

GALLERY

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JULY 2006



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Childrens	Up to 50% off
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INTRO



Good afternoon my dear readers, my name is Bentley and I've been asked to introduce Gallery this month. Something about 'dogs appealing to an older female demographic'. I don't know what all that means of course, I'm just a dog! The intricacies of media targeting are, of course, beyond me!

Having recently moved to the island, I would like to congratulate all you Jersey people for making it such a great place to be 'on all fours'. You've even trained your humans to follow us around and collect our faeces in little bags. Good work! As an 'outsider' it's been great to meet lots of other dogs on the beach. We all get together and run around chasing each other. It's splendid!

I used to live in London, but the smog got too much for me, a dirty coat just doesn't do it for the 'bitches'. I packed my owner up and got them over here where I can relax. I was going to have to contribute a huge amount of income tax to get into the island on a 'I(l)k' whatever that is, which is tough when you are a spaniel of humble means. Fortunately my owner got an 'essential' job, so here I am! Wham bam 'J-cat' spaniel woof barking Jersey-tastic. I don't know what a 'J-cat' is but it hate all cats, regardless of the preceding letter.

Anyway, must go, I'm off to sniff the crotches of people that have just come into Gallery's office now, enjoy this month's Gallery, it's GGRRRRRR

B

GALLERY
MAGAZINE ©

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 >>

GALLERY
MAGAZINE

WANT TO FEATURE IN GALLERY? 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 which contains all the information you need.



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our mess and making the office a
better place to work. Welcome to
the team Selina!

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If you want to get in touch with us, whether it's to find out more about Gallery, industrial espionage, cooking tips or to discuss interesting party themes, use the details below.

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www.gallerymagazine.co.uk

*Gallery have adopted a penguin!
Adopt one too!
www.falklandsconservation.com/

Polish Festival

POLES GIVE JERSEY A GOOD TASTE OF CULTURE

Thank God for Poles. Over the last few years, as Jersey's Polish community has grown, Gallery have noticed a real difference in the level and range of cultural events, the variety of nights out, the differences in fashion and a general increase in cosmopolitanism. The Polish festival took place during June and for those Islanders who hadn't known much about this influential European country it served as a real eye-opener. Running from the 9th to the 14th it took in a piano recital, a night of drinking, a traditional Polish 'Biesada' (fair), a fashion show, an art exhibition, an evening of Polish movies and a rock concert. The sheer variety of events on offer demonstrates the widely diverse influences our Poles are going to have on the Island - as well as working here they'll almost certainly enrich us culturally. Just don't mention the match against Germany...



Bardzo dobry!

WhiteSpace

GALLERY'S GALLERY OPENS UP

Gallery's first foray into a non-print environment happened last month with the grand opening of WhiteSpace, our new gallery space at the Jersey Pottery in Gorey. After a lot of planning, building and painting, we opened the space on June the 8th with an exhibition from Giles Robson, Ralph Elliott and Gerard Farnham. We've had great feedback and attendance has been excellent. A big thank you to everyone that came down to our opening night. We were hoping for 50 plus people and had about 130! It's a great show for the arts in Jersey. It's also the first time that we've received significant coverage from other media on island - Spotlight, JEP, BBC radio (sorry we missed the interview Carrie!) all covered the opening. If you haven't visited yet, get down the Jersey Pottery this month and see our new Exhibition 'Resistance is Futile' by local artist Bekki Mourant. Learn more on page 17.



WhiteSpace. Art at the Jersey Pottery! Go Look!

Minden Madness

PORTUGUESE GO MAD FOR FUTBOL & EVERYONE GOES MAD FOR JERSEY LIVE TICKETS!

We couldn't believe our eyes last month when Minden Place became the place to be if you wanted to go mad in the street. With Portugal playing a couple of football games in something called the 'World Cup', beating Iran and Angola. The one way systems of St Helier buckled under the strain of cars laden with Portuguese flags and colours, culminating in a mini carnival in Minden Place. This was probably much to the surprise of the JerseyLive ticket buyers who spent their evening queuing around the whole block from Beresford Street to Minden Place to pick up their tickets from Jersey Telecom. It's certainly true that Jersey is mad for JerseyLive - we hope you all got the tickets you wanted!



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TABBY: Roxy Black tie side bikini, £44.99, from SDS, It's all Greek gold woven collar, £45, arm cuff, £38 and belt, £29, all from H Letto & Son.

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DISSEMINATION



NEW MACBOOK

Starting from just £670, if you've ever wanted to move to a Mac this is your big chance. The new MacBook has 2GHz of Intel Core Duo power and an iSight camera all contained in a 13-inch widescreen display. Most importantly though it's available in black and white so you can buy one to match your laptop case...



ORGANIC COW JUICE

Jersey Dairy recently released an organic fat reduced milk. Produced following an investigation that concluded that it was the best milk to give very young children, the new product is the first announced as part of a new strategy to create products tailored to the requirements of specific consumers. Jersey Dairy's Head of Marketing, Christopher Journeaux, said: "Different islanders have different requirements, and organic green milk is the first of a number of new products that are designed to satisfy the needs of specific segments of islanders. This is a significant development for Jersey Dairy: instead of asking whether consumers would want a new product, we are asking consumers what they want - it will mean that we are much more consumer focused." Because organic milk production is reliant upon organic feed, the volume produced by Jersey's famous cows is seasonal so this goodness may only be available during the summer high yield months. So enjoy while you can!



MISS BATTLE 2006

The latest Miss Battle has been appointed. In front of an audience of more than 200 people, 18 year old Sinead Brennan won through, beating some tough competition from the six other finalists Victoria Holt, Stephanie Syvret, Charlotte Hurry, Sarah Dalton, Katie Bisson and Kirstie Fleetwood. She currently holds the title of Miss St Helier and is studying for her A Levels at Jersey College for Girls. The runner up was 19 year old Victoria Holt. Congratulations ladies!

MASSAGE ANYONE?

Beach Massage at St Brelade's Bay is back. Louise de la Haye will be situated in front of Midbay Cafe every sunny weekend throughout summer! Louise graduated from the University of Derby with a HND in Health Spa Therapies and Management and has worked in one of New Zealand's top Spas for a year and on a cruise liner. Now an experienced masseuse she has set up as a Beach Massage Therapist also offering home appointments. "I am confident that I provide an excellent service as I have always had plenty of re-bookings in the spas I've worked in. Massaging on a cruise liner has to be an excellent standard as American clients regard massage as an important regular part of their lifestyles - they appreciate the benefits of a massage with the correct pressure." If you're interested in finding out more or booking yourself in, call Louise for further details on 07797 817 193.





HAIR PRO

Jersey has always been an Island that appreciates visiting talents and the arrival of Senior Hair Stylist Richard Humphreys, who will soon be joining the team at Elmina Hair and Beauty, St. Brelade, will no doubt be well received. Richard trained at a well-known Knightsbridge salon and went on to work for several years in London's West End, involved in hairstyling for the stage as well as becoming a hairdressing educator. With a thorough knowledge of Aveda's unique products and techniques, in particular the 97% natural Aveda hair colour system, his skill and creativity will be a valuable addition to Elmina's professional team. If you would like to make an appointments to see what he can do, give him a call on 741856.



NEW RESTAURANT

St Aubins has long been known as a gastronomic centre on the Island and the recent addition of The Boat House just inches from the picturesque harbour further enhances this. Housed in a contemporary looking two-storey, glass and timber building that many readers will have seen develop over the past few months, its interior creates a relaxing atmosphere for customers. The highlight of any visit will be enjoying the view of the chef John Benson-Smith and his team, hard at work using fresh local ingredients to tempt diners with a range of mouth-watering dishes in the glass-walled show kitchen. The Boat House also features a great bar, and free Wi-Fi. The Boat House looks like being one of the best places to hang-out or this summer.



The inaugural KPMG Summer Ball recently took place at The Grand hotel. Staff and their partners came together for the opportunity to celebrate the success of the firm and to raise money for the Bush Hospital Foundation. The highlight of the evening came early, as staff were treated to a virtuoso display of tap dancing from their multi-talented colleagues who pranced magnificently to All That Jazz, from the musical Chicago. The raffle managed to raise £4,000 with prizes including a diamond kindly donated by Diamondology, two extra days off work, and a chance to meet Robbie Williams.



HIGHGROVE INTERIORS

A new level of design has come to the Island. Launching its new showroom on July 11th, Highgrove Interiors will be the first place in the Channel Islands to offer a high end interior design service. The company boasts a complete bespoke service with in-house interior designers and craftsmen and a wide variety of products sourced from the prestigious Chelsea Harbour Design Centre, Germany and Italy which should guarantee a supreme design experience. Whether you're looking for a rug, sofa or a complete refurbishment of your home, Highgrove Interiors is a one stop shop to interior heaven. If you want to get in touch to find out more, call them on 789952, drop them an email at enquiries@highgroveinteriors.com or check them out on the web at www.highgroveinteriors.com. Gallery really want this sofa (left)!

JULY'S JOKE //

HOW MANY PEOPLE CAN YOU MAKE HAPPY?

The Blairs and the Clintons are flying to a big and very important global conference on world poverty. Tony looks at Bill, chuckles and says, "You know, I could throw a £100 note out the window right now and make one person very happy."

Bill shrugs his bear shoulders and says, "Well, I could throw ten £10 notes out the window and make 10 people very happy."

Cherie tosses her perfectly hair-sprayed hair and says, "Of course, then, I could throw one hundred pound notes out the window and make a hundred people very happy."

Chelsea rolls her eyes, looks at all of them and says, "I could throw all of you out the f%&ing window and make the whole world happy."

8 FACTS OF //

RANDOMNESS

1. A cat has 32 muscles in each ear.
2. You are more likely to be killed by a champagne cork than a poisonous spider.
3. Hippopotamus milk is bright pink.
4. Jellyfish do not have brains.
5. Winston Churchill was born in a ladies' toilet during a dance.
6. John Lennon's first girlfriend was called Thelma Pickles.
7. The average woman eats 20kg of lipstick in her life.
8. The name for OZ in the wizard of oz, was though up when the creator, Frank Baum, looked at his filing cabinet and saw A-N and O-Z, hence "OZ".

DUBYA SPEAKS!

HURRICANES //

"Brownie, you're doin' a heck of a job"

Dubya's comment to FEMA (Federal Emergency Management Agency) Director Michael Brown, who presided over what was arguably their worst ever performance in an emergency situation, Alabama, Sep. 2, 2005.

"See, NORTHCOM is the main entity that interfaces, that uses federal assets, federal troops to interface with local and state government. I want to watch that relationship. It's an important relationship, and I need to understand how it works better"

After six years as Texas (state) governor, and after more than four years as (federal) President, Dubya decides to do some homework, Washington, D.C., Sep. 23, 2005.

"Were you the only black man in Salt Lake City?"

He really said this to a Hurricane Katrina survivor who had survived for days on canned goods before being evacuated to Utah. New Orleans, Mar. 8, 2006.

"I don't think anyone anticipated the breach of the levees"

Unfortunately, Dubya's expert opinion on New Orleans doesn't quite add up when you consider reality, common sense, FEMA assessments, media accounts or what the local people were saying. Good Morning America, Sep. 1, 2005.

This year alone we've overcome higher energy prices and natural disasters, and yet we really are the envy of the world.

Yes, I'm sure the folks who fled New Orleans feel like they've overcome everything. Nashville, Feb. 1, 2006.



CHILEAN GLACIER DESTRUCTION

Chain mails are getting more and more common and are increasingly powerful tools in today's web-connected world. They can whip up a ground-swell of popular opinion within weeks and force change incredibly quickly - whereas in the past the media had to be involved if you wanted to publicise a situation to the world, it's now possible to do so with access to an internet connection. The Pascua Lama chain mail is one such example. Currently doing the rounds, this draws attention to the San Felix valley in Chile where a struggle is taking place between Barrick Gold, a mining company who want to get at huge deposits of gold and silver, and the indigenous people. According to the mail, they want to destroy two glaciers, which apparently supply the country's purest water, and make two huge holes, each as big as a whole mountain, one for extraction and one for the mine's rubbish tip. However Barrick Gold have officially refuted these claims and on their website (www.barrick.com) publish a rebuttal to many of the accusations made in the chain letter. To find out more we recommend that you use your friend Google. If you do find yourself satisfied, be sure to add your name to the many petition chain letters against the development that are no doubt flying into your inbox on a daily basis.

CAREER TRAJECTORY // JOHNNY DEPP

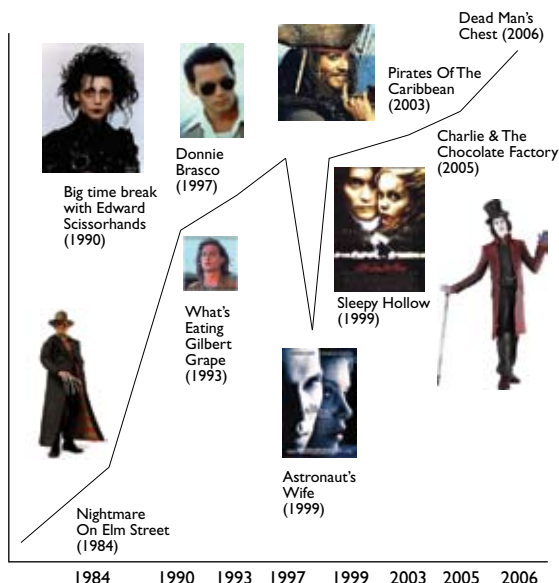
DEPP-OMETER

Johnny Cash

Johnny Walker

Johnny Vaughn

Here's Johnny!



Johnny Depp is cool. He sometimes calls himself Oprah Noodlemantra when he stays at hotels to make his wake-up calls more interesting. He's good at his job as well, having been called one of the most versatile actors of his generation and is well known for choosing to work on smaller projects that interest him as well as summer blockbusters. With *Pirates of The Caribbean: Dead Man's Chest* coming out this summer he'll be firmly in the limelight, but when plotting his career trajectory it's important to consider his critical successes as well as the big box office takings. From small scale collaborations with Jim Jarmusch (*Dead Man*) and Tim Burton (*Ed Wood*), to huge films with Gore Verbinski (*Pirates Of The Caribbean*) and, again, Tim Burton (*Sleepy Hollow*) he has been a star for over 20 years. Of course, in his personal life he's with French singer-actress Vanessa Paradis, with whom he has two children: Lily-Rose Melody and Jack. Nice work if you can get it.

ORIGIN OF THE WORD // DOLLAR

The almighty dollar originated in, what is now, the Czech Republic. In 1519, a silver mine near the town of Joachimstal began minting a silver coin called the Joachimstaler. The coin, which was circulated widely, became better known by its clipped form, the taler, which in Dutch and Low German becomes daler as the initial consonant is softened. English adopted this form, eventually changing its spelling to the modern dollar. In the American colonies, there was no standard currency with the coin in widest usage being the Spanish Peso also known as "Pieces of Eight." The English colonists informally assigned the name dollar to this coin. In 1785, when the Continental Congress established U.S. currency, they adopted dollar as the name for the standard unit of currency because the term was widely known and was not associated with any form of official English currency. Also at this time the term disme, from the French dixieme, for a tenth of a dollar pronounced deem, eventually became dime. The United States was the first nation to adopt an official currency named the dollar. In 1797, the Bank of England began minting 'dollar' coins as bank-issued currency. Other nations that have adopted the name dollar for their currency have done so in emulation of either the U.S. or this short-lived Bank of England practice.



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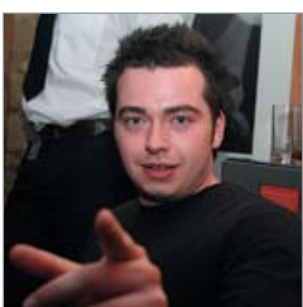
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50% OFF

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50% OFF

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Goose Green Marsh, Beaumont, St. Peter. New Opening Hours: Mon to Sat 9am-5.30pm. www.ci-coop.com

GET OUT THERE!

BY DONNA WHITE

Holidays are fun times for everyone. But many of us fall into the trap of doing the same things year in, year out – only varying the location. That's what makes Jersey so special. As well as the usual beach bars, museums and historical sites, there is a vast array of new experiences to make your break on the island one that will stand out in your memory for years to come. Whether it's digging up historical artefacts, sailing across the sand or dining amongst the animals, there's something to suit

every taste. Families, adrenaline junkies, history buffs and even couch potatoes can find something that will inspire. With a Summer jam-packed with fun festivals and events, there's no reason why this year's trip to the island has to fade in the mists of time. We've gathered just a taste of things to come on the island in the next few months. So where there's the will to get up off that sunlounger and try something new – there's always a way.

BEACH BUMS

Beach iron man



Islanders and visitors battle it out on the beach with a 500m swim, 1,500m board paddle and 3km run for this coveted title. There are junior, senior, individual and team categories.

Where: The Watersplash, St Ouen's Bay

When: August 5, from 2pm

Cost: Free spectators. Small fee for competitors

Tel: 500777

Beach Yoga

Qualified yoga teacher, Kat Milner reveals some great relaxation techniques in this unique environment. Sunrise and sunset classes will be offered throughout the Wet and Wild Week festival. Spend sunrise on a picturesque east coast spot and sundown on Jersey's Atlantic coast. Where: Various Jersey beaches

When: Throughout Wet and Wild Week,

When: July 29-August 6

Cost: £6 per session (£1 goes to charity)

Tel: 07797 845731 (booking essential)

FOODIES

Midsummer BBQ



Eat bangers among the baboons as Jersey's zoo plays host to an al fresco eating experience, including children's entertainment and followed by a magical evening tour of the animals and extensive grounds of the Durrell Wildlife Conservation Trust.

Where: Durrell Wildlife, Trinity

When: July 8 at 6pm

Cost: Children £9, Adults £12, Family (2 Adults+2 Children) £45.

Tel: 860000

Something fishy

See how one man has changed a German underground gun emplacement and magazine into an organic fish farm. Dave Cowburn spends his time underground in the company of several thousand turbot. Jersey Turbot Tours gives a unique insight into the various stages in a turbot's life. Learn how they are grown and tended to, until the very moment they end up on your plate.

Where: Les Viviers, St Catherine

When: Mon-Sat, 9am-4pm

Cost: £2 admission

Tel: 868836

SPORTS

There she blo's

Catch the wind in your sail and experience stunning views of St Ouen's beach by going blokarting. The blokart landsailer is a portable, wind-powered go-kart designed with safety in mind. The steering wheel allows complete control whilst the sheet rope manages speed. Good for all ages and abilities, it takes no time at all to grasp the basics.

Where: Near Le Braye Slipway, St Ouen's Beach

When: Any time (booking essential)

Cost: £35 per adult, £20 under 17s for 2-hour tuition & race sessions

Tel: 769165 or check out www.activeJERSEY.com

Kayak adventure

Embark on a unique and fun way to see puffin and birdlife in their natural habitat. All equipment is provided, including wetsuits, and expert instructors accompany small groups to explore the coastline. No previous experience is required, so get paddling.

Where: Greve De Lecq Bay, St Mary

When: July 5

Tel: 07797 853033 (pre-booking essential)

Cost: £35 per adult, special rates for families and groups



For more information on these and many other events happening in Jersey this season, call Jersey Tourism on 500777.

FAMILIES



Sand sculpting

In a workshop led by local "sand wizard" Simon Smith, you can create your very own work of art from the sand. Winner of multiple awards around the globe for his sand sculpting, Simon will help you decide on a design, and then sculpt half of it for you, showing you how to finish the other half yourself. Suitable for all ages.

Where: Le Braye, St Ouen
When: August 3 from 3-7pm
Cost: Free
Tel: 500777

Dressing up day

Fashionistas can step back in time to learn about the many people who have lived at Mont Orgueil in the past 800 years – and what they wore. Discover how plant dye was used to colour clothes and have a go at designing shoes, hats or jewellery. Take part in a clothes quiz, and see if you can guess which era each item has come from.

Where: Mont Orgueil Castle, Gorey
When: July 26
Cost: £6 a head. Free to children under six.
Tel: 633300

GLITTERATI



All that glistens

The craftsmen and women at Jersey Goldsmiths can help you make a unique memento of your stay on the island using ArtClay Silver – a clay type that when fired burns away to leave 99 per cent pure silver. Simply pop in with your design ideas, and they'll be happy to show you how to make them into a piece of jewellery you'll always treasure.

Where: Quicksilver, Jersey Goldsmiths
When: Any time, booking is essential for parties
Tel: 860922
Cost: £1 a gram for the silver. Prices start at £15 for a small charm.

Ascot Day

A day of hats and horses to celebrate 20 years as one of Jersey's leading attractions. Mingle with royalty in the beautiful Lion Park and admire artistic hats worn by the women of Jersey. With activities, games and competitions, there's also the chance to win £20,000.

Where: Jersey Goldsmiths, The Lion Park, St Lawrence
When: July 8, 9am-5pm
Cost: Free
Tel: 482098

HISTORIANS



Can you dig it?

Take part in an archaeological dig and have a go at cleaning and recording your findings, as well as learning how to identify old bones. Handling sessions of archaeological treasures will also take place.

Where: La Hougue Bie
When: July 15
Cost: £6. Kids under 6 free
Tel: 633300

Going bunkers

Normally sealed off from the general public, the M19 Automatic Fortress Bunker is opened for one day only to give visitors an insight into German life during the occupation.

Where: The M19 Automatic Fortress Bunker, La Corbiere
When: July 9, 11am-4pm
Cost: £1.50 admission
Tel: 482894



NUTZ SURFBOARDS

Carving surfboards from a lump of foam is, let's face it – a skill. Match that with off the wall custom artwork and you've got Nutz Surfboards.

Shaper, Ryan Herve & snowboarder/DJ/artist, Scott Nixon came together six years back to form local surfboard company Nutz Surfboards. Propelled into the spotlight this summer with features in top UK magazines - Men's Fitness, Boys Toys, Health & Fitness & even Vogue, the company is enjoying a flurry of orders as summer kicks in.

Ryan is being hailed as one of a handful of shapers in the UK that really know their stuff (three of his new board designs feature in the UK's biggest surf mag, Carve, this month), whilst Nixon gets serious with the art.

Using surfboards as blank canvases, Scott paints mind-blowing art for commissioned boards. "I've always doodled", he says, "my work is full of creatures, characters and little men – it's my own little world." The exhibition will be Nixon's first and he's busy planning others in London & Europe later this year.

Inspired by Dali & MC Escher, Nixon's work is an explosion of imagination & colour, being described as "raw, strong and uninhibited" by critics. His new collection is aptly named "Twisted & Contorted". Nutz's new range of women's mini-mals – The Dream Collection will also be on show at the exhibition.

Nutz Surfboards Exhibition,
Home Time Gallery,
Harbour View, St Aubin's from 27th July



EVENTS// ART & CULTURE



Art // Amelia Greenwood: Manual Focus

"I thought about following a theme but as this is my first exhibition I decided to choose a variety of ideas. Other than a generic feel for colour, symmetry and detail these images are visual moments. I view the space around me as colourful and decorative and these photographs represent subjects that have caught my eye." Manual Focus will be on display at Hometown Boutique & Gallery at Harbour View Bar & Eatery, St Aubins from 5 - 24 July. For an invite to the opening evening please contact : amy@innersense.je
www.myspace.com/amygreenwood



Event // Blood Brothers

Blood Brothers, the international smash hit is coming to the Opera House. It has been hailed by critics as one of the best musicals of all time and is now in its 20th year in the West End winning no less than four awards for Best Musical in London and seven Tony nominations on Broadway. Set in Willy Russell's native Liverpool, it tells the captivating story of twin brothers Mickey and Eddie, who are separated at birth and grow up on opposite sides of the tracks. Blood Brothers has touched the hearts and minds of a generation of theatregoers in dealing with two of the most pressing social issues of our time - inequality and unemployment. Beginning with the birth of twin brothers, a single mother in financial desperation gives away one of her new-born sons and attempts to keep them from discovering one another's true identity. However, their lives become unavoidably linked and her secrecy leads them to a tragic ending. If that tempts you, make sure you get tickets for one of the shows running from the 6th - 29th July



THIS MONTH'S EXHIBITION //

BEKKI MOURANT
RESISTANCE IS FUTILE

"I can't help but wonder about how many people, families and lifestyles gather as memories in the bricks that secure us. Years of change, colour and moods; now become exposed for all to see, through the continuous renewal of redevelopment. The inside walls now visible, displaying through elemental decay, rooms of different blocks of colour, revealing the stains and traces of the life that has been left. Past appliances, fat stains from cookers, hidden drips of tones behind radiators, exposed plaster inside sockets. These are the details that interest me and have influenced my work, as I observe the layering of out of date patterns, that stripped away, reveal the solid wall."

"I find myself drawing inspiration from this constant renewal of buildings. Reflecting not only with the decay of matter due to nature, but also with decay of our memories and past. Influenced by American artist, Robert Rauschenberg and the Spanish artist Antonio Tapies, I am inspired by their use of colour and texture. And this is where my work centres, using the same household materials, that I observe within these decaying buildings, I stimulate this aging process. Reacting brightly coloured oil based with water based paints, layering my work with varnish and cement. It's enjoyable watching the resistance between the materials, as they peel and crack, offering a speedy and organic aging process. A reminder of our past and all the differing layers we achieve."

Bekki is one of St Helier's community artists based at Almorah Chapel and studied at Highlands College. **Exhibition showing at Gallery WhiteSpace from the 3rd July. Private view 6th July, please email whitespace@gallerymagazine.co.uk for an invite.**



See examples of Bekki's previous work at the Club Spa and Hotel, La Frere restaurant, & High Street restaurant

BEKKI MOURANT
RESISTANCE
IS FUTILE

EXHIBITION
OPENS 3RD JULY
GALLERY WHITESPACE
JERSEY POTTERY
GOREY



PLAY



CINEMA // JU-ON:THE GRUDGE 2

If you like the idea of having the poo scared out of you by a woman covered in flour with a terrible wig and a bad case of Parkinsons, The Grudge 2 is likely to tick all your boxes this month. Coming out on July 7th, it's set in Tokyo and follows a young woman (Amber Tamblyn) who is exposed to the same mysterious curse that afflicted her sister (the lovely Sarah Michelle Gellar). The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives. Expect lots of bad Japanese break-dancers slowly moon-walking towards petrified Americans. Should be scary though.

OUT: Friday 7th July 2006 // IMDB: [TBC](#) [Looks even better than the first one.](#)



EVENT // HEY GRINGO! THROUGH PERU

You may have noticed that last month we were offering a competition to win tickets to Peter Serles show 'Hey Gringo! Through Peru'. Taking place at the Arts Centre on 11th July he takes us with him on a journey around Peru, turning the Arts Centre stage into a wild and unexplored landscape meeting drug-smugglers, Carmelite monks and Maoist guerillas. Although it sounds like an extravagant claim, Serles really does seem to have the ability to make you feel as though you're there (or at least as he must have felt), as he gets into dodgy situation after dodgy situation. A well recommended South American adventure crammed with hilarious and true travel tales. Well recommended.

DATE: Tuesday 11th July 2006 // WHERE: Jersey Arts Centre. // COST: £12 (£7 Students) [Inca-tastic](#)



MUSIC // MUSE : BLACK HOLES AND REVELATIONS

Muse had a massive hit with the 2003 album 'Absolution', and now return with a change of style with 'Black Holes And Revelations'. Reportedly influenced by their recent frequent trips to New York clubs (and if you're a genuine rock star where else are you going to go? Milton Keynes?), this album combines club beats with alternative guitar licks, whilst still retaining all their characteristic, wall of sound heaviness. The album's first single 'Supermassive Black Hole' is a highly infectious disco influenced tune which at first doesn't sound at all like Muse, but gradually grows to sound more like the band you know and love but the rest is patchy. Difficult to recommend to fans who are looking for a Muse hit.

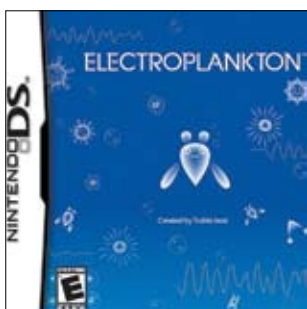
OUT: Monday 3rd // PRICE: £15.79 [A real change of pace from Muse.](#)



BOOK // THE GAME Neil Strauss

If you're a guy who doesn't have much luck with women apparently there's a cure. In 'The Game', Neil Strauss, transforms himself from a self confessed balding, skinny writer into the 'quick-thinking, smooth-talking Style, a character irresistible to women, half psychologist, half magician'. Delving into the bizarre world of 'pick-up' artists, men who have devoted their lives to different techniques of seducing women, Neil Strauss lived amongst the players and survived - but not before he became one of them. With guest appearances from Britney Spears, Paris Hilton, Tom Cruise and Courtney Love, who lived with Neil in 'Project Hollywood' for a while, it's essential reading for men and women alike.

OUT: Thursday 6th // PRICE: £8.99 [Amazingly it's all true....](#)



GAME // ELECTROPLANKTON Nintendo DS

Electroplankton is a 'collision of art and music' which continues the trend for absolutely insane Japanese weirdness. In this interactive experience, players encounter ten unique species that respond to their touch and voice to create bizarre sounds and melodies. Interacting with the wide variety of Electroplankton is as simple as sliding the stylus across the touch screen enabling you to play with plankton and listen to their music as they swim along drawn lines, or clap your hands to lead a microscopic synchronized team of Nanocarp. The latest work by world-renowned Japanese media artist Toshio Iwai, Electroplankton is exclusively weird on the Nintendo DS.

OUT: Friday 7th // PRICE: 29.99 [Strange and absolutely brilliant.](#)



The last time we caught up with latinrockfunkreggae multi instrumentalists Benny The Moth was nearly two years ago. Since then the band line-up has changed with the addition of two female vocalists so we thought it was time to see what's they've been up to. 2006 has seen them support a host of top quality acts such as top ten darlings The Delays, disco-punk nutters Trash-Fashion and dark indie rockers Dead!Dead!Dead! The band explain, "This year's gigs have been the best received shows so far, and it's really cool that we're still pushing out in new directions. We've had some brilliant nights in the Live Lounge and the crowd at the Jersey Live 2006 Battle were completely awesome".

The band have been jamming new material and will be back this month on July 29th at The Live Lounge playing in support of the latest night by the Jersey Musicians Charitable Trust. In August they'll be making their first trip across the Channel to Guernsey for the 30th anniversary of the Vale Earth Festival 2006. "Because we missed out on Jersey Live again this year, the fact that we're still getting to play a festival is a big bonus. We love playing outdoors in the summer - it feels like what this band was made for!"

Keep an eye out for an EP/LP coming out in some shape this September, but for now, check out their music and keep up to date with the band's gigs @ www.myspace.com/bennythemothjersey and www.bennythemoth.com



SUPERMAN RETURNS // FILM

The man with the kick-ass, all-in-one skin-tight swim suit is back and with a much larger budget!

One of 2006's major blockbusters, *Superman Returns* is out on 14th July with newcomer Brandon Routh looking to fill the fetching super-booties of Christopher Reeve. Director Bryan Singer (*The Usual Suspects*, *X-Men*) has wisely decided to appoint the unknown, who won't bring any baggage to one of the world's best known characters, in-line with the casting of the then little known Reeves in the original. Having had success in translating *X-Men* to the screen and then again with the sequel, he seems a safe pair of hands to make Superman important for a whole new generation.

Following the trend set by 2005's *Batman Begins*, this noughties addition to the Superman movies will be a darker, grittier and more character driven affair that will really get under the skin of Clark Kent and the man of steel. One of Singer's main strengths is his ability to give his characters real depth. As well as being able to put together an exciting action sequence, he can also

engross an audience into a storyline and enables cinema-goers to relate to a character - even when that character happens to be an alien in a swimsuit who can fly.

As in all super-hero flicks though, if the bad guy isn't up to much, the movie just won't work - if you've seen the Arnold Schwarzenegger movie, *Commando*, and were disappointed to see him squaring up for the final confrontation with a fat Australian in what appears to be a chain-mail vest you'll be sure to understand. Obviously, for a character such as Superman the script calls for a truly formidable enemy: enter Kevin Spacey. With a track record of playing really quite creepy bad guys, (think back to his earlier roles in films such as *Se7en* and *The Usual Suspects* rather than his more recent work,) Spacey is sure to have fun in the role and instill some menace into Luther. The other major character is of course the delectable Lois Lane and with newcomer Brandon Routh sure to be setting female hearts racing, the lovely Kate Bosworth will undoubtedly be doing likewise for the boys.



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ZARA'S RESTAURANT REVIEW

Doran's

I've never had a good experience yet with ebay. First there was that "100% GENUINE!!!" Fendi Spy bag that turned out to be a fake with all the zips the wrong way round. Then that signed copy of the Da Vinci Code, bought for what I thought was a bargain bid of £15, until I saw the

hastily rubbed out £1.75 pencilled on the flyleaf. "You've been doing it all wrong," said my ebay entrepreneur friend Olivia, as we settled down in the courtyard of Doran's, "don't buy all that worthless tat – just sell it instead". Armed with just a digital camera and a good business nose, Olivia is now one of the top ten earners on ebay.co.uk and has her jet set lifestyle funded by people with names like bill69 and fluffykitkat. Terribly jealous, I hoped she'd spill her moneymaking secrets over supper.

Doran's - so dependable you can order before you've even seen the menu; "some potted bread, one of those Moroccan things, something with duck and a side order of the garlic mange-tout". Easy. Which is why most of us have been there – at least once. The menu makes interesting reading, with Moroccan-inspired dishes and local seafood all vying for first place. Don't expect a huge array of vegetarian options, but the meat-free dishes did sound more appetising than the usual wild mushroom risotto. Of course, both being carnivores, we had the full menu to choose from, and Liv started with the hand-dived scallops glazed with golden syrup and lime on a bed of pea and mint purée and mango salad. A rather wordy description for such a delicate dish, butter-soft scallops with bright orange coral clashing beautifully with the deep green pea purée. "Lovely!" pronounced Olivia. I went for the honey-roasted pears, glazed figs and Parma ham with a mango coulis. It was a great combination of flavour and texture, the sweet top notes of pear contrasting with the salty, almost smoky Parma ham, and caramelised oozing figs adding another dimension.

I stayed on the Moroccan side of the menu for the main course; the lamb and date tagine with toasted almond buttery couscous. A warming hug of a dish, this is definitely comfort food – but halfway through I decided I was all couscous-ed out and couldn't manage another mouthful. Olivia chose the Surf n'Turf on the specials menu – a steaming plate of beef medallions, half a lobster, and a handful of baby Jersey royals, all doused with sizzling garlic butter. While Livvy was wrestling with her lobster, she told me how she'd got into the ebay world. It all started when she bought a pair of cheap gladiator sandals that turned out to be a size too small. She posted them on Ebay, and typed in "as seen on Kate Moss", and within minutes a bidding frenzy started, with the £7.50 sandals eventually selling for nearly a hundred quid. Of course, she went back to the shop, bought their entire stock, and flogged the lot. Now she's a regular in the Romford Primark, the latest copy of Heat! in hand, picking up bargain versions of whatever Kate/Sienna/Coleen's wearing, and selling them for big bucks.

So simple, yet so effective. I was trying to interest her in a Jersey franchise, when restaurant manager, Mark Oldham arrived with the dessert menu. Olivia chose the palate-cleansing lemon sorbet, which tasted authentically homemade. Mark recommended a special coffee for me but, ever discreet, couldn't bring himself to name it. Be brave and ask for "pure sex" and you'll get a terribly alcoholic mix of Amaretto, Cointreau and Baileys in your post-prandial coffee. It's worth it just to see him blush. Our verdict on Doran's? Well it's reassuringly dependable, (but that could read "dull" in some people's food-speak!)

And it looks like I'm not about to turn into the next Ebay high flyer. Olivia did offer me a job... but not as her partner, as her packer. Such a shame I'm allergic to sellotape...



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St Helier

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Telephone: 734866

This month's star rating guide:

Rock the Kasbah!	★★★★★
Play it again Sam	★★★★
Don't forget your Fez	★★★
Waiter, there's a fly in my souk	★★
Riad-ly awful	★

Doran's

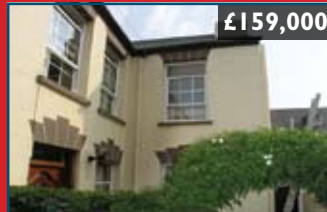
★★★★



£145,000

1 | 1 | 1 | ✓ | A-H

ST HELIER Share transfer
Purpose built apartment in a well managed block of just eight units, within five minutes walk of the town centre. Immaculate walk-in condition. No onward chain.



£159,000

1 | 1 | 1 | ✓ | A-H

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



£415,000

5 | 2 | 1 | ✓ | A-J

ST HELIER Freehold
Spacious townhouse full of character and original period features. Two well proportioned reception rooms plus kitchen/breakfast room. New luxury bathroom. Private courtyard and parking.



£625,000

3+ | 3 | 1 | ✗ | A-H

St Martin Freehold
Investment opportunity to purchase a Georgian property which has been converted into three one bedroom A-H flats. Garden and parking. Further attic and ground floor rooms with potential.



£435,000

3 | 1 | 1 | ✓ | A-J

ST CLEMENT Freehold
Large three bedroom detached house occupying a large plot with a southerly aspect. Some internal modernisation required. Close to beach at Pontac.



£455,000

3 | 2 | 1 | ✓ | A-J

ST CLEMENT Flying freehold
Light and spacious penthouse apartment in excellent order throughout. Uninterrupted sea views. Within a stones throw of the beach. Two single garages.



£495,000

4 | 2 | 1 | ✓ | A-J

ST CLEMENT Freehold
Immaculate family home with two good sized reception rooms and kitchen with large dining area. Both the bathrooms and kitchen have been recently refurbished. Garden and forecourt parking. Close to beach.



£695,000

3 | 2 | 1 | ✓ | A-J

TRINITY Freehold
Traditional 18th Century granite cottage retaining many original features. Modern extension. Scope to expand further. Garden, garage and parking. Private and tranquil location.

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THEME YOUR PARTY!

As those long summer days and nights stretch before us, what better way to make the most of the great weather than by hosting your own party. Everywhere you look there's one going on – party in the park, party by the pool, Queen's tea party...

So why not host your own little soiree with friends, but with a difference.

Gone are the days of the boring cheese and wine evenings, and the mark of a successful night is no longer providing enough booze to have your guests throwing up in next door's potted plants. Come up with a fun theme for your little get-together, and you'll have everyone talking and entering into the party spirit.

A theme can really make a party – as well as providing a great collection of photos. Your inspiration can come from anywhere. Whether you follow events happening over the summer, or come up with something that will lend itself to interesting costumes and menus.

BY DONNA WHITE



BIG BROTHER

Telly addicts might like to throw a Big Brother party, as the big final looms next month. Make up your own diary room, and take it in turns to be the voice of Big Brother as your guests, dressed as their favourite BB contestants, take part in various tasks that are typical of the reality show. If you're a real fan, why not test your friends' knowledge of their favourite show with a BB quiz, using trivia from all seven years of the addictive programme.

And finally, gather around your television to witness the latest eviction, if not the final itself, on a Friday night. Always a good one to argue over!



WIMBLEDON

Sports fans could have a Wimbledon-themed day in the run-up to the men's and women's singles finals on July 9. Start in the afternoon with strawberries and cream. Serve Pimms in the garden and get your guests to turn up in their swankiest outfits, or tennis whites if they are brave enough.

If you have a spacious garden, set up a net and challenge your guests to a few volleys. Or simply gather around your TV to join in with Henmania – or whatever player you might wish to support.. He beat Agassi recently so you never know!

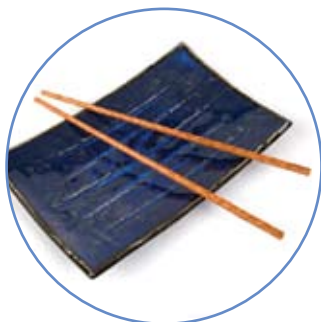




CASINO ROYALE

Casino nights are proving popular for those special occasions, with plenty of events companies offering to hire out blackjack and roulette tables to add a bit of extra excitement. With the planned release of the new James Bond movie Casino Royale later this year, it would be easy to turn the event into a fancy dress, paying tribute to Britain's favourite special agent.

Drinks would have to be dry Martinis – shaken, not stirred.



EASTERN PROMISE

If there's nothing on-screen to inspire you, why not look to the world stage for inspiration. For an evening full of Eastern promise, a Japanese theme serving sushi and saki would be well-received.

And with the raw fish revolution taking over on the high street, you wouldn't have to look far to find your menu. Most supermarkets sell sushi these days, or if you want someone else to do the work, why not enlist local business Jersey Sushi to provide the food for you – www.jerseysushi.com. Sushi is a great provider of vitamins, minerals and antioxidants into your diet – and with only 300 calories in a typical portion, your guests can tuck in without feeling guilty afterwards.

Oriental lanterns would decorate your home effectively. And with a string of movie soundtracks available in the shops, including Memoirs of a Geisha and The Last Samurai, it is easy to get your hands on Japanese-themed music.



ROCK THE KASBAH

If that doesn't appeal, why not rock the Kasbah and take Morocco as a colourful theme. It will allow you to serve up cous cous with Moroccan wine and decorate your tables with swathes of brightly-coloured fabric.

Skewered lamb, lemon chicken and interesting salad dishes are simple to make and could be followed by mint tea. Wax torches, available from garden centres, look great outside and create an exciting start to the evening. Use candles on your tables - preferably nightlights in coloured glass holders.

Arabesque would make apt background music, and for fun after-dinner entertainment why not have a go at bellydancing.



SHRIMPS ON THE BARBIE

If you'd rather save on having your home invaded by partygoers, why not invite your friends to one of the many open air barbecue sites which are dotted around Jersey?

Administered by the Environment Department, it is best to pre-book, especially if you are planning on a large gathering. They can also provide you with the rules and regulations for use.

There are four sites in St Martin – two at Pine Walks and one each at La Crete point quarry and St Catherine's quarry. Three sites exist in St John – two at Old New North Road and one at La Pereque. And finally, three sites can be found at Les Mielles in St Ouen. For information on their use, call the Environment Department on 01534 866200.

...AND A BOTTLE OF RUM?

If you are heading to the beach, why not celebrate the blockbuster movie of the summer and take a bottle of rum to toast Captain Jack Sparrow. Pirates of the Caribbean: Dead Man's Chest is released this month. So why not liven up your barbecue by donning a bandana and your mum's curtain rings and running around like Jack (left).

You could serve up Caribbean goodies like cajun chicken with rice and peas, or spicy shrimp. And with some Jamaican beats to keep you going, it would be easy to entertain yourselves by challenging your guests to limbo dance under the stars. We recommend rum to get you in the mood. Hunting each others with spears 'pirate style' is optional.





HAVING A BALL // HMW // BY ZARA PALMER WATKINSON

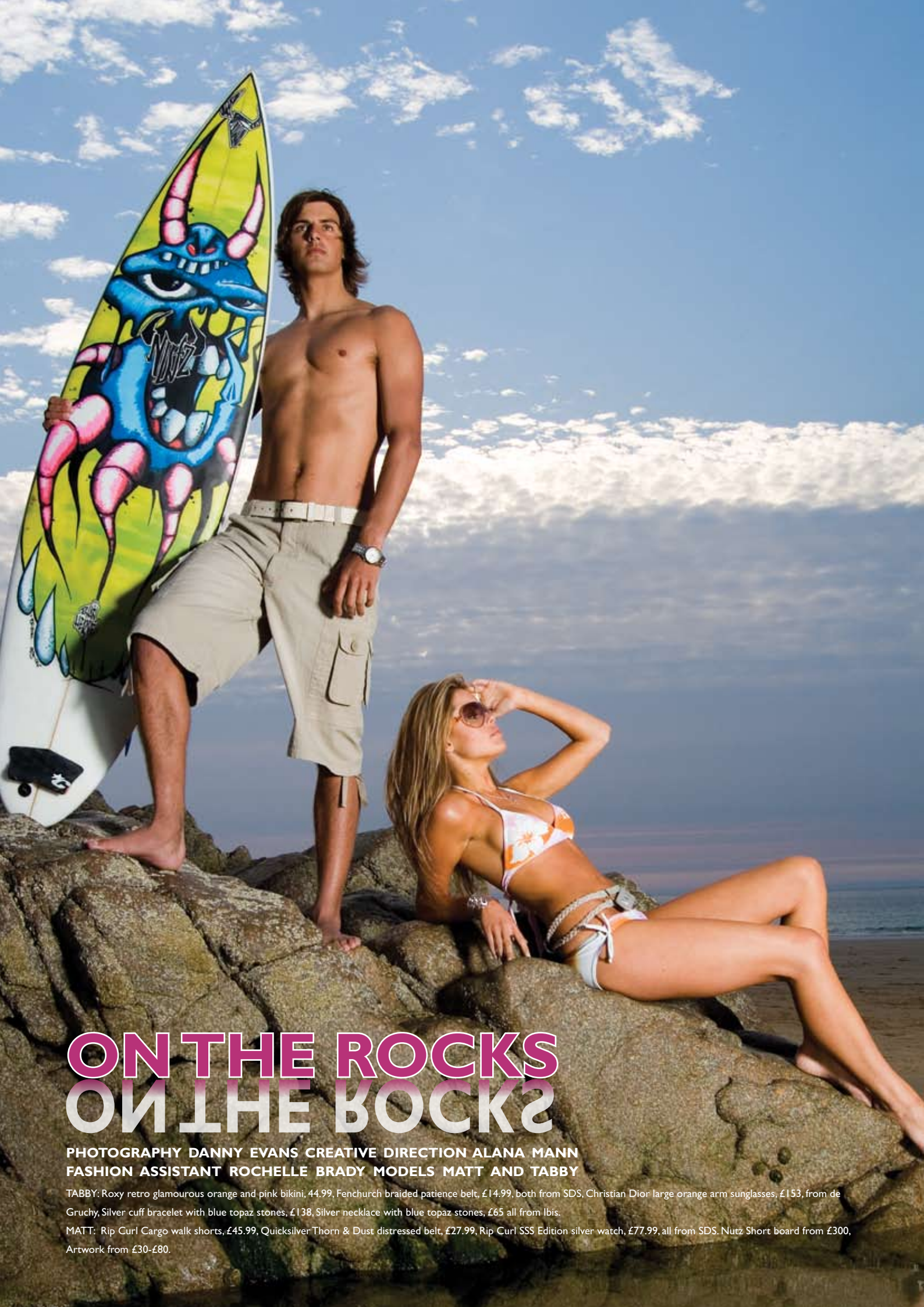
I love the summer. Finally, the chance to show off my St Tropez tan and to wear sparkly pink lip gloss every day. Those big dark glasses also come in handy when you're terrible at remembering names, you can just stride past those annoying am-dram couples and pretend you didn't see them. And all the barefoot yacht parties are a great excuse to keep up the pedicures. But most of all, I love the charity summer balls. You get to spend heaps of cash on a new dress with a clear conscience, because of course, it's all for charity. Or at least I think that's how it works...

I rather burnt my bridges at the last bash though. Kate Thornton-Smith, my hedge fund manager friend had to have emergency root canal on the day of her firm's charity ball, and gave me her ticket. "Only one catch Zara," mumbled Kate, still rubber-mouthed from the anaesthetic, "you have to pretend to be me." How hard could that be?

It was a wonderful ball. I will say this about financial institutions; they know how to spend their money. Huge marquee, heaps of gardenias, a couple of opera singers and trumpets to announce dinner. By the time I reached my fifth glass of Laurent Perrier Rosé, the chaps on my table and I were getting on famously. I confessed I didn't really know what hedge funds were, or what I was supposed to be doing with them, and instead regaled them with some anecdotes from my air-hostessing days. They loved it – and were guffawing so loudly that I almost didn't hear Kate's name being called. "...A big hand for the organiser, Kate Thornton-Smith who will now present the raffle prizes". Over dashed a man with a clipboard – steered me towards the podium, and before I knew what was happening, I was rummaging round in the tombola for the first raffle ticket. I think it must have been the thrill of having a microphone in my hand, but I just couldn't resist the urge to turn into a bingo caller. So "J-Lo's Bum, 71", won the meal for two at Atlantic and "Feng Shui, 53" got the farm shop hamper. I'm sure nobody noticed when I managed to pull out my own raffle ticket to win the L'Horizon Spa day. And that wasn't all – it said on the bottom of my notes that I had to award a prize to the highest grossing hedge funder of the year. By this time I was in full swing – and made a hilariously witty (or so I thought) speech about how these hedge fund people are doing wonders to preserve natural habitats – the saviours of hedgehogs everywhere. And I was so pleased when everyone joined in with my rendition of "Simply the Best" as Mr Hedge Fund High Flyer 2006 walked up to collect his prize. It was such a shame something technical went wrong, and my microphone stopped working. I was just getting to the best bit.

I had a fabulous time – but I don't think Kate was very happy with me. It turns out all those chaps on her table were potential clients – who took their high net worth elsewhere when they found out their hedge fund host didn't seem to know what she was talking about. Well Kate may have lost business, but I've been inundated by phone calls since the ball. It seems that everyone thought I was the entertainer, posing as an ordinary guest. I've even had bookings for three more charity balls. I just hope my fee includes plenty of champagne!





ON THE ROCKS ON THE BOCK?

**PHOTOGRAPHY DANNY EVANS CREATIVE DIRECTION ALANA MANN
FASHION ASSISTANT ROCHELLE BRADY MODELS MATT AND TABBY**

TABBY: Roxy retro glamorous orange and pink bikini, £44.99, Fenchurch braided patience belt, £14.99, both from SDS. Christian Dior large orange arm sunglasses, £153, from de Gruchy. Silver cuff bracelet with blue topaz stones, £138, Silver necklace with blue topaz stones, £65 all from Ibis.

MATT: Rip Curl Cargo walk shorts, £45.99, Quicksilver Thorn & Dust distressed belt, £27.99, Rip Curl SSS Edition silver watch, £77.99, all from SDS. Nutz Short board from £300, Artwork from £30-£80.



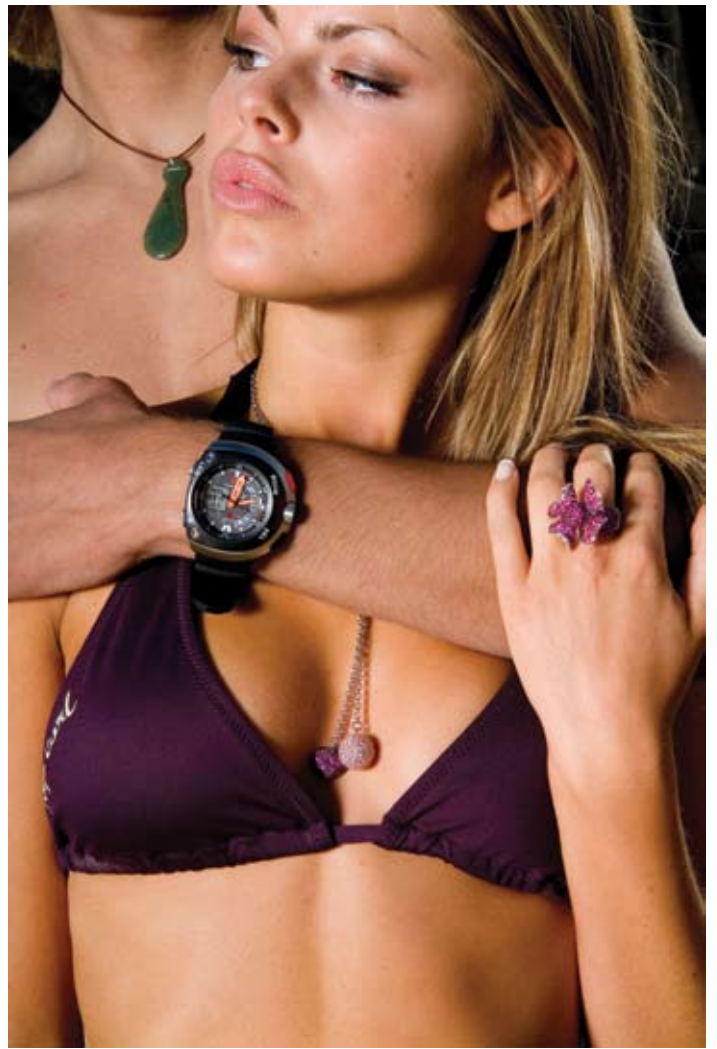
ABOVE: TABBY: Roxy Black tie side bikini, £44.99, Roxy print and bead black skirt, £58.99, both from SDS, It's all Greek gold woven collar, £45, It's all Greek gold woven arm cuff, £38, It's all Greek Gold woven belt, £29, all from H Letto & Son. MATT: Rip Curl ransom note board short, £54, Rip Curl cap, £11.99, Nixon Esquire CS black strap watch, £199.99, all from SDS, Jade pendent with leather string, £28 from Ibis. BELOW Clockwise from top left: Jade pendant & Silver chain, £28, from Ibis, Bohoco silver and chalcedony stone necklace, £52, Bohoco silver Shell & charm drop necklace, £59, from H Letto & Son, Semi-precious turquoise, garnet and jade necklace, £65, from Ibis, Bohoco onyx and crystal beaded silver necklace, £75, from H Letto & Son. White ring with green stone, £60, Silver star-fish ring with crystals, £115, Silver star-fish ring with blue topaz stone, £134, Lime green large silver ring, £89, All from Ibis, Aprile white daisy pendant, £86, Aprile pink daisy ring, £68, from H Letto & Son. TJ Silver cuff with black oxidised detail, £40.80, from H Letto & Son, Silver cuff bracelet with blue topaz stones, £138, from Ibis, TJ Silver cut out cuff, £73.10, TJ Silver cuff with blue glass stone, £43.20, Both from H Letto & Son.





ABOVE: TABBY: Miss Lepel black boy short, £10.80, Miss Lepel black triangle bikini top, £12.60, from de Gruchy, Ratiux bright green strap watch, £145, from Ibis, Aprile white daisy pendant, £86, from H Letto & Son. MATT: Calvin Klein classic black trunk, £34.50, from de Gruchy, Nike Hammer watch, £84.25 from H Letto & Son. Quicksilver Polka Dot Parasol, £33.99, from SDS. BELOW: Birkenstock Madrid Shoe, £24.99, from Marc 2. Tamaris white wedge, £29.99 from Topaz shoes, Marc 'o' Polo brown wedge, £69.99, from Marc 2. Grass roots natural t-bar thong, £18.99, from Topaz shoes, Birkenstock Provence print shoe, £49.99, from Marc 2.





ABOVE: TABBY: Rip Curl deep purple halterneck bikini, £40.99, from SDS, Moontide green & brown stripe bikini bottom, £20, & matching bikini top, from de Gruchy, Silver double drop pendant, £102, Silver flower ring with crystals, £147, from Ibis. MATT: Reef yellow king cobra board short, £44.99, from SDS, Citizen Eco Drive Aqualand watch, £279.95, from H Letto & Son, Jade pendent with leather string, £28, from Ibis. BELOW: Ratus bright orange strap watch, £185, from Ibis, Nike red metal watch, £72.30, Nike Hammer watch, £84.25, Citizen Eco Drive Aqualand watch, £279.95 All from H Letto & Son.,





ABOVE: TABBY: Malizia by La Perla white embellished string bikini, £85, Malizia by La Perla white matching sarong, £49.90, both from Adorne. TJ Silver & pearl necklace, £28.80, from H Letto & Son. Prada gold rimmed small aviator sunglasses, £142, from de Gruchy. MATT: Quicksilver silver edition Nesika white shirt, £69.99, Ambiguous Edward Jean, £69.99, all from SDS. Birkenstock Ramses stone shoe, £39.99, from Marc 2. BELOW: TABBY: Camard Print string bikini, £39, from Total Sport. TJ Silver cuff with black oxidized detail, £40.80, TJ silver collar with black oxidized detail, £85.60, from H Letto & Son. MATT: Fox Deluxe board short, £35, from Total Sport, Nike red metal watch, £72.30, from H Letto & Son.





ABOVE:TABBY: Cotton Club Mare yellow bikini, £86.90, Cotton Club Mare ruffle edge sarong, £37.90, from Adorne, Rip Curl blue rubber watch, £16.50, Roxy red sun bowler hat, £16.99, all from SDS, G McKenzie Black Agate bead necklace, £60, G McKenzie brown quartz bead necklace, £60, from H Letto & Son. MATT: Paul & Shark red swimshorts, £51, Calvin Klein white stretch vest, £16.20, from de Gruchy, Von Zipper rhombus white sunglasses, £56.99, from SDS, Nike cuff watch, £32, from H Letto & Son. OPPOSITE:TABBY: Diva by Rachel Pappo green beaded bikini £62, from Adorne, Lime green large Silver ring with crystals, £89, Semi precious necklace of turquoise and jade, £65, Both from Ibis.





For our latest escapade with Pure Adventure, Mick Cullinane our guide/action man, suggested we try out something called coasteering. I'd never heard of it before, and thought it would probably be a bit like co-piloting, but when he started to pull out wetsuits and helmets from the van, I realised I'd signed up for something more serious. Coasteering involves squeezing into a wetsuit, helmet, buoyancy aid and old trainers and then working your way around the coast at sea level. Sounds simple? It's not. You have to scramble, climb, swim and best of all, cliff jump to complete the route. Imagine a Famous Five adventure, but with full protective gear, and a guide who knows the coastline like the back of his hand to make sure you don't get into difficulties. Fully kitted out in our coasteering gear, the intrepid Gallery team set off from Grève de Lecq beach to explore one of the most fascinating stretches of coastline Jersey has to offer. Crossing the rocks, Mick pointed out green and purple-tinged sea anemones and told us about the different rock formations we could see in the strata above us. We swam into dark caves, slithering and scrambling our way to hidden chambers deep within the cliff. And then for a real adrenaline rush, the cliff jumps, plunging 15 feet into the churning water below, then clambering out onto slippery green rocks. The buoyancy aid helps you float, so you don't need to be an especially strong swimmer, but you will need to be confident in the water. Mick can point out easier routes and lower jumps for the slightly more wary. Basically all that's required is a sense of adventure and fun – oh, and a pair of old trainers.

Coasteering, £35 for 2 hours with Pure Adventure

Tel // 769165 Web // www.pureJERSEY.com

Image by Danny Evans

SKATEBOARDING // JAKE HIPWELL

A 30 year old teenager, Jake has been skateboarding since age eight. Starting before the 'Back to the Future' craze, he has seen the sport progress through several key stages and travelled far and wide to sample the best terrains to skate. Despite being strictly amateur at the sport, his enthusiasm hasn't waned at all. Still at it and Vice President of the CISA (The Channel Island Skateboarding Association), Jake doesn't look like ever outgrowing his love of skateboarding. The CISA was formed in September 2002 to take action towards developing facilities for all extreme sports, in particular skateboarding. As an entirely voluntary body they hold regular meetings and do their best to further the cause. So why skateboarding? "It seems really cheesy to say it, but it's the freedom. There is no practice, no club, no set agenda at all. I can just take my board whenever I feel like it and go skate. It has given me some great memories and encouraged me to travel and meet new folks, having a hobby of any sort is a great excuse to explore. I love exploring."

To find out more, why not meet like-minded people at "RampJam 02" on Sat 22nd of July at Live Lounge. To find out find out more go to www.cisa.uk.com, email cisa@jerseymail.co.uk, or voicemail 820016.

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HEALTH

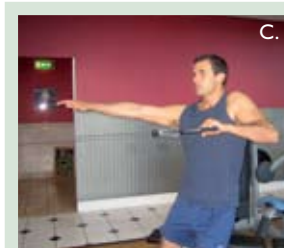
BODY - MUSCLES AND UPPER BODY WORKOUT - BY STEVE LONGSTAFFE

This month we will be looking at techniques for toning up your muscles. There are a number of techniques with dumbbells that I like to use, and here are some of my favourites.

The main advantages in using dumbbells are that they tend to be more difficult to hold stable, so you use your synergist muscles a lot more - these are your smaller muscles around joints that help promote stability. Also using a higher number of repetitions when exercising with them will help create a more toned effect as you will be stimulating your slow twitch muscle fibres, muscle fibres more suited to endurance activities.

A body built from more of these type of fibres tends to look leaner and more slender than one with larger fast twitch fibres. Take for example the endurance runner and the 100 metre sprinter. Other great exercises involve using your own body weight to exercise, for example pull ups.

- A. Under bar pull ups with Swiss ball
- B. Chest Press on a Swiss ball
- C. Upper back cable pull
- D. Pull ups
- E. Shoulder Press on a bosu ball



NUTRITION - TONE UP

At the moment as we are not looking at putting on muscle, rather maintaining what we have or toning it up. I would suggest making the most of all those summertime foods. There are plenty of varieties of salads to choose from as well as a lot of fresh fruit and berries out there, so make the most of it. Remember it is much more beneficial to get your vitamins and minerals from a natural source. And within those different colours of fruit there tends to be different groups of vitamins and minerals, so mix your colours as much as possible to gain the best effect, and revitalise yourself!

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

TREATMENT - HAUTE COUTURE FACIAL

As the name given to this facial would suggest, this is an exclusive trendsetting facial. Don't expect to have your blackheads removed, instead envisage being placed in a heaven where you're pampered with luxurious creams and massaged for a whole two hours.

Sue will choose either Predermine (a younger pick-me-up) or Stimulskin (for more mature skin) to base your facial around. You can also select your own oil and surprisingly most visitors choose the oil that their skin needs. How intuitive. The treatment warms up nicely, preparing the skin for a huge boost! You are placed in a sensual extravaganza - aroma, temperature and touch all seem to be heightened and you can't wait for what's coming next. Sue uses a number of massaging techniques including a shiatsu pressure point version, lymphatic drainage massage and the unique deep tissue massage. I have never experienced anything like this, it provides a sculpting lifting effect - you actually feel like your face is becoming lighter with every stroke.

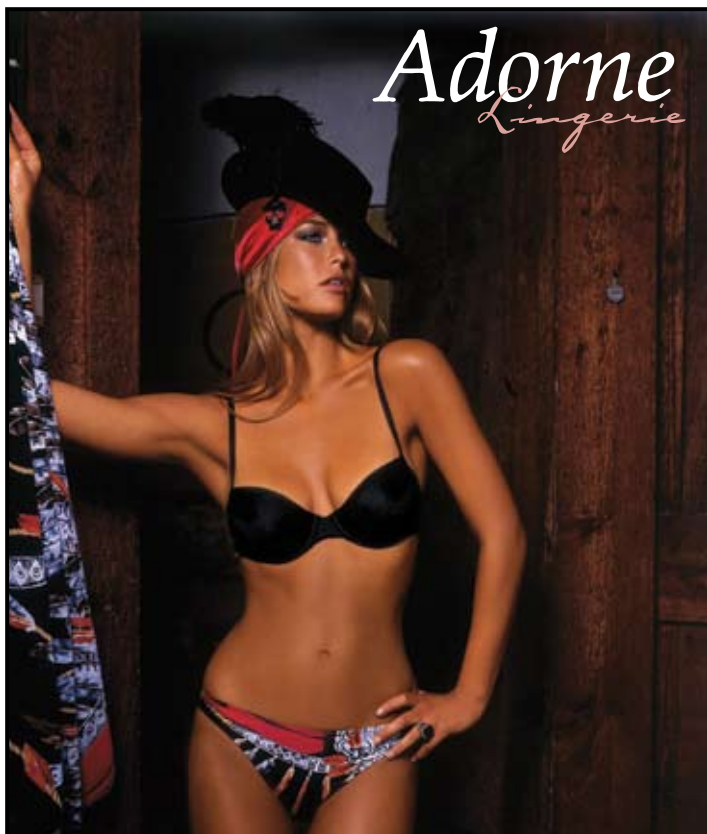
This facial extends beyond your face, working over your scalp, décolletage, shoulders, back, hands and feet - giving you a feeling of deeper relaxation and indulgence - you also can't help but feel you're getting your money's worth.

All the products used are Darphin - a range of products with beautiful delicate fragrance and sumptuous textures. Sue also ensures potions are fully absorbed into the skin through the massage, rather than them just sitting on top of your skin and then being wiped off.

What I loved most was looking at my face and complexion at the end of the treatment. I appeared more radiant than ever and drove away from the salon feeling very confident that my skin was looking lush, not blotchy as so many other facials leave you feeling.

HAUTE COUTURE FACIAL - £60 from The Retreat
Telephone 734845 for appointments with Sue Coutanche

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BEAUTY MONTHLY // INDULGE YOURSELF

PURE INDULGENCE IS BECOMING EASIER IN THE BEAUTY WORLD! I HAVE CHOSEN TREATS TO MAKE YOU FEEL AND SMELL LIKE A PRINCESS...



Kerastase: Bain Apres-Soleil - A repairing hair cleanser with UVA filters which will protect colour this summer and boost extra shine, £12.

Dermalogica: Stress relief treatment oil - An aromatic body oil great for massage, the bath or moisturising the body. It has a beautiful aroma which is not too overpowering, £12.40.

Creme De La Mer: The Body Creme - A virtual 'seaweed wrap in a jar' this long awaited body version is every bit as good as the cult face cream. It will work continuously to create a more toned and firm look, £123.

Jose Eisenberg: Trio-Molecular Intensive Moisturising Masque - A perfect spa style treat to use on your skin once a week to brighten and hydrate a tired complexion, £31.50.

Burt's Bees: Citrus & Ginger Root Body Wash - This big shower-friendly, recycled plastic bottle is great! Perfect to effectively cleanse, without drying your skin, and the combination of zingy citrus notes complemented with ginger provides an uplifting and invigorating shower, perfect for a wake up in the morning, £12.

REMEMBER YOUR AROMA FIX:

Jersey Lavender is currently working on their **NEW** delicately sophisticated packaging to enhance their beautiful range. These locally produced products are as natural as they come with a high lavender oil content!



Jersey Lavender:

Solid Cologne - Is a refreshing stick with an amazing cooling effect on the skin, great for headaches and to use as a fragrance, £3.70.

Pure Essential Oil - Used on your temples, in the bath or in an incense burner this is a quality oil, £6.20.

Lavender has been used for centuries for health and healing. It is the number one oil for your medicine cabinet, with a wider range of uses than any other essential oil.

TOP TEN USES:

- A relaxant
- Headaches and migraines
- Burns and sunburn
- Cuts, grazes and scars
- Spots and skin irritations
- Insect repellent
- External pain and inflammation



Cabtree & Evelyn: Waikiki Fragranced Candle (30 hrs burn time) - Mango Blossom and pink grapefruit make this a powerful concoction. Presented in a beautiful pink box, the candle sits in a ceramic pot, very presentable, £12.77.

Cath Collins: Mimosa Scented Candle - These are a fabulous selection of luxury scented candles £27.50.

BEAUTY STOCKISTS

KERASTASE Portside Salon 7
JERSEY LAVENDER 742933
 818818 **GUERLAIN** Voisins
 Tropical Tanning 832228

47908 **DARPHIN**
CRABTREE & EVELYN
 837100 **YSL**
DIOR de Gruchy

The Retreat 734845
 888446
 Voisins
 818818

BURT'S BEES Bliss 789911
CATH COLLINS 01803 813064
DERMALOGICA The bedroom 880202
MAC

CREME DE LA MER
PER UNA 508700
JOSE EISENBERG

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We are delighted to
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Katie, Lauren and Ria
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Face of Elmina

competition and we would like to
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NEW! NEW! NEW!



Easy to wear make-up for this summer. The last thing you want is to look like you are still wearing your winter make-up on the beach, adjust your look with the season - Lighter application and softer colour:

YSL: **Teint Parfait** – Achieve a radiant glow with this complexion perfecter; it has a transparent light finish, £17.80.

Per Una: **Nail Colour** – A soft neutral pink perfect for short or longer nails, £6.

Clinique: **Glosswear for lips** – Sunshine is a easy to wear skin tone peach, a lovely summer day number, £9.50.

Clinique: **Colour Surge Eye Shadow** – These classy little compacts provide a great flash of colour and Disco Pink looks amazing on. You have to try it, £9.50.

Guerlain: **Pearly Brush Sublime Shimmering Powder** – Illuminate your tan this summer, and feel like a summer goddess with this limited edition brush, £26.50.

Mac: **Lipgelee** – Is a wonderful see through gel for gloss and colour that glides without a hint of tackiness, I love Cellopink, £10.50.



THINK DARPHIN

Predermine Serum - Help yourself create youthful-looking skin. Your epidermis will become stronger and skin will take on a luminous new look. Watch wrinkles and fine line smooth and disappear. Formulated to address wrinkled skin with less elasticity, this regenerating serum is amazing. It also comes in 10 separate dispensers so the product is kept fresh.

Key ingredients: Iris florentina root extract; rose and jasmine; yeast extract. £160.

Jasmine Oil - Known as the 'queen of essential oils', Jasmine Aromatic Care will improve cellular growth while firming skin. Formulated for mature skin, it is the ultimate age-corrector with stimulating scents.

Key ingredients: Sweet almond oil; Macadamia seed oil; jojoba; evening primrose oil; grapefruit peel oil; orange flower oil; raspberry seed oil; jasmine oil; avocado and rosewood oil. £60.

Darphin is exclusive to The Retreat 734845



FRAGRANCE - HIS & HERS

Fresh and fruity numbers and/or floral blends for you to choose from: Cindy Crawford: **Summer Day** – Yet another fruity summer scent, but I have to say this is not as sweet as its counterparts, thank God! £17.50 (50ml)

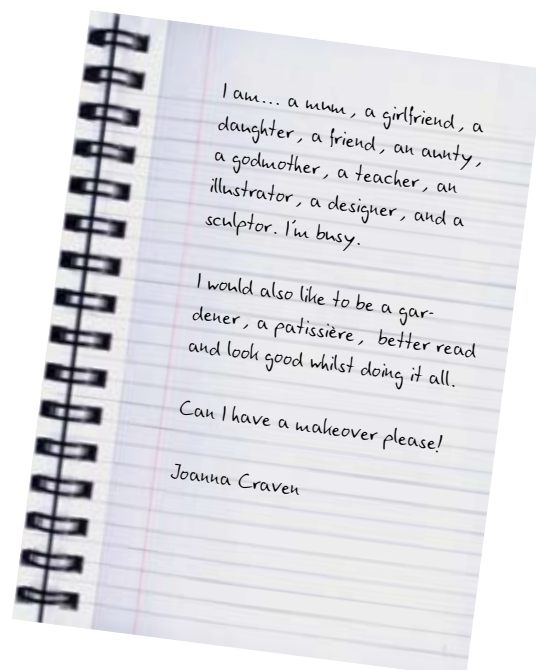
Dior: **Fahrenheit Summer** – This makes a nice change for guys, with a fruity twist that is just that little bit less overpowering than the usual, £28 (100ml)



GALLERY MAKEOVER WINNER!

Meet Joanna Craven

Jo won over 50 entrants to be our makeover guinea pig this month and was treated to over £1500 worth of goodies and treatments to give her a great new look. Have a vicarious makeover by following the process through the diary she wrote us!



Thursday...

During a hectic day of student exhibition preparations Gallery Magazine called to say I had won the big make-over competition! Being the kind of girl who can barely remember to get her haircut I am thrilled at the prospect of being pampered but have to find time among teaching and looking after my one year old daughter to be Trinny & Susanahed, fake tanned, manicured, pedicured, have my hair done, a facial and generally primped and preened. My boyfriend and wonderful child minder rally round to give me enough baby free time and we make lots of appointments to get it all done in a week.



Friday... Perfect nails

I meet Anita at Gelaires Nail Bar, Voisin's, to have a Jessica Super Deluxe Manicure, it's pure luxury. I'm poured a cold glass of Buck's Fizz, fed chocolates and have my hands and arms massaged, exfoliated and moisturised. My skin is so neglected that the super moisturising masques and serums disappear fast. After the creams, the hot mittens and nail jacuzzi Anita gets to work on painting my nails, I have very short nails so this was a bit of a challenge, she opted for an American manicure with some pretty nail art stickers with little diamante in. They look great, not at all short and bitten. It takes an hour and a half for this manicure but its quite a social occasion sitting at the bar with the other ladies, although at first I was a bit frightened at how posh they all looked but hey, none of them had a personal photographer with them! I get home in time to put Olivia to bed, she was delighted by my nails - 'ooo painting'. Boyfriend rating 6/10 - he may be worried at my new found love of beauty treatments and the amount that I'll spend on it. Thank you Anita for a relaxing and luxurious afternoon.



Saturday... Blissed

WOW I've just spent the afternoon at Emma Watson's salon, Bliss. I'm so relaxed I can barely write. Emma started me off with a back massage, I've had one back massage before and was left wondering why people rave about them, there is no doubt in my mind now, it was so good I was dribbling! She then gave me a Microderm



Abrasion Facial, aluminium crystals are fired through a machine at your face, taking the top layer of skin away. It feels like a cat's tongue and has left my skin amazingly smooth and blemish free. Then she shaped my eyebrows and tinted my eyelashes, Danny took some photos and I can hardly believe it's me. She has also painted my toenails a delicious pink. Emma is just gorgeous, we had a long chat about products and I'm really annoyed that I spent so much money on cleanser and moisturiser whilst in London, she knows so much about skin types and her products that I'd recommend anyone to go to her shop and ask her about stuff before they buy.

I'm so lucky, she has given me some hugely expensive but miraculous SkinCeuticals Serum to use after my facial, the before and after photos in the brochure are incredible. The shop is full of beautiful things I especially like the silk and sheepskin yoga mats filled with lavender. Today's treatments took two hours, I missed putting my girl to bed but she's in on the make-over with some Burt's Bee's Baby products from Emma, they're completely natural which is so important for her skin and smell divine like a perfect baby smell.

The massage and facial were absolute heaven and something I'll hopefully enjoy again but the eyebrow shape and eyelash tint are going to become a regular thing, they got a Boyfriend rating of 9/10. Thanks Emma, you rock and your shop is so fab it may bankrupt me.



Sunday... Rest...

I have a very achey back today, but it's obviously done me lots of good because my neck isn't clicking any more. No beauty treatments today so I met up with some friends for a barbeque, they were full of compliments for my eyes. It was great to go out without bothering about mascara and go swimming without getting panda eyes.



Monday... Hair!

After work I was whisked off to Bonita's Hair Salon at Les Ormes. Anita has cut and coloured my hair and for the first time ever at the hairdressers I left all the decisions in her hands. She has put two colours of brown streaked through my hair to warm up the blonde and to keep it low maintenance for my busy mum lifestyle. To suit my face shape she has cut it with body on top and kept it behind my ears. Instead of parting my hair she's given me a fringe, apparently a fringe when you're young makes you look older and a fringe when you're older makes you look younger. If you go to Bonita's ask for Tom to wash your hair, he's very good. A lovely afternoon, thank you Anita, your haircut gets a very respectable 9/10 boyfriend rating! PS, back not aching at all today and neck still not clicking.



Tuesday... Clothes, shoes and a tan...

A full on afternoon of shopping today at de Gruchy. I think I must have tried on five hundred outfits, I never realised how many lovely clothes they have upstairs

at de Gruchy, there is loads. Ima picked out all sorts of things that I never would have considered wearing so it was a real eye-opener. After about an hour and a half we realised that my old baggy underwear just wasn't up to the job so Marta was called in from lingerie and got me into a great bra and an ENORMOUS pair of 'Spanx' pants, I instantly went from bumpy, bulgy post-baby body to smooth pre-baby body and looked about a size smaller. When I stepped out of the changing room then in the close fitting black dress they had chosen for me everybody smiled! I had read Trinny and Susannah's advice on good underwear but never bothered to act on it, I'm telling everyone now - get some Spanx! Once they were on we narrowed it down to five outfits and from there down to a beautiful long skirt, a pink top - pink is my favorite colour, and a shrug (I'm so fashion hopeless I didn't even know what that was). Then Felicity was called in from LK Bennett for shoes, that was a lot less exhausting, we chose a very pointy pair of heels, I'm hoping I'll be able to walk in them. Then to top it off I was given a pair of Prada sunglasses from Tori at David Clulow.

I shall most definitely be asking for more advice from staff when I go to choose clothes in future, and Tori had some great advice for buying sunnies which applies to clothes too, go with a sense of humour and try all sorts of things on, some will look ridiculous but some will be unexpectedly great. I shall also be stocking up on some really good underwear and giving myself a long, baby free time to really shop properly. Thank you de Gruchy's, thanks Ima, I'll be coming to see you again soon.

After all that shopping we rushed to see John at Tropical Tanning for a Mystic Tan. I was a little frightened of having a 'Ross' experience in the tanning booth but it was surprisingly simple and quick. I was fairly brown when I came out but John explained that it would develop overnight. When I got home the spray tan got an immediate 9/10 boyfriend rating but when I took my new outfit out of the bags it got a very so, so response. However when I put it all on I got a big wow, 10/10 rating. Olivia is very impressed with my shoes and immediately put them on shouting 'clip clops!'



Wednesday... More hair and jewellery

Woke up this morning expecting to be a David Dickinson shade of orange, relieved to find that I'm noticeably tanned but I like it. Next time however I will use more barrier cream on my palms, they're a slight giveaway and I won't sleep in crisp, clean white bedlins! Tonight is my student's end of year exhibition private view and the event that Gallery have chosen for me to show off my new look. After a hectic day of hanging their work, clearing the studio's and organising the party drinks I rushed up to Bonita's to discover that I had missed my styling appointment and felt really cross with myself. It's a hugely time-consuming process being well groomed and it was starting to become stressful. However they are so calm at Bonita's that I soon felt relaxed again and in the mood for a little more retail. I took my new outfit and sunglasses to Letto's and Christine, Colin and Flora helped me choose some





Anita - Manageress of Gelaire's Nail Bar.
She was a secretary for 15 years and following having her baby began training as a manicurist
- Gelaire's has now been open two years. **TOP TIP**
"Always wear rubber gloves when washing up and doing household chores. At the very least wear a good base coat and always apply cuticle oil before going to bed"



Anita - Owner of Bonita Hair and Beauty Salon.
Anita has been hairdressing since she was twelve years old, she opened Bonita fifteen years ago and was recently asked to do Cherie Blair's hair, we fear this may have contributed to her £7,000 hair bill. **TOP TIP** "This summer remember to protect your colour from the harmful rays of the sun otherwise you'll pay for it in the winter"



Ima - Ladies Fashion Floor Manager, de Gruchy.
Ima has been working for de Gruchy's for 3 years
TOP TIP "Don't be afraid to try different shapes and colours but most importantly wear correctly fitted underwear"



Felicity - LK Bennett store manager.
Although Felicity has worked in de Gruchy's for 10 years. She has been with LK Bennett since it first opened two years ago. **TOP TIP** "Remember quality equals comfort when it comes to footwear"



Tori - Manageress of David Clulow.
Tori is the beautiful manageress of the newly opened David Clulow in de Gruchy's. **TOP TIP**
"With such a huge selection of eye wear around it is best to just try plenty on - be open minded!"



John - Owner of Tropical Tanning
2 years ago John went to Nashville - he had heard about the spray tan and as a result was the first person to introduce Mystic tan to Europe. **TOP TIP**
"Having a bit of colour makes you feel great and look healthier".



Emma - Owner of Bliss Bespoke Beauty
Em has been doing beauty therapy for 19 years and has a wide range of qualifications and vast experience in skincare treatments and techniques as well as a passion for getting skin to look better bare faced. She has owned bliss for 10 years and recently achieved opening bliss bespoke beauty a long long dream finally was realised. **TOP TIP**
"Exfoliation and sun protection, try C & E Ferulic".



Christine and Collin Letto - Owners of H.Letto & Son Ltd.
This is Letto's 93rd year and they feel the secret is to keep up with current trends whilst still holding on to some all time classics. **TOP TIP** "Buy what you like and enjoy wearing it!"




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jewellery from their gorgeous selection. We went for Sharon Acton pearls (I was impressed to hear that they are available in Harvey Nichols), one string of pearls on a brown ribbon to wrap around my wrist or neck and a really beautiful pink and white pearl necklace that really does glow against my new tan. Once again I am amazed that I am being given all these beautiful things, thank you Letto's it was lovely to meet you all. My final appointment is back at Bliss for make-up. When all you wear is mascara, make-up is a scary prospect but after my lovely Saturday with Emma I was prepared to trust her and although I was a little shocked at seeing myself made-up I was assured that it was a good transformation.



Wednesday evening... Private view

Well, my transformation has been a success. I think Gallery were worried that I haven't been changed dramatically but my colleagues and students didn't recognise me at first and everybody had lovely things to say. Highlands School of Art rating 9.5/10!

What a fantastic experience! It's not often you get to have £1,500 spent on you in a week and very rare that your hair, face and clothes are so scrutinised. I've had masses of great advice and during the week been told so many lovely things about having great skin and a lovely natural hair colour that my confidence has really increased. Some of the make over has been complete indulgence and luxury I have really enjoyed but the little things seem to have made the most difference, the eyebrow shape and eyelash tint seemed to change my whole face as did the seemingly small change in my hair cut and colour. The fake tan made me look and feel much more healthy and the underwear - well the underwear is a miracle. I've since tried on a whole load of my clothes with that magic underwear on and the difference is amazing, after Ima's advice and the styles of clothes she tried on me I'm ready to Trinny & Sussanah my wardrobe. Thank you Gallery I've had a great week,

x x x



What her friends think...

We asked some of Jo's students and colleagues what they thought of her new post-makeover look. It seems the new look went down well!



Amy

"Jo looks really pretty and sophisticated, I love the tan - she looks much more healthy!"

Fashion degree at De Montford.



Byron

"I would pass her in the street. I honestly wouldn't recognise her - she looks much better"

Fine Art Practice and Theory at Winchester.



Jeni

"It shows off her figure, she's always hidden it before! I love the overall look - the whole package!"

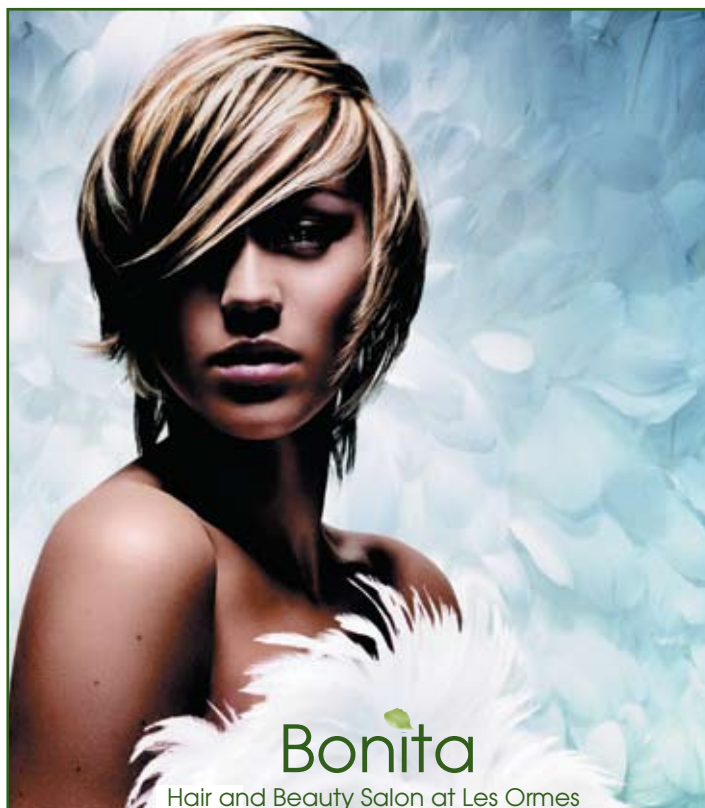
Administrator at Highlands



Dan

"She's like a new woman - I love the hair and she looks much slimmer"

Fine Art Practise and Theory at Winchester.



Bonita were delighted to be asked to help create Jo's new look!

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Gallery
SUMMER
CAREERS
SPECIAL
JULY 2006

"As well as all of the usual things you'd expect to hear they've also talked about interviewing Lauren Hill, taking over the world, hot armpits in London, how amazing skiing is, Stoke-On-Trent, the Trans Siberian Railway, Liberation Square martial arts demonstrations, bingo calling, capoeira and great white sharks."

The Gallery Tri-Annual Careers feature is proving very popular. This time we take a look at some of the personalities working in Jersey. Taken from a selection of the Island's best known and most influential companies, they represent a cross-section of our St Helier based working population and cover many of the major industries.

Having looked at the international aspects of working in Jersey in December of last year, and having analysed how we're placed to face the future last April, we thought that it was about time to focus on the most important part of any organisation - the staff. The idea with this piece was to give you the reader an insight into the lives of the people responding. In the following pages you'll learn about where they come from, find out how they ended up where they are today and discover what their motivations are at work.

As well as all of the things you'd expect to hear though, they've also talked about interviewing Lauren Hill, taking over the world, hot armpits in London, how amazing skiing is, Stoke-On-Trent, the Trans Siberian Railway, Liberation Square martial arts demonstrations, bingo calling, capoeira and great white sharks. Most bizarre of all though are the answers at the end of each interview to the question, "what kind of ice-cream would you be and why?". Although, as one respondent rightly pointed out, on first glance this question has absolutely nothing to do with a careers piece, it does seem to have drawn some of the most illuminating answers. Somehow.

As well as this, we decided that rather than have a shot taken of each of them at work, we'd ask them to supply us with one from their personal collection. Most commonly careers features focus on people dressed in their work clothes, normally a suit. It's good to remember though that work is more than just the act of working these days. Businesses want rounded individuals who are more than a human calculator and nowadays terms such as 'personality' and 'emotional intelligence' are strongly considered by HR managers when selecting employees. The respondents choice of photo is as varied as the answers themselves with some of the shots are of them as children, one doing capoeira and another cycling down a sand dune.

It's more of a fun feature than usual but that doesn't mean it's not serving a purpose. We all spend about a third of our lives at work and as well as doing a job and making a living, you're also making friends, learning and developing. You're around your colleagues all of the time and, like it or not, when you take on a job they become part of your life. It all means that if you're thinking of changing jobs, or are looking to take on your first role, there are more factors to consider than the amount of money that'll arrive in your account at the end of the month.

This feature demonstrates the range of personalities at work in Jersey, all of them very successful, all of them very individual. We hope you enjoy meeting them...

What did you want to be when you were younger?

From age twelve I was intent on becoming a journalist. I'd always had an interest in news and current affairs as a youngster and used to drive my folks nuts by asking endless questions about anything and everything. It seemed the perfect job for me – traveling around interviewing people, using my writing skills and creating articles from scratch.

What made you decide to live and work in Jersey?

Impending marriage! I met my Jersey-born wife, Rebecca, when working together at Kiss 102 Radio. We subsequently spent a year together in Ireland which cemented our relationship but we both felt itchy-footed so decided to give Jersey a whirl. That was six-and-a-half years ago.

How did you come to work in your industry?

My journey to the world of accountancy with Deloitte is a little unorthodox... I began my working life as a radio journalist in Manchester, presenting and producing a daily entertainment news show. I was rapidly fulfilling my journalistic ambitions and got to interview hundreds of people including Robbie Williams, Lauryn Hill, Chemical Brothers, Kylie Minogue, Eddie Izzard and Steve Coogan. Radio then took me to Ireland, where I worked as Deputy Programme Director with Atlantic 252 for a year before heading to Jersey. On arrival in the Island there were limited opportunities in the media so I took stock of the skills I had and decided to apply them at an advertising agency, where I was exposed to a range of different industries. I worked there until deciding it wasn't for me in the long run, so joined Deloitte two years ago to retrain as a Chartered Accountant.

What hopes do you have for your career?

I'm two-thirds of the way through my training contract and have the final set of ACA exams to surmount before I qualify; so much of my focus is on getting my head down and grinding through those before making longer term decisions. My choice to switch careers to

accountancy was influenced by the wide range of options which it gives you in the long run, which is comforting when you're married with children and have commitments. So for stability as well as scope I don't think you could choose a better career path in Jersey.

Why did you choose to work at Deloitte?

I spoke to a number of the Big Four accountancy firms, plus a few of the smaller ones and Deloitte quite simply impressed me the most. It's fair to say that all of the big firms offer a similar training package in terms of support for study but what separated Deloitte was the atmosphere. It's very professional yet relaxed and there is a general sense of momentum about the firm, which is positive to be around and exciting to be part of.

What is the most enjoyable aspect of working in Jersey for you?

We work with a wide range of clients cutting across pretty much all industry sectors and this mix makes the job varied. Jersey's finance industry is constantly evolving and working at Deloitte gives you great exposure to all sections of it. Finally, apart from the natural environment around us in Jersey (having a sea view from the office helps), the shortness of commuting time is a big plus – especially if you travel by Vespa as I do. Getting to and from work is a breeze.

...and the most difficult?

For the moment it's the amount of study required and much of this is done, by choice, off-island so I have to spend a fair bit of time away from my wife and two young daughters. Working away in London is also sometimes necessary which is fine as long as you don't get fog-bound and stuck at Gatwick for the weekend, as happened to me recently!

Finally, if you were an ice-cream what kind would you be and why? Funny Feet. Ask my wife the reason why...

I began my working life as a radio journalist in Manchester... and got to interview hundreds of people including Robbie Williams, Lauryn Hill, Chemical Brothers and Kylie Minogue"

Neil Ginnis
Senior Associate,
Deloitte



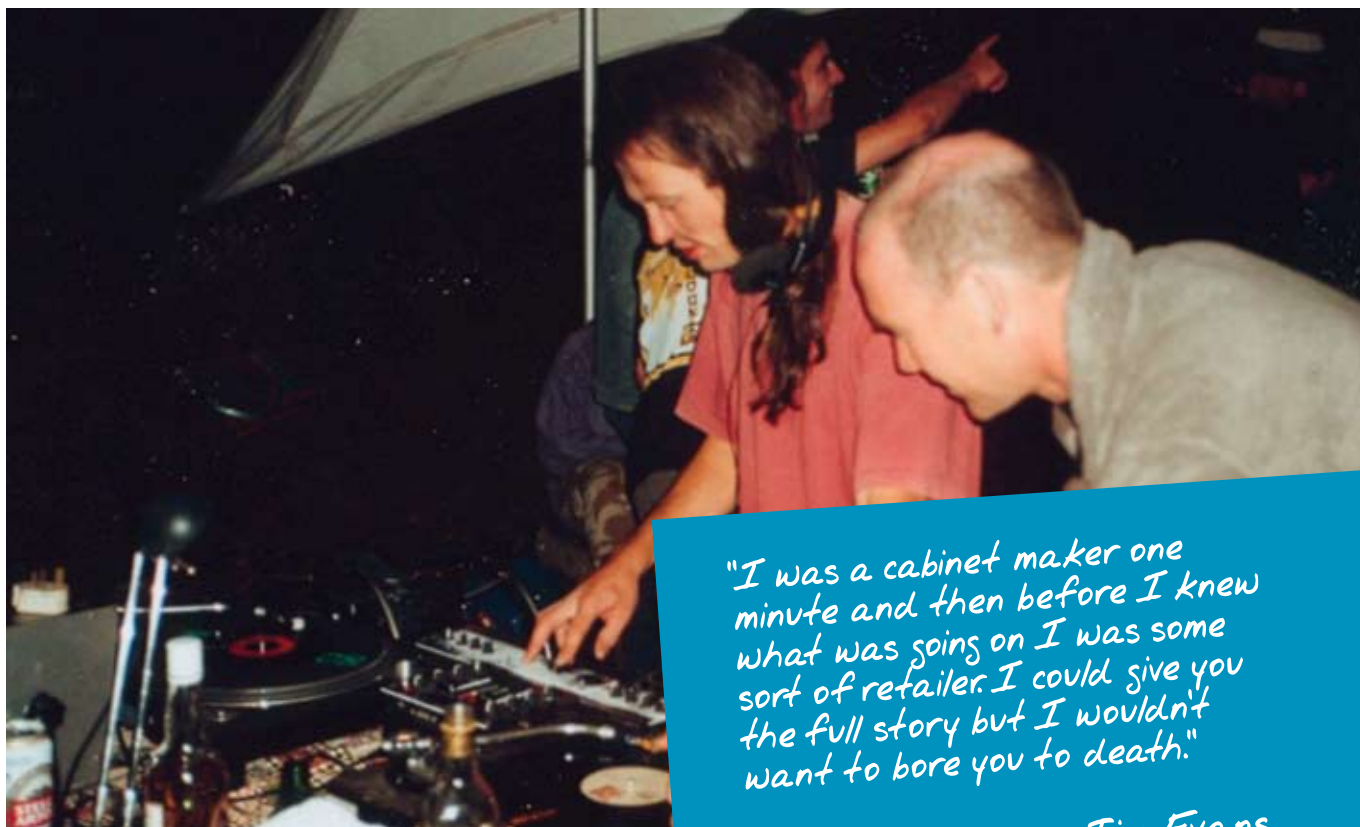
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"I was a cabinet maker one minute and then before I knew what was going on I was some sort of retailer. I could give you the full story but I wouldn't want to bore you to death."

Tim Evans
Main man, iQ

What did you want to be when you were younger?

I always saw myself as an inventor, I think – looking up to my old man you see! Otherwise I didn't have a clue about career or anything quite so sensible, so I guess this doesn't help.

What made you decide to live and work in Jersey?

Well I was born here, so that was a bit of a deciding factor. You grow up here with everyone around you saying it's rubbish and taking very long holidays (otherwise known as travelling... meow!) but I guess I realized at an early stage that the grass always appears greener on the other side and all that, so I stuck it out here to see where it would lead.

How did you come to work in your industry?

I really don't know. I was a cabinet maker one minute and then before I knew what was going on I was some sort of retailer. I could give you the full story but I wouldn't want to bore you to death.

What hopes do you have for your career?

The trouble with the word career is that it implies you have some sort of map that defines where, when and what you will be doing in the future. This approach is fatally flawed unless you take it all with a handful of salt. I hope of course that iQ will be fantastically successful and we'll take over the world!

Why did you choose to work at iQ?

Because if I didn't there would be no company (is that a bit smug?)

What is the most enjoyable aspect of working in Jersey for you?

I would say the views the cleanliness and the minimal crime rate> Boring I know.

...and the most difficult?

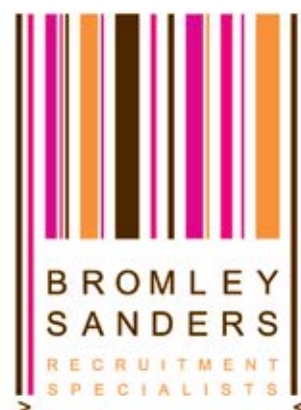
Size is everything.

Finally, if you were an ice-cream what kind would you be and why?

It has to be lemon! It is the best and the most elusive of all ice cream flavours – what's this got to do with careers by the way?

different!

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"The decision of driving to work with the roof down and a sea view versus an armpit on a hot London tube was not difficult. One BBQ on St Ovens beach and I was sold"

*James Trenholme
Senior Account Manager
Jersey Telecom*

What did you want to be when you were younger?

For years I wanted to be an orthopaedic surgeon, I liked people and woodwork so it seemed a great combination.

What made you decide to live and work in Jersey?

It's a great place with a fantastic quality of life, everybody was so friendly here and made me feel welcome when I first started coming over to Jersey. The decision of driving to work with the roof down and a sea view vs. an armpit on a hot London tube was not difficult. One BBQ on St Ouen's beach and I was sold.

How did you come to work in your industry?

I was looking for an interesting and challenging sales position in Jersey; learning about a totally new industry really appealed to me, and technology sales offered me the opportunities that I was looking for. The telecoms industry has been at the forefront of technology change over the past few years so it was the ideal place to be.

What hopes do you have for your career?

I have always been a bit of an entrepreneur, my hopes are that a couple of these ideas take off enough that I can run my own successful business. Taking an idea and developing it into reality has always given me such a buzz.

Why did you choose to work at Jersey Telecom?

That's an easy one, Jersey Telecom really impressed me as an organisation that was changing and moving forward; not old and stuff as many people thought. It is clear to see they have a lot of challenges to face in the future and I wanted to be part of this.

What is the most enjoyable aspect of working in Jersey for you?

The people, in Jersey it is great to be able to build strong relationships and friendships with customers and colleagues to a far greater extent than in other places I have worked. It really makes going to work a pleasure.

Finally, if you were an ice-cream what kind would you be and why?

Jaconelli's Lemon Ice Cream. The sign says Jaconelli's Yorkshire and Italy, but the only place you can get it is Scarborough and Whitby in Yorkshire! A Yorkshire business thinking big, I love it!! It tastes awful but reminds me of my childhood on not so beautiful beaches and the North Sea.

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"Originally I came to Jersey for a six month contract to work in a cafe. The idea was to make some money then go back to Poland and try to find a serious job. However, like so many people who come here, after few months in Jersey I wanted to stay because it is such a great place to live."

*Piotr Darocha
Graduate Trainee,
RBC*



What did you want to be when you were younger?

When I was younger I wanted to be a professional skier. Because I lived in the mountains for most of my early years, I started skiing at the age of 7 and since then this has become one of my favourite sports. Obviously, my life's path took a different course but skiing is still my great passion and whenever I have the chance I go skiing.

What made you decide to live and work in Jersey?

Originally I came to Jersey for a six month contract to work in a cafe. The idea was to make some money then go back to Poland and try to find a serious job. However, like so many people who come here, after few months in Jersey I wanted to stay because it is such a great place to live. I then decided to remain here and find a job in the finance industry which offers great future prospects.

How did you come to work in your industry?

The fact that I work for a bank now is not a coincidence, I had completed an economic related degree and I knew I would be seeking employment in the finance industry. It is what I had always planned to do and so I was happy when I was offered a place on the graduate program at RBC.

Why did you choose to work at RBC?

I always wanted to work for a big company because a large firm can offer greater prospects and opportunities, such as the current graduate training program I am enrolled on, which I understand will significantly fast track my career.

What hopes do you have for your career?

The biggest hope I have regarding my job is that my work will always give me satisfaction and a challenge. There is always something new to learn and I feel gratified each time I have learnt something new and passed exams. It is immensely rewarding for me. I think that no matter where I am in my career there will always be something new to learn.

What is the most enjoyable aspect of working in Jersey for you?

One of the best things about Jersey is its beautiful surroundings and the fact that everywhere is close. I have a fifteen minute walk to work and in five minutes I can be on the beach, this is amazing. The most difficult aspect about living in Jersey is finding accommodation, which affects so many people.

Finally, if you were an ice-cream what kind would you be and why?

If I was an ice cream, I think I would probably be one with a thick outer chocolate layer and very rich and really creamy on the inside. Why...? Because such an ice cream is fantastic on the outside but what's really good is inside!



good vibrations*

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"I was fortunate enough to take a year and half out of work and go traveling on my own when I was younger... on the Trans Siberian Railway from Moscow to Beijing visiting such places as Lake Baikal in Siberia and Ulan Bator in Mongolia. It really was an eye opening experience in which I visited many interesting places and met many fantastic people."

Paul Sims
Director
1st Recruitment

What did you want to be when you were younger?

I loved adventure and always wanted to be an explorer. I have always loved traveling seeking out new places and meeting new people and was fortunate enough to take a year and a half out of work and go traveling on my own when I was younger. The highlight of my trip was going on the Trans Siberian Railway from Moscow to Beijing visiting such places as Lake Baikal in Siberia and Ulan Bator in Mongolia. It really was an eye opening experience in which I visited many interesting places and met many fantastic people.

What made you decide to live and work in Jersey?

I am very fortunate to have been born in Jersey and despite having visited and travelled to some fantastic and exotic destinations around the world there are very few places that can beat Jersey for what it can offer especially in the summer time. Why would I want to live anywhere else?

How did you come to work in your industry?

I married the boss! She launched 1st Recruitment and after its first year the business was booming so talked me into joining. She thought I would be really good at recruitment as I had worked for a number of years in the finance industry and she did promise if I didn't like it she could find me a new job! I had nothing to lose and I have never looked back since, I love it!

What hopes do you have for your career?

To continue to enjoy my job and help others to find their ideal one!

Why did you choose to work at 1st Recruitment?

I enjoy meeting people and I think I can relate to them well. With my insight into the finance industry, having worked in it previously, I understand most positions and can advise candidates on what opportunity would suit them best. The wife talked me into making my move and I am so glad she did now.

What is the most enjoyable aspect of working in Jersey for you?

It's got to be the quality of life. I particularly enjoy sports and the outdoor life. Where else can you live in the world where you can get home from work in 15 minutes (Perhaps 30 minutes if you live in the west of the Island!) and be on the beach within 10. The sports facilities on offer in Jersey are excellent too. I also think eating out here is exceptional as we do have such a fantastic choice of cuisine and restaurants for such a small Island. We really are lucky in Jersey to have this quality of life - ask anyone who does not come from here and I bet they wish they did!

...and the most difficult?

Trying to pull a "sickie" when your missus is the boss!

Finally, if you were an ice-cream what kind would you be and why?

It would have to be Haagen-Dazs's Vanilla Bean. Why? Well because I am a popular choice, versatile, can easily mix with anything and I also have my quallies!



Name	Ben Smart
Age	23
Job	Graduate Trainee
University	Nottingham
Degree	Philosophy
Passion	Rugby

‘I hope to progress within the profession as quickly as possible. RBC provides that opportunity,’

Ben Smart

Ben Smart on the left is developing his career through Royal Bank of Canada's Trainee Programme.



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bigger picture as well as experience in the day-to-day aspects of a fully integrated global wealth management organisation.

Royal Bank of Canada offers a diverse range of opportunities. Our Graduate Trainee Programme has been structured to appeal to those who are focused on developing a career within the wealth management industry, but who are not ready to commit to a career in one particular area. The strength of the programme lies in its combination of on-the-job learning and classroom instruction from in-house and external specialists.

Ben Smart is currently working his way through the scheme. Ben, a keen rugby player, has recently joined our European Trust Department and understands completely the need for structured training. 'I'm used to the discipline of regular training. The difference between those who train and those who don't stands out a mile on the rugby pitch'.

Ben's commitment to training for sport is echoed by senior management at Royal Bank of Canada, who are completely committed to ensuring that trainees get to work on exciting and relevant projects.

Completion of our Graduate Trainee Programme leaves recruits with a wealth of experience in a variety of roles and is an excellent foundation for a fulfilling career. Being an international organisation, a career with RBC offers other opportunities aside from a highly supportive comprehensive training and development programme. With a network of offices in over 20 locations around the world and over 60,000 employees in the RBC Financial Group, our employees are exposed to a vibrant multi-cultural environment and are often able to relocate to achieve their career and life aspirations.



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La Motte Chambers, La Motte St, St Helier, Jersey, JE1 1BJ

Telephone: +44 (0) 1534 602012
E-mail: mervyn.m.lemasurier@rbc.com
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"I was fed up with being a poor student and decided that I wanted to pay off my debts, earn some money and take a step onto the career ladder. Having also studied and lived in Stoke-on-Trent for three years, Jersey became a lot more tempting than ever before."

*Sarah Williams
Trust and Company
Administrator
PwC*

What did you want to be when you were younger?

I guess when I was younger I either wanted to be a PE teacher or a Pro sports-person.

What made you decide to live and work in Jersey?

I finished university and was seriously considering continuing my studies to train as a PE teacher. In the end though I decided that I wanted to come back to Jersey and work. I was fed up with being a poor student and decided that I wanted to pay off my debts, earn some money and take a step onto the career ladder. Having also studied and lived in Stoke-on-Trent for three years, Jersey became a lot more tempting than ever before, with the beautiful beaches and safe surroundings.

How did you come to work in your industry?

Having temped for a little while in the summer, I came across a PwC graduate advert. I knew that there would probably be quite a few around in the coming months but this one seemed a little more inviting than some of the others. I also knew a couple of people who worked in the finance industry and who looked like they were doing quite 'well for themselves'. To me, PwC offered an excellent training programme for graduates and an attractive remuneration package.

What hopes do you have for your career?

As long as I'm happy in what I do, I can't ask for much more.

Why did you choose to work at PwC?

Even though I was initially somewhat clueless of the finance industry in Jersey, I had heard of PwC. I knew it was a top worldwide firm and was keen to find out more. I thought I'd investigate the firm and its careers a little more and decided to ring the HR department for a chat. I immediately felt at ease and discussed the options available to me. They gave me some great advice and my first impression as I walked away from that initial meeting was very positive.

What is the most enjoyable aspect of working in Jersey for you?

I guess that because of the size of the Island and the way that I work the best thing is the work-life balance you can achieve here. It's nothing like what I would have to put up with if I had chosen to work in London! I love being able to finish work and be home by six, so that I can go out and enjoy the rest of my day.

...and the most difficult?

...most difficult would have to be that I couldn't bring my university friends back to Jersey with me.

Finally, if you were an ice-cream what kind would you be and why?

I think a 99 because I'm a bit of a softie.



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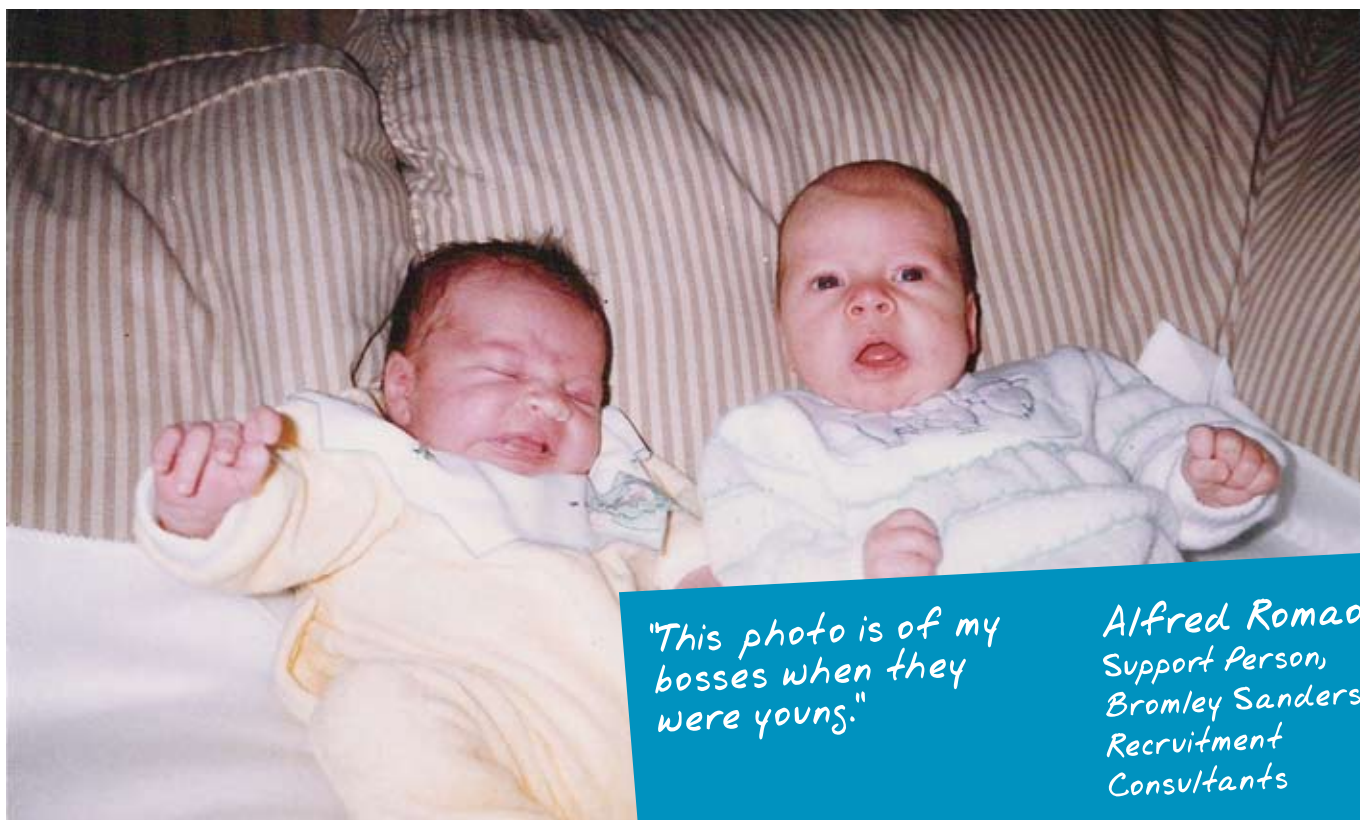
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"This photo is of my bosses when they were young."

*Alfred Romao
Support Person,
Bromley Sanders
Recruitment
Consultants*

What did you want to be when you were younger?

When I was younger I always wanted to be older. Now that I am older I just want to stay alive and be more flexible. Three years ago I was roller-blading through Woollies, now I even have to ask the sales assistant to get me the big Easter egg down from the middle shelf. Have you noticed that a few year's ago they always had loads left over after the big day and sold them off at half price and now they don't get enough in and sell out before Good Friday even. What's all that about then? Also they don't keep an eye on the pick and mix counter any more... Have you noticed how many people take a few for tasting then decide they don't want to buy any? I just like taking the links out of the chains attached to the shovels so they don't reach the sweet bins...

Why did you choose to work at your company?

I chose to work at my company because the bosses are fantastic. I know so many people who envy me being able to sit in the same room with them day in day out. They are really good to me and have actually asked me to increase my hours just so I can spend more time with them. They often go out for a couple of hours and leave me in charge. I am so fortunate that they trust me. Occasionally they will bring me back something nice. Last week I had two Amaretto biscuits one in a blue wrapper the other in a red. I was really chuffed because the week before they only bought me the coffee beans from their sambuccas which I thought were chocolate and ate them. I was really sick but they let me have some iced water from the machine as normally I can only have mine from the cold tap.

What hopes do you have for your career?

I don't really have a carer any more because she left when my mum said to my dad, "either she goes or I do". My mum was pretty fair though as the carers allowance was always spent on nice things for me, well us. Like we went to London and went on the London Eye... well I couldn't because they said that as I wore contact lenses it would make my eyes go dry which is really considerate of them. We also took the restaurant boat down the Thames and I sat upstairs so I could have the best view. It's amazing what you can see in the dark with a torch, through the rain. They don't know what they missed.

How did you come to work in your industry?

I came to work by the no. 15 bus. It's a fantastic bus service every 20 mins from town to the airport. They are also putting on an express one which has fewer stops. The new driver on that one is really considerate because the other night I got on the express by mistake and missed my normal stops by miles. When we got to the airport I told him I had to walk about two miles back to my house and he said it would do me good... really nice of him that. He must have forgot about it though because the next day when I flagged him down he drove right by me. Must have been busy concentrating on the road ahead. He has also a fantastic sense of humour because sometimes when I am on it I see him slow right down at a bus stop and then speed off before anyone can get on. It's really funny... We have a good laugh over that one.

What are the most difficult aspect of working in Jersey and the most enjoyable for you?

The most difficult aspect of working in Jersey is trying to get your car booked on the ferry. The most enjoyable is seeing all the youngsters having so much fun down the waterfront and in Liberation Square. They do kick boxing and lots of martial art moves especially on each other. They look really smart in those white hood things and trackies... Some of them are really good mind you. They seem to practice a lot, mostly at weekends and some can actually kick or fight with each other with a beer can in their hand. Cool!

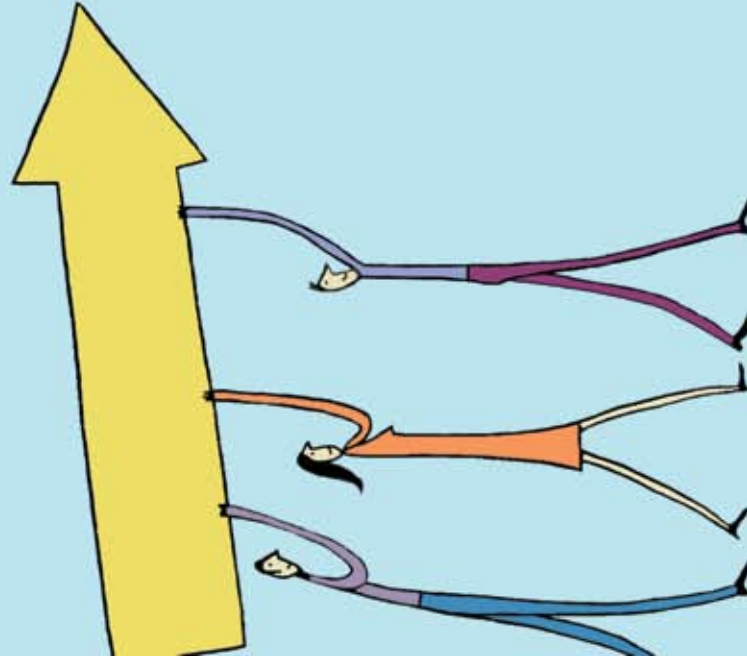
What made you decide to live and work in Jersey?

My mum and dad made me decide to come and work in Jersey. They said if I didn't go they would leave me out of their will. When I left they said they were going on a holiday. I think they must be having a great time because that was 5 years ago. I am sure they will drop me a line as soon as they get back.

If you were an Ice cream what kind would you be and why?

If I was an ice cream I would be an Oyster. Because they have that lovely marshmallow which is soft and sweet like me but in reality the oyster shell is sharp and snappy and that's the real me. Nothing much gets past me and I am super cool like the ice cream in the middle or maybe I would be a twister because I am good at dancing and not bad at the game either.

Together we can
move your career
upward and
forward



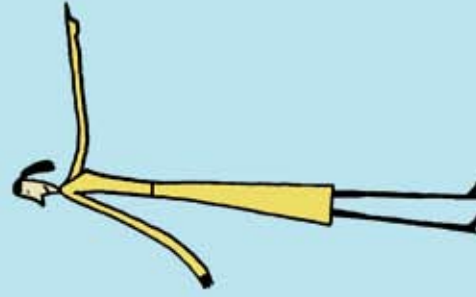
Mourant

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"I'm not as career driven as I was in my 20's or even 30's. I'm far more relaxed about where my career is heading but I think having two young children has made me reassess my priorities."

*Alison Dryland
Human Resources
Manager
Ernst & Young*

What did you want to be when you were younger?

At about the age of seven I thought being a bingo caller would be quite good fun. After that I decided I wanted a career in journalism or television. HR was never on the radar at that stage.

What made you decide to live and work in Jersey?

I had applied to take a post-graduate journalism course in the September and found myself with time on my hands. An old school friend was living in Jersey and she suggested coming over and finding summer work. It was one of those long hot summers, with balmy evenings spent at the Old Court House. I learnt to windsurf and I completely fell in love with the island and made some fantastic friends plus I was offered more well paid jobs than I thought imaginable. That was 17 years ago and I have never regretted the decision to stay.

How did you come to work in your industry?

My early career ambitions were fulfilled and I worked for Channel Television for seven years both in a technical capacity and on screen. I reached the age of 30 and decided it was time for a career change as I just couldn't see myself staying in the same role until I retired. I thoroughly researched the type of roles where I felt that I would have some transferable skills. This was in the days before the internet so I spent a lot of time talking to two close friends about their roles as HR Managers and knew that was the direction I wanted to take. I was fully prepared to make the commitment to study for professional examinations in order to achieve my goal. Whilst I was contemplating a change of direction the position of Administration and Personnel Manager came up at CTV and I applied for it. Whilst I had been in an entirely different role up until then I had nevertheless already demonstrated my capabilities in the work place and I was thankfully offered the opportunity. I was completely thrown in at the deep end and it was an extremely steep learning curve. After taking a break after my elder son was born, I joined Ernst & Young as their HR Manager and have worked here since December 1999.

What hopes do you have for your career?

I'm not as career driven as I was in my 20's or even 30's. I'm far more relaxed about where my career is heading but I think having two young children has made me reassess my priorities. I'm an HR Manager in one of the worlds largest business and advisory firms. I'm very pleased with what I've achieved so far and I'd like to continue doing the very best job that I can

Why did you choose to work at Ernst & young?

I had three job offers in the same week but by far the friendliest, most approachable firm was Ernst & Young. Our candidates still tell us that this is the case today.

What is the most enjoyable aspect of working in Jersey for you?

I work part time so I love the fact that I have time to drop my son off at school but can still be at my desk with a coffee in my hand by 8.45am. If I worked in a large city that wouldn't be possible. I also love the networking opportunities we have here; it is so easy to build excellent client relationships which I can't imagine you would get in many other locations. It's amazing who I bump into at the airport, the supermarket or at school.

...and the most difficult?

Bumping into anyone who I have turned down for a position. It's never an easy decision to make anyway but when you live on a small island its inevitable you are going to see them again. It can be embarrassing for both parties but I will always smile and say hello.

Finally, if you were an ice-cream what kind would you be and why?

Any Ben And Jerry's – they're funky, moreish and most importantly, expensive.

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"I don't think I'll ever stop studying and learning new things, I thrive on that. I teach languages in my spare time and I want to continue doing that because it is something I enjoy."

Corrine Davey
Administrator
Mourant

What did you want to be when you were younger?

An actress!

What made you decide to live and work in Jersey?

I'm Jersey born so I didn't have a choice to begin with though I have spent eight years away from the Island. I was an exchange student at sixteen in Puerto Rico, and went on to study languages. After my A Levels I worked for six months and went travelling in Mexico. At Portsmouth University I studied Spanish and Portuguese, and got to spend six months doing voluntary work in Peru and six months at a university in Brazil. I then went on to do my English Teaching Certificate in Barcelona and stayed there for two years teaching (and practising Capoeira - see the picture above!) At this point I was offered a job in Cardiff to set up and run one of a chain of coffee shops and did this for a year.

How did you come to work in your industry?

I had been back in Jersey for a while and to be honest it took me a while to settle, I worked a season at Jersey Tourism which was fun and I spent about three months in Brazil. On my return I was looking for a position that had an international slant, possibly where I could use my knowledge of modern foreign languages. I was approached by a recruitment agency who told me Mourant was looking for Administrators in International Finance, one thing led to another and, here I am a year and a half later.

What hopes do you have for your career?

It's hard to say at this point. I hope to complete the ICSA professional qualification to become a Chartered Secretary. I don't think I will ever stop studying and learning new things, I thrive on that. I teach languages in my spare time and I want to continue doing that because it is something I enjoy.

Why did you choose to work at Mourant?

Because it is a reputable firm and the working conditions are good. I wanted to work in a competitive environment where I would be challenged. I hadn't worked in the Finance Industry before so it was a fresh start at something totally different. The reason I am still here is because I am well looked after and my team are great to work with - that makes all the difference.

What is the most enjoyable aspect of working in Jersey for you?

I love Jersey, I think it is a great place to work and live. It is easy to get around and you can pack a lot of activities into one day if you want to. It is nice if you have family and friends here which I do as you get to see them regularly. Also you often bump into people you know quite a lot and this makes Jersey feel part of a community. Overall Jersey is a beautiful Island, it is relatively safe and the standard of living is quite high, you can live a very easy and healthy lifestyle here if you want to.

...and the most difficult?

I think sometimes it can get claustrophobic and I am sure everybody feels this at some point when living here. That's why I think it is important to get away regularly and if you are young to spend some time living elsewhere to give you the space to grow and try new things. I suppose the other thing is the cost of living, compared to some places I have lived Jersey is quite expensive.

Finally, if you were an ice-cream what kind would you be and why?

If I were an ice-cream I would have to be Tutti-Frutti or something like that because the fruity bits make the ice-cream more interesting. I quite like rum and raisin too!



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"I love that when you finish work you can still catch some rays on the beach, or stroll (rather than tube 15 minutes, bus 25 minutes, walk 5 minutes) to a cool bar. I also like that I can leave home at 8.45 and be at work by 9 a.m! Yay!"

Carla Watson

(Second from the right!)

Recruitment
Consultant
Rowlands Recruitment

What did you want to be when you were younger?

Older! And now I want to be younger! Oh the irony... Work wise, I think that my dream was just to do something that made me rich enough to watch cartoons all day. I had grand illusions of becoming something terribly important like a marine biologist off North America researching Great White Sharks, but no real notion of how I would get there.

What made you decide to live and work in Jersey?

A combination of factors really: deciding that London was too frantic, that the beach was too fabulous to miss, that summers really rock in Jersey and of course, that there were some great opportunities here! Plus, nothing beats home!

How did you come to work in your industry?

If I am honest, quite by chance! A position came up when I was looking for work in London and a friend recommended me. It turns out to be something that I really enjoy (well, my manager is reading this!) No really, it suits my personality – I get to meet people, there are lots of challenges, it is varied and target driven.

What hopes do you have for your career?

I really hope to be successful. Doesn't everyone? I hope that I will become well known (and I am sure that this article will help!) in recruitment for all of the right reasons – really 'knowing my stuff', good service, that kind of thing. Eventually, I would like to manage a business or even start up something on my own. And if all else fails, there is always the X-Factor.

Why did you choose to work at your company?

Being from Jersey, I had already heard of a few of the agencies before I came back to the island. I knew that Rowlands had a great reputation (some of my friends had worked for them or with them) and it seemed really professional when I arrived. Moreover, everyone was so welcoming, honest and human about life and work from my very first interview that I felt that I would be really happy... and I was right!

What is the most enjoyable aspect of working in Jersey for you?

In terms of work, everyone is really professional here. There is a real emphasis on personal professional development and loads of people are studying to improve themselves. Career prospects seem really good and the workforce is friendly and encouraging. On a work life balance, I love that when you finish work you can still catch some rays on the beach, or stroll (rather than tube 15 minutes, bus 25 minutes, walk 5 minutes) to a cool bar. I also like that I can leave home at 8.45 and be at work by 9.00! Yay!

And the most difficult?

I suppose getting used to the fact that you are never anonymous here. In such a small place, people get to know you so quickly; everything you do has to be right because otherwise everyone else will hear about it!

Finally, if you were an ice cream, what flavour would you be?

Pistachio – cool but slightly nutty.

Antoine Bacquet
Accountant

And rugby player



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BUILDING THE AMERICAN DREAM

“

They had dreamt of buying a three or four bedroom home, but the huge demand for such properties, combined with the fact that there just aren't that many on the market, meant that they weren't having much luck. All that changed when they were the first to hear about a truly unique Plemont plot which had just come on the market.

”



Location, Location, Location.

As countless estate agents will tell you it's the most important factor in buying a property. So when an opportunity came up to buy a run down property on an idyllic site at Plemont, Matt Cosgrove and Jane Williams jumped at the chance. Although buying the property and the land involved a huge renovation project, they saw the potential, made an offer and got the home of the dreams.

They had dreamt of buying a three or four bedroom home, but the huge demand for such properties, combined with the fact that there just aren't that many on the market, meant that they weren't having much luck. All that changed when they were the first to hear about a truly unique Plemont property which had just come on the market. As one of the first to show interest, they eventually managed to successfully buy the site.

In short, it's breathtaking. With extensive views of Sark, the sea and the surrounding countryside, there can't be many better views anywhere on the Island. For such a unique site Matt and Jane always wanted to build a unique house that would maximise the views, whilst complementing and blending into the natural surrounding environment. As there was a cottage on the site already, the plan was to renovate. However, because of the extensive work needed, the costs would have been equal to building a brand new eco-friendly house. So guess what they did? Built their own stunning home from scratch of course.

With Matt being a builder he had a good idea of how they would go about building their own dream home, although at first the only thing the couple were sure of was the fact that they wanted a timber-framed house. Whilst researching on the internet, they came across an American company called Deck House who build wooden frame houses. They instantly felt that Deck House had the look and atmosphere they wanted to create and found themselves completely in-tune with the company ethos of creating individual houses to suit a particular life style. After Matt visited a Deck House home in the UK, they were sure that this was an avenue they wanted to pursue. Their idea was to combine the work of Deck House with that of a local architect, mixing the American style to fit into the local landscape. They found the very person in George De-Sousa of Page Architects who evolved Matt and Jane's initial concepts to create a beach house by the sea. Crucially, although the house was the first of its kind in Jersey, they received planning permission and the design was passed onto Deck House for creation. Once Deck House had completed construction of the timber frame in the US, it took only six weeks to ship it over to Jersey and have it delivered to the property where Matt and a specialist team from the UK erected the structure.

Matt soon found that the building techniques utilised by the American firm far outweighed anything that he had seen before. For example, using Deck House's plan there are five inches of continuous solid insulation over the roof structure ensuring there are no cold spots whatsoever causing a local building inspector to comment that it was one of the most insulated roofs he'd ever seen in Jersey. Chunky cedar timbers were used on all sun decks and stairways, with powder coated aluminium on timber windows making them maintenance free and perfect for the coastal location. Importantly, the house is also a Post and Beam construction, allowing the interior rooms to be moved around with out weakening the structure. Great if you feel like a change! A full heat recovery system was also installed, which continuously removes the air from the house and replaces it with fresh air from outside. In the winter months the system has the added bonus of heating the air up as it comes in. Maybe it is due this canny innovation, in conjunction with the heavyweight insulation, the under floor heating, that was installed throughout has hardly been used at all.

The exterior of the house has large areas of exposed timber cladding. This has been coated with American bleaching oil to give it a more weathered look and combined with the dry stone facing imported from Brittany and the paintwork, it all serves to complement the surrounding countryside.



The interior on the other hand is all about elegant beach living. Upstairs is the living area with one large open-plan room overlooking the sea where the main feature is the dramatic exposed vaulted ceiling - another beautiful feature of a Deck House. The kitchen is central to the room, with handcrafted cupboards, again built by Matt, which have been painted in a milky blue oil paint and topped with beech work surfaces. This is surrounded by the eating and relaxing areas, which are sectioned off using tongue and groove style dividing with the whole house complemented by soft white walls, pale old and new wooden furniture, and bleached oak doors and stairway. Variations of soft blues and stripes have been used in fabrics, rugs and seating and cream Italian stone flooring flows throughout the house, including into the bathrooms, showers and up and around the bathroom sinks and bath. All the elements add to the sense of continuity and calm. The three bedrooms and two bathrooms are downstairs, giving seclusion and privacy and all bedrooms feature plantation shutters and sea grass flooring adding to the relaxed feel. The master bedroom has sliding glass doors, which will open up on to what will be a lower sun deck, and the bath has been raised to be level with the window, so whilst soaking in the bath the views can be taken in. Jane goes on to explain that the house really comes into its own in the summer; "the large areas of sliding glass and the wrap around sun deck really bring inside and outside living together while making the most of the views. Because it's really warm in winter and cool in summer, the property really is an ideal environment to live in year round".

Although their home seems so perfect already, the couple are keen to stress that this is an ongoing project with many finishing touches to be added, along with work starting on the garden and lower sundeck. In line with work already completed, they're planning on using natural materials, starting with huge granite boulders that were excavated at the beginning of the build, to fit in with the surrounding environment. As Matt and Jane say; "it is just a lovely place to be, we couldn't be happier in our new home".

In fact, they're so delighted that Matt is going to start constructing them himself. So, if this article has whet your appetite and you're interested in finding out more, get in touch with Matt who'll be able to help. You certainly won't have any doubts after a visit to Plemont!

For more details:

Deck House:

www.emptyreanapf.com/products/deckhouse

Matt at Matrix Developments:

07797760878

Page Architects:

869054 / page@localdial.com



"it is just a lovely place to be, we couldn't be happier in our new home".

ENTERTAINING THE NATIVES // AUVENT DES ISLES

Two years ago, as we packed our possessions into endless cardboard boxes ready for the removal men, we were frequently asked by well meaning friends “what ever would we find to do with our time?” I can confess, I was secretly nervous about it myself at that time, but always responded with great lists of all the projects that I had previously never managed to get started. I was going to paint, write, learn French, grow flowers, create an organic vegetable plot, cycle daily and cook from the many books that we have collected over the years. And now, with the exception of painting, which my wife has made her new vocation, I do them all! Without any of the bars, clubs, multi screen cinemas, theatre, ethnic restaurants etc that we enjoyed in Jersey, we seem to be entertaining ourselves far more comprehensively than ever before, without any hint of boredom setting in!

It has, however, taken the full two years to see the first positive signs of our acceptance into our village community, and invited to join in with the ‘natives’ periodic “entertainment!” Cards or dominoes in the village hall on every third Thursday, monthly “rambles” led by the Mayor, periodic bike rides at a very gentle pace, to include everyone from grannies to small children. But the favourite activity is “Belote”. A card game for four using a thirty-two card pack (the cards run from Ace down to seven), which is extremely popular across all France, although there are, as ever, the usual regional variations. Paris, of course, has to have its own sophisticated (and very complicated) version and when discussing the game with some English speaking Parisians recently, they disparagingly referred to our version as “peasant!” But in this land of (supposed) equality, to be “peasant” is no bad thing, and so we frequently play Belote moving each time to a different house in the village, including the landmark day when the card school arrived at chez Beaumont!

You might think, as we did, whilst playing cards for a couple of hours we might enjoy some bottles of wine and a few nibbles during the game. But not a bit of it! Like everything here, there is a strict way of doing things. Nothing to eat or drink during games, and then coffee and a cake (or small pudding) afterwards, when we all discuss local affairs for a few minutes before hurrying off to do other things. Following our last Belote session we were invited to come and see the “little pigs!” After being ceremoniously handed an assortment of Wellington boots (unsurprisingly they don’t call them that here!) we headed off through their back garden towards a huge fenced enclosure full of dense and prickly shrubs. After hurling handfuls of corn into the bushes and loudly calling out (it sounded like “cacooch!”) half a dozen wild boar, or “sanglier”, came running out! They are very big when you are that close to them! And some have some heavy duty tusks to be avoided at all costs! It appears that our neighbours, André and Simone, breed these animals for release into the forest prior to the start of the autumn hunting season.

We have probably yet to discover all the local events that take place throughout the year, but perhaps the most important one is the Mayor’s Midsummer Banquet. This is the sort of event that only occurs in Britain following a coronation or winning the World Cup! But here, once a year, everyone in the community sits down for lunch at some very long, heavily laden tables, and this time the bottles very definitely do come out. How everybody eventually gets home I can’t imagine, but as the local gendarmes are present and tucking in with the rest of us, (their guns stacked in the corner of the room!), I don’t think anyone cares! These events don’t just provide great entertainment, but help to build a very tight knit community. Vive la différence.

A bientôt!

Paul Beaumont



ROAD WARRIOR // BY WILL AUSTIN-VAUTIER

The running joke with all old Pickups is that they're the backbone of most third world militias. Any organisation wielding AK's from a Cold War car-boot sale will probably be riding on the back of some 4x4 that used to run Cornish hay bales to the lower field for Old MacDonald. Although it may seem mystifying, the reason why these vehicles end up in the Heart of Darkness is simple.

Farmer Giles abused his 4x4 with the daily grind until it served no further purpose. Its seats were shredded; it was rustier than the Titanic and had a death knell "clunk" that echoed from the bonnet with every turn of the engine. In his mind, a wrecking ball and breakers yard would be just the send off for the coffin nail of all cars. However, after it blunted their tools and blew up the metal crusher, the yard sold it to a shadowy creature that knew of a place "designed with the retiring Pickup in mind". Two weeks later it had brought down a helicopter gunship outside Mogadishu with its newly mounted "liddle friend".

The image you see here, however, is not that of a pawned relic of rural living sold into Somalia by some weird twist of fate: this happens to be a generation or three down the line. Its forefathers had flaws that led them to a gladiatorial end: for all their spirit they were not aesthetically durable, and consequently, desirable. Beyond the role of workhorse they offered little to their master. This one-dimensionality was their undoing.

The new Mitsubishi Warrior is everything but this. To admire it for its servant-like practicality would detract from its additional assets as a stylish, civilised and sophisticated vehicle – the envy of more drivers than you'd care to know.

It is true that this Warrior is as much a warrior as older models. When behind the wheel, strange things happen. All those annoying motorists who stubbornly poke the bonnet of their car over the yellow line beat a hasty retreat, and the road feels unnaturally wide as foliage breathes in as you pass through narrow country lanes. With these initial impressions is the feeling that you have indeed become the Marlboro man and that you are at the helm of the Yorkie bar of all cars. But believing this may be all it can offer is corrected, as admiration for it quickly snowballs.

Factors such as its charging 2.5 litre turbo diesel injection engine, the outrageous boot space behind the 5-seat cabin, and prolific 4x4 handling are the first to knock the senses. But as you fiddle with the climate control, adjust the driving position on the leather seats and put on a CD, the car's depth in character becomes apparent. There is even a pop-down compartment next to the interior light to store your sunnies in. From experience, I realised the Warrior is as comfortable carrying your surfboards to the beach as it is escorting friends in ball gowns and tuxedos to corporate functions. The saloon-like interior and softened body shape, with brushed metal trims, typify its aptitude for higher class commuting. The new Warrior is like an Army officer in best dress. Underneath you know it's built for the toughest situations and its contract says it won't back out, but when placed in a more formal setting it is sophisticated and stands tall with its back straight: toned, polished and alluring.

This car can be the best workhorse; its very dimensions hint that it was born to do the dirty jobs. But the array of luxuries that accompany it, its comfort and sleek aesthetics, give it purpose beyond that of lifter and shifter - making it even more endearing and suitable for all eventualities.



"..the road feels unnaturally wide as foliage breathes in as you pass through narrow country lanes. With these initial impressions is the feeling that you have indeed become the Marlboro man and that you are at the helm of the Yorkie bar of all cars."



Since 1996, the Vectrix Corporation has been pioneering innovative solutions to meet the issues of increasing congestion, growing environmental concerns and destructive emissions. With many consumers adopting a forward thinking attitude and seeking out environmentally friendly ways of living, Vectrix hope to provide the answer to affordable urban transportation without destroying the environment. If you're looking for a clean, efficient and affordable mode of transport, a Vectrix high-performance electric scooter could be just what you're after.

A zero-emission, two-wheel scooter capable of delivering high-speed performance and reliable operation, (along with a monthly fuel bill equivalent to a cappuccino), the Vectrix electric maxi-scooter is set to play a major role in addressing urban congestion and emissions in the Channel Islands. As the world's first electric scooter specifically

designed to compete with petrol-powered bikes and scooters it's made for performance. With a top speed of 100km/h (62 mph) and breathtaking acceleration of 0-80 km/h (50mph) in 6.8 seconds it has supreme handling in congested traffic situations. The cost of electricity is one-tenth of petrol and as well as keeping green you will never have to change oil or replace filters again. Even better, the Vectrix carries its own onboard charger which plugs into any standard electrical outlet and can fully charge its batteries in a maximum of just 2.5 hours. Importantly, it has an overall range of up to 110km (68 miles) - perfect for the Rock.

Available on-Island from the end of the month, if you're interested visit www.vectrix.co.uk or call 789952 for more information or to book a test drive. We told you first.





HOME MOVIE EXPERIENCE

SURROUND SOUND SYSTEM // SAMSUNG HT-XQ100R

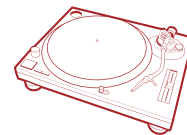


If you've got a nice TV and make the most out of your DVDs, you should seriously consider investing in a home-theatre system. The Samsung HT-XQ100R offers stunning results at an affordable price and includes a home theatre receiver, DVD player, two front speakers, centre speaker, subwoofer, and remote control - everything you need to get the best from your TV!



-  Supports MP3, WMA, JPEG and DivX
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-  5.1 channel stylish home theatre system
-  300W total output power

// £335.99



A-SKILLZ



Hifi Sushi are putting on their Pimpin' Sessions this month and will be kicking off at the Live Lounge on Saturday 15th with A-Skillz. 24 years old and already a veteran of FabricLive, The Boutique, Glastonbury, Pacha and a live session for Steve Lamacz on BBC Radio 1, he's built a reputation as a true party rocker and can really play. Fusing funk, hip-hop and breaks with his unique style of scratching and mixing, his debut album 'TrickaTechnology' in 2003 was a nod towards musical influences like De La Soul, James Brown and Jurassic 5 and saw him collaborate with some of the world's best hip-hop and funk artists including Kurtis Blow, Real Elements and Ashley Freakpower Slater. Since then he has played all over the world, with shows throughout the U.K in early 2004, a solo tour of Australia in October 2004, and big gigs at Snow Bombing (Austria) Mystery Lands Festival (Amsterdam) Homelands (UK) and the Live 8 After Show Party (London). Ably supported by Scott Nixon, Colin Moore, Terminal State, Justin De Gruchy, you can catch him on the rock this month. It's £5 on the door and open from 10pm

Hifi Sushi present A-Skillz Live Lounge, Saturday 15th July

THE POMME CAFÉ BAR

COCKTAIL OF THE MONTH // Summer Fruit Sparkler



Now that the sunshine has come we recommend something light and fruity - the Summer Fruit Sparkler is perfect for those hot days and warm nights.

WHAT TO MIX //

25ml Vodka
25ml Amaretto
Dash of both raspberry liqueur and lime juice with a touch of sugar syrup

HOW TO MIX IT //

Put it all in a shaker and go to work.

PRESENTATION //

Pour over ice into a high ball glass, fill the glass to the top with lemonade and finally add some seasonal red fruits to garnish. Lovely!

COCKTAIL OF THE MONTH IS SPONSORED BY

**CAFÉ
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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



VOICE OF THE SEVEN WOODS

Blue Note // 20th July

Don't miss the chance to see Voice Of The Seven Woods. Playing a potent cocktail of krautrock, folk, jazz, tropicalia and eastern psychedelia, this self-taught jack of all musical trades is well known for putting on hypnotic and unpredictable performances. Tickets are limited due to the size of the venue, and are on sale at Hometown @ Harbour View. The price isn't confirmed yet but will probably be either £3 or £4. DJ's Jim Bell (Velofax) and Mr Livingstone will be accompanying.



HED KANDI

Every Sunday

Just a reminder that Kandi Shop at Platinum started last month and is going strong with every Sunday with official Hed Kandi DJ's playing all the hottest Kandi tunes from 10pm till 2am. According to Platinum, all of these guys are world renowned official Hed Kandi DJ's who play in some of the biggest clubs and mix the Hed Kandi albums. Same as last month it's FREE ENTRY all night long EVERY Sunday.



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ROYAL YACHT // 10TH - 17TH JUNE // LIVE LOUNGE, SYNERGY AND MINT
PICTURES BY BRUNO MELIM AT JERSEYCLUBBERS.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 August's magazine, send them to listings@gallerymagazine.co.uk by 18th July.

SATURDAY 1ST JULY

St Helier Marina
OUT OF THE BLUE' MARITIME FESTIVAL
 Enjoy a spectacular maritime extravaganza with street theatre, an al fresco food fair, wacky raft racing, boat trips and sea shanties. Sample Soup au Poisson, Crepes, Calvados and other 'fruits of the sea' from the visiting French traders.
 Time: 12:00 – 21:00, tel 500777

Chambers
SUZY'S FIELD
 Time: 22:45, free entry

SUNDAY 2ND JULY

St Helier Marina
OUT OF THE BLUE' MARITIME FESTIVAL
 Time: 10:00 – 18:00

Howard Davis Park
JAZZ IN THE PARK
 Bring a picnic and experience the musical sounds of Jazz, al fresco in the park.
 Time: 12:00 – 20:00, Free admission (No glass please)

Chambers
SUZY'S FIELD
 Time: 22:45, free entry

MONDAY 3RD JULY

Howard Davis Park
THE BAND OF THE ISLAND OF JERSEY
 Enjoy an evening of Big Band music, free of charge al fresco in the park.
 Time: 20:00

TUESDAY 4TH JULY

Jersey Lavender Farm
LAVENDER HARVEST FESTIVAL WEEKEND
 Enjoy a visit to the Lavender Farm with a bustle of activity and the fields at their most spectacular! Time: 10:00 – 17:00hrs, entry: £3.25, tel: 742933

WEDNESDAY 5TH JULY

Greve de Lecq
PUFFIN & WILDLIFE PADDLES
 Explore the coastline of Jersey in search of Puffin and bird life. No previous experience needed.
 Time: 18:00, ticket: £35.00 per adult. Special rates for families and groups, pre booking essential.
 Tel: 07797 853033

THURSDAY 6TH JULY

Chambers
ROGUE LEADER (UK)
 Time: 22:45, free entry

Hometime Gallery, Harbour View
AMELIA GREENWOOD – FOCUS
 Exhibition Preview
 An exhibition of photography
 Time: 18:30 – 20:30

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (IMDB:TBA)
 Johnny Depp is back. Once again thrown into the world of the supernatural, Captain Jack Sparrow finds that he owes a blood debt to the legendary Davey Jones, Captain of the ghostly Flying Dutchman. With time running out, Jack must find a way out of his debt or else be doomed to eternal damnation and servitude in the afterlife. And as if this weren't enough, the Captain's problems manage to wreck the wedding plans of a certain Will Turner and Elizabeth Swann, who are forced to join Jack on yet another misadventure.

FRIDAY 9TH JULY

LITTLE MANHATTAN (IMDB:7.5)
 Lovely, nice little movie following ten-year-old Gabe. He was just a normal kid growing up in Manhattan, until Rosemary Telesco walked into his life. This is about a young boy in growing up in NYC and his first crush on a girl, ever. Really shows the fine line between childhood and adolescence.

THE GRUDGE 2 (IMDB:TBA)
 In Tokyo, a young woman (Amber Tamblyn) is exposed to the same mysterious curse that afflicted her sister (Sarah Michelle Gellar). The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives. Japanese horror translation that works well on the big screen.

SATURDAY 8TH JULY

Jersey Goldsmiths
ASCOT DAY
 Enjoy a number of activities, games, competitions all relating to hats and horses, with the chance to win £20,000.
 Time: 09:00 – 17:00, free admission

Manor Farm, St Peter
THE WEST SHOW
 This biennial country show features rural exhibits, traditional craft stalls, demonstrations and food tastings associated with a traditional country 'fayre'. Time: 10:30 – 18:00, entry: £5.00 with a reduction for children and senior citizens, tel: 880283
SIDE BY SIDE SRI LANKA CRICKET WEEKEND
 Following last years successful visit by the Sri Lankan International cricketers, Saturday sees a dinner and auction at the Hotel de France, with a 20/20 cricket match at Grainville. Tel: 857633 or 07797 824506

SUNDAY 9TH JULY

THE WEST SHOW
 Manor Farm, St Peter
 Time: 10:30 – 18:00, entry: £5.00 with a reduction for children and senior citizens, tel: 880283
SIDE BY SIDE SRI LANKA CRICKET WEEKEND
 Continues from Saturday 8th.

MONDAY 10TH JULY

Chambers
HIM AND I
 Time: 22:45, free entry

TUESDAY 11TH JULY

Chambers
WHITE NOISE
 Time: 18:00, free entry

WEDNESDAY 12TH JULY

LE TOUR DES PORTS DE LA MANCHE
 Over 100 yachts are due to arrive into St Helier. Spectators will have the best viewing point alongside the harbour and southeast coast.
 Tel: 500777

Chambers
LEASH
 Time: 22:45, free entry
 Thursday 13th July

Bouley Bay
NATIONAL HILL CLIMB
 A variety of motor vehicles race against the clock, reaching speeds of up to 90 miles per hour. Time: 11:00 – 18:00, Free admission

FRIDAY 14TH JULY

SUPERMAN RETURNS (IMDB:TBA)
 One of the most famous characters in the history of comics and cinema is back to the big screen in Superman Returns, Starring Kevin Spacey and directed by Bryan Singer, the film is also the first movie for newcomer Brandon Routh who'll be looking to make the part his own.

SATURDAY 15TH JULY

St Catherine's, St Martin
GENUINE JERSEY FARM AND CRAFT MARKET
 See the best in local produce at a number of organic stalls, including locally made arts and crafts and musical entertainment.
 Time: 09:00 – 13:00

Chambers
MARTHA HIGH
 Time: 22:45, free entry
SUNDAY 16TH JULY

Les Landes Racecourse
HORSE RACING – CHAMPION HURDLE
 An afternoon's racing, organised by the Jersey Race Club. Time: 14:30, entry:

£8.00, under 15's free, tel: 863484

Howard Davis Farm
JERSEY PREMIER BRASS
 Enjoy an evening concert, free of charge, al fresco in the park.
 Time: 20:00hrs

MONDAY 17TH JULY

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.
 Tickets: £5.00, book in person at Jersey Tourism. Tickets available from Saturday 15th July

TUESDAY 18TH JULY

Chambers
MOOG AND ZOOHAIR
 Time: 22:45, free entry

WEDNESDAY 19TH JULY

Jersey Kayak Adventures
LES ECRIEUX
 Travel out on a charter boat, then paddle around this fantastic reef at low water. Now designated a RAMSAR site due to the amazing biodiversity. Discover the magical nature of these islets and see many wild birds and sea creatures. All equipment including wetsuits are provided.
 £110 per person. Further info: www.jerseykayakadventures.co.uk or tel 07797 853033

THURSDAY 20TH JULY

Blue Note Bar
VOICE OF THE SEVEN WOODS
 A night of psychedelic, folk fusion from the Twisted Nerve label's latest offering plus support from DJ's Jim (Velofax) and Mr Livingstone. Time: 20:00, limited tickets available from Hometime @ Harbour View, St Aubins

FRIDAY 21ST JULY

Samares Manor
SAMARE'S MUSICAL SOIRÉE
 Bring a picnic to this charity evening of music and entertainment, in aid of the Brooke Hospital for Animals. Time: 18:30 – 23:00hrs, tickets: £6.50 adults, £3.00 children, tel: 852257

THE BREAK-UP (IMDB: 5.8)
 Starring Vince Vaughn and Jennifer Aniston, this is famously the film that got them together. Unfortunately the film is nowhere near as interesting as the romance is spawned. After Brooke (Aniston) calls it quits with her boyfriend Gary (Vaughn), neither person is willing to move out of the condo they share. Taking the advice of their respective friends and confidants (and a few total strangers), they both engage in mental warfare designed to force the other person to flee the premises -- until they both realize



Culture



Nightlife



Cinema



Activity



Recommended

they might be fighting to keep their relationship alive.

Howard Davis Park
THE HARMONY MEN

Enjoy a free evening of a cappella music, a fresco in the park. Time: 19:30

GARFIELD 2 (IMDB: 5.0)

Jon Arbuckle (Breckin Meyer) travels to the United Kingdom, and brings his cat, Garfield (voiced by Bill Murray), along for the trip. A case of mistaken cat identity finds Garfield ruling over a castle, but his reign is soon jeopardized by the nefarious Lord Dargis (Billy Connolly), who has designs on the estate. To be honest we were very loath to include such an absolute toilet of a film but we had loads of space in listings. Over 8's steer clear. If you have to accompany young relatives, make sure you take an eye mask, and an iPod.

SATURDAY 22ND JULY

St Brélade's Parish Hall
ST. AUBIN'S TRADERS MARKET

Come along to one of a number of stalls, specialising in promoting local produce and goods. Includes fruit, vegetables and flowers, plus locally made art & craft, food, antiques and collectables. Time: 09:00 – 13:00.

Chambers

PHOENIX

Time: 22:45, free entry

Live Lounge

RAMPJAM 02

Why not meet like minded people at "Rampjam 02". Keep your eyes peeled for posters and get down there.

SUNDAY 23RD JULY

RJA & HS

CANINE COME DANCING

Participants from across Europe return to Jersey for a number of canine competitions and displays throughout the evening. Refreshments available.

Time: 19:30 – 22:00, entry: £10.50 adults, £6.00 children and senior citizens, ticket price includes a donation to Jersey Hospice, tel: 721835/866555

THURSDAY 27TH JULY

Hometime Gallery, Harbour View
NUTZ EXPO

Exhibition Preview of Jersey's finest and only surf brand including a display of all the latest boards with craftsmanship from Ryan Herve plus artwork from Scott Nixon and photography from Danny Evans. Scott will be doing a live graffiti session on the preview evening. Time: 18:30 – 20:30.

Chambers

GEORGE MICHAEL TRIBUTE

Time: 22:45, free entry.

FRIDAY 28TH JULY

CARS (IMDB: 7.8)

Lightning McQueen is a cocky, rookie race car. Speeding on his way to a big race, he crashes into Radiator Springs, destroying lots of the inhabitants' belongings. In order to make up for what he did, the cocky roadster is sentenced to community service. Though he will do anything to get away from the work, McQueen must learn to respect and bond with the Radiator Springs inhabitants in order to get out of the town and back on the racetracks. Looks quality and features the 'voice talents' of Owen Wilson, Paul Newman, Cheech Marin, and Michael Keaton.

STAY ALIVE (IMDB: 3.3)

Possibly going to be worst film of year, Stay Alive follows a group of teens investigating the mysterious death of their old friend within the world of an online video game based on the true story of an ancient noblewoman known as the Blood Countess. Yes really. Without doubt this is going to be absolutely awful.

SUNDAY 30TH JULY

Les Landes Racecourse

HORSE RACING – JERSEY DERBY

An afternoon's racing, organised by the Jersey Race Club. Time: 14:30, tickets: £8.00, under 15's free, tel: 863484

REGULAR NIGHTS

EVERY SATURDAY

Pure Nightclub and Bar

CLUB CLASSICS

With DJ's Paul Shoer and Keith Robinson, all drinks £2.50. Time: 22:00 – 02:30

EVERY SUNDAY

Platinum

HED KANDI

Hed Kandi DJs being flown over every Sunday playing all the best funky summer kandi vibes from 10pm till 2am. Entry is free all night.

EVENT ORGANISERS & PROMOTORS

Listings are free, send us details by the 18th of the month before at listings@gallerymagazine.co.uk to get them in the magazine.

OFF ISLAND ACTIVITIES

If you're looking for something to do off island during July there are no lack of things to go and do if you've got the money. For more details on the following events check out: www.whatsnewwhen.com

6 - 14TH JULY

PAMPLONA BULL RUN

The Pamplona Bull Run (encierro), part of the spectacular Fiesta de San Fermin, is considered by some to be the definitive rite of manhood. Every morning of the fiesta, hundreds of intrepid locals and visitors risk their lives to outpace galloping, frenzied bulls as they hurtle along an 800-metre stretch of the town's streets towards the bullring. The event was brought to international renown by a man whose name has become a synonym for machismo - Ernest Hemingway - in his 1927 novel *Fiesta: The Sun Also Rises*. Its roots, however, are deeply embedded in Spanish cultural history, with the first recorded instances of runners in the 1600s. Only the most intrepid diehards choose to run in front of the bulls, and it is far from a wise tactic. This bull run in particular is now fiercely opposed by animal rights campaigners. One even ended up severely injured a few years ago after being gored in an attempt to halt cruelty to the bulls. Both bulls and humans can end up injured.

JULY 13TH

BASTILLE DAY

Bastille Day is France's most important national holiday, commemorating the storming of the former high-security prison and the uprising that marked the beginning of the French Revolution. There's a huge military parade on the Champs-Élysées, and further celebrations take place all over the city. The evening before the big day is spent dancing in the Bastille square and at numerous balls that are organised around the city. Worth a look-in are the many parties held by the fire service in their stations, at which the fire-fighters themselves are usually the star attraction (their uniforms providing a lure for the ladies). There is also a big outdoor Gay Ball if you fancy something more boisterous. If that doesn't take your fancy, try sitting down to the Incredible Picnic, one of the largest in the world, taking place in some 20 of France's départements on Bastille Day. On the big day itself, the crowds come out and line the Champs-Élysées to watch the military parade which, led by the President and accompanied overhead by jets in formation, marches from the Arc de Triomphe to the Place de la Concorde. Bringing up the rear and receiving the loudest applause are the fire brigade, perhaps suffering from a hangover or two. It's wise to arrive early if you want to get a good view. The partying continues all day and later thousands of people come together again at the Champ-de-Mars to watch the fireworks at the Trocadéro. On top of all that, most bars and clubs stage their own celebrations, so take your pick. If you're not in Paris, don't worry: every single village in France has their own dance, with champagne, fireworks, street fun and lots more. Everyone should take in at least one Bastille Day in their lives. Although nothing now remains of the Bastille fortress itself, the place where it once stood remains an enduring symbol of the ideals of liberté, égalité and fraternité.

JULY 15TH

LOVEPARADE

Berlin's Loveparade is back. After two years' break due to lack of funding, the massive street parade returns to the city's Straße des 17 Juni boulevard. Millions of revellers, DJs and clubs from all over the world make sure the event lives up to its reputation as the world's biggest street party. Thanks to new sponsors, who share the 2.5-million Euro costs of the parade, the event remains free to visit. For the first time this year, it's also free to register a truck for the parade, so smaller clubs are expected to feature much more prominently in the decidedly international line-up. The Loveparade was originally the brainchild of a German DJ called Dr Motte, who hit upon the idea of holding a free, mobile acid-house party in the street. The first Loveparade was held in 1989 and attracted just 150 revellers, who followed two cars with cassette recorders along the Kurfürstendamm. In the 1999 Loveparade, 1.4 million people followed 51 floats along the Strasse des 17 Juni and past some of Germany's most important monuments and landmarks, all in celebration of Love, Freedom and Techno! The Loveparade is hugely popular, attracting some of the biggest DJs and crowds from around the world and spanning all facets of electronic music. Fifty-one different floats create a cacophony of beats for the people who dance alongside, blowing whistles and often wearing very little bar body paint. The traditional route of the parade snakes past the Angel of Peace monument in the middle of the Tiergarten and down to the Brandenburg Gate, a potent symbol of German reunification. Here the focus shifts to one massive arena. Two DJ booths surrounded by hundreds of cameras are raised on scaffolding high above the cheering crowd, giving the headlining DJs their moment of glory. Giant video screens light up the sky as the likes of Westbam, Sven Vath and Paul Van Dyk play to the crowd, cameras broadcast live around the world and two million people go absolutely wild.

JULY

3 QUESTIONS

We want to know what you're thinking about some of the relevant issues of the day. Obviously though, we can't ask all of you, so we made do with these three

A: What do you think of Tony Blair?

B: Who's going to win the World Cup?

C: Burial or cremation?

EDDIE FREITAS

Age: 25

Occupation: Hairdresser

A: He's trying his best I guess, but he's a bit of an arse-licker.

B: I'd like Portugal to win - they're in it right?

C: Cremation. Just to make sure.



CAROL WILSON

Age: 38

Occupation: Care Assistant

A: All politicians are liars.

B: Brazil, they're the best.

C: Any way as long as there are flowers



ARCHIE IRTIZAALI

Age: 29

Occupation: E-business Manager

A: He should resign - he's had his time.

B: England obviously. Or someone else.

C: Burial. Don't like the idea of getting burnt up.



COMPETITIONS

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



www.gallerymagazine.co.uk/competitions



COASTEERING!

Win an adventure for you and four friends!

Coasteering involves clambering up cliff-faces and flinging yourself from ledges into the sea. Surprisingly though, with Pure Adventure, it's all perfectly safe. If you would like to try yourself, make sure you enter!



HAIR EXTENSIONS!

Win a full head of Hair extensions courtesy of Portside Studio!

The fantastic New West system only takes one hour and you have instant beautiful natural looking hair. Extensions will be applied and fitted, to whatever colour and length the winner chooses, a whole £200 worth!

Portside studio

3Q

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- cottage 43 - light and airy 2 bedroom cottage
- safe, secure environment = complete peace of mind
- use of extensive on site facilities: community hall, residents library and snooker/games room
- conservatory styled winter garden to enjoy - whatever the weather!
- 2 bedrooms, 1 bathroom, kitchen and lounge, guest cloakroom and private garden plus off-street parking
- age exclusive - over 55's
- **£295,000** A - H freehold



chateau royale grouville

- apartment 17
- 2 bedroom 2 bathroom apartment
- large store/study
- large balconies serving all rooms
- separate utility room
- sea views toward Fort Henry
- 2 undercover parking spaces
- visitor parking
- **£625,000** A - K category share transfer

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