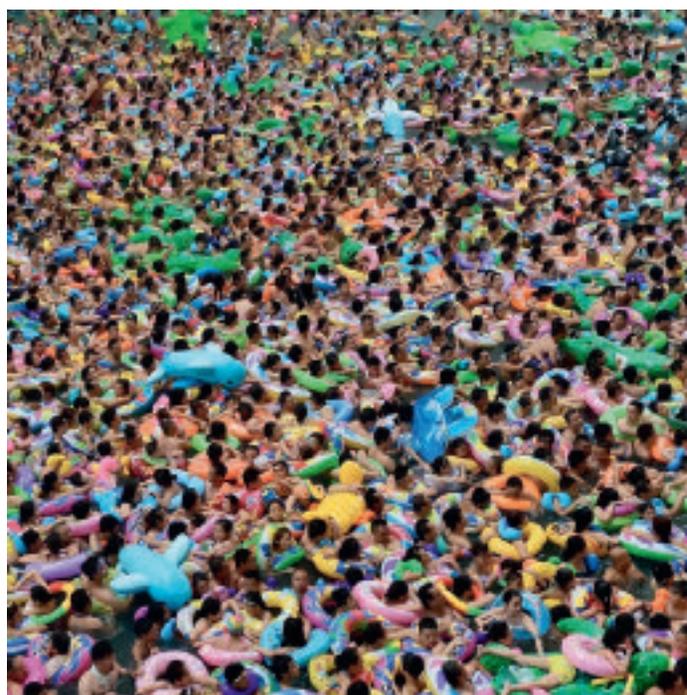
Sounding more assured than ever, Old Dominion blends contemporary country with rock and pop overtones.



Rex Orange County

Album Pony | **Genre** Alternative

Rex Orange County has added a sophisticated sheen to his usual lo-fi output and looks set to break big with this album.



Phil Campbell

Album Old Lions Still Roar | **Genre** Rock

Motörhead axeman Phil Campbell has gone solo and called upon some famous mates for his debut album.



Spielbergs

Album Running All The Way Home EP | **Genre** Rock

Festival favourites Spielbergs come correct with this five-track adrenaline-shot mega thrill-ride of an EP.

Elbow

Album Giants of All Sizes | **Genre** Alternative

Elbow have yet to make a sub-par album. Matter of fact, Guy Garvey's crew go from strength to strength, as this eighth album amply demonstrates. Partly inspired by the deaths of Garvey's father and two close friends, it's a mature,

thoughtful work. Garvey also addresses disasters like the Grenfell Tower fire (*White Noise White Heat*) and the train suicide of a stranger (*The Delayed 3:15*) on an offering that's been described by *The Guardian* as 'grittier and angrier' than the band's previous albums.

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Picture perfect

Top travel photographer James Relf-Dyer reflects on his recent visit to the incomparable Cayman Islands

If there's anything that gets a photographer excited, it's a bountiful supply of golden sunlight and uninterrupted panoramic backdrops. So you can imagine the joy felt by travel influencer and photographer James Relf-Dyer when he got his first glimpse of the Cayman Islands earlier this year.

We caught up with him to get the lowdown on this intensely photogenic paradise.

Fly to the Cayman Islands with Virgin Atlantic and Cayman Airways via Miami. visitcaymanislands.com



How familiar were you with the islands before your trip?

Having done a little bit of research beforehand and seen pictures, I knew it would be beautiful, but it really exceeded my expectations.

Judging by your shots, it looked like you had a great time!

Absolutely. I kicked off the trip swimming with stingrays, which was a once-in-a-lifetime experience. Although, I was a little nervous, they were such majestic creatures. I also kayaked through the fluorescent waters of Bioluminescent Bay and saw baby turtles heading into the Caribbean Sea on Seven Mile Beach – something I will never forget...

Was there anything that caught you by surprise?

I found that it was really easy to get around. I had a Jeep Wrangler for the week and nowhere was further than an hour's drive away. I kept a snorkel kit on the back seat and at every opportunity went below the waves to check out the colourful marine life around the island. Then there was the food. I had no idea that I would have more than 200 restaurants to choose from. I recommend the bacon-jam cheeseburger at Peppers.

Any advice for future Cayman Islanders?

My top tip would be to take a day trip on a twin-prop plane to one of the sister islands, Little Cayman or Cayman Brac. On Grand Cayman, head to Pedro St James – a historic house near the old capital of Bodden Town, which gives you a fascinating insight into the islands' heritage.

Check out the rest of James' stunning Cayman Islands shots on his Instagram page, [@jamesrelfdyer](https://www.instagram.com/jamesrelfdyer)



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 DELTA



A fond farewell

Back in November, we celebrated 23 years of magical memories when we said goodbye to Tinker Belle, one of our oldest Boeing 747s



For all the people who have flown and worked on the plane over the last two decades, waving goodbye to Tinker Belle was an emotional moment. None more so than for certifying engineer Charlie Gould, who had been with Tinker Belle from the very start of her Virgin Atlantic journey. Charlie had the honour of collecting the aircraft from the Boeing factory in Seattle back in June 1996, and was there to accompany her on her final flight, manning the headphones, for her last ever journey in November 2019.

Charlie, who joined Virgin in 1989, watched on as “his aircraft” taxied to the runway for the short hop to her final resting place at ex-military airfield St Athan. “It was quite emotional after landing as we sat on the runway with the engines

shut down and made the last entry in the tech log book,” says Captain John Neyland, who flew the plane.

It might seem strange to feel so attached to a machine, but our engineers invest years of their lives tending to them and getting to know every nut and bolt. However, all good things must come to an end and, happily, parts of Tinker Belle live on, as some elements such as the evacuation slides, were kept as spare parts for our remaining 747 fleet.

Charlie had been planning his retirement for some time, but delayed starting his new adventure until Tinker Belle’s farewell. He will say his own goodbye to Virgin Atlantic in March 2020 after more than 30 years with the company. Like Tinker Belle, he’ll be very much missed.

Below and right Our Virgin teams share their favourite sounds on People Playlists



Travel tracks

Tune into our People Playlists onboard and on Spotify to see what the Virgin teams are listening to

When it comes to choosing the soundtrack to your journey, you really can't beat a personal recommendation, which is why we ask music fans from across our business to share their bespoke playlists of the tunes they love most. With a new list onboard each month, it's a great way to discover foot-tapping tracks both old and new. You might even spot one of our list curators on your flight, as everyone from cabin crew to pilots nominate their top tracks.

It's not just our team in the hot seat either. We also feature exclusive playlists chosen by well-known bands, artists and DJs, including George Ezra, Paloma Faith and Justin Hawkins from rock group The Darkness. You can find them in the audio section onboard, or search Virgin Atlantic Vera on Spotify to discover what your favourite famous faces are listening to. Why not plug in and zone out to beats that come with a Vera approved stamp?



Why I love my job

Shared Services Manager **Chloe Sherriff** knows how to make friends

I first joined Virgin Holidays as a switchboard operator at 19, directing customer calls to the relevant teams. From there I headed into sales, before moving onto managing teams and working with our retail stores.

I'm now flexing new skills in the People team, which feels a perfect fit as it's always been the people at Virgin who have made working here such a pleasure. All the teams I've worked with have been super-charged on the friendly scale and it's lovely to know I can turn up to work every day and be accepted for who I am. I don't have to dial down my personality and can just be myself. I'm privileged to work alongside people from so many different walks of life.

For me, Virgin has had a huge impact on my personal, not just my professional life. I met my husband at the company, and we've now been together for 12 wonderful years, travelling to loads of amazing destinations and making lasting memories.

I'm currently on the 'Emerging Leader' programme, for those identified as leaders of tomorrow. We work to an apprenticeship framework and receive a qualification at the end - it feels great that Virgin wants to invest in me and my future. If I had to sum up working with Virgin it would be, "Fabulous!" (said like John Barrowman).

PHOTO UNSPLASH



Mr and Mrs

A proposal at 35,000 feet changed one couple's life forever

When Sue Burgess arrived at the airport for her holiday to Barbados, she had no idea she'd be boarding the plane as a girlfriend and departing the other end a fiancée. Unknown to her, partner Tom Anderson had packed a ring box in his hand luggage, along with the usual snorkel, swim shorts and holiday reading and was planning to pop the question after take-off.

"I wanted to make a fuss of Sue and for everyone to know how special she is," says Tom. "She's mentioned in the past that I'm not romantic enough, so I thought what better way to show her?"

Tom had another reason to want to put a smile on Sue's face: "We unfortunately lost her mum just a few weeks before we flew and I managed to have Sue's engagement ring made from one of her mum's rings in memory of her. It was only finished the day before we flew so it was touch and go!"

Clockwise from above Beautiful Barbados; the happy couple with onboard crew Lynn Sutherby and Karl Wort; the special ring



The cabin crew on the couple's flight knew all about Tom's plans. "They were fantastic, helping me organise the moment at the right time and making the whole thing perfect," he says. "They even arranged for us to have Champagne in the first-class lounge when we landed."

When the moment came, Sue was flabbergasted. "It was a complete and utter surprise," she recalls fondly. "We met in March 2018 and while we'd talked about marriage, we hadn't got much further than that because my mum was taken ill suddenly and our lives became focused on her. She loved Tom and was really happy knowing we were settled together. Seeing the amazing ring Tom had made, incorporating stones from mum's rings, was really emotional."

The happy pair celebrated in style in Barbados. "We ate and drank very well that week!" says Sue. "We're even thinking about having the wedding on the island so watch this space!"



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- All other aircraft, open your browser and navigate to airborne.gogoinflight.com.

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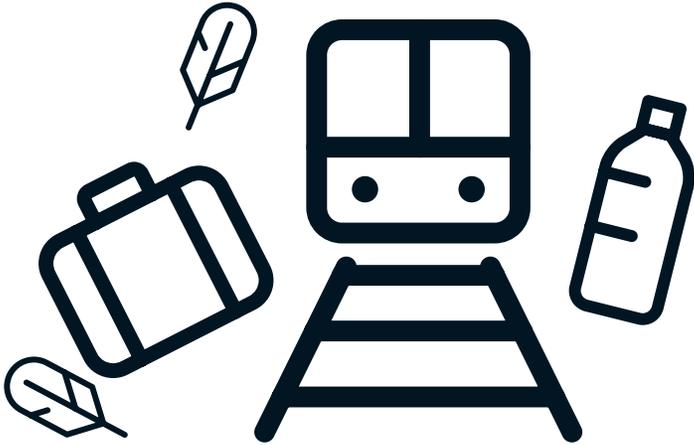
- Coming for short-term study (for up to six months).
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For more information, visit gov.uk/border-force/fastertravel or watch the eGates eligibility video on V-TV, onboard now.

Think smart

Try these sustainable tips and tricks to make a big difference when you travel this year

Before you fly



- 1 Watch your weight** Packing lighter saves fuel and carbon emissions. If all our passengers reduced the weight of their bag by 1kg we could save around 4,000 tonnes of CO2 each year - that's the same as taking 1,500 average cars off the road for a year.
- 2 Trains, planes and automobiles** Think about travel options to and from the airport and try to use public transport links where you can.
- 3 Bring your own** Fill up your reusable water bottle at the airport to save plastic waste.
- 4 Offset your flight** Visit virginatlantic.com/changeisintheair/offset to use our carbon calculator and find out how you can help support projects around the world to reduce carbon emissions.

In the air

- 1 Reduce your use** Only open items you really need. We'll re-use blankets and amenity kits if they are unopened (and at the end of their life, we send them to be recycled).
- 2 Re-use your glass** Keep your plastic glass to be refilled during the flight rather than asking for a new one each time. Each glass not used saves 5g of plastic.
- 3 Help us out** Recycling onboard is tricky, and there are strict rules on what we can do. Keeping your waste separate means we can recycle more.
- 4 Go veggie** Reducing your meat consumption is one of the easiest ways you can reduce your own carbon footprint - try one of our tasty vegetarian meal options onboard. Through our Thoughtful Food programme, we're also working with our caterers to source fairly traded products, promote higher animal welfare standards, and source sustainably certified fish, seafood, soy and palm oil.
- 5 Learn on the go** Check out the 'Our World' genre on your Vera inflight entertainment system. We've got a host of videos celebrating our planet, and people who are working hard to make a difference - including some of the things we're up to at Virgin Atlantic.



Change
is in the air



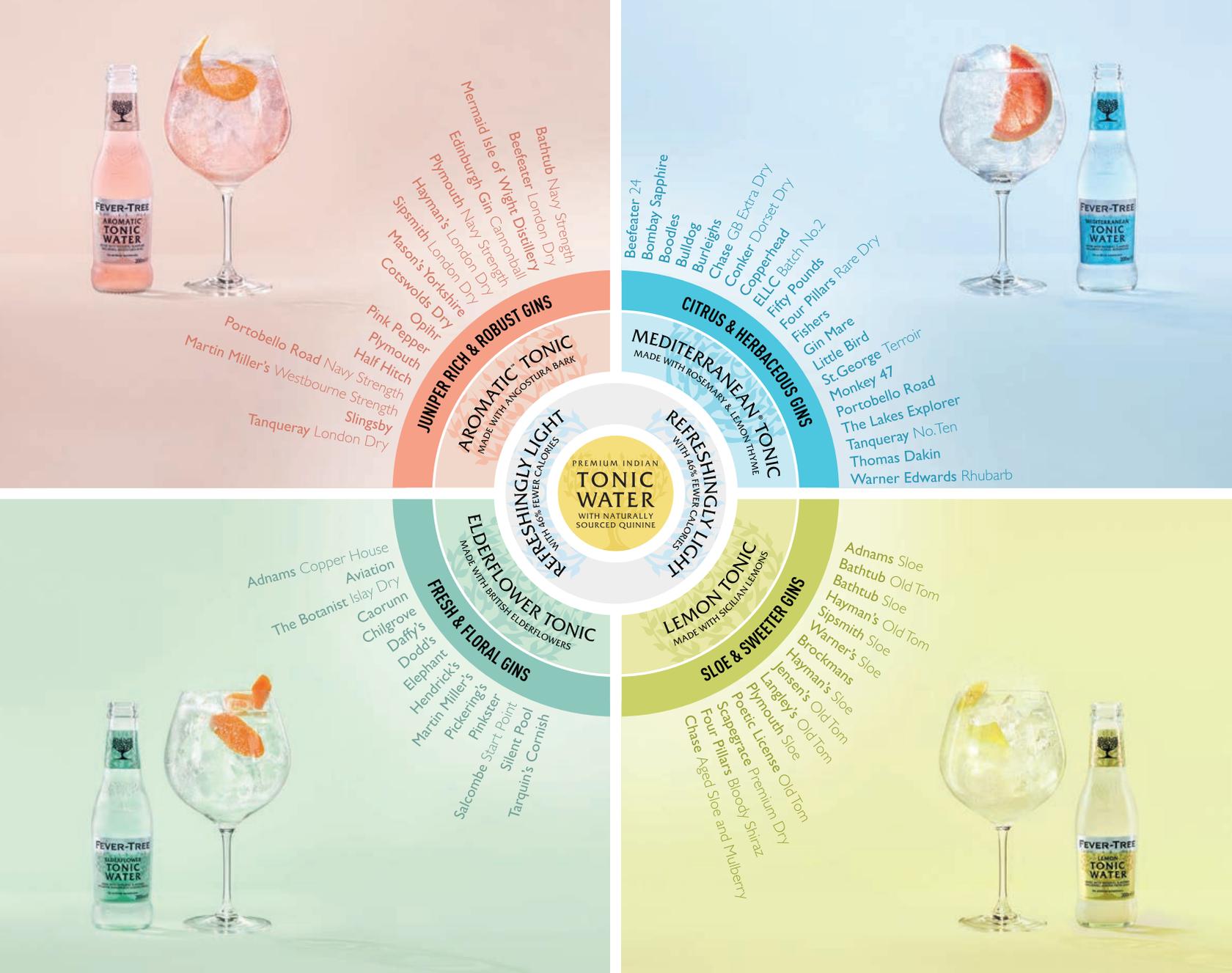
Change is in the Air is the name we give to our sustainability programme, because we believe that sustainability means changing things for the better. We're pioneering ways to reduce our environmental impact, improve our supply chain and support communities around the world. Find out more at virginatlantic.com/changeisintheair

Change for children

WE's mission is to create a world where all young people are free to achieve their fullest potential as agents of change. Through our inspiring schools programme, Passport to Change, we're helping inspire young people in the communities closest to Virgin Atlantic to 'be the change' they want to see in the world,

as well as delivering sustainable change in overseas communities. To find out more about WE visit: we.org.

To support their work, please place any loose change or foreign currency in the Change for Children envelope and hand it to one of our cabin crew. To keep it safe, please don't leave it in your seat pocket. Thank you!



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