

GALLERY

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MAY 2006



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Departing Lieutenant Governor wishes us all the best

THANKS VERY MUCH SAY JERSEY

The Lieutenant Governor left the Island in April, wishing us all the best and paying compliments aplenty. If you have no idea what this guy did here you probably wouldn't be alone. As always, Gallery are keen to promote knowledge, so here's your crash course. Jersey is a Crown dependency of Britain and the chap to the right (with nice hat), was here to act as the representative of the British monarch in Jersey. His roles were to act as the de facto head of state in Jersey and liase between the Governments of Jersey and the United Kingdom. This is very important as if we're not getting on, he's the guy who does what he can to ensure we make up and play nicely. By all accounts, Sir John Cheshire did a good job while here and has now handed over the reins to Lieutenant General Andrew Ridgway CB CBE. He sounds well qualified doesn't he?



Tally-ho!

Local Jersey Live 2006 bands chosen

LOCAL BANDS BATTLE IT OUT FOR SUPREMACY

De-Nova Blues, The Merge, The Valentines and Kudu are the four bands that'll be taking the stage in Jersey Live 2006. Beating off strong competition from Benny The Moth, The Absence, Zoohair, Von Papen, Coast 2 Coast, Moog, Ungenerics, and Omerta they've won the chance to support some impressive national acts. For any up and coming band, the chance to show what you can do in front of so many industry reps and professional musicians is a great opportunity, and Jersey Live 2006 could be a great launching pad. All of the bands that got through have got a strong stage presence and the early stages of the day are sure to be entertaining. Gallery hopes that Islanders are going to arrive at the site in time to support the local bands - they don't want to be playing to a massive expanse of grass. If you don't make it you'll be missing out what could be one of the big bands of the future.



They're going to meet these guys...

How dangerous are telephone masts?

THERE'S 133 OF THEM APPARENTLY

Concerns have been raised about the possible health risks to Islanders from our 133 mobile transmission masts when throughout April, Jersey folk heard tales of brain-melting death (or something). From a smidgen of cursory online research it appears that there's contradictory evidence as to whether we're all about burn. www.powerwatch.org.uk reports that a study by the German Federal Agency for Radiation Protection, showed that people living within 400m of a mast had three times the risk of cancer, while Professor Barker of the Sheffield Teaching Hospital's Department of Medical Physics stated, "there is no reason to expect mobile phone signals - which are essentially low-powered radio transmissions - to be bad for health." Just like when your mum used to worry about you standing too close to the 'microwave machine', it could all turn out to be worry about nothing.



Ooooooh scary!

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From left to right.

JOHN PAUL: Armani Collezioni blue suit, £715, Armani Collezioni shirt, £99, Paul smith tie, £59, Paul smith brown lace up, £149,

JACKSON: Z Zegna two button linen suit, £489, Ermenegildo Zegna stripe cotton shirt, £119, Ermenegildo Zegna tan leather moccasin, £205.

CRAIG: Armani Collezioni prince of wales check suit, £955, Ermenegildo Zegna leather shoe, £219.

MARTA: Canali pinstripe suit, £650, Armani Collezioni Shirt, £139, Gucci tie, £89, Z Zegna belt, £85, Paul Smith lace up shoe, £139.

AARON: Canali blue grey suit, £625, Paul smith stripe shirt, £109, Paul Smith lace up shoe, £149.

PAUL: Paul Smith sky blue linen suit, £435, Paul Smith floral shirt, £109, Ermenegildo Zegna suede loafer, £215.

ROB: Paul Smith broken stripe suit, £585, Armani Collezioni cotton shirt, £139, Paul Smith silk tie, £59, Paul smith lace up shoe, £139.

BEAU MONDE

MASSIMO!

INTRO

There's nothing like getting home from a Wintery holiday and finding that Jersey has hit the Spring. The whole place just seems a little bit 'lifted'. The sun is out and the evenings are longer. Thank God. I sometimes lose hope in the Winter and think about a home in the sun.

Coincidentally, we're looking at your home this issue. Not YOUR home, that would get us arrested, but homes in general. Donna looks at how technology is changing domestic life and, as it's getting to the summer, we also take a Gallery style look at garden design. You know now is the time to pay some attention to that grey plot of turf at the back of your house in time for your summer barbeque.

For those of you that pay exorbitant fees to keep a boat in the harbour in the dreary months, your palms must be getting moist at the thought of getting your money's worth now that the weather has improved. To help you walk down the gangplank in style we have a great looking nautical inspired fashion feature this month, shot at the Maritime Museum to keep it ship shape.

For those of you with a tighter budget that pine for life on the ocean waves, check out kayaking in Jersey in this month's sport section. If that sounds like hard word, retire to the food page. Always an 'west of the island' mariner's favourite, Zara checks out the Salty Dog, now with new interior design for 2006. If you're a football fan, or just a fan of nice TVs, turn to gadgets or home to see how you could enhance your interior design in time for the World Cup with the latest and greatest in flat screen beauties.

And that's about all folks. We're off for our monthly Gallery 'wrap party' and to take advantage of the sun in case it disappears.

BD

MAGAZINE ©

GALLERY

JERSEY'S QUALITY MAGAZINE

Gallery is published eleven times a year as a lively yet discerning guide to all that happens on the Island and beyond, written by Islanders, for Islanders. For more information about where to get your copy, special subscriptions, advertising enquiries and contributions, get in touch using the details over there >>

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If you would like to discuss options for featuring your business in Gallery please call on 01534 811100 or visit www.gallerymagazine.co.uk and download our media pack.

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THANKS!

Firstly, thanks to Dandara for letting us use their space for our cover shot. Also, QC Groundworks and Quinn Construction for being so helpful at such short notice.

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CONTENTS // MAY 06



Fashion // 24



Culture // 18



Beauty // 36



Audi TT // 48



Garden // 42

4	INTRO
6	CONTENTS
10	DISSEMINATION
12	MISC
14	FACES
16	HOME TECHNOLOGY
20	MUSIC
21	FILM
22	FOOD
24	FASHION
34	H.M.W
36	BEAUTY MONTHLY
40	HOME
42	GARDEN DESIGN
48	MOTORS - AUDI TT SPORT
50	GLOBAL UPDATE
52	NIGHTLIFE
54	WHAT'S ON
56	Q&C



COVER CREDITS

JACKSON: Z Zegna two button linen suit, £489, Ermenegildo Zegna stripe cotton shirt, £119, Ermenegildo Zegna tan leather moccasin, £205. Peony buttonhole.

CRAIG: Armani Collezioni prince of wales check suit, £955, Ermenegildo Zegna leather shoe, £219. Whit tulip & contorted willow twig buttonhole.

MARTA: Canali pinstripe suit, £650, Armani Collezioni Shirt, £139, Gucci tie, £89, z zegna belt, £85, Paul Smith lace up shoe, £139.

AARON: Canali blue grey suit, £625, Paul smith stripe shirt, £109, Paul Smith lace up shoe, £149.

Orange Gerbera with eryngium & Veronica buttonhole.

All clothing from Beaumont & Massimo. Buttonholes by Mark Howe



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19



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DISSEMINATION

MOO-VING FORWARD

Jersey Dairy has taken a significant step towards increasing its UK exports by exhibiting at the four-day Food and Drink Expo. Handling out samples and discussing sales options made them many significant contacts. Christopher Jourd'heuil, Head of Marketing, said: "The Expo attracts food and drink buyers from the smallest convenience stores to the largest supermarket chains, as well as owners and chefs from bistros and hotel chains. Over the four days we made contact with over 80 potentials and gained valuable feedback from industry leaders on our products".

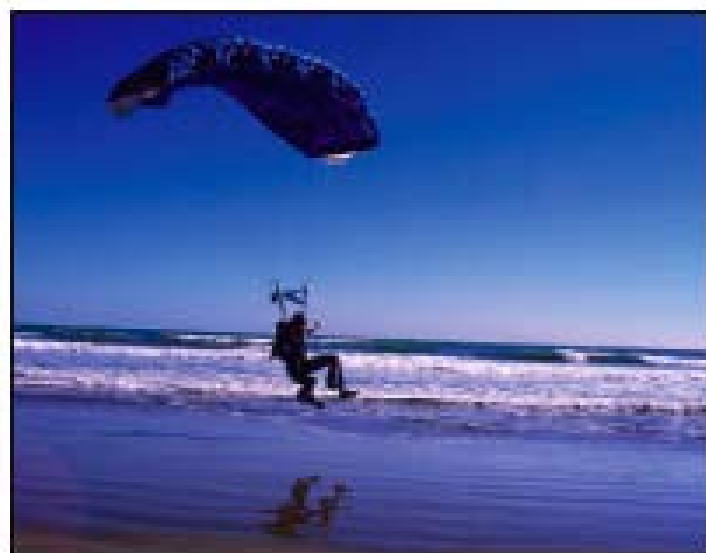


JUMPING FOR JOY

Jersey Hospice Care recently celebrated the launch of its long-awaited website. The site will play a key role in communicating the warm, approachable nature of Jersey Hospice Care and its invaluable services, whilst dispelling the myths and fears that many islanders have about the charity. Relying solely on donations and fundraising to cover the cost of running Jersey Hospice Care, the charity has been unable to date to redirect its valuable resources towards the creation of a website. Recognising the excellent and invaluable work that they undertake in Jersey's community, leading local web design agency, Webreality, is proud to have created and donated the site to them: www.jerseyhospicecare.com. "We've been hoping to get a website up and running for a long time now, so you can imagine how delighted we were to hear that Webreality would provide us with our own professional website at no cost to us" says Jersey Hospice Care's Chairman of Fundraising, Richard Harwood. To recognise Webreality's ongoing commitment to this invaluable cause, and to celebrate the launch of the site, Wendy Balderson – wife of Webreality's Managing Director Phil Balderson – is going to undertake a parachute jump. She aims to raise a further £1,000 for Webreality and will present this princely sum to Jersey Hospice Care. Good work.

HOMETIME

If you're looking for something beautiful, individual and unique for your home, Gallery would like to introduce you to Hometime. A new home accessories boutique and art gallery based within the grounds of Harbour View at St Aubins, it has a delightful range of carefully sourced soft furnishings by up and coming designers including Clare Nicholson who has a large selection in Liberty, and Nicky Thomson who has previously designed for Heal's. There's also jewellery by London based designers Emma Burgh and Carolyn Massey plus many objets d'art, stationery, plants and traditional wooden toys. An ideal choice for anyone who appreciates originality, humour and nostalgic charm. The current art exhibition on show is 'The Inner Nothings Of My Mind' by Robert Greene. For more information go to www.hometimeshop.com



CAUTION
CHILDREN
AT WORK

ROAD SAFETY COMPETITION

A competition has been launched inviting primary school pupils to design a 'Caution: Children' road sign. The winning design from each school will be produced and erected beneath the official road signs outside that child's school. Look out for the results!



DON'T KNOW WHAT SHOES TO WEAR?

Hi Heels & Handbags, a designer and importer of genuine leather shoes, boots and bags from Spain are opening a shop in The Arcade, Hallowick Street. Denise Paland, Managing Director, said "This is a great opportunity and I am really excited. I believe this is a shop for everyone who is looking for shoes that are fashionable and of high quality, but at affordable prices". Denise's extensive search for shoes and bags often took her to Spain, and the fruits of her labour are now made available locally. Don't miss this opening – first week in May.



AIRWOLF

Heitch will shortly be receiving the new Airwolf watch from Breitling in it's King Street store. Featuring all of the aviation friendly aspects you could ever hope for in a watch, the Airwolf model comes equipped with 1/100th of a second chronograph with split and add times, countdown and dual time zone. Featuring a highly distinctive face with two digital displays the most original detail can be found on the case back with it's turbine shaped construction. Very nice.

CAREER LAUNCHPAD


A Jersey recruitment agency has launched a scheme to help A-Level school leavers and undergraduates develop the basic skills they will need for a career in finance. The ASL Launchpad into Finance will enable students, who want a career in finance, to develop their communication and basic IT skills during their summer holidays while they are temping. Students who are signed up for scheme will have their skills assessed and, where there are gaps, benchmarks will be set. Undergraduates on the scheme will be given regular temping work during their holidays so that they can develop the skills they need for their first permanent job after university. Phil Austin, Chief Executive of Jersey Finance and Chairman of its Education and Training Group said: "I really welcome and applaud this move. Our industry has a strong appetite for good quality students and Launchpad is targeting that very group. I believe this initiative should help us to recruit and develop more local youngsters".



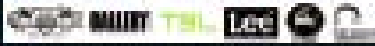
CHARITY MAAATE

On Saturday 29th April, local DJ's got together at Rock Island to raise funds for the Headway charity which promotes the understanding of brain injury. Sponsored by Rock Island and held at their store, the purpose of the day – organised by Dave Smith of 'Off the Record', was to raise funds and awareness. On the day itself a few local DJ's used their talents to attract attention to the event and pull people into the shop. Once entered inside they had the opportunity to donate some money for a mix CD that had been especially put together for the charity. Dave said, "It's a really deserving cause and we wanted to generate some funds and awareness for them. It went really well and we're very pleased with the results".

Headway Fundraising Event
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JOKE //

A couple were invited to a swanky Halloween party by a family friend, in which all attendees were required to wear a mask. The wife got a terrible headache and told her husband to go to the party alone, but to make sure to say hello to her family. He, being a devoted husband, protested, but she argued and said she was going to take some aspirin and go to bed. So he took his costume and away he went.

The wife, after sleeping soundly for about an hour, woke without pain and as it was still early, decided to go to the party. As her husband didn't know her costume, she thought she would have some fun by watching her husband to see how he acted when she was not with him.

So she joined the party and soon spotted her husband in his costume, cavorting around on the dance floor, dancing with every nice "chick" he could and copping a little feel here and there. His wife went up to him and being a rather seductive babe herself, he devoted his time to her. She let him go as far as he wished, naturally, since he was her husband. After some drinks he finally whispered a proposition in her ear and off they went to one of the cars and had passionate intercourse in the back seat. Before unmasking at midnight, she slipped away and went home, put the costume away and got into bed, wondering what kind of explanation he would make up for his outrageous behaviour. She was sitting up reading when he came in, so she asked what kind of time he had. "Oh, the same old thing. You know I never have a good time when you're not there." Then she asked, "Did you dance much?"

He replied, "I'll tell you, I never even danced one dance. When I got there, I met Pete, Bill Brown and some other guys, so we went into the spare room and played poker all evening." "You must have looked really silly wearing that costume playing poker all night!" she said with unashamed sarcasm.

"Actually, I gave my costume to your brother; apparently he had the time of his life."

8 FACTS OF //

RANDOMNESS

1. You burn more calories sleeping than you do watching television.
2. It is common practice in southern India for a man to marry his elder sister's daughter.
3. Japanese commonly put tomato ketchup on their rice.
4. A blue whale's heart is about the size of a Volkswagen Beetle.
5. When gentlemen in medieval Japan wished to seal an agreement, they urinated together, crisscrossing their streams.
6. Chuck Norris killed Dumbledore.
7. Fingernails can grow nearly four times faster than toenails.
8. When young and impoverished, Pablo Picasso kept warm by burning his own paintings.

DUBYA SPEAKS!

DEBATES //

"Uhh, gosh, I don't think I ever said I'm not worried about Osama bin Laden. It's kind of one of those, uhh, exaggerations. Third Presidential Debate, Arizona, Oct. 13, 2004. Errrr... well actually Dubya, this is exactly what you said: "I... I'll repeat what I said. I truly am not that concerned about him." Mar. 13, 2002

"Well, you know, it's hard to make people love one another. I wish I knew the law because I would darn sure sign it. I wish I knew the law that said all of us would be good parents". If anyone can make a law that ensures all Americans are good parents it's you

Commander Dubya, (and if they fail you can just send them to Guantanamo). Third Presidential Debate, Missouri, Oct. 17, 2000

"I will have a vice president who can become the president... I will have a vice president that agrees with my policy. I'm going to have a vice president that likes me."

And guess which of those three statements is the most important. GOP Presidential Debate, Michigan, Jan. 11, 2000

I believe the role of the military is to fight and win war and therefore prevent war from happening in the first place.

Ok, I have to admit I'm a little confused., surely if a war has been fought and won it has happened? No? Errr..? First Presidential Debate, Boston, Oct. 3, 2000



SHANIA TWAIN HELPS UNSTABLE MAN?

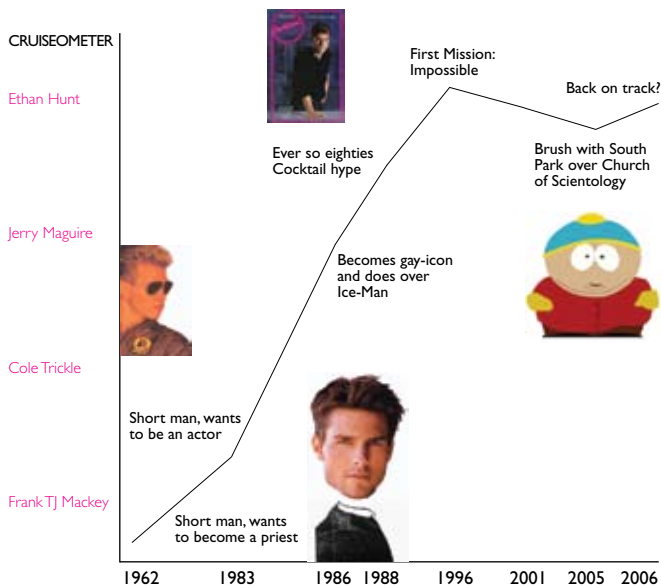
A Canadian drink driver escaped conviction because he believed Shania Twain was helping him to drive. Matt Brownlee was arrested after police spotted a pickup truck speeding along a busy street in downtown Ottawa. The 33-year-old told psychiatrists that he believed the country singer was helping him drive. A judge subsequently found him 'not criminally responsible' as he suffers from delusions that female celebrities communicate with him telepathically. Cunning.



FANCY A JAG?

If you're Pete Doherty and your illegally parked Jag is towed away you don't waste hours sorting it out - you just go and buy another one. He's now owned eight Jags in as many weeks, reports the Daily Mirror. Doherty's seventh car was towed away in East London recently, and when he realised it was missing a day later he visited his favourite second-hand Jaguar dealer and handed over £1,000 to a salesman for a replacement. How very rock and roll, all he needs now is a supermodel girlfriend...

CAREER TRAJECTORY // TOM CRUISE



Believe it or not, Tom Cruise films have grossed a frankly ridiculous \$2,358,062,667. Born Thomas Cruise Mapother IV, he had originally planned to become a priest until acting caught his attention. His first major role was in the 1983 film *The Outsiders* alongside Patrick Swayze. From there he dominated the 80's and 90's starring in *Top Gun* (1986), *Cocktail* (1988), *A Few Good Men* (1992), *Mission Impossible* (1996), and *Eyes Wide Shut* (1999) and in the new millennium has seen repeated success with *War of the Worlds*, *Collateral* and *Mission Impossible II*. Lately however he's been behaving a bit erratically. 2001 saw the end of his relationship with Nicole Kidman, a brush with *South Park*, and a rather over-emphatic celebration of his love for new beau Katie Holmes on Oprah. Some said he was losing it, but with another impossible mission coming up this year he's probably going to be at the top for some time yet.

ORIGIN OF THE WORD // ASSASSIN

Think of assassins, and images of black-clad ninjas with samurai swords will probably come to mind. The name assassin is commonly believed to be a mutation of the Arabic word "haššašin" (hashish-eaters) but there are a few theories as to how this name may have come about. It is suggested by some writers that assassin simply means 'followers of Al-Hassan' (or Hasan-i Sabbah, the Sheikh of Alamut). Others suggest that since hashish-eaters were generally ostracized in the middle ages the word "Hashshashin" had become a common synonym for "outlaws" and was therefore used in a pejorative sense of 'enemies' or 'disreputable people'. As such the attribution of Hassan's Ismaili sect with this term is not necessarily a clue for drug usage. Some common accounts of their connection with hashish are that these "assassins" would take hashish before missions in order to calm themselves; others say that it helped to boost their strength, and turned them into madmen in battle. Yet other accounts state it was used in their initiation rites in order to show the neophyte the sensual pleasures awaiting him in the afterlife. The connection between their mysticism and that drug is not something subject to reliable or consistent historical accounts; this is not surprising given their secrecy and infamy.



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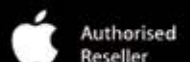
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23



24



25



26



27



28



29



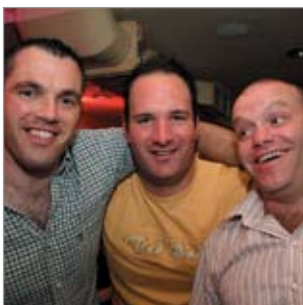
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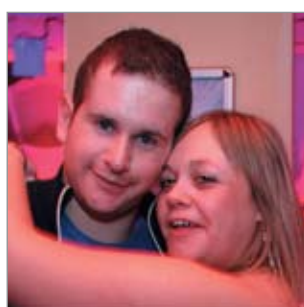
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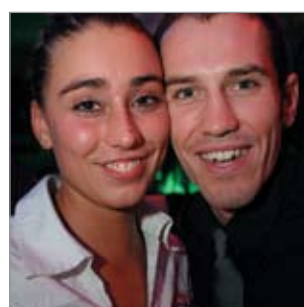
36



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LA CALA // 16TH APRIL // PICTURES BY BEN AT JERSEYEVENTS.COM

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HOME OF THE FUTURE? BY DONNA WHITE

Imagine being able to send a command over your mobile phone so your cooker heats up a meal and has it ready when you arrive home. Or what about a fridge which electronically scans all of your groceries, and re-orders the milk over the internet when you run out? Then there's the intelligent dustbin, which not only sorts your rubbish into recyclable waste, but notes what you're throwing away and draws up an instant shopping list of the things you need to replace. Welcome to the smart kitchen, the future technology which in the late 90s was predicted as the answer to juggling a hectic home life with a busy career.

THE FUTURE NOW?

That future is now here. But many of these items – although they are available on the market – have become the Sinclair C5 of the 21st century. So what happened? Don't we want our lives to be easier and our kitchens to take the stress out of feeding the family?

Ian Pearson is a futurologist with BT, and his life's work is to predict what will make it into our homes in the next 5-10 years. He says: "Basically, they turned out to be silly ideas – things people didn't want. We just don't accept computers running our lives for us. And the technology would be out of date so quickly. I mean, you buy a fridge to last for about 10 years. But any computer technology inside it would need upgrading within six months. It just wasn't practical."

Ian also foretold of a phenomenon called 'kitchen rage' which could occur if we all embraced these appliances. "Imagine going to your fridge to get breakfast, but finding it wouldn't open because of a computer security problem. Or what if you networked all your appliances together and a bug got into the system? Would you really have the patience to re-programme everything from scratch? You'd be more likely to take a sledgehammer to it in sheer hunger and frustration. A simple case of kitchen rage."

ANSWER TO ALL YOUR PRAYERS

On the face of it, these new devices seemed the answer to all our prayers in a fast-paced world where the holy grail is to 'have it all'. A US company called Tonight's Menu Intelligent Ovens (TMIO) came up with a refrigerated microwave controlled over the net or by mobile phone. Using a Peltier cooling device – two plates of metal over which you pass an electrical current which can

either heat or cool, it had embedded web technology developed by Nasa, and could be controlled over the internet or by mobile phone, allowing you to delay the cooking time, change the cooking temperature or cancel the cooking order altogether. TMIO planned to build the ovens itself and sell them over the web by the end of 2003, costing around \$2,000. Frigidaire, Bosch, Siemens and Whirlpool all developed networked fridges, some of which used a bar code scanner to record items which had run out, and send a message directly to a supermarket's website, re-ordering groceries. NCR's Knowledge Lab in London invented the Intelligent Dustbin. This recognised packages that were thrown away, through an embedded chip, to enable automatic replenishment. The dustbin can then place an order electronically for delivery direct to the home. Even those wanting to shed a few pounds were offered electronic help, when Sunbeam came up with a set of bathroom scales to record your weight gains and losses and send the information to your kitchen network, to work out suitable recipes for you and even order the food. It was even possible to get the fridge to rap your knuckles verbally when you reach in for that last cream cake.



SO WHERE IS ALL THIS TECHNOLOGY?

So where are all these super cool devices? And why don't we have them by now? Ian explains: "People just don't want computers running their lives. If you throw something away, that doesn't always mean you want to replace it. Nor do you want an appliance ordering the same food, week in, week out. You want to be able to shop around for yourself and eat a varied diet. And while we all say 'Don't let me eat that cream cake' how many of us would appreciate being lectured to by a fridge when we give into our cravings?" It would seem there is a line to be drawn when it comes to allowing computers to run our lives. And companies have learned to their cost that the intelligent kitchen was just a step too far over that line. But technology is a fast-moving business, and Ian is swamped with prototypes that he believes will become a reality in the next five years.

PRACTICAL APPLICATIONS


For instance, the electronic photo frame – an ordinary-looking wooden frame which has an inbuilt computer screen, allowing you to programme in your favourite pictures which will change over every now and again. These, he thinks, will evolve into small computer screens which can be used as a digital recipe book for the

kitchen, allowing you to watch a Delia Smith cookery programme and pause the action while you carry out her instructions. And there will be a market for diagnostic devices on washing machines or dishwashers which can communicate faults to manufacturers, so you can be pre-warned when they are about to breakdown and the supplier will know when to send a repairman, as well as the parts he will need to repair the appliance.

TECHNOLOGY FOR THE BRIDGET JONES GENERATION

But perhaps most interesting is what is about to happen to our social lives, thanks to a helping hand from a device called the 'ego badge'. Neil explains: "These will be like ordinary lapel badges on which you store a mini website with all your details – whether you're male or female, looking for love or friendship, and all your likes and dislikes. "When you pass other people in the street, their lapel badges will be communicating with yours and the badge will alert you when there's a compatible friend or lover nearby."

So technology may not be making great waves in the kitchen, but for the Bridget Jones generation, it could well be about to make things a lot more interesting in the bedroom.



"Imagine being able to send a command over your mobile phone so your cooker heats up a meal and has it ready when you arrive home"

ART&CULTURE // Dr ROB GREENE esq



Since the 1970's Robert Greene has been producing drawings, doodles, paintings, prints and other questionable gubbins that he passes off as art. So there was no doubt that this would be the subject he chose to in life. He was trained at Highlands College, Jersey, then after finishing a BA Hons in Illustration in Bristol, he moved to London to further his artistic studying by completing his MA in Communication, Art & Design last year at The Royal College of Art.

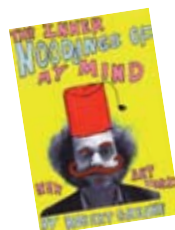
During Robert's time at the RCA, the birth of Le Gun took place. Le Gun is a magazine that brings budding artists together in an extraordinary display of illustrative and narrative talent. The magazine has been a huge success within the industry and with established and highly respected artists such as Peter Blake and George Melly (whom both have submitted artwork to the magazine). It has now also received worldwide distribution with the third edition hitting shops in May. As a co-founder and editor of Le Gun along with Neal Fox and Billy Bragg, the trio always intended the magazine to attract all the dreamers, the misfits and the storytellers. The eccentrics rather than the fashionable, plus people who appreciate a rare, collectable and unusual publication.

Throughout Mr Greene's studying he has also displayed a number of successful solo and group exhibitions in both Jersey and London. In 2004 he was awarded second prize in both the JJ Fox International Art Competition and the Oberon Book Illustration Awards. When looking at Robert's previous work we see lots of characters engaged in the pursuits of social enjoyment, such as partaking in the elixir of a fine drop, or wandering in solitude through barren desert landscapes. The lives of gypsies, circus performers and the exotic, whatever Rob is most passionate about is what he explores in his work.

Other characters we meet in these pictures are often seen playing or listening to music, which is an influence in both the subject matter and the artist. At the moment Rob is working on a new musical project with his partner in crime Lord Bath, named 'The Rubbish Men'. Look out for a podcast hitting the radio waves soon. In the meantime you can view Mr Greene's current solo exhibition entitled 'The Inner Noodlings Of My Mind' at the Hometown Gallery (Harbour View Bar & Eatery, St Aubins), which is on display until 31st May. He also makes his on-screen debut appearance in the forthcoming Hollywood blockbuster 'The Da Vinci Code', due out later on this year.

www.tarboosh.com

www.legun.co.uk



Dr ROBERT GREENE esq

GALLERY TRUMPS



Artist Fact File

AGE	30 SOMETHING
PARISH	ST HELIER
MEDIA	ARTIST/CREATOR/MUSIC/MAESTRO
INFLUENCES	SHANE MACGOWAN/ALCOHOL
STRENGTH	DRINKING
FAV. CAFE	COACH & HORSES (SOHO)
FAV. WORD	UMBRAGE

Robert studied illustration at Bristol before completing his MA at the RCA. He continues to live in London where he works freelance and edits Le Gun.



CINEMA // X-MEN: THE LAST STAND

Mutants. You gotta love 'em. Sworn to defend a world that hates and fears them, they're back again in the sure to be massive X-Men 3. This time, with the help of new recruits The Beast and Angel, they must face evolution itself in the form of their former team-mate, Jean Grey. Possessed with the cosmic power of the Dark Phoenix, the resurrected Grey has become a danger to herself, her mutant comrades, and the entire planet. To stave off this imminent threat to humanity, a potential cure is discovered and processed to treat - and ultimately eliminate - genetic mutations. Now, as the battle lines are drawn, the X-Men, led by Professor Xavier, must contend with the malevolent Brotherhood, a band of powerful mutants organized under Xavier's former ally, Magneto.

OUT: Thursday 25th // IMDB: TBC *Sure to be one of the biggest films of the year*



EVENT // THE 5 MAN SHOW ST JAMES

There's no doubt that dance suffers from an image problem. Morris men and Riverdance have a lot to answer for in persuading many of us that dance is not something we are ever going to be interested in. Give this event a chance though and you may find your preconceptions changing as Bare Bones return to Jersey with an all new programme of superb dance and original choreography. The 5 Man Show has the ability to impress those that know their dance, while retaining the ability to wow newcomers. Here, five exceptional male dancers will perform an electric mix of dance theatre combining humour, musicality and breathtaking life sequences from internationally renowned choreographers Stan Won't Dance, Arthur Pita and David Massingham.

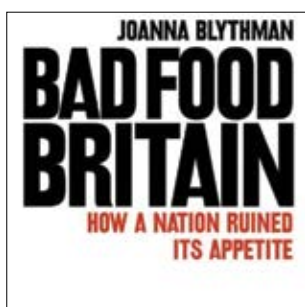
DATE: Tue 16th + Wed 17th // WHERE: ST JAMES // COST: £13/£8 STUDENTS *Superb*



MUSIC // SNOW PATROL : EYES OPEN

Snow Patrol release their eagerly awaited fourth studio album 'Eyes Open' on May 1st. Following the four time platinum success of their breakthrough record 'Final Straw', the band have made a phenomenal leap forward in every sense with their new album. They've achieved and experienced a lot over the last two years, including touring with U2, playing at Live8 and becoming one of the biggest bands in the country. Eyes Open is a song writing tour de force, and takes the band to a whole new level. Highlights include You're All I Have the first single from the album, the huge and anthemic Chasing Cars which first debuted on the U2 tour, and the heartbreaking duet with Martha Wainwright, Set The Fire To The Third Bar. Well recommended.

OUT: Monday 1st // PRICE: £15.99 *Familiarise yourself before they play Jersey Live 2006.*



BOOK // BAD FOOD BRITAIN JOANNA BLYTHMAN

Japanese people are short, Scots love Im Bru, Brazilians are hot and English food is terrible. As social stereotypes they're all quite accurate but according to Bad Food Britain the last is truest of all. In a land of TV chefs, and pukka chaps obsessed with organic carrots, we remain extremely gastronomically challenged. According to investigative food journalist Joanna Blythman, we Britons eat four times more ready-meals than any other country in Europe, have children that eat food that is more nutritionally impoverished than their counterparts in South African townships, and consume more crisps than the rest of Europe put together. An amusing, and perceptive journey through Britain's contemporary food landscape, read this if you want to trace the roots of our contemporary food troubles.

OUT: Tuesday 2nd // PRICE: £7.99 *Forget the well pukka recipe books and invest in this.*



GAME // HITMAN: BLOOD MONEY PS2 / 18+

Agent 47 really is a well dressed bad-ass. When assassins from his contract agency, The ICA, are systematically eliminated in a series of hits, it seems a larger, more powerful agency has entered the fray. For Agent 47 it's business as usual, until he realises that he may be the next target. Powered by a robust new games engine, Hitman: Blood Money will deliver the most brutal and realistic simulation of life as the world's deadliest assassin. With loads of improvements on the original game, Hitman: Blood Money features customisable weapons, a gripping narrative, and new gameplay techniques including distraction, errrr... body disposal, and human shield. Along with improved AI where guards can follow blood trails and investigate suspicious items this looks a scarily realistic proposition.

OUT: Friday 19th // PRICE: £39.99 *Even fancied being a cleaner?*

JACKSON MOODY BAND // MUSIC

The Jackson Moody Band are well known in Jersey for their distinctive sound. Phil and Gareth have played together in loads of other bands starting out in a Nirvana cover band back in 1993, then in punk band The Reks, and then onto rock band Zabu (busy!) After losing their drummer and guitarist, Gareth and Phil gigged as a duo with a sound not too dissimilar from The Jackson Moody Band of today. Alex joined after returning from Australia in 2002, and they then nicked Jerome from Malarky after noticing him growing a belly from lack of playing when Paulo and Scott from Malarky jetted off and left him. They were a bit lazy at first until they got really drunk one day and went on the hunt for gigs. The problem was that they only had a one hour set ready so had to jam almost all of the first gigs. Improvisation worked though and most of their songs come from this period. The final stage was joining up with Alex Glendidy who christened our band and helped them out with equipment for Alex and himself to play. Alex Moody finally got rid of his playschool drum kit and got a real one and they hit the open mics. From then on the gigs started to flow.

Describe your sound.

Well we're NOT a Reggae band as most people think. Describing our sound has always been difficult, as labels can hang over you sometimes and restrict your freedom as a band. If we had to describe it we would probably use moods. Happy, Funky, Mellow, up-lifting and vibrant. (Just buy the CD!)

What are your influences?

Varied to say the least. Gareth's into Sublime and Tryo; Jerome's into Purcobaba, and Highlight Tribe; Alex likes Incubus, Long beach dub All-stars; and Phil goes for Bedouin Sound clash, Manu Chao, Jack Johnson and Ben Harper.

Prince, Genius?

Phil: Prince Biscuits? I really like them. I like to split them open and lick the chocolate out. **Gareth:** I like the smiley faces on them as they make me smile too, but the strawberry ones were a bad idea. **Jerome:** What the fresh Prince? **Alex:** The guy's a genius, I love his tight suits.

What big gigs you got coming up?

None as yet, as Alex is away. We hope to do an outdoor festival with Malarky, Coast2Coast and Benny and the Moth, also with Zion and Nutz DJ's as we all seem to fit in the same category of styles. Does anybody have any ideas for venues?

What's so great about Reggae?

The 2 and the 4.

You planning to stay in Jersey?

Do we have to decide now? We are always open to offers and ideas though.

What are you looking forward to?

Phil: Summer sunshine, new job and the Ann Summers summer sales. **Jerome:** Sunday afternoon gigs at The Splash. **Alex:** Finishing college and of course the summertime.

Margarine or Butter?

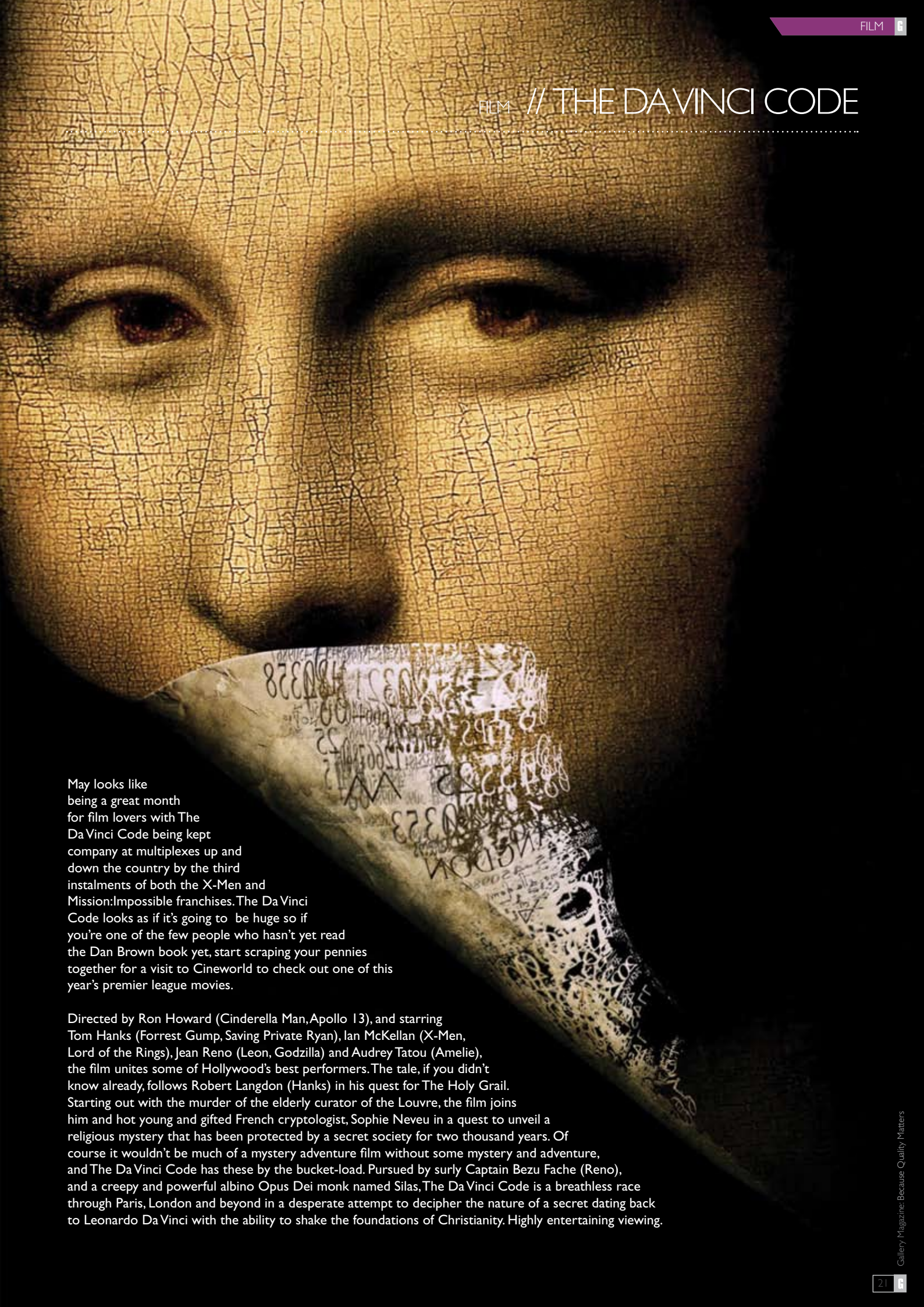
Phil: Margarine, I like to keep my six pack for summer. **Jerome:** Butter, I like to keep my 12 pack for summer. **Alex:** Neither, my body is a temple. **Gareth:** What? I can't believe margarine isn't butter!

You've got an album out, where can people get it?

White Label, The Splash, The Blue Note, Bean around the World, The Moody Blues, jmbrecords@hotmail.co.uk and from www.arkade.com/artists/JMB.aspx. For only £8! Bargain!



FILM // THE DAVINCI CODE



May looks like being a great month for film lovers with The Da Vinci Code being kept company at multiplexes up and down the country by the third instalments of both the X-Men and Mission:Impossible franchises. The Da Vinci Code looks as if it's going to be huge so if you're one of the few people who hasn't yet read the Dan Brown book yet, start scraping your pennies together for a visit to Cineworld to check out one of this year's premier league movies.

Directed by Ron Howard (Cinderella Man, Apollo 13), and starring Tom Hanks (Forrest Gump, Saving Private Ryan), Ian McKellan (X-Men, Lord of the Rings), Jean Reno (Leon, Godzilla) and Audrey Tatou (Amelie), the film unites some of Hollywood's best performers. The tale, if you didn't know already, follows Robert Langdon (Hanks) in his quest for The Holy Grail. Starting out with the murder of the elderly curator of the Louvre, the film joins him and hot young and gifted French cryptologist, Sophie Neveu in a quest to unveil a religious mystery that has been protected by a secret society for two thousand years. Of course it wouldn't be much of a mystery adventure film without some mystery and adventure, and The Da Vinci Code has these by the bucket-load. Pursued by surly Captain Bezu Fache (Reno), and a creepy and powerful albino Opus Dei monk named Silas, The Da Vinci Code is a breathless race through Paris, London and beyond in a desperate attempt to decipher the nature of a secret dating back to Leonardo Da Vinci with the ability to shake the foundations of Christianity. Highly entertaining viewing.



FOOD



RESTAURANT REVIEW

SALTY DOG

Why am I always the last to know? Apparently Jersey's brought in some sort of new, terribly complicated tax arrangement. I can't make head or tail of my trust income, and that's before I start tackling the modelling payslips, Italian court bills, and the cash for those German TV appearances. Rob seemed

like the perfect solution – a charming accountant who came highly recommended by my chiropodist. I could see why. Tall, tanned, open necked shirt and jeans, he didn't look much like a number cruncher – but I'd been assured he could make tax bills disappear. Knowing how hard he'd have to work on my tangled accounts, I tried to soften the blow by taking him out to lunch at the Salty Dog.

If you haven't ventured out west recently, you might not recognise the newly revamped Salty Dog Bistro. It's turned far more muted – less sea shanty and more crisp Chianti. Inside it's a fusion of different finds from the travels of the globetrotting owners – Natalie and Damon Duffy. There are Mexican blankets draped over the chairs, real fishhooks holding up the canopies, and braided twine and seashells curled around the wine glasses. There's nothing salty or doggish about it. And the clientele seem to agree – well-heeled St Aubin locals, relaxed families and informal girly lunches – at both ends of the generation spectrum. Looking around the restaurant,

almost everyone had ordered fish. They must know a thing or two, because the fish dishes are what make the Salty Dog special. The dynamic Natalie and Damon are passionate about fresh fish – they refuse to use anything farmed. In fact, apart from the more exotic dishes, most of the menu is the local catch of the day.

We began with a couple of starters from the specials menu; hand-dived scallops (local of course) with ginger, spring onion and black cracked pepper and the Thai beef salad with nam jim dressing. The scallops were large and fleshy, served with a couple of strips of streaky bacon and a tangle of salad leaves. The sauce was light and ever so slightly gingery, leaving the delicate shellfish flavours untouched. But the Thai salad was our favourite, liberally sprinkled with the ingredient du jour, Vietnamese red nam jim. The buttery melting fillet steak was the perfect backdrop for the flavours – and what flavours. For those of you who haven't yet tried nam jim, it's surprisingly complex; sweetly perfumed, and hot, but with a tantalisingly easy-on-the-tongue sort of heat. Talking about easy; it could have been the chardonnay, but I was starting to find my accountant more attractive by the minute. We even discovered we shared a childhood trauma – tap dancing classes. Imagine that, everyone else wearing their Fame legwarmers while we clattered off to class in our black tap shoes. It's enough to send anyone into therapy. Thankfully the main courses arrived before we could compare our shim sham shimmies. We'd gone for the fresh fillet of marlin with warm Cajun salsa – another special, and the Thai



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Dinner // Mon to Sun. 6pm – 9.45pm

red coconut chicken curry. Both arrived beautifully presented on white tableware, with sculpted mounds of jasmine rice on banana leaves. The red curry was liltly soft – a bowl of rich creamy coconut broth crammed full of al dente Thai vegetables and cubes of tender chicken. The marlin fillet was large – a bit chewy, but you expect such a feisty fish to be a challenge to eat. The Cajun salsa was heavenly – rich, dark and sweet... just how I like my men.

And don't forget to turn the placemats over for the dessert menu. You wouldn't want to miss out on their famous Jersey black butter & banana pudding. If you really can't go without your chocolate fix, there's an equally decadent Belgian chocolate pudding with black cherry ice cream. I was so enjoying mine that one yummy mouthful went down the wrong way. If it hadn't been for Rob's swift Heimlich, it would have had to be renamed "death by chocolate". Turns out Rob's no ordinary accountant – he's fully trained in first aid, and he's just come back from a season surf instructing in Vanuatu. Hmm, intriguing. Watch this space. He even offered to pay for lunch. Mind you, I bet it turns up as "disbursements" on my next bill. Once an accountant...

This month's star rating guide:

Top-Dog:	★ ★ ★ ★ ★
Hot Dog:	★ ★ ★ ★
One Man and his Dog:	★ ★ ★
Dog-eared:	★ ★
Hair of the Dog:	★



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ALL ABOARD

GALLERY FASHION MAY 06

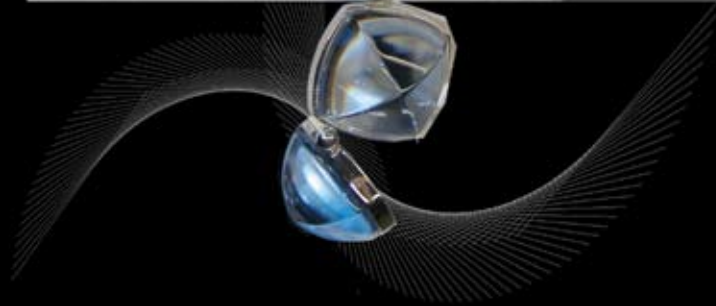


LEFT TO RIGHT

Shot one - MARTA: Nicole Fahri silk floral shirt, £119, Nicole Fahri stripe short, £75, Jacosi wide leather belt, £52, Bou Bou Des Colo Nies shell detailed thong, £49, all from Nautilus, Butler & Wilson semi-precious stone necklace, £128, from Fraiche. JACKSON: G-Star grey combat shorts, £63, Diesel blue short sleeve shirt, £54, Diesel Salamari stripe shirt, £58, G-Star blue canvas belt, £47, Paul Frank Julius flip flop, £9, all from Axle, Omega Titanium Americas cup watch, £2383, from H Letto & Son Ltd. **Shot Two** - Two row freshwater flat pearl necklet, £451, 18ct yellow and white gold reef Knot collar, £2950, 18ct yellow gold curb chain with four diamond set white gold knot motifs, £3350, all from Hettich. **Shot Three** - String of cultured pearls, £1750, Omega ladies constellation watch with mother of pearl face, £1280, both from H Letto & Son Ltd. **Shot Four** - MARTA as before. **Shot Five** - Gucci white and gold aviator, £131, David Clulow at de Gruchy. Pale yellow Cymbidium Orchid buttonhole, by Mark Howe

BOARD







RIGHT TO LEFT

Shot One - MARTA: Seafolly turquoise bikini brief, £25.65, Gant argyle V-Neck sweater, £71.10, both from de Gruchy, Pearl & Turquoise necklace, £70, Omega constellation watch with mother of pearl face, £1620, from H Letto & Son Ltd. **Shot Two** - Large Silver Ormer Shell, £133.35, from H Letto & Son Ltd. **Shot Three** - Baccarat turquoise and aquamarine colour crystal "Galet" pendants on leather cord, £71 each, both from Hettich. **Shot Four** - Baccarat acqamarine colour crystal "Medicis" necklet, £996, from Hettich. **Shot Five** - JACKSON: Paul Smith white cotton jacket, £299, Holland Esq paisley star shirt, £89, Yen slim fit jean, £129, Paul Smith brown cut out belt, £55, Paul Smith tan only shoe, £159, all from Massimo, Silver cross bracelet, £70, Silver bar ring, £35, Silver ring with black detail, £48, all from Ibis, Ralph Lauren Polo Sport aviator sunglasses, £99, from David Clulow at de Gruchy, Omega Seamaster Planet Ocean, £1555 from H Letto & Son Ltd. **Shot Six** - MARTA: Laundry by Shelli Segal silk patterned dress, £249, Nougat metallic woven bangles, £9.50 each, all from Nautilus, Woven silver plaited bracelet, £199, woven silver plaited necklace, £399, both from Ibis, Flowers by Mark Howe. JACKSON: As before.



OMEGA
Seamaster



LEFT TO RIGHT

Shot One, Two and Three - JACKSON: Daniele Alessandrini v-neck T-shirt with button detailing, £85, C.P. Company pinstripe trouser, £125, Holland Esq V-neck cardigan, £99, Paul Smith tree stencil flip-flop, £45, all from Massimo, Omega Seamaster Planet Ocean, £1515, Silver Ormer shell, £63.85, both from H Letto & Son Ltd. **Shot Four, Five, Six and Seven** - MARTA: Ralph Lauren Knit halter top, £75, Ted Baker; Luna shoe, £50, both from Axle Woman, Malazia by La Perla white 'G' bikini bottom, £32, from Adorne, Les Nereides large fish brooch, £29, from Diana Wilson, Oriental green parasol, £10, from Fraiche, Flower corsage by Mark Howe.





LEFT TO RIGHT

Shot One - MARTA: Day Birger et Mikkelsen silk mustard shirt, £75, Seven For All Mankind white denims, £197, both from Axle Woman, Les Nerieides heart & flower necklace, £59, from Diana Wilson. JACKSON: Gant bar stripe Rugger Top, £78, Philip Linen jacket, £195, Joop jean, £94, Emporio Armani brown plastic sunglasses, £81, all from de Gruchy. Flowers by Mark Howe. **Shot Two** - Hugo Boss Vernice shoe, £148, from Axle Woman. **Shot Three** - Omega ladies constellation watch with mother of pearl face, £1620, from H Letto & Son Ltd. **Shot Four and Five** - MARTA: Patrizia Pepe White short, £97, Patrizia Pepe stripe sequin vest, £225, Patrizia Pepe White waistcoat, £142, Marc Jacobs nautical stripe bag, £189, all from Manna, Nine west buckle detail shoe, £54, from de Gruchy, Marc Jacob white plastic sunglasses, David Clulow at De Gruchy, Silver and shell necklace, £90, Shell and silver earrings, £50, both from H Letto & Son Ltd. **Shot Six** - Omega Seamaster Planet Ocean watch, £1555, Silver Scallop shell, £240, both from H Letto & Son Ltd.







LEFT Shot One, Two and Three - MARTA: Marc Jacobs blue coat, £285, from Manna, Kanick royal blue swimsuit, £17.99, Kenneth Cole reaction wedge, £49.50, both from de Gruchy, Casa di Stella swimcap, £12.90, form Adorne, Green freshwater pearls, £135, Black & white pearl necklace, £80, both from H Letto & Son Ltd. JACKSON: Trussardi beige trouser, £125, Gant blue paisley shirt, 61.50, Gant V-neck cardigan, £76.50, Marc Jacobs white plastic sunglasses, £131, all from de Gruchy, Omega Seamaster Planet Ocean watch, £1555, from H Letto & Son Ltd, **Shot Four** - Baccarat tourmaline and sapphire colour crystal "Tendresse" open heart pendants on velvet ribbon, £71 each, Baccarat iridescent colour crystal "papillon" pendent on velvet ribbon, £86, all from Hettich.

**CREDITS:: CREATIVE DIRECTION ALANA MANN
PHOTOGRAPHY AREK DABROWSKI AND ROBERT
BEDNARCZYK SHOT AT THE MARITIME MUSEUM
AND OCCUPATIONAL TAPESTRY GALLERY FASHION
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ZARA PALMER WATKINSON'S

HMW // CHEZ ZARA

Don't tell me you're still dithering between Bohemia and The Bar this weekend – so 2005. Haven't you heard? Staying in is the new going out. These days, everyone who's anyone is throwing a dinner party. Of course it's all Nigella's fault. Ever since she started flouncing around on her wouldn't-you-like-to-be-me TV series, fluttering her eyelashes and licking her fingers, being chained to the cooker (sorry, original Aga) seems positively sexy.

I decided it was time to try out the domestic goddess look for myself. And no wonder they say dinner parties are hard work; it took me ages to compile a list of suitably decorative dinner guests and that was before I started shopping for the essentials. Cath Kidston flowery apron, Le Creuset casseroles and the KitchenAid blender in duck-egg blue. It was only on the day of the party that I remembered I hadn't actually thought about the food. A quick dash around Checkers should do the trick – since everyone's been shopping at the Co-op I thought it would be half deserted. How wrong I was. The car park was jammed, most of the trolleys were gone, and the place was full of slowly shuffling pensioners. It took me a while, but after getting caught in the bottle-neck along the pet-food aisle, and witnessing the tussles over the reduced to clear items, I realised that I'd chosen the over 60's discount day to try and do a supermarket sweep. An hour and a half later, and I'd finally got the ingredients for my boeuf bourguignon and crème brûlée – as well as a couple of bruised ankles from a lethal (and probably blind) elderly trolley driver.

Back at home I decided cooking was quite fun – my KitchenAid blender whipped up the crème in no time – and the beef recipe said leave to simmer – so I did while I had fun organising the table decorations and deciding who I was going to put next to who. Then there was just time to artfully arrange the crostini and crack open the Chablis, before everyone started to arrive. Dinner parties are such fun – especially when they're your own. I was so enjoying circulating that I rather lost track of the time. It was only when a guest remarked on the odour that I realised it wasn't my Diptique 'feu de bois' candle that was burning, something really was en feu. Yes, I'd completely forgotten about the food. You can imagine the scene, my pièce de résistance was more barf than boeuf – and the crème brûlée was well and truly brûlée-d.

Of course us Palmer-Watkinsons never panic. I topped up everyone's glass, told them I was going to powder my nose (they know how long I spend in front of a mirror), and dashed out of the door for a quick sprint to M&S. I managed to smuggle the carrier bags in through the back door – a quick blast in the microwave and no one was any the wiser. Of course the food was a great success, and everyone kept asking me for the recipes so I said the Aberdeen Angus, Scottish ale and Portobello mushroom pie was a family secret and the recipe had been passed down through the generations. And the profiteroles with Jersey cream and Belgian chocolate sauce? Just a little something I threw together at the last minute. I do tell such awful fibs. In hindsight I suppose I shouldn't have left the empty boxes on the sideboard – but I'm sure nobody noticed when they were doing the washing up. And I heard that Nigella fakes it all the time as well. But it's true, dinner parties are exhausting. A dash down to M&S in heels definitely takes its toll. Next time I'll stick to cocktails.





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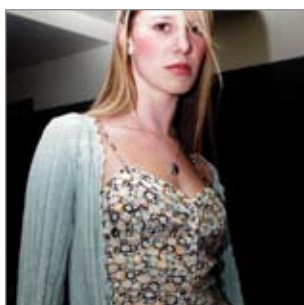
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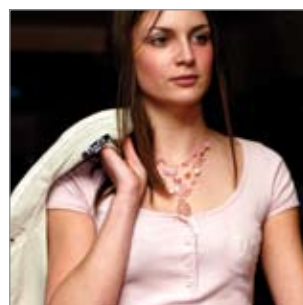
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AXLE & B-BAR FASHION SHOW // 29TH MARCH // PICTURES BY ROBERT BEDNACZYK & FILIP LYSZCZEK

WANT TO ADD A TOUCH OF STYLE TO YOUR VENUE OR EVENT?

if you are interested in hosting a fashion show or event, contact Marta Neubauer ON 07797 844793. Marta gained PR and modelling...experience in London before moving to Jersey 18 months ago. Promoting a fashion lifestyle in Jersey, Marta has been involved with organising fashion shows in B-Bar, The Opera House and La Cala.

IF YOU THINK YOUR VENUE OR EVENT COULD BENEFIT FROM A TOUCH OF STYLE, CONTACT MARTA NOW.



BEAUTY MONTHLY // FAKING IT... IS SO EASY!

ADDING A HINT OF COLOUR TO GIVE YOURSELF THAT SUNKISSED LOOK IS COMPLETELY THE RIGHT THING TO DO THIS MONTH.



Before you step into your summer skirt or add summer bronzer to your face get some groundwork done first. We exfoliated last month, so now we've selected six different self tanners for you to choose from:

NUXE: Multi-Purpose Face Cream - Apply to your face every morning. This provides a natural light healthy glow with the bonus of SPF 8 protection, £17.50.

Guinot: Self-tan duo for Face - An exfoliator and self-tan for the face makes this duo a handy option. Apply two or three times weekly, £21.91.

Guerlain: Moisturising Bronzing Spray - A great product - this is make-up rather than self tan - so it will instantly wash off but at the same time won't stain your clothes. It goes on really easily and gives a lovely warm glow, £17.45.

Dermalogica: Protective Self Tan - A trustworthy version with SPF15 and bronzing agents so you can see where you have already applied. It gives an instant glow and also manages to stimulate the natural tanning process, £19.05.

Jan Marini: Sunless Self-Tanner - A more traditional cream version. Apply every four hours until you get your desired colour, £32.

Lancaster: Fast Dry Bronze Mist - The notion of 'spray on' has always daunted me, but I can honestly say Lancaster's version is not scary at all. It darkens within the hour and leaves skin feeling really moisturised, £14.50.



RECOMMENDED HYDRATION

These are my two favourite products that you should carry around with this summer:

Dior: Deep Hydrating Refreshing Spray - A quenching drink for your skin, I love to use this while I'm sitting at my desk. The best thing is it can be sprayed over make-up, in actual fact it actually helps to fix it into place, £15.30.

Algotharm: Glittering Dry Oil - A complete gem for the summer, used on top of self tan this dry oil nourishes the skin and veils it with a delicate splash of twinkle. It also has an understated tropical fragrance which is difficult to get enough of, £20.25.



BARGAIN OF THE MONTH

Crabtree & Evelyn: Wooden Massage Body Brush - The bargain of the month, this twin headed version will massage and scrub your body, perfect for encouraging the break down of cellulite and exfoliating to prepare yourself for the self tan.

£5.91

BEAUTY STOCKISTS

ALGOOTHERM The Club spa 876500 818818 Voins 837100, 872007	ESTEE LAUDER De Gruchy 837100	JAN MARINI 020 8582 0466 AVON 08456014040 De Gruchy 818818,	MISS SPORTY CK Au Caprice 732380,	DIOR Au Caprice 732380, Boots 730432, De Gruchy MAC 0207 534 9222	CRABTREE & EVELYN 888446 818818 FLORIS De Gruchy	818818, ELIZABETH ARDEN The Bedroom 880202 Voins 837100	818818, GUERLAIN Voins 837100, LANCOME Au Caprice 732380, De Gruchy Fraiche 739967	GUINOT Beauty and the East 872007 Boots 730432	YSL Voins 818818 BENEFIT SUSAN POSNICK Bliss 789911, DAVID BECKHAM
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SUMMER STARTER KIT ...



We've selected a few items to kick start your summer looks. The key is to introduce the changes slowly and to follow the seasons from day to day, introducing new items to your make-up bag step by step:

Dior: Sunshine Powder Blush - Available in two shades, perfect to complement your glowing complexion this summer. I love the coral version, Sunset Fiesta, £20.40.

T.LeClerc: Bronze loose Powder - Comes in a cutesy tin and creates a subtle 'sunkissed' effect look. Great if you prefer those loose powders, £26.

Lancaster: Divine Bronze Matt & Shine Sun Powder, SPF 8 - This bronzer with both 'matt' and 'shine' textures allows you to sculpt and shade for your ideal glow. The best on the market, £18.25.

Mac: Eye Shadow 'Overshadowed' - Is a violet blue and acts as a perfect prelude to the electric versions to come, £10.

Avon: Extreme Gloss - In Sand Shine, is the perfect tone to make your lips look full! These new glosses contain SPF15, smell amazing and last. Well worth getting your hands on, £5.

Elizabeth Arden: Double Intrigue Lipcolour - A unique dual ended lipstick/lipgloss available in 3 beautiful shades, £14.

Benefit: Colour plump - In 30 days your lips will grow! A great product, but make sure your lips are well moisturised before you apply, £11.50.

Mac: Liquidlast Liner - Provides vibrant colour, is super long-lasting and non-smudge. It is really simple to apply, the only difficulty is deciding which colour to have, £13.

Miss Sporty: XXFibre Base Coat - Finally you can buy a separate white undercoat. Those double ended versions are great but one always runs out before the other. Add body and volume to your lashes before applying your regular mascara, £2.79.

Susan Posnick: Colorflo - Is a mineral-based, light-diffusing, SPF26 foundation in powder form. Available in an extensive range of shades and a simple solution to looking flawless, £38.50.

Benefit: Realness of Concealness - Benefit devotees will find this little number completely irresistible. It contains mini versions of the cult concealers and enhancers, Ooh la lift, lip plump, high beam, lemon aid and boi-ing, £19.50.



Floris is a beautiful range of products and for summer Lily of the Valleys turquoise packaging will keep you in the spirit of things. Talcum Powder is having something of a come back in the beauty world. **Soothing Talcum Powder** - contains Aloe Vera and gives you a perfect scented dusting, £9.75.

Concentrated Bath Essence - Comes in a lovely gift box and goes a long way, £19.10.

FRAGRANCE

David Beckham: Instinct - Introducing Beckham's first fragrance, this is surely one the ladies are going to appreciate, £21.25.



There are a bunch of Summer fragrances coming out and this month we've selected some fresh and fruity numbers for you to choose from:

L'Occitane: Green Tea with Jasmine - A refreshing alternative to a top heavy fruit version. Green tea and jasmine perfectly work in harmony on your skin, £26.

Guerlain: Tutti kiwi - Is one of my new favorites, fruity and fresh without being sweet. Lemon sorbet, Kiwi and Bourbon vanilla strike me as standing out, £23.40.

Ghost: Summer Flirt - This is a sweet concoction of peach, grapefruit, japanese yuzu, lotus blossom and white wood. You'll either love or hate this one, £23.70.

ON IT'S WAY

ck: one summer - A vibrant, refreshing interpretation of the original ck one fragrance. this new limited edition fragrance captures crisp melon, dewy waterfern, sparkling citrus notes and cool musk, YUMMY!



THE GREAT OUTDOORS // HEALTH

BODY - OUTDOOR TRAINING - BY STEVE LONGSTAFFE

With the weather now starting to improve rapidly, a lot of people enjoy doing some training outside. It is of course important to keep up the weights side of any fitness program, but depending on how your gym is situated you may be then be able to do a lot of your cardiovascular regime outside. Remember that different terrain or obstacles can be very beneficial, so learn to use the environment around you, bearing in mind that training outside will not be as safe as training inside the gym. Be aware of various surfaces you may train on.

Steps are a great way of pushing your legs hard, accelerating rapidly on the way up, and taking it nice and slowly on the way down.



Useful tool's, include a decent pair of trainers and a heart rate monitor.



Benches or concrete kerbs can be utilised for doing on the spot step up's to really work the leg muscles.

On the beach, once the water heats up to a comfortable temperature, running in it just above knee depth is a great way of intensifying a cardio session.

'I'll give a demo in the summer! It was too cold this week!'



If there are two of you, you can easily bring a set of gloves and pads with you to work a bit of boxing into your routine, as it is such an effective way to burn calories fast. Various routines that involve jabs hooks and uppercuts can be a great way of using different muscle groups.

Any suitable grass area can be used for various different exercises on the spot such a press ups, squat thrusts and crunches, or just picking two spots to run between them, getting yourself face down at each end for a number of repetitions.



NUTRITION - HYDRATION

Keeping yourself well hydrated in the sunshine is extremely important, as well as having adequate carbohydrates in your system to perform your exercises. So often it is worth bringing a sports drink with you that will last the duration. A lot of runners now also tend to use cod liver oil and glucosamine. The Cod liver oil acts as a good anti-inflammatory on your joints, and the glucosamine can help to keep your connective tissues healthy, especially if you tend to run on harder surfaces.

For any tips or sessions in any aspect of fitness, nutrition or rehabilitation contact: Steve Longstaff, Personal Trainer on 07797886575

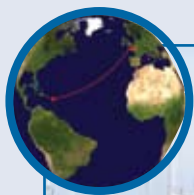
TREATMENT - BE COCOONED ...

Cocoon. Say it out loud – coco-ooooon. Don't you feel better already? It's one of those marvellous onomatopoeic words, like snug and tequila, that are almost as good to say as to experience. I say almost, because I've just come back from a rose cocoon treatment at Fraîche, and it seems as near perfect a beauty treatment as it's possible to get. It starts with an invigorating full body scrub made up of ground olive stones and rose body wash which is hot towelled off. Then a mélange of rose essential oil, hydrating gel and nourishing cream is smoothed onto your just-buffed skin, while you're enveloped in a foil wrap and warm towels. While the oils did their work, Anna massaged my neck and shoulders, then my scalp and face with the rose and sandalwood facial oil. By the end of the treatment I was almost dozing off – it was like lying on a bed of roses. Anna brought me a steaming cup of mandarin and lychee fruit tea to revive me, and when I unwrapped the foil 'cocoon', my skin was glowing and silky smooth. If you've been naughty and neglected your skin all winter, this is the perfect rescue treatment. Relaxing, revitalising and right on the button with the trend for all things floral. Now all I need is that rose-print Gucci skirt...

Rose cocoon treatment - £48 from Fraîche
Telephone 739967 for appointments with Anna or Claire



SPORT // OFFSHORE RACING



Phil Sharp is into sailing. He started sailing competitively at university, where he captained the Imperial College team to victory in Cowes Week 2003. He then qualified for the famous Mini Transat solo race, which, despite some life-challenging conditions, saw him overcome seemingly insurmountable odds. Hopes of a good result seemed dashed when he took incorrect weather advice and ended up in 58th position after the first few days at sea. He turned it around though by making one of the biggest recoveries in the race's history and ended in fourth place overall, the second best British result in the 30 year history of the race. Following this, he's decided to compete in this year's Route du Rhum, the Grand Prix of all single-handed transatlantic races running from St Malo (where a staggering one million people are expected at the start) to Guadeloupe this October. Gallery caught up with him as he prepares for the big race.

Is offshore racing a sport anyone can take part in?

Yes, totally. It's a hugely diverse sport with something there for all: be it cruising or racing, in dinghies or yachts, inshore or offshore. Offshore Racing is something that really tests your mental and physical endurance, which stems ultimately from competitiveness. If you badly want to win, you're likely to be successful in the sport.

What's the hardest thing about the Route Du Rhum event?

Sleep deprivation. This is the hardest part of solo sailing since skippers must push the boat as hard as possible for as long as possible to give them the best chance of success. In my last race I averaged one hour sleep per night for a week and started hallucinating heavily. I once had a mermaid appear on the foredeck who convinced me I was sailing the wrong way and made me turn the boat round and start sailing north instead of south – quite scary in retrospect.

Do you think you can win it and is it safe?

Yes, definitely. Well, as long as I'm not distracted by too many mermaids. It's not exactly safe. Probably one in every 100 sailors in the race are lost. The big danger is falling over the side whilst the boat's on autopilot as all you can do is watch it sail away from you. A few years ago this happened to a guy, but incredibly he was spotted and picked up by a competitor who sailed past him hours later.

How can you afford to take part in this event? How much does it all cost?

Corporate sponsorship is the key to getting to the startline. Currently I am searching hard for the right sponsor to come on board. The total campaign budget is around £150K, which sounds a lot but is in fact quite modest compared to sixty-foot round the world campaigns, which can require up to £5 million.

If you're interested in finding out more, go to Phil's website: www.philsharp.net



SEA KAYAKING

Bank holidays. Bit of a waste of time in my opinion. By the time you've had a lie-in, realised all the shops are shut, watched rubbish TV and thought about going out on a walk, the day's almost gone. But all that changed last bank holiday when I found myself doing something rather special. Normally you'd only get me in the water if the Sunseeker was sinking – so you can imagine I was a little under-awed about the prospect of sea kayaking. But with an enthusiastic instructor like Mick Cullinane from Pure Adventure, no one can stay apathetic for long. He was waiting down at Greve de Lecq with all our equipment, kayaks, first aid kit, flares and wetsuits - despite my determination that I wasn't getting my hair wet. A quick kayaking tutorial on the slipway and it was off into the water. The sun was shining, the sea was as smooth as a millpond, and thanks to Mick's tuition, paddling was a breeze. It was postcard Jersey, the early evening sun streaming over the cliffs, our kayaks gliding through the water and the clear blue sea stretching away to the Pater Nosters. We stayed close

to the cliffs, catching glimpses of nesting fulmar and then suddenly there it was. My first puffin. Smaller and stubbier than you imagine, it circled us twice before disappearing further up the cliffs. Mick wanted to show us a cave – one of several he explores on his coasteering trips. The water turned the most amazing emerald green as we neared the entrance to the cave. Inside it opened out into a huge chamber with a natural oval 'window' letting in a shaft of light. We sat in our kayaks for a moment, gazing at the eerie darkness of the tunnel disappearing deeper into the cliff, and wondering how many smugglers had used these caves. Heading back towards the slipway, we took our last looks at the towering cliffs of the north coast. "Breathtaking" said Mick. Gliding through the sun-dappled water with gulls flying over our heads, I couldn't agree more. Kayaking with Pure Adventure costs from £35 per person for a single two hour session to £150 for a weekend course. It also forms part of the multi-activity Pure Exploration package. See the website for details www.pureJERSEY.com

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Flat enough?



With the World Cup only weeks away it's the perfect time to purchase a new HD READY LCD television. Sky HD will soon be launching, and there are many step up DVD players and recorders also available. Make sure that you take advantage of High Definition quality. The added picture detail has to be seen to be believed. Feel free to pop into our Homemaker store in Don street and take a look for yourself. You'll be impressed.



JVC LT32DX7 LCD TV

HD Ready with PC Input, £1,199.99, Coop Homemaker.

The JVC LT32DX7 is an LCD Television with a 32" screen. It displays at resolutions of up to 1366 x 768, and has a screen brightness of 500 cd/m². It also supports HDTV Ready sound and has 2 speakers which produce a combined output of 20 Watts. Nice.



Sony KDF-E50A12U 50" 3LCD TV

HD Ready, £1,283.99, JEC Powerhouse.

The Sony KDF-E50A12U is a projection Television with a 50" screen. It displays at resolutions of up to 1280 x 720. The KDF-E50A12U also supports Dolby Virtual Surround sound



Toshiba 32WLT66 LCD Television

HD Ready, £959.99, Coop Homemaker.

LCD TV with 32-inch screen, Freeview tuner and twin HDMI sockets. Offers excellent performance and features galore at an eye-catching low price



JVC LT40S7BJ LCD Television

HD Ready, 2 HDMI inputs, £1699.99, Coop Homemaker.

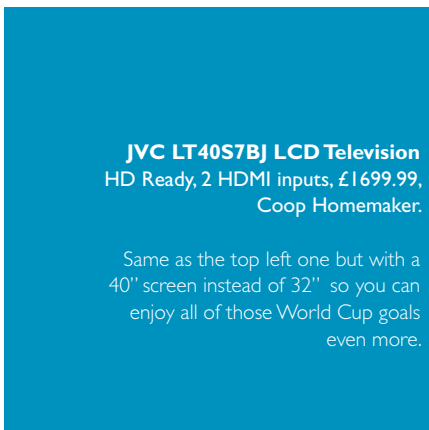
Same as the top left one but with a 40" screen instead of 32" so you can enjoy all of those World Cup goals even more.



JVC 56" HD-ILA TV

HD Ready and with 3D sound, £2399.99, Coop Homemaker.

This 56" Widescreen model is built on JVC's 3-Chip DILA Technology, a revolutionary Micro-display technology that will give you the most incredible picture imaginable.



Toshiba 42" LCD Widescreen

HD Ready with Virtual Dolby Surround £1,999.99, JEC Powerhouse.

42" widescreen LCD IDTV. Features new hidden speaker technology design with SRS WOW surround sound. Doesn't sound too shabby does it?



Expert's Tip:
Steve Du Feu
@ Coop Homemaker



Apple 30" Cinema HD Display
£1550, iQ Apple Shop.

Ok so it's not a TV but at 30" it certainly wants to be. All Mac addicts need to go and see this.

Sony 23" S Series Bravia LCD
With Integrated digital tuner, £819.99, JEC Powerhouse.

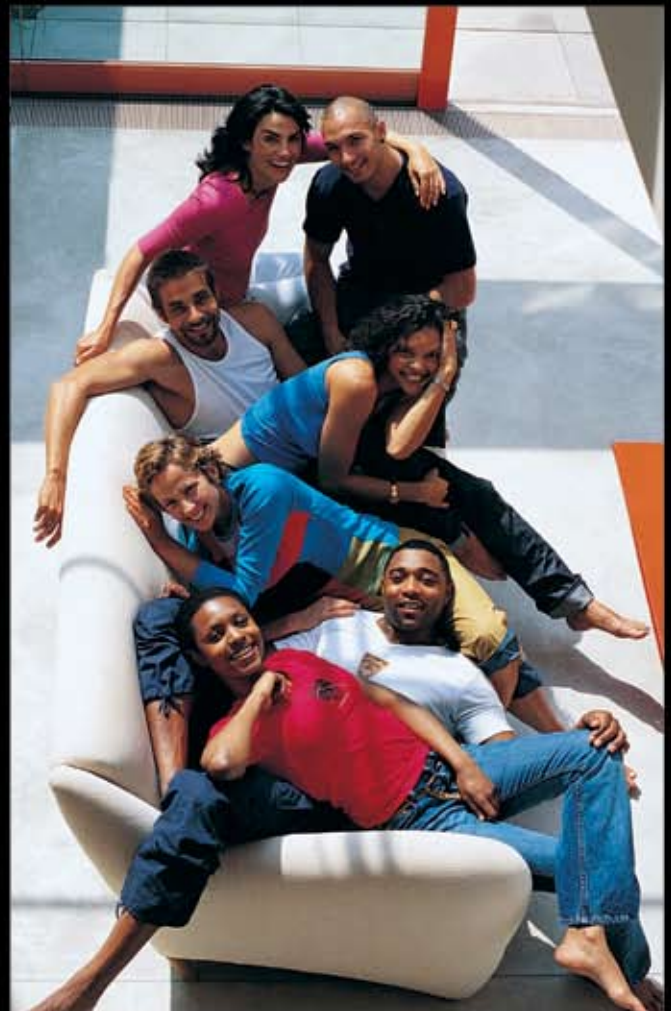
You've seen the nice ad with the bouncing balls - this lovely machine is what all the fuss is about.



Sharp LC32P55 LCD TV
HD Compatible, £859.99, Coop Homemaker.



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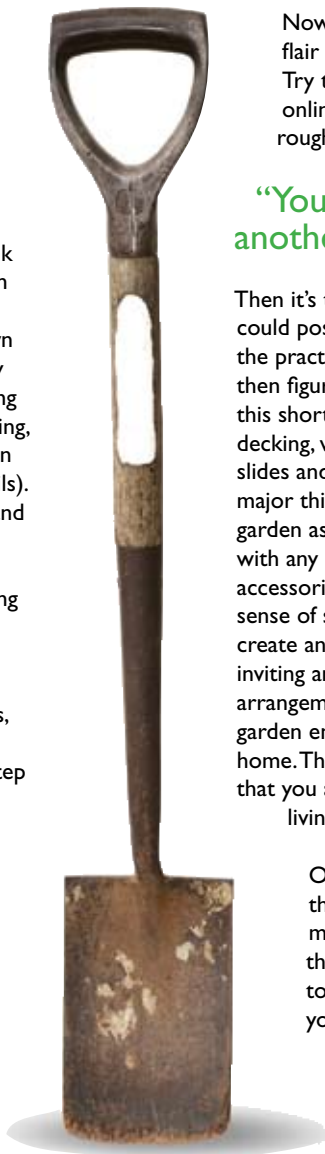
DO IT YOURSELF?

Not all of us are lucky enough to have a garden yet, but whether you have one already, or are planning on having a green space in the near future you're going to want to make your garden your own... welcome to the world of garden design.

Television programmes featuring unattractive ginger ladies and butch young builders convinced you that redesigning your garden was entirely feasible. Then you remembered the time your dad tried to 'do the garden' and what it ended up looking like. Suddenly it wasn't such a good idea.

A well designed garden can add significantly to the value of your home, but as well as benefiting your bank balance, the therapeutic benefits of having a nice green space to relax in cannot be underestimated. Add to this the sense of achievement from designing your own space and suddenly it seems possible again - especially if you've got a plan. Without knowing what you're doing the whole job could easily become a little overwhelming, so do what the professionals do and get it all down on paper (or even better, on-screen - see below for details). You'd never start building your home without a plan and your garden shouldn't be any different. Use the steps outlined below as a guide to help turn your ideas into reality and transform your garden space into something to be proud of.

Firstly, list all of the composite parts of your garden. This inventory will include things such as hedges, walls, fences, sheds, trees, shrubs, the house itself and the driveway. Once you've got all of this down, the next step is to analyse the site for any practical considerations you're going to need to bear in mind. These will include which way the sun will be coming from, the direction of the prevailing winds, and any attractive, and equally important, particularly unattractive, views. Time spent considering these elements in detail will be time worth spent when it comes to the next stage.



Now take all of this information and use your artistic flair (no matter how meagre), get it down on paper. Try to draw each object to scale with a ruler or use an online 3D design package rather than just jotting down a rough idea.

"You want to think of your garden as another room of your home"

Then it's time for the fun part. Think of everything you could possibly want in your garden, bearing in mind all of the practical considerations you have already noted, and then figure out which ideas are going to be feasible. From this shortened list you may have included elements such as decking, walkways, or flower-beds (and rejected the water-slides and 5-a-side football pitch). At this point there are two major things to consider. Firstly, you want to think of your garden as another room, an extension of the house, and as with any room you need to create boundaries, decide on accessories and place furniture to convey your own ideas and sense of style. Also, always keep in mind that you're aiming to create an attractive and comfortable space that has to look inviting and be enjoyable. Consider things such as seating arrangements and making the most of whatever views your garden enjoys and you'll add virtual square footage to your home. The overall effect should be to produce the illusion that you are moving to another part of an improved, larger living environment.

Overall, planning will give you far more confidence than you'd ever have making it up as you go along. You may even want to draft in help from a professional at this stage to perfect your ideas, especially in relation to building regulations and structural changes. After all, you don't want to end up with a garden that looks as though your dad's been helping out.

Garden design - a dirty business? Not necessarily.



If you've been hankering after a new garden for years but always found yourself completely intimidated at even the thought of gardening, it's time to get onto the magic internet. For a long time the preserve of teenagers and strange single men, the net is at last producing the goods for those of you more interested in garden design than funny videos filmed on mobiles of people slapping each other. Believe it or not, without stepping out of your door you can completely redesign your garden online, leaving you with a perfect 3D representation of your unique space. Forget the wellies and pick up the mouse - there's virtual gardening to be done.

"Create your ideal garden without getting your hands dirty. Our user-friendly application gives gardeners the chance to experiment with design ideas and planting schemes. Design your own layout, or be inspired by the garden templates. You can try one of our original designs, chosen to suit gardens of different sizes and styles. Move the plants and features around to customize the design to suit your own plot" www.bbc.co.uk

To try it for yourself go to: www.bbc.co.uk/gardening/design/virtualgarden_index.shtml





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GARDENS

BY DONNA WHITE

Gone are the days when the garden was the domain of the retired gentleman, digging up great clods of earth and constantly complaining of backache. Now an extension of your home's natural living space, the garden can be an attractive vista upon which to gaze in winter and a place to have fun and relax in summer. And for those of us not blessed with greenfingers, it doesn't have to be a chore. With the use of the right paving or decking, it can be a low-maintenance oasis in which to enjoy the summer sunshine. Add a little good food, conversation and ambient lighting and you can bring Mediterranean evenings to the comfort of your own patio. The fashion for using our gardens as outdoor living rooms is due in part to the renewed interest in both gardening and cookery with celebrity chefs and home makeover programmes continuing to take over our TV schedules.

BENEFITS

Making the effort to improve your outdoor space, whether you opt to call in a professional or head down to your local garden centre and do the job yourself, will not only provide you your own personal play area but may also increase the value of your home. Experts believe having an attractive garden can add between 3-6 per cent to the value of your home, so it is certainly worth trying to make the most of whatever you have.

SIMPLE TOUCHES

And if you're not into completely overhauling your garden, just a few simple touches can transform its look without breaking the bank. An exciting and innovative collection of heaters, torches and barbecues can make a redundant piece of land into a place all your friends will want to gather. New fencing, or a lick of paint on the existing exterior will spruce things up and make your garden or yard look fresh and inviting from the outside. On the inside, add some character and definition with a patio or stylish decking area. A patio designed as a sitting or dining area can be in any part of the garden, but will usually be sited next to the house for convenience.

It can be paved with concrete slabs, paving blocks, reclaimed stone, gravel or wooden decking, and is often connected to other parts of the garden with steps or a paved or gravel path. For an easy to maintain garden, you can pave the lot and add colour with pots of low maintenance flowers and plants.

ACCESSORIZE

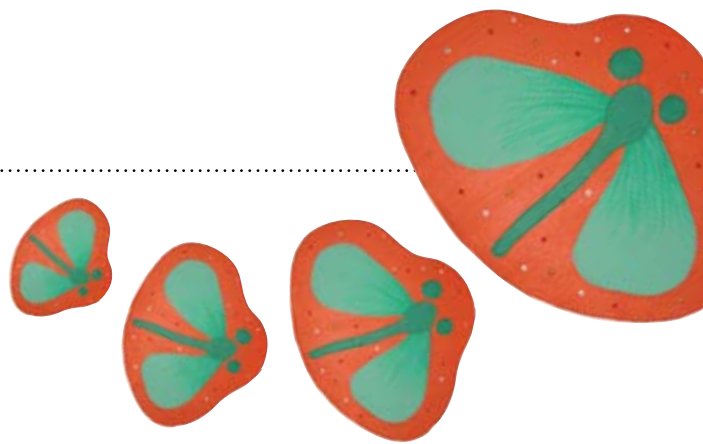
Of course, garden furniture is a must to ensure you and your friends or family can enjoy the little oasis you've created. A wooden dining set or love seat will look perfect, if you're creating that traditional English garden feel... Or a mosaic table and chair set will bring memories of those Greek holidays flooding back on a wave of retsina.

Brightly coloured parasols or sun loungers will also brighten up an otherwise dull background and make it look more inviting. If you're worried about changeable weather, why not create an intimate atmosphere for dining alfresco with cosy candles and an awning?

Awnings can be made to measure, come in a wide range of colours and café-style stripes, and can even come fully motorised. It's a great way of enjoying the outdoors and keeping your skin both safe and young looking without the need for sunblock. And in the unlikely event of rain, it won't dilute your gin and tonic.

If the pavement café look doesn't suit your English garden, a chimenea or stylish garden heater will ensure you stay warm even when the summer days start to become shorter and the evenings cooler.





PLANTS

If you're not totally against plants, but want a no-fuss approach to flowers in your garden, plant in pots and window boxes for a splash of colour. Containers allow easy access and require minimum maintenance. Line them with plastic or polythene to keep moisture in and be sure to water often, daily if possible. If you're planting in the soil, weed-suppressing plants that provide effective ground cover are best for no-fuss gardeners. Examples include the Lesser Periwinkle, otherwise known as *vinca minor*, and the Japanese Spurge, or *pachysandra terminalis*. But your local garden centre staff should be able to help you locate the best plants for your little outdoor paradise.

WATER FEATURES

For that extra special touch, water features are an unusual and attractive focal point to any garden or yard – and a great way to attract wildlife. A fountain or water feature, unlike other statues or pieces of garden furniture, works with two senses at once: sight and sound. The pleasing sound of flowing water goes a long way to providing a calming atmosphere, indoors or out. And in urban environments, flowing water screens out the city's noise pollution. These days, what you think are stone fountains are often made of durable, light-weight, easy-to-maintain fibreglass, and need little or no care after installation.

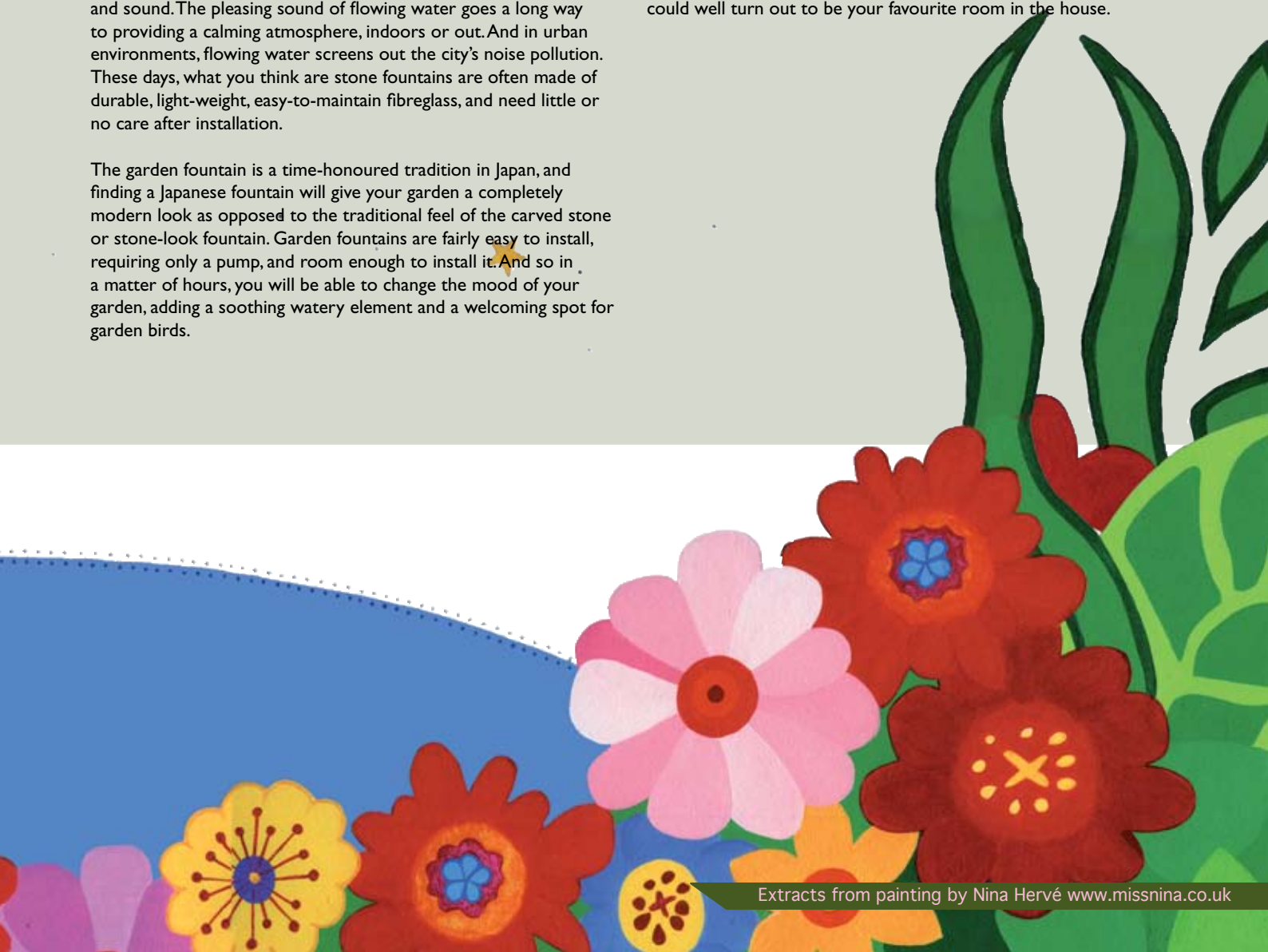
The garden fountain is a time-honoured tradition in Japan, and finding a Japanese fountain will give your garden a completely modern look as opposed to the traditional feel of the carved stone or stone-look fountain. Garden fountains are fairly easy to install, requiring only a pump, and room enough to install it. And so in a matter of hours, you will be able to change the mood of your garden, adding a soothing watery element and a welcoming spot for garden birds.

LIGHTING

Once you've settled on the new look of your garden, it's important you set the scene with just the right lighting. For those long summer evenings, flickering candles, sprinkled here and there, or tiny lights suspended in the branches of a tree or bush, can leave you with a stunning night-time canopy. Fire is the oldest source of light and considered by some to be the most romantic. Flames produced by candles or oil-burning lamps are warm and flattering to faces. Try snaking a row of candles along a garden path or suspending them in glass jars from branches. An array of tiki burning torches can add an exotic touch to your patio area. But be careful to protect any open flames from wind, and never leave one unattended.

ENJOY

Once the stage is lit, there's nothing else for it but to throw open your garden gate and invite friends over to enjoy the little piece of paradise you've created. With no need to worry about wine spills on the carpet or cigarette burns on the upholstery, your garden could well turn out to be your favourite room in the house.





WORKAHOLIC? // CAREERS

Work is important, there's no doubt about it - on the most basic level, if you're not working, you can't pay the rent. But truly meaningful employment, doing a job you love (or at least like), can be the difference between a fulfilled life, and merely slaving to pay the bills. It can even get to that stage where work becomes such a part of your life that there's no separation between it and your personal time. An obsession with anything is unhealthy, and if you're finding that work is taking up more and more of your hours in this world, maybe it's time to take a backward step and consider if a life dominated by work is really what you want.

You can probably remember when work was nothing more than something you did to earn a bit of cash to enjoy yourself in between bouts of sleeping and more sleeping. And then something else happened. Slowly but surely work became the centre of everything that you do. Holidays are planned around it, work seems to find its way home with you and you're doing it when you should be sleeping. Saturdays and Sundays, once an abundant oasis of beach/pub/bed are now the same as Mondays but with a micro-lie-in till 8.30. What the hell happened?

Well, chances are you've lost perspective. The reason you started working so hard was probably because you wanted to provide for your family, or to make yourself proud of what you can achieve. It's just that somewhere along the way it has become the focus, throwing everything out of balance. If this sounds like you, spend five minutes looking at some of the tips below - they may help you re-focus your life onto the things that are really important. At the least, it'll help you keep healthy and alive in the long run.

EIGHT HOURS OF SLEEP

One of the first things that's going to be affected by overwork is sleep. It's absolutely irreplaceable and as the only thing that can repair your body it's vitally important. If stress at work is causing you to lose sleep, or if your workload is so extreme that you don't feel you have time to sleep, you'll soon find yourself irritable, unfocused and unable to perform. You may devote sixteen hours of every day to working furiously: making money, providing for your family, reaching goals, being successful etc. but you **MUST** make it a point to get at least eight hours of sleep and plenty of rest. You may be able to substitute food with vitamins and power drinks but there is no replacement for sleep. Don't believe that you can "catch up" at some point in the future either - it's simply not physiologically possible for your body to make up for lost sleep or rest time.

STRICTLY FAMILY AND FRIENDS ON WEEKENDS

If you're really getting caught up in work too much you may have to take drastic steps. Although you may be under the impression that your company would collapse if you took the weekend off, the reality is that once you come back refreshed you'd probably see immediate benefits. Work can make us gradually forget the reasons why you're probably there in the first place: your family. Sure, you work to earn lots of money for them, but when was the last time you spent a full hour of quality time with your kids? Or your mum and dad? Or your friends? When was the last time you did something you used to do and enjoy before you mutated? Decide to make Saturdays and Sundays strictly

for family and friends. Monday till Friday are the times for work, Saturday and Sunday are not. Trust us, the business will not collapse overnight. If you've been feeling stressed and overworked, after a few weekends of recharging your batteries you'll probably find that your performance has improved with results to prove it. Try it.

EAT MORE

Not often that you see that in glossy magazines is it! One of the tell-tale signs of someone who is stressed and overworked is skipping eating. You need to make sure you get food in your stomach. Now, we at Gallery know what it's like to feel as though you don't have enough time to eat lunch, but the benefits are immense. Once you put fuel back in your system, and give yourself a little time to clear your head, you'll likely be able to return to your desk with a few good ideas and a bit more energy. When you eat it's also important to eat the right things if you don't want to experience the dreaded early afternoon food coma. Most importantly, avoid sugar - after your Snickers high there'll be a big crash when you want it least. Also, don't eat a massive lunch as your body will have to work too hard to digest it. And if you need to snack, best stick to high-protein foods such as nuts. They're appetite suppressing and won't cause big highs and lows. Go ahead - chow down!

KEEP WORK IN THE OFFICE

Keep work in the office - don't bring it home! Of course, if you work from home this is difficult, but overcome it by keeping your work stuff in a confined area - don't let it spill all over the house or you'll never escape. Importantly, practice working only within set hours. If you have an eight-to-five working schedule, stick to it and avoid sneaking in a few hours in the evening. You'll feel the benefits the next day.

WORK UP THOSE MUSCLES

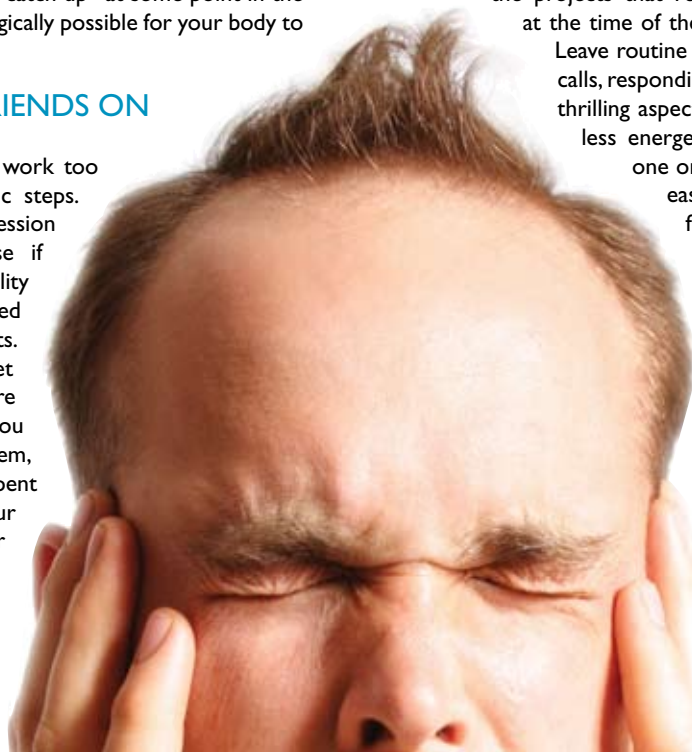
Exercise, exercise, exercise! As often as you can, get some exercise. As a workaholic you've probably got your bum stuck in a chair all day but you'll feel a big difference in energy levels and attention levels if you build some exercise into your schedule - it doesn't have to be of ITEX walk proportions, even a half hour walk will have significant benefits on how you feel.

MAKE A PLAN

Plan your day. Everyone knows when they perform best, some early in the morning, others in the middle of the afternoon. Whenever your peak time comes around, make sure that you're working on the projects that require significant concentration at the time of the day when you are most alert. Leave routine duties, such as returning phone calls, responding to e-mails, and the other less thrilling aspects of your job to when you are less energetic. Also, try to only work on one or two things at a time. It's much easier to work on something and finish it before moving on, than working on sixteen things at the same time and never accomplishing anything at the end of the day.

WORK TO LIVE

Always keep in mind that you work so you can live and have a comfortable life. Yes, being a hard worker is a fantastic character trait, but it's worth remembering that living with nothing but work in your life is no kind of life at all. Now go and enjoy yourself!





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HAIRDRESSERS NEED NOT APPLY // AUDI TT

WILL AUSTIN-VAUTIER



"Lighter, faster, smarter - better; and still drop-dead gorgeous"

It is hard to believe that this seminal creation of automotive design has been cruising our dual carriageway and green lanes for nearly eight years now. And, until recently, that is exactly what the TT had been doing - just cruising.

Following its arrival into the car industry's consciousness as a design concept at the Frankfurt Motor Show in 1995, the TT spent its early life living by its looks: the object of everyone's interest; rocking up to industry events; drinking all the champagne; and exiting before the speeches - leaving no head unturned.

A thing of sheer beauty, the TT did for the automotive industry what, say, Kelly Brook did for The Big Breakfast. Against the backdrop of a tired cast, complacency for the competition, and mundane re-hashes of seen-before styles, Brook and the Audi TT had glamour in spades and caused umpteen young professionals to dream into their Cornflakes. Yet also, they both gave the impetus to beat the alarm clock to the breakfast table: 'If I pull my finger out, one day I may find myself with one of those'. So what if the heady heights reached in those eight years led to little or no discernable tampering to the TT's formula? Remember, the inception of this car in 1998 redefined the term "waiting list". If it ain't broke...

But, enter, the new millennium. Whether simply that civilisation had reached Y2K - and 'the future' - or that the East had begun churning out its own smart car concepts, the automotive world upped the ante. Regardless of reputation, car manufacturers have, for the last five years or so, been vying for position in every class, through every market, to all demographics. The credentials of the Audi TT Sport - its styling, its handling and its performance - are a direct result of the intensified competition. In devising the TT Sport, Audi have laid to rest some of the shortcomings that early models were criticised for. Any car claiming sport-like kudos can have underwear-dissolving

appeal and 1000 horses under the bonnet, but without good handling - a chassis, engine and suspension set-up to match - the vehicle is only good for garden parties or coast-road car parks on a Friday night.

The TT Sport, however, has furthered the formula of previous models. A once beautiful but superficial car is now 50kg lighter - and therefore nimbler. It has a tinkered quattro four-wheel-drive system and a more rigid chassis. This firmness has been achieved by replacing the spare wheel with a tyre mobility system, and the parcel shelf and rear seat with a stability bar to improve torsional rigidity for optimum handling. Formerly an Achilles heel, the latest TT handles like no other.

The performance of this TT Sport vindicates the pretender reputation that its forebears harshly weathered, finally awarding the original design true meaning: with a V5 turbo-charged engine, which produces 240 bhp and can reach 62mph in 5.9 seconds, the cockpit-style interior - typified by the shape of the windscreen, ride height and brushed metal interior - no longer feels unwarranted. Many engines holler like an attention deficient redhead, but this latest attempt by Audi is both smooth and potentially ruthless. Reaching a restricted top speed of 155, whilst boasting breaks and a gear box that The Stig would hide under his pillow at night for safe keeping, the Audi TT Sport is by far the most driver-focused TT to date.

With one of the greatest figures ever designed; an engine bearing a voice that sings pitch-perfect; a huge set of lungs; and a look that oozes cool, the Audi TT Sport, were it human, would be the lovechild that Monroe and Sinatra never had. And one thing is clear, during a weekend test drive, the deposit you had considered putting down for that back alley basement flat in 'sunny' Bucharest would seem nothing short of madness.



ON SE FAIT LA BISE? // AUVENT DES ISLES

Having, all too briefly, attended French classes at Highlands College, I was able to manage most shopping situations as soon as I arrived in France. Even more importantly, I was equipped to handle the very polite but unremitting ritual of 'greetings'. You may not be aware, for instance, that it is in order for a man to say to a woman, on being introduced to her for the first time, "on se fait la bise?" Or, "shall we kiss?" As good an ice breaker as you could wish for and perfectly acceptable!

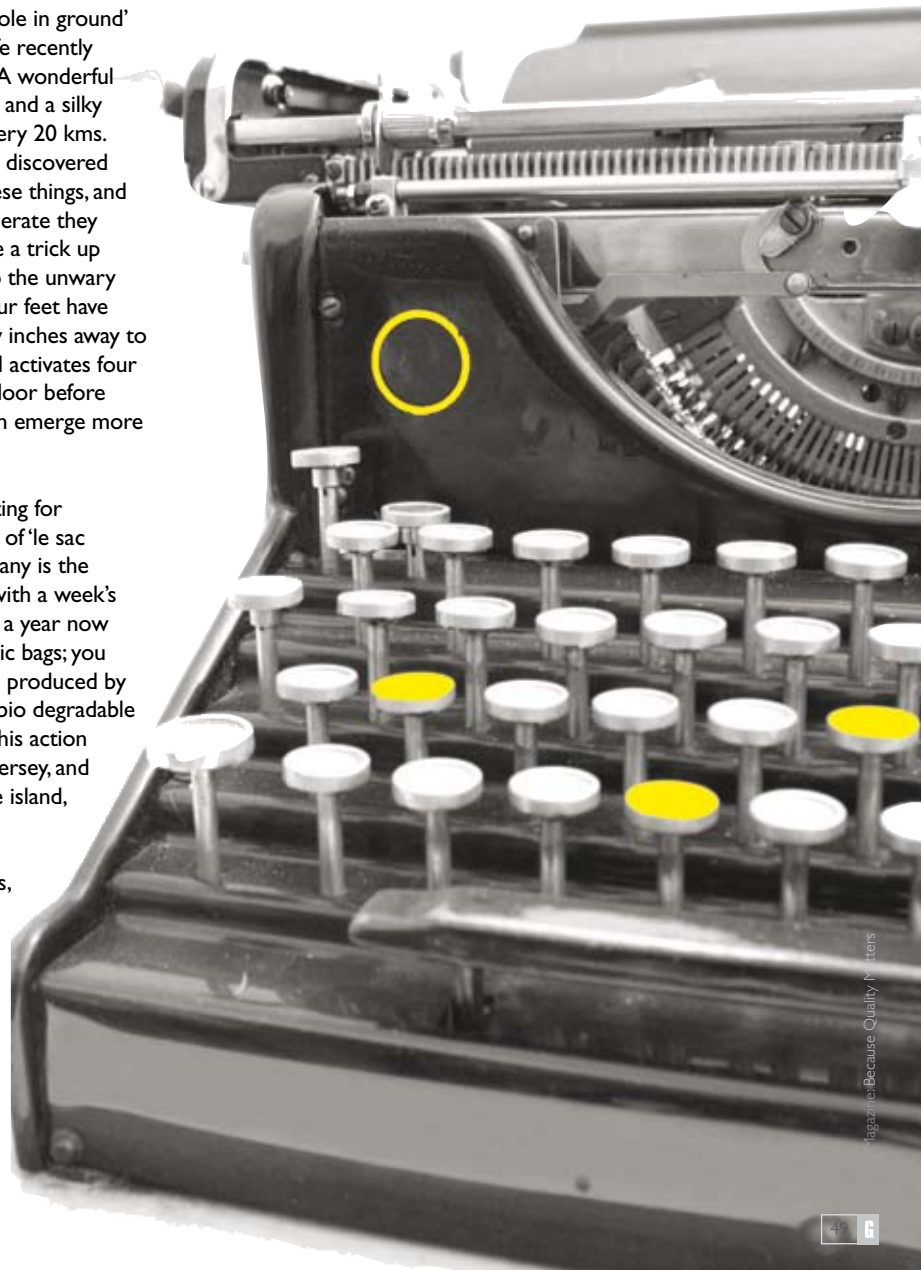
But, after twelve months of two classes a week, one for conversation and one for the dreaded grammar, I often feel as if my linguistic skills have not progressed much from when I first stepped of the ferry! It is surprising how many mispronunciations English speakers make that seem to sound like 'rude' words (double entendres are rife!) to the locals. Of course we rarely get to know what's going on, just met with blank or bemused faces. One (printable) example occurred the other day at my local garage (adorned with 'trophy' Jersey number plates!). Something had broken on my car and, unable to think of the appropriate words, I said it was "kaput". A much used expression incidentally by worried Brits in France! It transpires that it means "condom"! Spelt "capote" but the pronunciation is remarkably similar! Why they should think I wish to say "my car is a condom" I don't know, but that is what the grinning mechanics chose to think!

This brings me on to another matter to look out for, 'les toilettes'. Whilst Jersey may be well endowed with wonderful clean conveniences (generally), this is not always the case in France. The evil 'hole in ground' lives on, indeed is still being installed in new public loos. We recently travelled the modern A29 motorway east from Le Harve. A wonderful example of civil engineering with massive bridges, viaducts and a silky smooth road surface, complete with nice new Services every 20 kms. During the journey I needed to 'pay a visit' and worryingly discovered only holes in the ground. I have never fully understood these things, and they send my wife into an anti France rage, but when desperate they certainly look OK (to me)! However, these new ones have a trick up their sleeve that can cause considerable 'inconvenience' to the unwary user. There are ground level sensors that identify when your feet have moved from the immediate 'hole' zone. If you shuffle a few inches away to sort ones clothes out, 'it' assumes you have gone away and activates four 'massive' jets of water directed across the whole cubicle floor before swirling down the hole. If you are not lightning fast you can emerge more than a bit damp!

There is another, less embarrassing perhaps, but still irritating for unsuspecting visitors from Jersey and the UK, the absence of 'le sac plastique', (carrier bag to you and me), at supermarkets. Many is the time that I have noticed shoppers arrive at the checkout with a week's holiday groceries, only to find there are no bags! It is over a year now since French supermarkets virtually ceased providing plastic bags; you must bring your own reusable ones! The statistics that are produced by the Conseil Général indicating the huge reduction in non bio degradable plastics to be disposed of each year as a consequence of this action are amazing. It is surprising perhaps that given the size of Jersey, and all the problems that exist regarding waste disposal on the island, that a similar step has not yet been taken!

However, good news for all cyclists and Le Tour followers, the 2006 race will be here in Normandy and Brittany between the 6th and 9th of July, visiting Caen, Lisieux, Vitre, Rennes and Lorient before they all head off to Bordeaux and the mountain stages of the Pyrénées.

A bientôt,
Paul Beaumont



EACH MONTH GLOBAL UPDATE
PROFILES A SUBJECT OF PUBLIC INTEREST,
GIVING YOU AMMUNITION SHOULD
YOU EVER NEED TO ARGUE ABOUT
IT WITH YOUR MUM. THIS MONTH:
ENDANGERED SPECIES THREATENED
WITH EXTINCTION



According to Wikipedia an endangered species can be defined as 'a population of organisms which is either (a) so few in number or (b) threatened by changing environmental or predation parameters that it is at risk of becoming extinct. Amazingly, according to the 2004 IUCN Red List of Threatened Species (www.redlist.org) there are some 15,589 species now known to be in a perilous position.

The reason there are so many species on the very brink of extinction is either very complex or very simple depending on your perspective. On one hand the causes are many and varied – from habitat loss, to pollution, to the introduction of alien species to the habitats of threatened species, or, as *The New Scientist* refers to it, the McDonaldisation of Earth's biota. There is one common denominator in all of these factors though. Man. Well, woman as well if you want to be all PC about it.

We really are ruining everything. There was a time when the media were saying that the next generation would have to deal with mass extinctions, global warming and holey ozone layers – but it's happening right now. Most estimates show that an eighth of all birds and a quarter of all mammals are in jeopardy, while a third of amphibians and almost two thirds of turtles and tortoises could be gone by 2025. In the last 500 years, 844 species are known to have died out, great apes have recently declined by over 50% in parts of Africa, half of marsupials are in jeopardy, and a staggering 40% of Asia's plants and animals could soon be lost. The Amazonian rainforest is today being cleared at rate of 24,000 km² per year (equivalent to New York City's Central Park being destroyed every hour). Singapore has lost 95% of its tropical forests, South East Asia may lose 74% by 2100, and in 54 countries across the world 90% of forests have been felled.

To top off this bout of suicidal planet butchery there were 580,000 tonnes of oil spilt into the sea in 470 separate accidents between 1993 and 2002. Impressive. Scariest of all though is the fact that the 1.5 million species we know may only be a fraction of the true number facing extinction. Although scientists have catalogued 1.5 million species, there could be between 5 to 100 million in total according to some scientists. Of these, some experts predict that 27,000 could be falling extinct every year – that's one every 20 minutes! It's not all bad news

though. There are many thousands of committed activists working worldwide to ensure that extinctions are avoided wherever possible. "We can continue to assess and bemoan the loss of the world's biodiversity or we can act. We must refocus and rethink the way in which society must respond to this global threat," says Dr Achim Steiner, the IUCN's director-general. In a world where most threats to biodiversity are human-driven, the good news is that human actions alone can prevent many species from becoming extinct. "There are many examples of species being brought back from the brink. Good things are achievable."

Closer to home, the Durrell Wildlife Conservation Trust is at the forefront of protecting some of the world's most endangered species. According to Quentin Bloom, the Director of Conservation Management, thanks to work at Durrell Wildlife the Mallorcan midwife toad has been reclassified from Critically Endangered to Vulnerable through the re-introduction of several hundred tadpoles to the wild. They've made the future of this little toad, once thought extinct, much brighter.

On the world scale, global colossus China has recently had its own success story. This absolutely immense country faces one of the world's fastest deteriorating environments with a rapidly encroaching desert comprising one fifth of its land-mass (that's seven times the area of Britain) expanding rapidly due to climate change, rapid industrialisation, over-logging and over-grazing. Beijing has invested more than 50bn yuan (£3.5bn) since 1978 in constructing a "Great Green Wall" to combat it's advance, but for most of that time it has been losing badly. Until now. According to a new report, the deserts have shrunk at a rate of 1,283 sq km a year since 2001, with forest cover by contrast increasing by 66m hectares each year. Although the gains are small compared with the environmental losses that preceded them, they do show how through the mobilization of resources the tide can be turned.

Of course, if all this conservation business fails we could just collect a few bones and reincarnate them as clones in 2050. In fact, that's not a bad idea...



Want an LCD projector but don't want to hang it from the ceiling or put it on a coffee table? LG's AN110 may be just the thing.

The AN110 goes where no front projector has gone before: the wall. The projector uses what LG calls a 'Total Internal Reflection' lens setup to make the projector as flat as possible, allowing it to be mounted on a wall without sticking out more than a few inches. Truly a thing of beauty.

To achieve its 3.7-inch-thick form, engineers at LG developed an L-shaped lens that shoots the picture across itself. The resulting projector can display an image of between 30 and 300 inches with a 2,500:1 contrast ratio. It's HDTV ready and has WXGA resolution. In other words, it's going to wipe the floor with the projectors of yester year.






We know they're not for everyone you've got to have the right home and room configuration to pull it off but if you're looking for some World Cup viewing or 'Friends' in MASSIVE life size action for the ladies (to use a huge female viewing stereotype), and have the right house, it could be worth a look.

If a projector seems a little too 'gadget' for you, check out our home section for the latest flat screen TV selection.... mmmm.... that big box sitting in the corner just isn't cutting it these days is it?!

BE READY FOR THE WORLD CUP!

JVC 70" HD-ILA HYBRID TV

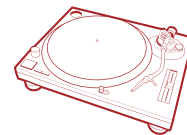


-  70" Screen!
-  HD Ready with rear projection
-  3 chip D-ILA LCOS Technology
-  Dynamic Picture Management
-  Also available as 56" screen

// £3199.99

12 months interest free credit available (subject to status)

The HD-70ZR7 is THE perfect machine to watch the World Cup on. At 70" it dwarves most other TV's, and manages to do so with style. Equipped with revolutionary microdisplay technology, you're guaranteed the highest image quality. For more details visit www.jvc.co.uk or go and see one for yourself at the **JEC Powerhouse, Queens Road.**



RHYTHM IS A MYSTERY



May is looking set to be a huge month for Platinum. Two of the world's largest and most respected brand names in house music are set to take over the club and give the people of Jersey a real treat. On Monday the 8th Hed Kandi grace Platinum's decks with official Hed Kandi DJ Paul Wilkins (for more details on Hed Kandi go to www.hedkandi.com) and Sunday 28th sees the Cream Classics tour roll into town with K Klass performing a live PA of their club anthems along with two hour DJ set. Both nights have Hi Fi Sushi's Colin Moore and Justin DeGruchy in support. Add to this the Ibiza Foam Party every Wednesday night and the much talked about Pole Dancing competition every Sunday, and you can see it's clear that it doesn't have to be just a Friday or a Saturday night to be going out this month..

THE POMME CAFÉ BAR COCKTAIL OF THE MONTH // SEX ON THE BEACH



WHAT TO MIX //

80ml Cranberry Juice
80ml Orange Juice
25ml Peach Schnapps
25ml Vodka

HOW TO MIX IT //

Pour all of the ingredients into an ice-filled cocktail shaker and give that baby a good old shaking.

PRESENTATION //

Strain the mix into a cocktail glass half filled with ice, sit back, drink and enjoy....

COCKTAIL OF THE MONTH IS SPONSORED BY

**CAFÉ
BAR**

THE CAFÉ BAR AT THE POMME D'OR HOTEL IS OPEN EVERY DAY FROM 7AM TO 11PM SERVING GREAT FOOD & DRINK AS WELL AS COCKTAILS!



NIGHTLIFE NEWS



SOUNDCLASH!

SoundClash is one of the most impressive and original concepts to hit the Jersey music scene in a long time. It's a simple but very effective idea - to bring you as many different genres of music as possible all in one night featuring live music from the best local and up and coming UK bands. Live Lounge is the perfect venue for this. With three rooms over three floors each hosting conflicting music styles. The atmosphere is friendly and buzzing and every time we've been we've ended up crunked, smiling and dancing. Recommended. The next SoundClash is Saturday 13th May which'll be featuring special guests Soixante Neuf. See <http://www.myspace.com/soundclashjersey> for further details.



PETE TONG CONFIRMED FOR THE CASTLE!

Gallery can confirm that Pete Tong has been confirmed to play Rhumba's first Castle event for 5 years! June 24th is the date that should be tattooed on your forehead lest you forget. Surely one of the biggest dance events for some years with a world renowned DJ who has played some of the worlds best clubs. For more details check out www.petetong.com where you'll no doubt enjoy hearing about how he's just flown from Miami to South America to Holland to...you get the idea. The guys got a good life!



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CHICAGO// 15TH APRIL // PICTURES BY LEE-ANN FOR JERSEYEVENTS.COM

When we're looking for something to do, we sometimes fancy a night of culture, sometimes a night of eating, sometimes drinking, sometimes movies. Therefore, we figured that our listings sections should reflect this. We've re-designed it to include all our listings sorted by date so whatever night it is that you're looking for entertainment, we can show you all the options! If you have any listings or events for June's magazine, send them to listings@gallerymagazine.co.uk by the 19th May

MONDAY 1ST MAY

SPRINGFIELD STADIUM

SENIOR MURATTI FOOTBALL TOURNAMENT

Jersey versus Guernsey. Biggest match in the world!! Springfield Stadium. Kick off 14:30. Tickets on the gate. For further details – Tel: 500200.

JERSEY ARTS CENTRE

I WENT TO GOREY FOR AN ICE-CREAM

An Exhibition of Paintings By Matthieu Falle

An exhibition of vivid paintings describing Jersey in the sunny months. Here Matthieu celebrates the style of 'cheap, illustrated images of tourist nick-naks' - and by enlarging his sketches he presents them as works of art. Time: 10:00 – 22:00, Free admission. Tel: 700444.

TUESDAY 2ND MAY

ST. JAMES

THE KATONA TWINS (GUITAR)

Hungarian born twins, Peter and Zoltán, have studied guitar from the age of ten both individually and as a duo. Peter and Zoltán's wide repertoire spans Scarlatti to Piazzolla's tango music and their CD releases cover music by Handel, Mozart, de Falla and Rodrigo.

Time: 20:00, Tickets: £13 (£7 students)

JERSEY ARTS CENTRE

I WENT TO GOREY FOR AN ICE-CREAM

An Exhibition of Paintings By Matthieu Falle. See Monday 1st

WEDNESDAY 3RD

JERSEY KAYAK ADVENTURE -

PUFFIN & WILDLIFE PADDLES

Grève De Lecq Bay, St Mary. Explore the coastline of Jersey in search of Puffin and bird life. All equipment provided including wetsuits. Expert kayaking instructors accompany small groups to explore the coastline. No previous experience needed. From 18:00 hrs. £35.00 per adult. Special rates for families and groups. Pre booking essential – Tel: 07797 853033

WEDNESDAY 3RD

B BAR

VIVA LAS VEGAS!

Casino night with Black Tie dress code

JERSEY ARTS CENTRE

I WENT TO GOREY FOR AN ICE-CREAM – An

Exhibition of Paintings By Matthieu Falle Time: 10:00 – 22:00, Free admission. Tel: 700444.

JERSEY ARTS CENTRE

DUCK VARIATIONS BY DAVID MAMET

A tragicomic tale of life, love, death and ducks! Having attacked Aristophanes, battled with Brecht, overhauled Orwell and sliced up Shakespeare - ACT manhandles Mamet to present a cast of over twenty characters in a play written for two.

Time: 20:00, Tickets: £7.50 (£5 students)

THURSDAY 4TH

JERSEY ARTS CENTRE

I WENT TO GOREY FOR AN ICE-CREAM

An Exhibition of Paintings By Matthieu Falle. See Monday 1st

Falle. See Monday 1st

JERSEY ARTS CENTRE

DUCK VARIATIONS BY DAVID MAMET

A tragicomic tale of life, love, death and ducks! Having attacked Aristophanes, battled with Brecht, overhauled Orwell and sliced up Shakespeare - ACT manhandles Mamet to present a cast of over twenty characters in a play written for two.

Time: 20:00, Tickets: £7.50 (£5 students)

MISSION: IMPOSSIBLE 3 (TBA) IMDB: N/A

Ethan Hunt returns as the super-secret super-spy. Starring the absolutely quality Philip Seymour Hoffman as the bad guy, you can expect to see many self-destructing instructions, implausibly-realistic masks being removed to reveal The Toothsome One, and much precarious dangling from high altitude perches. Also, Cruise's hot love interest, er sorry, I mean kick-ass buddy, Ving Rhames, should provide some tough guy humour.

FRIDAY 5TH MAY

JERSEY ARTS CENTRE

I WENT TO GOREY FOR AN ICE-CREAM

An Exhibition of Paintings By Matthieu Falle. See Monday 1st

JERSEY ARTS CENTRE

DUCK VARIATIONS BY DAVID MAMET

See Wednesday 3rd

CONFETTI (TBA) IMDB: N/A

Confetti is the latest in the increasingly growing line of comedy mockumentaries (think Spinal Tap, and Best In Show). This British movie follows three couples as they battle it out to win the coveted title of 'Most Original Wedding of the Year' award. Starring Jimmy Carr this could be very funny.

SATURDAY 6TH

JERSEY ARTS CENTRE

I WENT TO GOREY FOR AN ICE-CREAM

An Exhibition of Paintings By Matthieu Falle. See Monday 1st

JERSEY ARTS CENTRE

DUCK VARIATIONS BY DAVID MAMET

See Wednesday 3rd

SUNDAY 7TH

AMNESTY INTERNATIONAL JERSEY 11TH TOUR DE FREEDOM

Cyclists will be taking part in a ride around Jersey to raise funds for Amnesty International Jersey branch. Riders will set off from the Steam Clock at 10.30 am and ride one of two routes to meet at Trinity Youth Centre for a free packed lunch for all who pre-register. An afternoon ride returns cyclists to the Steam Clock where cakes will be provided. Email aicycleride@jerseymail.co.uk for details

MONDAY 8TH

PLATINUM

HED KANDI

With official DJs Paul Wilkins and Hi Fi Sushi.

Time: 22:00 – 02:00

MINT

THE BIG BANK HOLIDAY SESSION

with resident DJ Sly.

Time: 21:00 – 02:00, free entry all night

JERSEY ARTS CENTRE

GRADA

SCHROEDERS WORLD MUSIC SERIES

Grada's international recognition of awards and reviews propels them into the elite circle of Irish 'super' groups. They effortlessly blend traditional and contemporary music, modern songs and other forms of ethnic music into their own natural style.

Time: 20:00, tickets: £13 (£7 students)

TUESDAY 9TH MAY

LIBERATION DAY

The Island of Jersey remembers its Liberation from German Occupying Forces with a number of events due to take place throughout the day. Liberation Square and various other venues. For further information – Tel: 500777.

LIBERATION DAY HILL CLIMB

BOULEY BAY

A variety of motor vehicles race against the clock, reaching speeds of up to 90 miles per hour.

Time: 11:00 - 18:00, spectators welcome.

WEDNESDAY 10TH

JERSEY KAYAK ADVENTURE -

PUFFIN & WILDLIFE PADDLES

Grève De Lecq Bay, St Mary.

See previous for details.

From 18:00 hrs. £35.00 per adult. Special rates for families and groups. Pre booking essential – Tel: 07797 853033

JERSEY OPERA HOUSE

'DR BUNHEAD'S RECIPES FOR DISASTER'

TV's most insane scientist (Sky One's Braniac and Blue Peter's resident 'extreme scientist') is on the road with some explosive entertainment! Watch out for exploding hot water bottles, the fastest chips in town, DIY breakfast bombs, Franken-gherkin and exploding underpants! Bursting with fascinating factual content, this show is ideal for kids aged 5 - 105!

Time: 19:00, morning performance on Thursday at 11:30 hrs. Tickets from £10.00. Tel: 511115.

THURSDAY 11TH

JERSEY OPERA HOUSE

'DR BUNHEAD'S RECIPES FOR DISASTER'

Time: 19:00, morning performance at 11:30. Tickets from £10.00. Tel: 511115.

FRIDAY 12TH

JERSEY ARTS CENTRE

STEVE PHILLIPS (BLUES)

Steve Phillips embarked on a musical career of Country Blues and Folk guitar playing having been inspired by legendary blues musicians Robert Johnson, Blind Blake and Lonnie Johnson.

Time: 20:00, Ticket, £12 (£7 students)

BRICK (15) IMDB: 8.1

Brick is a debut feature from writer/director Rian Johnson, and won the Sundance Film Festival's Special Jury

Prize for Originality of Vision. Brick, while taking its cues and its verbal style from the novels of Dashiell Hammett, follows student Brendan Frye's journey in the dark underbelly of modern-day Southern Californian neighborhoods and high schools.

WAL-MART: THE HIGH COST OF LOW PRICE (PG) IMDB: 7.0

From a family business owner in the Midwest of America to a preacher in California, from workers in Florida to a poet in Mexico, dozens of film crews on three continents bring the intensely personal stories of the hugely detrimental impact the Wal-Mart goliath is have on families across the United States and in the world beyond.

SATURDAY 13TH

GOREY PIER

GOURAY FÊTE DE LA MER

Gorey is the place to head to this afternoon with an array of sumptuous food and drinks, all taking place along the picturesque harbour pier, with a full programme of outdoor entertainment to amuse your senses while your taste buds tingle!

Time: 11:30 - 18:00. For more information – Tel: 500777.

SAND RACING

Enjoy the thrills and spills of local motor sport on the beach.

Le Braye, St. Ouen. 15:00 – 18:00 hrs.. For more information - Tel: 852952 or visit www.jerseymotorsport.com

'LUNATIC NIGHTWALK'

Departing late-night according to lunar phase, join your guides for an inspiring low tide walk across Jersey's lunar landscape by the light of the full moon fuelled by Calvados and traditional vraic (seaweed) buns. Meeting point and time to be advised when booking. Tickets: £10.00. Tel: 485201 or email andrew@seajersey.com

Jersey Arts Centre

MACHUCA

PRESENTED BY JERSEY FILM SOCIETY

CHILE/SPAIN/UK/France 2004

121 minutes (subtitles)

Set in Chile in 1973, Machuca portrays the increasing pressures on Allende's socialist Chile through the eyes of two schoolboys, Pedro and Gonzalo. Time: 20:00, tickets: £5 (£3 students) only available on the door

SUNDAY 14TH MAY

LUNCHTIME 'MOONWALK' TO SEYMOUR TOWER

Imagine an island that doubles in size every day when the tide falls by up to 12 metres. Join your guide on a low water walk to Seymour Tower. Suitable footwear necessary as you will get wet to the knee! Meeting point and time to be advised when booking. Tickets: £10.00. Tel: 485201 or email andrew@seajersey.com

HORSE RACING – JERSEY GUINEAS

Enjoy an afternoon's horse racing, organised by the Jersey Race Club. Les Landes Racecourse, St. Ouen. 14:30hrs. Tickets £8.00 adults, under 15's free. Tel: 863484.

Culture

Nightlife

Cinema

Activity

Recommended

RACE FOR LIFE

Established fun run or walk for women of all ages to raise funds for the life-saving work of Cancer Research UK. Start - 11.00am, entry via www.raceforlife.org or call 08705 134 314

RUN FOR MOORE

New event for men of all ages in conjunction with the Bobby Moore Fund to raise funds for research into bowel cancer. Start - 2.15pm, entry forms from Fitness First, Park Personnel, or call 629192

MONDAY 15TH

**JERSEY OPERA HOUSE
PERSONALS THE MUSICAL**

Packed with all the wit and warmth you'd expect from the creators of Friends, and with music from some of Broadway's most successful composers comes 'Personals', starring Gary Wilmot. This is a madcap musical romp through the jungle of modern-day dating. Times vary. Tickets £10.00 - £27.50. Tel: 511115.

'GHOST WALK'

Join your 'Spirit Guide' as you are invited to experience the unexplained and witness the macabre. Bring a torch! Time and location TBA. Free of Charge. Book in person at Jersey Tourism. Tickets available from Saturday 13th May.

TUESDAY 16TH

ST. JAMES**BARE BONES: THE 5 MAN SHOW**

Presented by DanceXchange Bare Bones returns to Jersey to bring you an all-new programme of superb dance and original choreography. Five exceptional male dancers will perform an electric mix of dance theatre combining humour, musicality and breathtaking lift sequences. Time: 20:00, tickets: £13 (£8 students)

**JERSEY OPERA HOUSE
PERSONALS THE MUSICAL**

Times vary. Tickets £10.00 - £27.50. Tel: 511115.

WEDNESDAY 17TH

ST. JAMES**BARE BONES: THE 5 MAN SHOW**

See Tuesday 16th

**JERSEY OPERA HOUSE
PERSONALS THE MUSICAL**

Times vary. Tickets £10.00 - £27.50. Tel: 511115.

**JERSEY KAYAK ADVENTURE
PUFFIN & WILDLIFE PADDLES**

Grève De Lecq Bay, St Mary. See previous for details. From 18:00 hrs. £35.00 per adult. Special rates for families and groups. Pre booking essential - Tel: 07797 853033

THURSDAY 18TH

**JERSEY OPERA HOUSE
PERSONALS THE MUSICAL**

Times vary. Tickets £10.00 - £27.50. Tel: 511115.

**JERSEY ARTS CENTRE
NOVECENTO**

Presented by Mike Maran Productions A sailor found a baby in an empty box of lemons on top of a piano in the first class ballroom of the ocean liner, The Virginian. It was the first day of the last century so he named the baby 'Novecento', which means '1900'. The boy grew up to become the finest pianist in the world, yet he never once set foot on dry land. He was born on the ship and lived his whole life on it. An incredible story. Time: 20:00, tickets: £11 (£7 students)

FRIDAY 17TH

**JERSEY OPERA HOUSE
PERSONALS THE MUSICAL**

Times vary. Tickets £10.00 - £27.50. Tel: 511115.

THE DA VINCI CODE (TBA) IMDB: N/A

When respected American religious symbologist Dr. Robert Langdon (Hanks) is summoned to the Louvre by Captain Bezu Fache (Reno), he soon discovers that he is the prime suspect for the murder of an historian. Assisted by a French cryptographer and government agent (Tautou), Langdon is challenged to decipher a chain of cryptic codes and puzzles - can they decipher the nature of a secret dating back to Leonardo Da Vinci before those responsible for the historian's murder add them to their hit list...?

THE KING (15) IMDB: 6.6

Gael Garcia Bernal, Pell James, Paul Dano and Laura Harring are all convincing in their respective roles, and William Hurt is superb but in slipping into Black Comedy this film is less than superb. Following a troubled man, recently discharged from the Navy, returning to his childhood home in Corpus Christi, Texas to reunite with his father, The King may be a must-see for Hurt and Bernal fans but certainly won't be winning anyone else over.

SATURDAY 20TH

FARMER'S MARKET

See the best in local produce at a number of organic stalls, including locally made arts and crafts and musical entertainment. St Catherine's, St Martin. 10:00 - 14:00hrs. For more information Tel: 500777.

**JERSEY OPERA HOUSE
PERSONALS THE MUSICAL**

Times vary. Tickets £10.00 - £27.50. Tel: 511115.

JERSEY OPERA HOUSE

An evening of light opera. A selection of Operatic Arias and Songs by Grieg, Verdi, Puccini, Lehar, Rossini, Gershwin, Lloyd-Webber. Time: 20:00, admission £18 Tel: 511115

MONDAY 22TH

**JERSEY ARTS CENTRE
YOYIMBO**

Presented by Jersey Film Society 106 minutes (subtitles) The inspiration for A Fist Full of Dollars, Yoyimbo is a tale of a wandering

samurai who enters a rural town torn between rival gangs and starts to play one off against the other. Toshirô Mifune is every bit as cool as Clint Eastwood in this seminal drama. Time: 20:00, tickets: £5 (£3 students) only available on the door

THURSDAY 25TH

X-MEN: THE LAST STAND (TBA) IMDB: N/A

When a cure is found to treat mutations, lines are drawn amongst the X-Men, led by Professor Charles Xavier (Stewart), and the Brotherhood, a band of powerful mutants organized under Xavier's former ally, Magneto (McKellen).

FRIDAY 26TH

**JERSEY ARTS CENTRE
OPERA CAN BE MURDER**

A comical account of how opera dispatches its heroes and villains in extracts by Verdi, Mascagni, Donizetti, Mozart and more. Discover heroines meeting their Maker whilst still singing flat out and bodies reviving at the crucial moment for the top notes! All is revealed in the best possible taste with heaps of humour. Time: 20:00, tickets: £13 (£7 students)

DOWN IN THE VALLEY (15) IMDB: 6.9

Starring Edward Norton and Evan Rachel Wood, Down In The Valley is set in the present-day San Fernando Valley and revolves around a delusional man who believes he's a cowboy and the relationship that he starts with a rebellious young woman. Sure not to make it to screens in Jersey by the sound of it then...

SATURDAY 27TH

LES ECHELOUS KAYAKING EXPLORATION

Explore this incredible offshore reef, seven miles north east of Jersey, in the company of highly qualified and knowledgeable local sea kayaking instructors. Travel by charter boat to your destination with a chance of spotting seals or some dolphins. All equipment provided. For more information - Tel: 07797 853033

SUNDAY 28TH

PLATINUM**CREAM CLASSICS WITH K. KLASS**

performing a live PA and 2 hour DJ set. Hi Fi Sushi in support. Time: 22:00 - 02:00

MINT**THE BIG BANK HOLIDAY SESSION**

with resident DJ Sly. Time: 21:00 - 02:00, free entry all night

MONDAY 29TH

**JERSEY ARTS CENTRE
IMAGES 2006**

Presented by Jersey Photographic Club Preview: Monday 29 May 5.30pm - 7pm Jersey Photographic Club holds national and international recognition for their highly acclaimed work. Preview: Monday 29 May 17:30 - 19:00

BANK HOLIDAY MONDAY HORSE RACING

Enjoy an afternoon's horse racing, organised by the Jersey Race Club.

Les Landes Racecourse, St. Ouen. 14:30hrs. Tickets £8.00 adults, under 15's free. Tel: 863484.

REGULAR EVENTS

**EVERY MONDAY
PLATINUM****NOITE PORTUGUESA**

Big Euro dance tunes with some latin flavour to spice things up. Free before 12am with flyer/member. £1 discount after 12am flyers/members.

**EVERY TUESDAY
MINT****QUIZ & GAMES**

Outwit the Mint quiz master and get you hands on some great prizes it takes!!!! Time: 22:00 - 02:00, free entry all night

**EVERY WEDNESDAY
PLATINUM**

Ibiza Foam Party, all the current big tunes plus some great party anthems and rock monsters, if you're up for it, we'll play it! Dress to get wet!!!! Time: 22:00 - 02:00

MINT

Join resident DJ Sly as he plays all the big RnB and Hip-Hop tunes. Time: 22:00 - 02:00, free entry all night

**EVERY THURSDAY
PLATINUM**

Auction night, use your Platinum dollars to bid for over £500 worth of prizes, all of which will be given away throughout the night. Time: 22:00 - 02:00, £1.00 entry with flyer.

MINT

Karaoke Night Spot prizes throughout the night. Don't worry if you can't sing, they have ear-plugs. Time: 22:00 - 02:00, free entry all night

**EVERY FRIDAY
MINT****BIG NIGHT OUT**

Dance the night away at Mint. Time: 21:00 - 02:00, free entry all night

PLATINUM**FRESH AND FUNKY FRIDAY**

All the big RnB tunes, funky house and club-classics Time: 21:00 - 02:00, £2.00 entry with flyer.

**EVERY SATURDAY
PLATINUM****SANCTUARY**

The one everyone is talking about. Classic Anthems, the sexiest RnB and all the big dance tunes with resident DJ Adam B. Time: 21:00 - 02:00

EVERY SUNDAY**PLATINUM****POLE IDOL**

Free entry all night long. Dancing competition with £100 cash prize. Time: 22:00 - 02:00

B BAR**COHIBA**

Dark, smooth, classy house music with DJ's Justin de Gruchy and Paul Radford.

Q&C

3 QUESTIONS

This month we've been out asking our usual three questions and getting the views of the Jersey public down on paper for all to see.

A: Have you got green-fingers?

B: Are you scared of global warming?

C: Bananas or oranges?

Rochelle Brady

Age: 19

Occupation: High School Dropout

A: No, I wear marigolds.

B: No, I don't even know what global warming is really.

C: Bananas. Hands down.



Kasia Zielinska

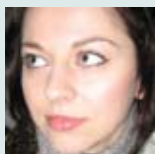
Age: 23

Occupation: Make-up artist

A: Of course, green is my favourite colour.

B: Actually no.

C: Oranges, I don't like bananas at all.



Jackson Lowe

Age: 25

Occupation: Carpenter

A: Nah, but my mate Stavros has.

B: Can't say I'm scared but let's just say my mind's greener than my fingers.

C: Check out my mates banana milkshake from Naughty Monkeys.



COMPETITIONS

For your chance to win simply go to our website and answer the not too difficult questions!



www.gallerymagazine.co.uk/competitions



Sea-Kayaking!

Brave the ocean with Pure Jersey

If you read the sports page and thought sea kayaking sounded like fun, enter this competition for the chance to win a free session for you and three friends.



Sushi!

Jersey Sushi meal for 4 direct to your door

Sushi, hmmm. Whether you've a sushi virgin or a loving devotee, there's some goodness on offer from the lovely people at Jersey Sushi. For your chance to win a meal for four delivered directly to your door get online. The lucky winner will be munching on sashimi, sushi, delicious edamame beans and other tasty delicacies. Good luck!



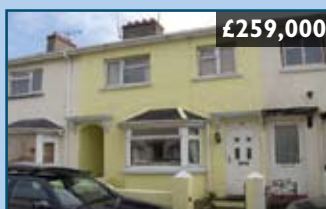
3Q

WIN!

Slomans Estate Agents: An honest and professional approach.

- > Comprehensive property details with photographs and floorplans.
- > Appointments outside of normal office hours including weekends.
- > User friendly website updated throughout the day with full details on all our properties and the latest property market news.
- > Expert local knowledge and commitment to providing a thorough service.
- > Advertising in local media.
- > Member of the National Association of Estate Agents and abide by their Rules of Conduct.
- > Window display in our centrally-located Royal Square office.
- > For further information or to arrange a free verbal valuation on your property, call Slomans on 87 97 87.

Current Properties



£259,000

3 | 1 | ✓ | A-J

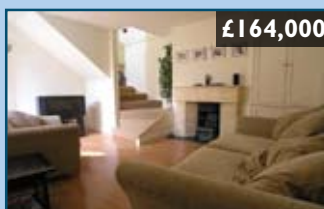
ST HELIER Freehold
 Bright terraced cottage conveniently located in the First Tower area off the main road. Some cosmetic enhancement would make this property an ideal starter home. Rear patio garden. Parking for one car.



£279,000

2 | 1 | ✓ | A-H

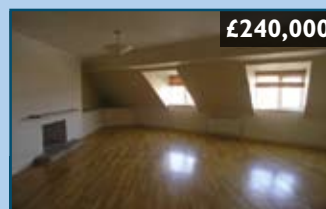
ST HELIER Share transfer
 Bright and spacious top floor two bedroom apartment with panoramic views. Completely refurbished with new kitchen, new flooring and thermal insulation. Parking for 2/3 cars.



£164,000

1 | 1 | ✗ | A-H

ST HELIER Freehold
 A beautifully restored town mews cottage. One bedroom, high spec kitchen, living room with wood flooring and feature fireplace. Private courtyard with storage shed. Quiet part of town.



£240,000

2 | 2 | ✓ | A-H

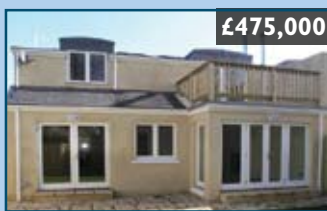
ST Helier Flying freehold
 Immaculate two bedroom penthouse apartment in modern purpose built block. Light and spacious throughout with large living room - feature fireplace and timber flooring. Good storage space plus private parking.



£425,000

3 | 2 | ✓ | A-J

ST HELIER Freehold
 Newly built Scandinavian style property situated in a picturesque valley setting with 3 double bedrooms (1 ensuite). Good natural light in all rooms. Rear balcony and cotill garden. Parking for 4 cars.



£475,000

3 | 2 | ✓ | A-H

ST PETER Freehold
 Imaginatively designed new build with plenty of living space and quality fixtures and fittings throughout. Balcony off master bedroom. Rear garden. Single garage. Rural location, but close to village amenities.



£335,000

3 | 1 | ✓ | A-J

ST CLEMENT Freehold
 Beautifully presented home with all modern fixtures and fittings. Contemporary fitted kitchen, living room with functional fireplace, enclosed rear garden, and single garage. Close to beach and shops.



£425,000

2 | 2 | ✓ | A-J

ST HELIER Freehold
 Stunning two bedroom cottage in immaculate condition. Bright and spacious throughout and ideally situated with private access to National Trust woodland. Large decked terrace. Parking for 3-4 cars.

Do you plan to sell your property?

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the shoes,
Got
this season's bag,
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apartment!

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You know about style, you appreciate good design and you enjoy life. Which is why Spectrum is the ideal place for you to live. This designer label comes with all of the style and quality you'd expect from Dandara, but without a designer price tag!

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the difference is...

John and Jane are looking to purchase one of the Spectrum apartments for £125,000. John is 26 and Jane is 23. They want to keep their mortgage repayments to a minimum and shall arrange a repayment mortgage through Omega Financial Services (Jersey) Ltd. They are surprised at how low current repayments can be!

Purchase price	£125,000	
Deposit required	£ 6,250	
Mortgage required	£118,750	
	Joint cost for John and Jane	Single cost for Jane only
Monthly mortgage repayment (30 year term mortgage)	£630.24*	£630.24*
Monthly Mortgage Protection cover	£ 47.04**	£ 25.77***
Total monthly cost	£677.28	£656.01
Weekly cost per person	£78.15	£151.39

* Mortgage calculation based on current 2 year fixed rate of 4.90%.
Rates correct at time of going to press.

** Mortgage protection cover based on non smoker joint life policy including Critical illness cover & Total and Permanent Disability benefit.

*** Mortgage protection cover based on non smoker single life policy including Critical illness cover & Total and Permanent Disability benefit.

OMEGA
FINANCIAL SERVICES (JERSEY) LTD
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Regulated by the Jersey Financial Services Commission under the Financial Services (Jersey) Law 1998