

ISSUE 87

THE OPPORTUNITY ISSUE

CitySolicitor

THE MAGAZINE OF THE CITY OF LONDON SOLICITORS' COMPANY AND THE CITY OF LONDON LAW SOCIETY

**If opportunity
doesn't knock,
build a door.**

Milton Berle

CITY OF LONDON SOLICITORS' COMPANY COURT OF ASSISTANTS

MASTER

ALDERMAN V.T. KEAVENY

SENIOR WARDEN

ALDERMAN MRS C.F. WOOLF, C.B.E.

JUNIOR WARDEN

N.M.L. HUGHES

STEWARDS

DAME JANET GAYMER, D.B.E., Q.C. (Hon.)
ALDERMAN DAVID GRAVES, M.A.

FULL ASSISTANTS

Past Master SIR DAVID LEWIS, D.L.
Past Master ALDERMAN SIR DAVID WOOTTON
Past Master J.R.C. WHITE, T.D.
Past Master M.C. ROBERTS, B.A.
Past Master D.A. McINTOSH, Q.C. (Hon.)
J.M. ABRAMSON
R.J.L. JONES
J.P. WOTTON
R.S.K. BELL, B.A., LL.M.
N. LOGAN GREEN
A.G. KING

ADDITIONAL ASSISTANTS

C.M. MEDVEI
T.E. WATTS
M.A.H. PAYTON

CHAIRMAN OF THE CITY OF LONDON LAW SOCIETY

A.F. DOUGLAS

EX-OFFICIO ASSISTANTS

PAST MASTERS

P.J. PURTON, O.B.E., L.M.R.T.P.I.
D.F. GRAY, M.A.
SIR MAX WILLIAMS
K.S.G. HINDE, O.B.E., T.D., M.A.
J.A.E. YOUNG, LL.B.
D.L. BIDDLE, M.A.
J.A. ROWSON
SIR CHRISTOPHER WALFORD, M.A., D.C.L.
HIS HON. HARVEY CRUSH
S.N. BEARE, M.A., LL.B.
W.L. KING, M.A.
R.D. FOX, M.A.

M.R. MATHEWS, M.A.
SIR ROBERT FINCH
M.J. CASSIDY, C.B.E., B.A., M.B.A., Dep.
B.J. GREENWOOD, LL.B.
A.J.C. COLLETT, LL.B.
N.C.C. BAMPING, LL.B.
MISS K.D. RICHARDSON, M.A.
W.J.L. KNIGHT, O.B.E.
MS A.L. MARKS

CLERK

N.A. CAMERON

THE CITY OF LONDON LAW SOCIETY

PRESIDENT

* THE MASTER

CHAIRMAN

A.F. DOUGLAS

CHIEF EXECUTIVE

D.A. HOBART

TREASURER

N.M.L. HUGHES

SECRETARY

N.A. CAMERON

ADMINISTRATOR

MRS E.J. THOMAS

COMMITTEE

CHAIRMAN
PRESIDENT
† P. BARNES
† R.H.G. BOURNS
† S.W. DAVIS
† C. DIGBY-BELL
M.T.C. HANSON
MS V.J. KNAPP, O.B.E.
C.D.Z. MARTIN
*C.M. MEDVEI
C.J. PASSMORE
R. PARKER
R.W. PITCHER
† DR D PRINCE
R.H. TYLER

* Ex-officio, appointed by the CLSC

† Ex-officio as members of the Council of The Law Society

EDITOR'S LETTER

CitySolicitor

Publisher

City of London Solicitors' Company
and the City of London Law Society

Editor

John Abramson (Travelers)

Editorial Board

Robert Bell (Bryan Cave LLP)
Marc Hanson (Berwin Leighton Paisner LLP)
David Hobart (CLLS)
Waleed Rasromani (Linklaters LLP)
Elizabeth Thomas (CLLS)

Journalist

Maroulla Paul (Sparkloop)

Graphic Design

Nick Pelekanos (Sparkloop)

Printing

Impress Print Services Limited

Advice to readers:

City Solicitor is published four times a year by the City of London Solicitors' Company and the City of London Law Society. Reproduction, copy, extraction or redistribution by any means of the whole or part of this publication must not be undertaken without the written permission of the publishers.

City Solicitor is distributed as a free member benefit to all members of the City of London Solicitors' Company and the City of London Law Society.

Articles are published in good faith without responsibility on the part of the publishers or authors for loss to any person acting or refraining from acting as a result of any views expressed in them. Opinions expressed in this publication should not be regarded as the official view of the CLSC or the CLLS or as the personal views of the Editorial Board. All rights are reserved in respect of all articles, drawings and photographs published in City Solicitor, anywhere in the world. Reproduction or imitations of these are expressly forbidden without permission of the publishers.

Contact Us

4 College Hill, London EC4R 2RB
Tel: 020 7329 2173 **Fax:** 020 7329 2190
Email: mail@citysolicitors.org.uk
Website: www.citysolicitors.org.uk

 Follow us @TheCLLS and @CLSC2



As the year ends, we all look forward to a new beginning in 2015 with all the opportunities it will bring.

So, this time we have aptly chosen "opportunity" as our main theme. We have articles about how two little-visited cities, low down the list of "must see" destinations, took negatives and turned them into positives to successfully attract tourists.

We look at how a dearth of good food available for home delivery turned itself into a new business opportunity for an entrepreneur.

And on the legal front, we dig deep into the opportunities that litigation funding and the Global Law Summit can offer us.

There's lots more too, all of which I hope you find the opportunity to digest and enjoy.

You seem to be thoroughly enjoying our new look and feel. Our last "controversial" edition provoked much discussion.

We are keen to hear your views, so please write to us or contact us on Twitter.

The copy date for our next issue is 31 January.

I would like to take this opportunity, too, to wish you all a peaceful and healthy holiday and a successful 2015.

John Abramson, Editor

CONTENTS



BOILERPLATE

what's happening in the legal world

NO WIN, NO FEE

Litigation funding; we look at how nearly two decades on, this area is still a missed opportunity for many.

MAGNA CARTA 2.0; UPDATE OR UPGRADE?

The Global Law Summit of 2015 affords a great opportunity to (re)write history.



DISCLOSURE

what's happening out of the office

WHAT'S BEEN GOING ON IN OUR WORLD

What the Master discovered in Lydd.

MAKING SUPPER AN HAUTE CUISINE AFFAIR.

How you can now enjoy Michelin starred cuisine in front of your TV.

OUR EXCLUSIVE PRIVILEGE CLUB, EX PARTE

This season's must-have offers for our members.



HERON

what's happening in other cities

A TALE OF TWO CITIES

How two little-visited cities seized upon some strange opportunities to turn themselves into "must-see" destinations.



NON-SEQUITUR

what happens in the other side of a solicitor's brain

ADD BREATHE TO YOUR TO DO LIST

Clinical Psychologist, Bill Mitchell, tells us how to deal with the pressures of work. And life.

CHAMPAGNE, LOBSTER, 4 WHEELS, 2 WHEELS AND A LOT MORE.

Ronnie Fox enjoys the opportunity to visit the Salon Privé.

ONE LAST WORD

Did you know that...?



LITIGATION FUNDING

Litigation funding is a fairly recent phenomenon which came about as a result of the Access to Justice Act of 1999 which was passed with the aim of giving everyone an opportunity to have the means to make a rightful claim.

The person on the street (or Clapham omnibus) is aware of it through being bombarded with a myriad of television commercials all offering “no win, no fee” services. Some view this as promoting opportunism and encouraging a highly litigious society similar to that in the United States.



A LOT OF SOLICITORS STILL DO NOT FULLY UNDERSTAND...

But litigation funding goes way beyond suing the person in the red beetle who drove into the back of you and gave you slight whiplash, to the very other end of the spectrum, funding FTSE100 corporations in multi-million pound claims.

Susan Dunn is a founder and the Head of Litigation Funding at Harbour who currently have around £180 million to invest in litigation where the claimant doesn't want to fund it themselves.

Harbour, who operate in 12 different common law jurisdictions and who can boast a very healthy 70/75% success rate, will consider anybody who is looking at a claim value of in excess of £3 million.

Dunn explains that it is actually the monster companies who have problems getting money out of their finance departments and who would otherwise not proceed with huge claims if it wasn't for litigation funds like hers. She was passionate in her concern that a lot of solicitors still do not fully understand the extent that such funding can help really access justice. She worries that opportunities are being missed.

She herself had an illustrious legal career when, by chance, she stumbled upon an old friend and barrister on the tube one morning in 2002. That evening he called her and asked her to join forces with him in a funding start up.

From there she went onto set up Harbour in 2007 and is enthusiastic about the benefits that she can offer claimants. Harbour is staffed by ex lawyers and finance people.

There are judges and QCs on their investment board. In short, they know their stuff. Inside out.

Most people, even most huge companies, only litigate rarely in their lifetimes so they don't know all the pitfalls. Harbour, whilst not being advisers, know the “cast of characters”, they know the “multiple jurisdictions” and “know the principles which may be applied” so they really “can hold the claimant's hand and walk through unfamiliar territory.” Dunn referred to a number of stakeholder actions where there

is no case law to refer to. Harbour's extensive experience is an invaluable asset.

Simon James, Chairman of CLLS's Litigation Committee specialises in commercial dispute resolution and is a partner at Clifford Chance. Like Dunn, he sees litigation funding as a way for those “with high value cases, with a high chance of success and who can't or won't fund it themselves” to access justice as the Act intended.

But whilst James agrees with the principle, he is more sceptical about the reality and practicality. He said that Clifford Chance saw few funded claims, and he couldn't see why companies would turn to funders if they were likely to win and could finance the claim themselves. Why would they be willing to give away a percentage of their “winnings” for no reason?

An interesting divergence of opinion. Time will tell whether litigation funding will be seized upon or simply be a missed opportunity.



WHY WOULD THEY BE WILLING TO GIVE AWAY A PERCENTAGE OF THEIR “WINNINGS”?

MAGNA CARTTA 2.0

UPDATE OR UPGRADE?

Magna Carta (Latin; "Great Charter"), also called *Magna Carta Libertatum* or *The Great Charter of the Liberties of England*, is an Angevin charter originally issued in Latin. It was sealed under oath by King John at Runnymede, on the bank of the River Thames near Windsor, England, on 15 June 1215.

800 years on.

Leaders in all matters legal from all over the globe are assembling at The Global Law Summit to celebrate, reflect, consider, inspire and innovate.

Is it a time to confirm and consolidate? Or perhaps change?

The Global Law Summit is taking place from 23-25 February 2015 at the Queen Elizabeth II Conference Centre in Westminster and the press release tells us it "will bring together over 2,000 leaders in law, business, government and academia from across the world, to discuss the role of the Rule of Law in securing global business growth and competition."

David Cameron has spoken of it as an opportunity to "discuss the issues that are shaping the agenda legally, commercially and socially over the next generation".

"...will bring together over 2,000 leaders in law, business, government and academia from across the world..."

The list of speakers is jaw dropping; from Boris Johnson to Cherie Blair QC, from the Master of the Rolls to the

President of the Supreme Court; Aung San Suu Kyi will add to the international flavour and there was even rumour of a Clinton...

So, is it an opportunity for a mass celebration of a truly great historical event, or an opportunity to write MC 2.0?

Sir David Wootton from Allen & Overy LLP who is the Co-Chair of the Summit says this "has been the biggest challenge and opportunity" of his entire career. No small feat for a man who specialises in dealing with mergers and acquisitions, IPOs and joint ventures across various international markets, has been the Lord Mayor of the City of London and is a highly successful rower.

Wootton explains how MC laid the foundation for modern law; the basic

principles didn't even exist; before it was a matter of the law simply being whatever the King said. He thinks of the MC as "possibly the most important influence on English history" and sees this event "as an opportunity not just to look at what law is or what lawyers do but what contribution lawyers can make in the development of many countries in the world."

"It's about looking at modern legal practices in developed countries and using them to find a way forward in emerging markets. About contemplation and moving forward."

"Possibly the most important influence on English history..."

The Summit isn't just lawyers. Nor is it just English. Nor does it only address common law.

Business people, academics, politicians, law administrators, law makers and enforcers from Britain and the whole world are attending and participating. Civil law speakers will allow us to compare and contrast. Big issues will be addressed. The links between law and economic growth will be examined. Society no longer accepts that profit is all that matters; today business and social conscience have to go hand in hand; it's better to be better. Damage to reputation is harmful to the bottom line. This new driver is also considered.

The Summit aims to cover 4 big subjects, namely driving economic growth through the Rule of Law, law at the heart of 21st century business, MC principles applied to modern day, and law as the foundation of a strong and prosperous society.

Wootton talks of it not as one of a series, but a clean sheet. An opportunity for MC 2.0.

Don't miss the opportunity to be a part of it. To get tickets for this incredible moment in history visit: www.globallawsummit.com

Follow us on Twitter: [@globallawsummit](https://twitter.com/globallawsummit) #GLS2015

City Solicitor will be attending this event and there will be a special feature in the Spring edition.



Global Law Summit

Inspiring legal innovation



LIVERY MATTERS

THE MASTER'S VISIT TO LYDD

By Vincent Keaveny

Like most of our Liverymen, my only contact with our affiliated Army Cadet detachment has been on those evenings when the smartly turned-out members of the detachment provide a carpet guard at our Livery Dinner and Mansion House Banquet under the watchful eye of their officer in charge, Lt. Victor Acquah. My visit to the Annual Camp of the South East London Army Cadet Force in Lydd on 21 August 2014 gave me the opportunity to get to know the detachment better - it was perhaps the highlight of my Master's year so far. I came away with a much better idea of what the ACF does and the positive impact that it has on so many of the Cadets. It also left me very proud of our association with 71 Detachment and impressed by Victor and his fellow officers who support the development of the young people in their charge.

The SE London Annual Camp brought together 340 Cadets, with 87 adults involved in various roles, over two weeks. This year, 10 members of the Latvian equivalent of the ACF, the Latvian Youth Guard, joined the camp. The Cadets came well equipped for a busy programme of activities - 37,000 rounds of live ammunition, 31,000

rounds of blank ammunition, 34 rockets and 56 smoke grenades made up only part of the armoury. All four Companies of the SE London ACF took part, with our detachment, 71 of 7th Company, being the largest of all those in the SE London sector.

Our party, which comprised Masters and representatives of other Livery companies supporting SE London ACF, namely the Founders, Glaziers and Security Professionals, along with the Mayors of the Boroughs of Southwark, Bromley and Bexley, gathered in the Mess at Lydd Camp at 9.00 am for a welcome over coffee from Col. Simon Ettinghausen, Commandant of the SE London ACF. Col. Ettinghausen explained what the ACF seeks to achieve today and its relationship to the regular and reserve forces. He also expressed his gratitude for Livery Companies' support for the ACF which ensured that many of the Cadets could afford to attend the camp. He spoke about the successes of many recent Cadets and regretted that one of their recent star NCOs, now a student at Cambridge, was unable to join us because of the demands of her summer job.

The first stop on our tour was the Dismounted Close Combat Trainer where we saw 10 Company Cadets using compressed air pumped semi-automatic rifles on a computer simulated firing range. This exercise, a step up from any computer game that the Cadets may have played, allows the trainers to analyse in minute detail a Cadet's shooting skills - details such as the firmness of the grip on the rifle, pressure on the trigger, movement of the barrel while taking aim, all being monitored by computer. Getting through this exercise successfully is an essential precursor to the live firing exercises undertaken later.

A minibus then took us on to the Hythe Ranges to see the Napoleonic-era fort, the Redoubt, which has been used by the Army for many years to train soldiers in house to house searches in an urban environment. The inner courtyard of the fort, once kitted out to resemble a Belfast street, now contains a bungalow of the size and shape (if not appearance) with which soldiers serving in Iraq and Afghanistan would be familiar. From the observation deck in the roof of the bungalow we watched two impressive and disciplined

teams of senior Cadets, a mix of British and Latvians, work through the house, clearing the rooms and dispatching pop-up targets with volleys of blank ammunition.

A hearty lunch of pasta and meatballs followed, although the competing attractions of a local burger van won out for most of the Cadets - clearly a new challenge for Jamie Oliver awaits.

Returning to Lydd in the afternoon, we watched Cadets from 7 and 10 Company on the firing ranges. The empty, shingle landscape of the Lydd Ranges is itself worth seeing. I could not imagine a better backdrop for a low budget science fiction film or a 70's era episode of Dr. Who than this oddly bleak part of England, where the horizon seems to slide out of sight. That perhaps explains its popularity amongst the marksmen of the Army, who hone their skills over improbable distances on these ranges. Our Cadets were shooting at much more modest distances but for many of them it was the first occasion on which they could apply their training on rifles firing live ammunition. Throughout the exercise



the supervision of the adult officers and the disciplined approach of the youngsters was hugely impressive.

At this point in the day I finally tracked down Victor Acquah with a number of the 71 Detachment Cadets. Several of them, including this year's prize winner, had been on parade in Mansion House and were keen to volunteer for carpet guard duties again. One or two confessed to some nerves about their first live firing exercise but they were very obviously having an enjoyable and fulfilling time on camp. For many, it was their only opportunity to get out of London during their school holidays.

Tea and a farewell from Col. Ettinghausen back in the Mess brought the day to a close. I have never doubted that the Livery's support of the ACF, and our own Company's support of 71 Detachment, is a worthwhile and valuable aspect of the life of the Livery movement. What I had not fully realised until that fascinating day in Lydd was quite how valuable the link is and what a difference we can make to the lives of so many young people in London and further afield.



TRIBUTE TO PAST MASTER JOHN HUME

John Hume, Master of the Company from 2002 to 2003 has passed away at the age of 69.

For many years he was recognised as one of the leading lights in fraud litigation, with a particular focus on Serious Fraud Office and Fraud Squad inquiries. He joined Titmuss Sainer Dechert (now Dechert) in 1970, becoming a partner three years later. In 1987 he became head of Litigation at the firm before leaving in 1997 to join niche litigation and arbitration firm, Ralph Hume Garry, as a name partner. In 2001, he went on to join one of the country's leading firms for criminal fraud, Kingsley Napley.

Hume, who also qualified as a solicitor-advocate in 1995, worked on cases involving a range of companies, including Blue Arrow, County NatWest, Atlantic Computers, ConsGold, Eurotunnel & Caradon.

Most recently, he set up his own practice, JEH, and continued to work, despite a period of ill health. Although wheelchair-bound following a riding accident aged 17, he lived life to the full and could often be seen around the City and arriving at Company events in his beloved, adapted E-type Jaguar. In his year as Master, he also led one of the Company's trips to Treguier, to take part in the Pardon of St Yves.



MAKING SUPPER AN HAUTE CUISINE AFFAIR.

HOW A DISLIKING FOR SOGGY PIZZA LED TO A MICHELIN STARRED DELIVERY SERVICE.

People talk about living the dream. Peter Georgiou didn't just talk about it, he did it. A very successful futures and options trader, Georgiou left the UK to live life more leisurely in Gibraltar. In between his daily trading he played golf and tennis, enjoyed the beach, and immersed himself in the Spanish culture.

After a time he missed the adrenalin of big cities so moved to Manhattan but, ultimately, family and home beckoned too strongly and he returned to London, his home town, in 2013.

He found a great apartment in Chelsea, dusted the cobwebs off his old Aston Martin, rubbed shoulders with the literary glitterati in his club, the Groucho and all was well in the world.

Well actually, not quite. Peter, not surprisingly, is a foodie. Of Greek origin, he had grown up in a home where food is a religion; his mother getting up at 5am every day to make all sorts of Cypriot delights like koubes,

eliopites and other delicious things for the family to enjoy. Peter inherited his mother's passion for cooking and also prepared himself great food. Needless to say he also was privileged enough to eat in the world's finest restaurants.

But trading in international markets meant working strange hours and Peter would often be stuck in the office working late and hungry, not able to get to a restaurant before it closed. But being somewhat of a health fanatic as well as a gourmet, pizzas and greasy Indian takeaways didn't exactly tick the boxes for him. He wanted superb food, healthy food - delivered to his office at whatever time suited him. But it simply didn't exist at the calibre he wanted. The shrewd businessman (not to mention the hungry foodie) saw this gap in the market as a great opportunity.

Why was someone not supplying corporates and businesses with food from the finest Michelin starred restaurants, as well as delicious

treats like caviar, macaroons, lobsters? The answer was simple. Because of the sheer logistical nightmare such a service would be.

How would the food be packaged to ensure it is not damaged in any way? How would it be kept at the right temperature, be it hot or cold? How would communications happen between the customer, the company, the restaurants, the delivery people?



Not to mention how to get the finest Michelin starred restaurants on board? No wonder it had never been done. But Peter is not one to shy away from challenges. Far from it, he seizes upon them as opportunities.

And that was how Supper was born. Why Supper? Simple, really. He was chatting the idea through with a French friend; Peter came up with the name "supper" and his friend thinking Peter meant "super", leapt on it as a great name which gave Peter the reassurance (albeit incorrectly so!) of using it.

Next, Peter had to find a branding agency (who had to make sense of the name Supper when it included breakfast, lunch...), and some uber bright developers to make the technology work for the intricate communications. It became a full time job. Literally.

Peter gave up trading and Supper became his 24/7 baby. He went to Japan to find state of the art delivery

vehicles which have never been seen in the UK before. He worked with high level engineers to develop a special mechanism that fits into a very clever box so that food is kept at precisely the right temperature it is meant to be. This means the food is delivered to the customer's home as close to the perfect way it would be served in the restaurant. Carrier bags were designed to look as cool as if they were from a major fashion house. Drivers' uniforms were designed to make them look as smart as if they were actually working in the restaurants (the option to get the food not just delivered but served as well is a service Peter is considering adding at a later stage).

But the biggest task was getting the highest calibre of shop and restaurant to come on board.

All the "names" Peter went for were just that, names with reputations they were, quite rightly, fiercely protective of, so persuading them to share their

PETER GAVE UP TRADING AND SUPPER BECAME HIS 24/7 BABY.

brand with a third party took quite some work.

That he now launches with a portfolio of utterly mouthwatering restaurants is a true testament to his work.

Make sure you don't miss out on the opportunity of having a Michelin starred super supper delivered anywhere you want it, at any time you want it.

www.supper.london

SUPPER 

A TALE OF TWO CITIES



A city that was divided physically, politically, geographically, socially, culturally and emotionally; that was bombed and had most of its beauty and architecture destroyed; that was rebuilt post war at a time when architecture and great aesthetics did not go hand in hand and to cap it all is known for its bad food. Not exactly the components needed to attract visitors.

Yet, Berliners took all these blows head on and turned what could be perceived as negatives into opportunities to turn Berlin into a major tourist destination.

When the wall came down, there was a huge Communist HQ left obsolete; seemingly unusable because of its harsh industrial style and sheer vastness. Yet the smart thinking Soho House Group saw it as a stunning opportunity to add another breathtaking hotel and



club to their ever increasing portfolio. The Berlin Art House, as it is now known, in the bleeding edge area of Mitte, houses stunningly lavish bedrooms (big enough to have free standing baths, showers large enough for a football team, sofas, desks and bookcases that make it home from home, and ridiculously mammoth beds you have to tear yourself out of) a hugely pampering spa, ginormous yet surprisingly cosy club rooms with bars and restaurants and even an unexpected roof top pool. The sheer volume of wall space has made it the perfect canvass for art, including a life size shark drawn directly onto the wall by Damien Hirst. The club has attracted the likes of George Clooney and being within walking distance of the Brandenburg Gate, Jewish Memorial, Checkpoint Charlie and other tourist attractions, it is the perfect place to stay.

That list of "sites" is an interesting one in itself; blisteringly painful reminders of the brutalities of war could have been something people would want to avoid, yet not only do they attract hoards of visitors each year but have also adored the opportunity for two hitherto warring nations to come together.

Berlin has managed to make itself synonymous with art. Endless galleries fill the city but the city is also about living art. There is graffiti everywhere,

although the city has yet to find its own Banksy or Bambi! A defunct wall was the opportunity for the city to create an international memorial for freedom and 1.3 metres are covered in contributions from artists from all over the globe who travelled to the city to take part in this huge piece of street art and symbol of liberty.

One thing no visitor to Berlin can fail to notice, is the pink and blue piping that runs throughout throughout the city.

Yet this incredibly imposing and noticeable structure is actually not (just) art but a practical water pumping system. In Berlin, the ground water level is extraordinarily high at about 2 metres below the surface. Buildings therefore can get "wet feet". These pipes simply get rid of the water.

Even the reasons the pipes curve and turn in bizarre ways is not for aesthetic reasons but to stop the pipes from freezing in the bitterly brutal Berlin winters (long lines are more prone to freezing).

But being Berlin, they made no attempt to hide these necessary evils; no instead they made them in the brightest most visible colours so giving the city the opportunity to be one mammoth piece of installation art.



BERLIN HAS MANAGED TO MAKE ITSELF SYNONYMOUS WITH ART...

Every city break is an opportunity to experience different cuisines. But when the national delicacies are sausage, cabbage and spargel then this isn't the biggest of lures.

But with a huge Vietnamese population, Berlin saw this as the perfect opportunity to use this cuisine as their own. Reputedly having the best Vietnamese food outside of Vietnam, this has allowed foodies to put Berlin high on their list of places to visit. If you lived there for the rest of your life you would never eat in all the Vietnamese restaurants there. If you only get to try one go to Viet Bowl in Friedrichshain. It's so fresh and utterly delicious it's worth finding a reason to go to Berlin just for the opportunity of eating there.

Soho House, Berlin
Torstraße 1, 10119 Berlin, Germany
sohohouseberlin.de

Viet Bowl
Strassmannstr. 41, Ecke Ebertystr,
10249 Berlin, Germany
vietbowl.de



COPENHAGEN

Once it was little more than beer, bacon and fairy tales. But the recent cult status of Nordic noir dramas coupled with food credited as being the very best in the entire world has afforded Copenhagen with the very enviable opportunity of being able to morph itself into one of the coolest and "must see" cities in Europe.

Chef-owner, René Redzepi, is the culinary genius behind Noma, the restaurant that knocked the Fat Duck off its perch to be Best Restaurant in the World in 2010, 2011, 2012 and 2014 and was responsible for making Copenhagen the ultimate foodie destination.

Trying to actually get into Noma is a bit like trying to just pop into the palace and have a cup of tea with the Queen but many of Redzepi's sous chefs have grabbed at the opportunity to take what he has taught them and open their own off shoot restaurants so visitors to the city have a whole array of mouthwatering places to choose from.

One such is Restaurant Relæ. Set up by two Noma alumni in 2010, it has itself already reached a No. 53 ranking in the World's top Restaurants and is climbing fast. It is located in what was a very notorious but now highly creative part of town known as the Norrebro district. The restaurant itself may not be what you would

expect of a Michelin starred place. It is completely laid back and relaxed with sparse wooden tables.

We waited for a menu only to find it in a drawer under our table, along with our napkins and cutlery. The choice was simple; omnivore or herbivore. 4 courses. Unless you decide to go mad and have both combined in a seven course extravaganza. Courses are paired with sulphate free organic wines. Our food was mind blowing. Waiting for chargrilled yellow beetroot, I wondered how much of the Emperor's New Clothes was in play here but one mouthful not only dispelled any such cynicism but sent me to a food heaven I have never before or since experienced.

NO VISITOR SHOULD MISS THE OPPORTUNITY TO GO TO LOUISIANA OR ARKEN.

Copenhagen's proximity to the coast affords it the opportunity to house its art collections in huge, uncluttered spaces that use the sea as a backdrop and are architectural works of art themselves.

No visitor should miss the opportunity to go to Louisiana or Arken. The former has a sculpture park that juxtaposes enormous works created by Henry Moore with breathtakingly huge sculptural trees created by nature. The entire building and collection is about placement; Giacometti sculptures next to Francis Bacon paintings in a room with a glass wall and the beach beyond - the result is amazing.

Arken is a vast concrete statement. A "ship" stranded on shore. It boasts an entire Damien Hirst collection as

well as an incredible work by Ai Wei Wei amongst its permanent exhibits.

A river boat cruise in Copenhagen is a good way to cover most sights so you can decide which ones to go back to by foot and explore in more depth. By boat you only get to see the Little Mermaid from behind, so definitely worth a walk to see her from the front as well. There is something very mesmerizing about her. You will also, very bizarrely, see the equally mesmerizing David here. Not the real thing but a copy every bit as convincing as the one that fools so many tourists outside the Uffizi.

Copenhagen is a city which believes hugely in equal opportunity. So much so that the developer of one block of waterside apartments felt that none of the homes should be better than any of the others; so it actually blocked the windows on the water side so that those apartments didn't have better views than anyone else. Maybe that's taking equal opportunity a little too far?

It is also urban myth that the King and Queen of Sweden once crossed the bridge to visit their friend the Queen of Denmark and decided to pop into Noma to see what all the fuss was about. They were turned away as they didn't have a booking and in this city it simply doesn't matter who you are; rank doesn't hold any muster here.

Restaurant Relæ
Jægersborggade 41, 2200 København N
(+45) 3696 6609
restaurant-relae.dk

Arken Museum of Modern Art
Skovvej 100, 2635 Ishøj, Denmark
uk.arken.dk

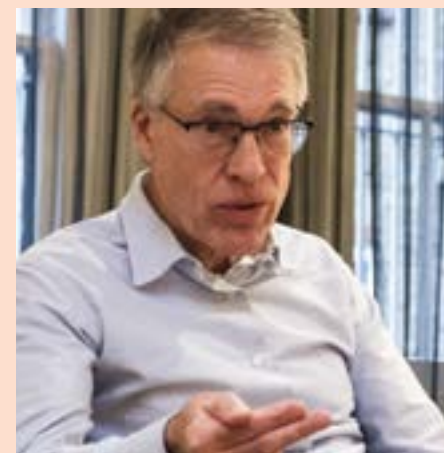
Louisiana Museum of Modern Art
Gl Strandvej 13, 3050 Humlebæk, Denmark
louisiana.dk



ADD "BREATHE" TO YOUR TO DO LIST



CLINICAL PSYCHOLOGIST, BILL MITCHELL,
GIVES US SOME TIPS ON HOW TO COPE WITH WORK - AND LIFE.



You wake up, fully alert. Only to realise it's only one hour since your head hit the pillow and that last glass of red tipped you into oblivion.

Now at 2am your head is full with what lies ahead and part of you is sorely tempted just to get up and make a start on that report but you will probably wake everyone else up and the kids have exams today and...

So it goes on. Till 5am when you finally and thankfully fall back into a deep sleep only to be startled out of it half an hour later by the alarm.

You review the day ahead with some trepidation not sure how to fit it all in and knowing you need to leave work by six thirty to get to the opera; a supposed treat but, with your current workload, you have little enthusiasm for it and truthfully would just rather stay later at the office to get things done then go home and flop onto the sofa and watch TV with a large gin.

Familiar? Probably too much so. This seems to be the norm for today's working professional. Weekends are no longer a time to do the things we love but a time to recoup so we can deal with the following week.

Life seems to have lost its colours and just become grey. But whilst we accept this as part of 21st century living (or existing), actually it is the beginnings of a sick society. Literally.

Stress makes us ill. It's really that simple. We think we are coping with it but actually what price are we paying?

Bill Mitchell is a clinical psychologist who recognises the effects that the pressures we face today can have on us and tries

to find simple pragmatic ways of dealing with them.

Mitchell sees that for most of us things go wrong very slowly. We are overwhelmed by external demands and find ourselves "on a pathway that is moving us away from our optimal wellbeing". We "think we are coping but we might wind up very physically sick".

"IT'S IMPERATIVE TO
HAVE A BOUNDARY
AROUND OUR JOB..."

Mitchell cannot emphasise enough the importance of us having to check in with ourselves regularly; to see whether our priorities are out of kilter, to rebalance.

We know what, outside of work, is important to us. Our relationships. Our health. So diet, exercise and sleep are vital. As is good time with the people we love.

But as life gets more demanding we have a tendency to drop the lot; to use a lack of time as a reason not to exercise, we eat more carbs and drink more alcohol and caffeine to comfort ourselves, as a consequence we sleep badly. We no longer enjoy time out with friends and family as we are simply too tired or we have too much else to do.

Mitchell sees these as clear warning signs that something is very wrong and need addressing before we completely burn ourselves out.

He says we have to make "good choices to make life work" as opposed "to just drifting into bad habits".

He thinks it's imperative to have a boundary around our job, to have clear closure and at some point to literally "close the day". Yes, that does mean turning the Blackberry off.

His five tips for "coping" are:

1. STOP. Ask yourself "am I still in control or am I overwhelmed? If the latter, then simply working longer is NOT the answer.

2. DON'T JUST DO MORE. Get rid of the things you don't really need to do. Ask for help. Say no. Delegate. Don't just do more. Make it work for you.

3. TALK IT THROUGH. Don't isolate yourself with your thoughts and fears and stresses. Get another perspective. Confide in those you trust.

4. TRY AND PRESERVE A RICH LIFE OUTSIDE OF WORK. It may be a cliché but it's true; there's more to life than your job. Make time for friends, for challenges, for the things that excite you.

5. CHECK IN on how you are thinking. "Our mindsets and attitudes impact on how we feel. If we are self critical and negative, we will make things worse. Review what you are good at and anchor yourself in that. See the value in what you are adding."

Most of you reading this will probably be thinking that's just pure common sense, nothing new or revolutionary here. True. Mitchell isn't pretending to have reinvented the wheel. But ask yourself honestly; even though you know all this stuff, even though you see not just the sense in it but the absolute necessity of it, are you actually putting any of it into practice? Or are you just perpetuating the same old bad habits and slowly but surely burning yourself out?

"Take a break. Go outside. Stop and breathe" Yes, time is scarce. So we owe it to ourselves to think how best to use it.

For employers, making sure that their staff are well, healthy and happy is an opportunity to get better work from them, greater productivity, fewer errors.

For each and every one of us, keeping our stress at bay, learning to deal with it effectively is an opportunity to not just stop ourselves from becoming ill, from becoming dependant on anti depressants or alcohol, but of actually being happy. An opportunity to turn that grey into colour.

Next time it gets too much, listen to Mitchell. "Take a break. Go outside. Stop and breathe" Good advice. Maybe we should grab the opportunity to act on it.

& Champagne, Lobster, 4 wheels, 2 wheels a lot more.

Ronnie Fox snaps up the opportunity to enjoy the Salon Privé.

Since the publication of the previous issue of City Solicitor I have been able to take advantage of three spectacular opportunities to indulge my interest in everything associated with cars and motoring. One way or another, all of these opportunities are open to everybody, though at a price.

The first - and for most people the easiest to replicate - was a visit to Syon Park for Salon Privé - the 9th Annual Supercar show - which was coupled with the Chubb Insurance Concours D'Elégance and the Silverstone Auction. I was fortunate to have the opportunity to attend as an invitee of Chubb Insurance, who specialise in motor and home insurance to high net worth individuals, but the hefty entrance fee is not unreasonable taking into account drinks on arrival, a champagne and lobster lunch as well as a traditional tea and free parking. There was a wonderful collection of new top of the range cars on display together with some amazing classic cars, motorcycles and other luxury goods.

For me, top of the range motoring has to start with Rolls-Royce and there were several new and classic Rolls-Royce cars at Syon Park. Rolls-Royce Motors would like you to believe that they are a British company and that they still build the best cars in the world. The company is in fact now wholly owned by BMW, major components including engines are built in Germany and only final assembly is carried out at the production facility in Goodwood. Handsome is as handsome does but my own view is that Rolls-Royce cars have steadily become less appealing to the eye and Bentley cars have become more attractive ever since the two marques split in 2002/2003. Personally I find the most recent Rolls-Royces quite ugly and I worry about the "suicide" doors. However, close examination confirms that the leather and wood trim is of the very highest quality. I was particularly struck by the beautiful mother-of-pearl inlays and the two full-length umbrellas carefully fitted into their own air-conditioned compartments in the rear doors.

One of the most elegant cars at Syon Park was the 1926 Rolls-Royce

Phantom 1 built for the Maharaja of Cooch Behar. This was a closed version of the very similar Phantom 1 equipped for tiger shooting which was built for the Maharaja of Jaipur (that car formed the centre-piece of the British Raj exhibition at the V&A) and the famous Silver Phantom of Hyderabad built for Nawab Wali-uf-Dowla. Another beautifully restored 1926 Phantom 1, this time with Sedanca bodywork, was at Syon Park for sale by auction.

"The Tesla S is undoubtedly the best electric car currently available."

Cars made by Mercedes Benz are amongst the most usable classic cars. Desirable cars on display at the Salon Privé included a 1962 300 SL Roadster, a 1952 300S and, best of all, a truly magnificent 600 Pullman which according to the catalogue was used by President Tito of Yugoslavia.



"The prettiest small car on display was a wonderful prototype Mini Superleggera..."i>

A highlight of my day was a test drive in a Tesla S which is undoubtedly the best electric car currently available. The acceleration of this large and extremely comfortable car is truly astonishing; the manufacturer claims 5.4 seconds for the 0 - 60 sprint (and 3.2 seconds in next year's "Performance" model) and a range, in ideal conditions, of over 300 miles. The interior is dominated by the largest and clearest screen I have ever seen built into a car. The Tesla brand is bound to go from strength to strength; I applaud Tesla's decision to make technical details of the innovative transmission available to other manufacturers.

To my mind the prettiest small car on display was a wonderful prototype Mini Superleggera; I just hope that manufacture of this car proves economically viable.



If this brief report has whetted your appetite, be sure to come to next year's Salon Privé in early autumn. The other two opportunities which have come my way recently are a visit to the famous privately-owned Louwman Museum in Rotterdam and the fulfilment of a life-long ambition - a drive in the London to Brighton Veteran Car Run. Look out for the full story in a future issue of City Solicitor.

**Past Master Ronnie Fox is the Motoring Correspondent of City Solicitor.*

Be a part of CitySolicitor
EX PARTE
PRIVILEGE CLUB

CitySolicitor is delighted to announce
its **NEW** privilege club, **EX PARTE**.

Who said solicitors aren't interested in the arts? Last season you lapped up our offers, visiting some wonderful private views and buying some stunning paintings to adorn your walls.

If you haven't joined yet, don't miss out on this season's opportunities.

To become a member, simply e-mail us at mail@citysolicitors.org.uk quoting Ex Parte and we will send you your number which you then use to access all benefits.

It costs absolutely nothing and there is no limit to how many of the offers you can use.

THIS SEASON'S OFFERS



FREE DELIVERY

ENJOY MICHELIN STARRED RESTAURANT FOOD WHEREVER YOU CHOOSE. SUPPER IS AN EXCLUSIVE NEW SERVICE THAT PROVIDES YOU WITH PRECISELY THAT.

ORDER TONIGHT ON **WWW.SUPPER.LONDON** AND QUOTE YOUR EX PARTE NUMBER AND PAY NOTHING FOR THE DELIVERY CHARGE ON YOUR FIRST ORDER.



10% OFF ORDERS

OFFER VALID UNTIL 24TH DECEMBER.

CityPoint, Ropemaker Street,
London, EC2Y 9AW

Fresh food specialist, Chop'd, is offering Ex Parte members 10% off food orders at their new site at CityPoint, Moorgate (opens early December).

Choose from a range of healthy and delicious options: warming soups, hearty stews, nutritious salads and fresh wraps.

New dishes for autumn include 'Smoked mackerel superfood salad', and a stew of pulled English pork with English apple and mashed potato.

Chop'd also serves breakfast including hot porridge (7-10.30am) plus protein pots, snacks and stews through until closing.

To claim your 10% off, please quote your Ex Parte membership number when ordering and use the discount code **CHOPD10**.

CHOPD.CO.UK



My Sphere of Life

10% OFF

EACH PIECE OF 'SPHERE OF LIFE' JEWELLERY IS HAND MADE FROM STERLING SILVER AND IS INDIVIDUALLY DESIGNED IN THE HEART OF LONDON.

THE HIGHLY PERSONAL JEWELLERY DESIGNS CONVEY A MESSAGE, A MEANING AND A STORY.

TO CLAIM YOUR 10% OFF, PLEASE QUOTE YOUR EX PARTE MEMBERSHIP NUMBER WHEN ORDERING AND USE THE DISCOUNT CODE **CS10**

MYSHEREOFLIFE.COM

FREE STANDARD SHIPPING

Did you know...

...that in his address made on
12 April 1959 John F Kennedy said:

“When written in Chinese the word “**crisis**” is composed of two characters, one represents **danger** and the other represents **opportunity**.”

危机