

# GALLERYMAGAZINE

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ENTERTAINMENT

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WHAT'S ON

this month

**a new you**

take a personal renaissance this month

**the food of love**

we look at the food that will aid your seduction

**toyota auris**

the replacement for the most popular car in the world

**matt damon**

we look at his career and move to the CIA



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## jersey news from the last month \_ retrospect

### binge drinking

townies on tart fuel? It's those champagne-fluted female execs you should worry about

The findings of a recent long-term study carried out by the Institute of Child Health makes interesting reading. After surveying the drinking habits of 11,500 men and women – all born in 1958 – and following each person from childhood to well into adulthood, the findings show educated and highly qualified women were three times more likely to binge drink at 23 than their uneducated contemporaries.

The blokes were quite boring and, predictably, drank steadily from 23 years of age up until the last time tested, at 44. No surprises. The women, however, had been inhaling the Kia Royales after uni but curbed their habits toward middle age. Uneducated women were found to be more susceptible to binge drink later in life.

### weather

never satisfied

Oh dear, the weather is mild in January. What should we do? Do we think, ah great no need for my nuts to migrate until mid March or do we moan? We moan. Brits are always in search of baby bears' porridge – not too hot, not too cold.

Whenever we get odd temperatures here in Jersey, we find the nearest farmer, sit him on a crate and poke him until he admits his potatoes have got melanomas or a cow fell over with heat stroke. In truth the warm winter has been quite good for agriculture, although nature thinks it's been "beamed-up" to Mars and is running around frantically shouting, "Oh my god, my alarm, I must have overslept! Quick, grab your lunchbox, we need to beat the traffic". Consequently, all the daffodils from here to Inverness exploded out of the ground in a big "tad-daaa" and are now shivering. Poor buggers.



Nancy, do you think we've had enough? I'm seeing bears.



when the cows are lying down the weather's a-changin' or they're tired...

### connex

states, look into the eyes - not around the eyes - look into the eyes.

They should be called "the Teflon transport operator" because no government legislation will stick. After a successful pitch to become the island-wide operator of a bus service, they proceeded to cart over to Jersey buses that were so wide they were illegal – no matter, the States swiftly amended the law to suit the company's buses' wheel nuts, brushing that one swiftly under the carpet.

Recently, they pitched for the school service, won that one too, and then found they didn't have enough vehicles on the routes to prevent overcrowding. You'd expect TTS to be spitting live ammunition: you'd be wrong. "Sorry? No seatbelts too? That was in the contract as well? Oh, never mind, I'm sure they just got lost in the post or something – forget about it."



the 'easy approval' school bus raises concerns about capacity



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# Intro

Jeeezus..... this one came around quickly. We were all away at New Years so didn't get back until the 8th so this issue had to be done in record time. Luckily the gallery team did us proud and I actually think we've got more content in this issue than any before.

To be honest with you, I'm not really into the swing of the New Year yet. I think my head is still way back thinking about taking a holiday late in 2006. After I've finished writing this page I fear I'm going to fall to earth with a bump.

The theme of this month's issue is 'renaissance'. With it being the first issue of the year and with the tendency for people to make rash lifestyle changes as the clock strikes twelve on the 31st December, we thought we'd promote getting yourself in shape. I don't just mean burning off that extra helping of Christmas Pudding and the 12 bottles of wine you consumed the week before Christmas, I mean physically, mentally and spiritually. I know that might make some of you murmur and shuffle but it's worth a thought. Donna looks at four Jersey women who can help you get back on track in a variety of ways. If that's not your bag, Steve looks at apres Christmas weight loss and Mandy offers us some pointers for intelligent eating. If all that sounds too much and you just want to hibernate, Vicky has picked out some beds that will give you sweet dreams in the interiors section.

Casting your eyes over the New Year's Eve photos scattered through Gallery this month you may notice that the 'faces & places' pages have been replaced with our new **Snapper** pages. Snapper's the new Jersey online event gallery we've set up to go and get photos for the magazine so make sure you look out for the photographers out and about and maybe you'll see yourself in Gallery next month.

It's always good to practice what you preach so we've had a bit of a renaissance at Gallery too this month. We've had a bit of a grown up style change to stay one step ahead of the lesser magazines. We're also moving on, upping sticks this month and moving Gallery to an office at the beach with a sea view, it's better for our mental wellbeing. As those annoying Tesco's adverts say, every little helps.

BD



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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.

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## thanks

to Tony Forbes for lending us the use of his fantastic Cadillac and garage

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[www.gallerymagazine.co.uk](http://www.gallerymagazine.co.uk)

\*Gallery have adopted a penguin!  
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[www.falklandsconservation.com/](http://www.falklandsconservation.com/)



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*gallery fashion Valentines 07*  
***wheres my caddy?***  
*page 30.*





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been shot  
by us yet?

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we only launched on New Year's Eve and we've  
already had 500,000 page impressions.  
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We'll be getting a few more photographers out  
this month so look out for us.

All our shots are the ones that you'll see  
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## miscellaneous



- > You burn 26 calories in a one-minute kiss.
- > The average person spends two weeks of their life kissing. Eskimos, Polynesians and Malaysians rub noses instead of kissing.
- > Romans kissed each other on the eyes or the mouth as a greeting.
- > In Russia, the highest sign of recognition was a kiss from the Tsar.
- > Victorian etiquette required a man to kiss the back of a ladies' hand.
- > African tribes pay homage to their Chief by kissing the ground where he has walked..
- > The scientific name for kissing is philematology.
- > Longest kiss - 29 hours by contestants in the "Breath Savers Longest Kiss Challenge" in New York on March 24, 1998.
- > Longest underwater kiss - 2 minutes and 18 seconds in Tokyo, Japan, on April 2, 1980.
- > First movie kiss - John C Rice kissed May Irwin in the film called "The Kiss" (1896).
- > Longest movie kiss - 3 minutes and 5 seconds between Jane Wyman and Regis Tommey in, "You're in the Army Now" (1941).
- > Beware where you kiss! In some places kissing is a crime - it's illegal in Indiana for a moustached man to "habitually kiss human beings", in Hartford, Connecticut it's illegal for a husband to kiss his wife on a Sunday, and in Cedar Rapids, Iowa, it's a crime to kiss a stranger.

### YouTube of the month!

[HTTP://WWW.YOUTUBE.COM/WATCH?V=8E4-UYCEBHU](http://www.youtube.com/watch?v=8E4-UYCEBHU)

Check out links to our favourite YouTube videos and other things on the news page of the Gallery website at [gallerymagazine.co.uk](http://gallerymagazine.co.uk)



“

If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be “meetings.”

”

### facts for Valentines Day

Worlds longest marriage: Percy Arrowsmith, 105, and 100 year old Florence celebrated their eightieth wedding anniversary on June 1 2005. They got married on June 1, 1925, in Hereford, England. They also hold the world record for the oldest married couple's combined age – 205 years

The world's most expensive wedding: thrown by Lakshmi Mittal for his daughter Vanisha Mittal and her fiancée Amit Bhatia on June 22 2004. The wedding was held at Vaux le Vicomte a 17th-century French chateau on the final day of a 6 day celebration. The estimated reported cost of the wedding celebration came in at a mere \$60 million USD.

Worlds most expensive champagne: On September 27 2005 a Methuselah of Louis Roederer Cristal 1990 sold for \$14,730.

Most expensive hotel room: One night in the Bridge Suite at the Atlantis Resort will set you back \$34,000 USD. Since check-in is at 2 pm and check-out at 11 am, 1 hour of bliss will cost you \$1,691.

First box of chocolates ever given on Valentines Day? Late 18th Century in France.

This is the renaissance issue of gallery.

We're taking it to mean the modern application of the word to regeneration, renewal and rebirth in all aspects of life, for your information, here's what the dictionary says:

### renaissance

n. revival, especially of art, architecture and literature in 14th-16th centuries in Europe.





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The closing date for applications is February 28th.

Interviews will be conducted during the first two weeks of April.



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## new words for 2007

### blamestorming

Sitting around in a group, discussing why a deadline was missed or a project failed, and who was responsible.

### seagull manager

A manager; who flies in, makes a lot of noise, craps on everything, and then leaves.

### assmosis

The process by which people seem to absorb success and advancement by sucking up to the boss rather than working hard.

### salmon day

The experience of spending an entire day swimming upstream only to get screwed and die.

### cube farm

An office filled with cubicles.

### prairie dogging

When someone yells or drops something loudly in a cube farm, and people's heads pop up over the walls to see what's going on (This also applies to applause for a promotion because there may be cake.)

### s.i.t.c.o.m's

Single Income, Two Children, Oppressive Mortgage. What yuppies turn into when they have children and one of them stops working to stay home with the kids or start a "home business".

### s..i.n.b.a.d

Single working girls. Single income, no boyfriend and desperate.

### stress puppy

A person who seems to thrive on being stressed out and whiny.

### percussive maintenance

The fine art of whacking the crap out of an electronic device to get it to work again.

### adminisphere.

The rarefied organisational layers beginning just above the rank and file. Decisions that fall from the "adminisphere" are often profoundly inappropriate or irrelevant to the problems they were designed to solve. This is often affiliated with the dreaded "admin-trivia" - needless paperwork and processes.



### ohnosecond

That minuscule fraction of time in which you realize that you've just made a BIG mistake (e.g. you've hit 'reply all')

### going for a McSHIT

Entering a fast food restaurant with no intention of buying food, you're just going to the bog. If challenged by a pimply staff member, your declaration to them that you'll buy their food afterwards is known as a McShit with Lies.



did you get shot?  
Platinum \_ New Years Eve

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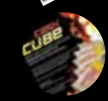
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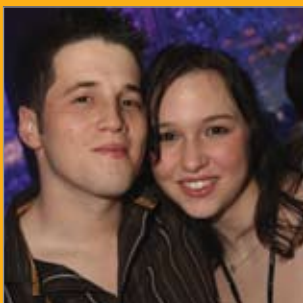
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## alternative news



### The difference between a policeman and a pig

A New Zealand man who called police officers 'pigs' has been ordered to spend a day at a pig farm. The 22-year-old has also been ordered to write an essay about the difference between pigs and police officers. The man was charged with using offensive language after he hurled abuse at police during a trip to Auckland.

Community Magistrate at Tauranga District Court ordered him to spend a day at a pig farm and present a short essay on his experiences.

According to the newspaper, he wrote: "I was very, very drunk. I have stopped drinking because of what happened. I have wasted the police's time and my time." He maintained the word pig could be found in the Oxford dictionary and was often used to describe police. But added he had learned 'that there is nothing at all in common with a pig and an officer'.



### Russian survives snooze on train track

Vladimir Rasimov passed out and fell asleep between the tracks as he took a short cut home after going out with some friends in a bar.

The train driver saw somebody on the line and braked sharply. When rescuers tried to pull the drunken sleeper from underneath the carriages the man was still sleeping. Unfortunately the rescuers failed and the train had to carry on to free him.

Train driver Vladimir Slabyi said: "I saw a man lying between the tracks and tried to stop, but it was too late. The train went right over him and I thought he must have been killed, but when I got out and checked he was still lying there fast asleep."

"If he had woken up from the noise of the train he would have lifted his head and been hit by the undercarriage and that would have been the end of him. It was lucky he was so drunk."

### bushisms \_The true quotes of a madman

"I promise you I will listen to what has been said here, even though I was not here."

George W. Bush  
Texas. August 13th 2002



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# dissemination \_ spreading information



## Axle is changing!

The Axle stores are all having a makeover and there are some location changes so you better take note over where you head for your clothing in future. The current site of the AxleClothing store will become AxleWoman - a 3-floor womenswear emporium, in the style of a department store. It will offer casual brands such as Diesel, Miss Sixty, G-Star and Juicy and slightly smarter brands such as Ted Baker, 7 For All Mankind, Paul Smith, Dolce & Gabbana and Armani Jeans as well as more sophisticated brands such as Boss, Ralph Lauren, John Richmond and Rock & Republic; the store will be aimed at the slightly younger, more casual style of shopper currently buying from AxleClothing as well as drawing over the more sophisticated shopper from the current AxleWoman site.

The current AxleWoman store will become AxleMan - with two floors of casualwear designer brands including Diesel, G-Star, Boss Orange and Red, Duffer, Ted Baker and Evisu aimed at 16 to 40 year olds. The current AxleMan store will be developed into a new destination high-street menswear retailer; with a more mature and formal range of clothing and brands including Canali, Boss Black, Gant, Ralph Lauren, Mulberry and Dolce & Gabbana. We look forward to seeing what they have in store (no pun intended).

## By appointment @ Homemaker

The ultimate personal shopping experience has arrived. When placing your wedding list with the Island's leading home department store, you will be assigned a personal shopper who will conduct you through a guided tour of Homemaker's extensive range of wedding gift ideas.

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## Wireless World

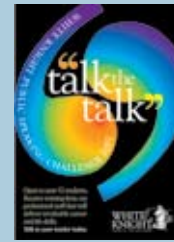
Confused by all the talk about wireless broadband? People often think that wireless broadband involves a special connection in their home or special equipment that is so complicated only the techies can cope with it.

However, things have changed in the last few years and wireless broadband is now as easy to set up as a fixed connection but with all the benefits. Who wants to be stuck in a corner of the house next to the telephone point when you want to watch TV and surf the net at the same time? Wireless is definitely the way to go and with laptops now also coming down in price it seems a shame not to be able to enjoy the freedom that a connection without wires offers.

Newtel Solutions is offering free wireless routers (the bit of equipment you need to send the internet wirelessly to your computer) with all new broadband connections in February and what's more, despite its simplicity they'll even send out one of their engineers free of charge to set it up for you! Call 506400 for details or sign up online at [www.newtelsolutions.com](http://www.newtelsolutions.com).



## The White Knight Public Speaking Challenge



Five schools are set to do battle in the White Knight Public Speaking Challenge. Year 12 students from Beaulieu, De La Salle, Hautlieu, Jersey College for

Girls and Victoria College will benefit from free public speaking workshops prior to competing for The Challenge trophy and individual prizes.

Head of Public Relations for White Knight in Jersey, Lindy Mackenzie MBE said, "We want to help young people develop their confidence in public speaking. This is a life-long skill, which should help them gain a university place or secure their career of choice. In the longer-term, the ability to give professional presentations will enhance their career prospects."

The final of the competition will be held at The Jersey Arts Centre on Saturday 24 March 2007. It will be judged by public speaking coach Simone Garton FVCM, BBC News Editor Ian Kelly, and Lindy Mackenzie MBE.

Oi !! (that's polite in Portuguese) Got something to tell Jersey?

Get it across to us by the 14th February and we'll try and get you in the March issue! Email: [dissemination@gallerymagazine.co.uk](mailto:dissemination@gallerymagazine.co.uk)



## Jersey hotel leads UK list for best in luxury

Jersey's Atlantic Hotel has been voted into the top ten in the 100 Best Luxury Hotels in the World in the TripAdvisor Travellers' Choice Awards, placing it as the highest rated hotel in the United Kingdom and fifth in Europe. These awards are particularly coveted in the travel industry as they represent the unbiased opinions of millions of real travellers who share their comments on the TripAdvisor website, [www.tripadvisor.com](http://www.tripadvisor.com).

The awards were determined by a combination of traveller ratings and reviews, travel articles and opinions across the web – with The Atlantic being variously described by its guests as “truly splendid”, “a little gem”, “fabulous”, “sublime perfection” and the “best small hotel in Europe.”

Atlantic Managing Director Patrick Burke said “The internet today is the prime source of information on travel and hotels worldwide with TripAdvisor leading the way with 5 million reviews on 220,000 hotels. The numbers are mind boggling but at the end of the day it's the individual guest experience that counts and this award is a tribute to the hard work and dedication of our wonderful team of staff.”



## New addition to team at Select Recruitment

Locally owned professional recruitment agency Select Recruitment Limited have appointed a new Recruitment Consultant, Lindsay Perchard.

Lindsay has over three years experience working in recruitment within the financial industry and has recently completed and passed the CIPD (Certificate in Personnel Practice). Lindsay said 'I am very grateful for the opportunity to become part of this new and professional recruitment agency and look forward to assisting the directors and staff to progress the firm further over the coming years.

Select Recruitment's Director, Toni O'Flaherty added, 'Lindsay will be an invaluable addition to our team, ensuring our quality of service remains high during this continued period of growth'.

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## openings & events \_ gallery spy



### The renaissance has begun

Renaissance is the theme of this issue and it just so happens to be the strapline of the new Jersey Grand that unveiled its cocktail bar at Christmas.

If Gallery had a 'What's hot and what's not' column then the newly refurbished Champagne Bar at the Grand Jersey hotel on the Esplanade would be top of the hot list. For those of you who don't know, the Grand Jersey was sold last year to Hilwood Resorts, a company whose aim is to create an eclectic portfolio of bespoke 5-star hotels and spas, sited in desirable and individual destinations throughout the UK. Bovey Castle, Dartmoor and the Grand Jersey are first on the list and as the marketing literature says, the renaissance of the Grand Jersey really has begun. December 2006 saw the opening of the Champagne Bar and work is underway on the new restaurants and bedrooms.

The Champagne Bar is beautifully stylish and very chic. The hot pink arm chairs (which the Manager tells me are definitely not for sale), black leather sofas and velvet chairs all create a dramatic effect against the white walls and high ceilings of the hotel bar.

Friday and Saturday nights in the Champagne Bar are building up a reputation as the place to be and it is easy to see why. The wine and drinks list is extensive and whilst I didn't count the number of different champagnes on the list, there is something for every taste and budget. A glass of Perrier Jouet NV Champagne costs just £7.00, with the Perrier Jouet Belle Epoque coming in at £15.00. The cocktail list also looked inviting - top of the list was a drink known as The Grand Jersey, a delicious combination of Limoncello, Chambord crème and fresh passion fruit topped with champagne.

So if you haven't visited Jersey's newest and most stylish bar yet - you should. After all, you wouldn't want the renaissance to happen without you, would you?!

**The Champagne Bar at the Jersey Grand**  
For table reservations call 722301



### Are you having an opening or event?

Let us know at [openings@gallerymagazine.co.uk](mailto:openings@gallerymagazine.co.uk) and we may be able to cover your opening in the next issue of Gallery Magazine. If we don't have many submitted you get a nice big full page like the one above. Good eh?



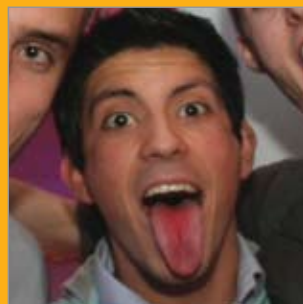
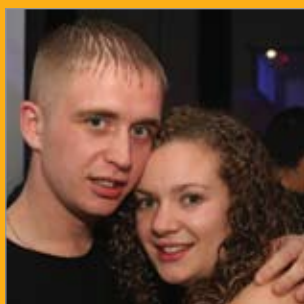


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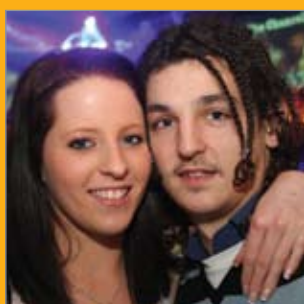
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## a personal renaissance\_\_ donna white



A new year, a new you! It's a promise that always greets us this time of the year. Newspapers, magazines, TV programmes all tout special diets, detox programmes or fitness fads promising to have us in supermodel shape by summer.

But how many of us can honestly say we stick to the resolutions we make? Well, from the resounding silence in the Gallery office, we reckon not that many.

Maybe you need to quit smoking like Charlotte Church – whose voice of an angel was starting to sound more like Vera Duckworth – or you've made a Britney-style affirmation to get back in shape after having a baby. Or perhaps you'd rather copy the singing star by shifting 200lbs – in the shape of a workshy husband.

Whether your dreams be large or small, we have enlisted the help and advice of Jersey's top experts to keep you on the path to success.



## the executive coach



Tracey Turmel has five years experience in coaching and now works with businesses of all sizes to help them achieve goals. Other areas she commonly addresses are staff relationships and communication issues. Her company, Channel Islands Executive Coaching, is based in Hill Street, St Helier. "I believe the start of the new year provides us with a fantastic opportunity to reflect and focus on the year ahead," she said.

But for those of us who repeatedly make the same resolutions – and break them half-way into January – try the following steps:

- \*Think of the highlights of the last year – and what you did, or more importantly didn't do, to contribute to those successes
- \*Reflect on the disappointments and setbacks of 2006, and what you could have done differently to change them
- \*What did you do, or not do, which hindered you from reaching your goals?

Tracey says: "It's proven that those who write down their goals are far more likely to achieve them. But not everyone is motivated by goals. Think about a time when you did feel really motivated to take action. Was it the proverbial carrot which excited you – the goal at the end? Or was it the thought of the stick – what would happen if you didn't take action? Once you've identified your motivation strategy, you can use it to your advantage."

For more information on executive coaching, check out Tracey's website at [www.ciec.co.uk](http://www.ciec.co.uk)

## the soul coach



Founder of the Spiral Tree Centre, Sarah Taylor is one of only 14 trained soul coaches in the UK – and the only one in the Channel Islands. She runs regular meditation and relaxation courses in Jersey and takes a more holistic approach to change, preferring to bring about an inner transformation to inspire her clients to achieve their goals. She recommends the following steps to a better you:

- \*Every day, visualise yourself having achieved your goal. Imagine what it will feel like, and how life will be once you're successful. This creates a strength and determination to get where you want to be
- \*Get together with a group of friends maybe once a week and decide which goal each person should strive to achieve. Report back every week on your progress. Group support and encouragement has great power
- \*Every night, write in a notebook five things you are grateful for that day. It could be the sunny weather, time with friends, a caring partner. By focusing on the good, you are attracting more positivity into your life
- \*Buy yourself a small gift, wrap it and put it somewhere safe. Now tell yourself what you have to achieve to earn that prize. For example, you could reward yourself once you've gone three weeks without smoking. These kinds of small rewards will keep you on the right path

For more information on soul coaching, contact Sarah on 863201 or email [sarah@thespiraltree.com](mailto:sarah@thespiraltree.com)

## the personal trainer



Paola Toniolo, is a personal trainer and fitness and nutrition expert at Fort Regent, and sees hordes of well-meaning gym-goers at the start of the year who have disappeared by February.

"It is all well and good to sit there and say you are going to go to the gym twice a week after work; it sounds pretty easy," she says. "But

in reality after a long day – especially this time of year when it's cold, wet and dark when you step out of the office – going to the gym for an hour feels like the last thing you want to do." The key, according to Paola, is variation.

"Vary the order of your training programme. If you religiously start on the running machine, try the rowing machine."

But if machines and weights don't appeal, there's always salsa dancing, martial arts, swimming, an aerobics class...

"Remembering that feeling of standing in the shower after a workout thinking 'I'm so glad I came' will give you the motivation to go to the gym instead of just heading straight home after a day at work."

And if your motivation is to lose weight, Paola's top tip is to eat little and often – and avoid fad diets. "We all know what we should or shouldn't eat. But I tell all my clients to go for low GI foods – fruits, nuts, porridge, wholemeal bread."

You can contact Paola at Fort Regent on 449764

## the psychotherapist



Tina Chatterley is a qualified psychotherapist and professional life coach. She works in private practice in St Brelade and runs personal development courses for Highlands College and The Bridge, as well as working with other community groups and organisations. "A new year brings with it added pressure, and if people aren't careful they can 'should' all over themselves!" says Tina. She recommends the following steps to success:

- \*Tackle one area of your life at a time. Focus on what is really causing you concern right now and tackle it first. When you start to shift in this area it will motivate you to tackle others.
- \*The greatest tool you have to succeed is your mind. The minute we are told we can't have something we want it more. We think about it in a positive light. Instead, focus on all the down sides. For example, how fatty foods make you feel when your clothes don't fit, when you're exhausted just climbing stairs, how your blood pressure goes up, etc.
- \*When making decisions, ask yourself if this will take you closer towards achieving your goal, or further way from it.
- \*Support and encourage yourself. Criticism destroys the soul. Stop beating yourself up and become your own best friend. Every hour, every day pat yourself on the back and acknowledge what you have achieved. We need constant support and encouragement and there is no-one better to give it than us.

For more information on Tina's work, call 486989 or email her at [inspired@jerseymail.co.uk](mailto:inspired@jerseymail.co.uk)



## Restaurant Review

## East Meets West at The Star



It's statistically proven – and we all know how right statistics are – that February is officially the worst month of the year. The bills for the New Year party champagne are in, you've tried (and failed miserably) to survive on mung beans and rice cakes. To make matters worse, it's raining. The Romans knew a thing or two when they made February shorter than all the other months, at least there's less of it to endure.

But if you're feeling down in the dumps, spare a thought for those Islanders who might be even worse – down in the dirt. Squelching around the island's cotils, knee-deep in topsoil, it puts a bit of perspective on the daily commute, complete with cosy office and staff car parking. My farmer cousin Graham has just finished planting out his Jersey Royals – “Did you know the Anglo-Saxons used to call February the mud month?” he said gloomily, limping along on what could be the first case of trench foot in the island for half a century.

I decided he needed cheering up and suggested The Star and Topsy Toad at St Peter. Now I know what you're thinking – karaoke and live music – but you're wrong. In the last few months The Star has gone all oriental – think giant bamboo canes and opulent wallpaper, with the launch of East Meets West, fusion cuisine featuring Chinese, Vietnamese and western dishes. It's the first Island pub to start serving authentic Chinese food and husband and wife team Kathy and Lam pride themselves on the quality of their ingredients – all fresh and local where possible, with not even a whiff of MSG.

Graham isn't exactly open-minded when it comes to food – if there's no Bisto, he's suspicious, but I had a hunch he'd rather like the Star. Spacious and airy, with a menu of the greatest hits of Chinese cuisine and bubbly Kathy to guide you through your choices – what's not to like. Locals agree, they've taken to the Star like a (crispy) duck to water with even far-flung parish

And here's the difference with East meets West, it's real food, created and thought about by a chef that cares. Spend five minutes talking to the chef Lam and you'll see why people are coming back for more.



residents making the trek across when Lam puts lobster and crispy noodles on the menu.

Kathy suggested we try the spicy squid with garlic salt and chilli along with spicy Vietnamese-style chicken wings to start, followed by chilli beef, lemon chicken and stir-fried prawns with seasonal vegetables. It sounded delicious, and as Kathy strode out of the kitchen, plates in hand, it smelt even better, wafting a heady mix of chilli, garlic and ginger through the air. The squid was amazing. Of course I could go on about the mouthfeel, firm but not bubblegum, and the salty, spicy warmth, but I run the risk of straying into gastroporn territory. And the chicken wings. I abandoned the chopsticks and dived in with knife and fork. Not searing hot but just perfectly spicy, you'll never want to look at an inferior chicken wing again. Generously sized starters for the price, they came with a fresh garnish of local salad leaves and a sprinkling of red chilli.

The perennial favourite, chilli beef was crispy not gummy, and hot with a delicious kick. My lemon chicken was superb. Tangy lemon offsetting the saltiness of fresh chicken, and then roasted into sweetness, meltingly soft and not spicy at all. The vegetables were fresh, perfectly cooked and sitting in a wonderful spicy prawn broth. With dishes like these, it's easy to see the pay off for using only the best ingredients. The high heat of eastern cooking brings out the full flavour so you can really taste the difference with fresh, natural ingredients.

And here's the difference with East meets West, it's real food, created and thought about by a chef that cares. Spend five minutes talking to the chef Lam and you'll see why people are coming back for more. Lam cooks with his heart, and every dish is wok-fresh, created to his own exacting standards. For real Chinese aficionados, Lam has designed an ever-changing specials board to add extra spice to the menu. One of his signature dishes, Jersey lobster and crispy noodles with ginger and spring onions went to the next table, and even Graham was impressed – "I'm coming back next week for that".

Our advice; don't leave without trying the lemon sorbet, served in a whole lemon shell. Frosty and tangy, it should almost be an essential if you've had the chilli beef, leaving your mouth deliciously cool and refreshed. In fact, thanks to the natural ingredients, you finish a meal at the Star feeling fresh and clean, with none of the salty aftertaste of a takeaway. Comfort food that's actually good for you. Graham's fortune cookie said it all: You only live once, but if you do it right, once is enough.

### East Meets West at The Star & Tipsy Toad St Peter's Village

Lunch: 12 - 2pm Dinner: 6 - 10pm  
Open Monday - Sunday

Reservations 01534 485556

#### This month's star rating guide

Get your woks off	★ ★ ★ ★ ★
Wok and roll	★ ★ ★ ★
Wok steady	★ ★ ★
Between a wok and a hard place	★ ★
Wok bottom	★

East Meets West ★ ★ ★



## Valentine Feasting Vicky Fawcett

Thank God the dark days of January are behind us. Enough of the New Year's resolutions – on the wagon and off the carbs – so dull, and let's face it none of us do it very well. We're all better suited to a modicum of excess – it's where Jersey's talents lie – so, let's get back to life and where better to start than Valentine's Day.

When planning a night of seduction, your first thought may be to make a reservation but do you want to be in a restaurant on this night of all nights, full of couples who don't speak to each other for the rest of the year? Are you really up for one of those laboured special meals, all mango coulis and a complimentary red rose for the lady? With a tiny bit more planning you can whip up a love feast at home, nothing at all complicated, just some deliciously naughty treats, made with love. However, to make it the memorable night of your dreams, you will need to obey some strict rules. Pay attention...

### Rule number 1 Keep it simple food is pleasure and stress isn't foreplay.

The whole process of buying and assembling your ingredients should be a pleasure not a chore. Of course, you can start from scratch and prepare six courses or you can cheat a little and let others take the strain. With our suggestions here, enough can be prepared in advance to eliminate panic, while allowing for some low-level last minute assembly that gives a frisson of anticipation, makes your lover feel spoiled and lets you feel that you are pampering them.

### Rule number 2 Build the anticipation pleasantly lubricated but not over-refreshed.

Tucking in is good but gorging and bacchanalian over-indulgence is not really on the menu for tonight. Remember, we are talking anticipation, not total gratification. Licking Nutella off each other's bodies is all very well but don't go so heavy on the feasting that you are horizontal and groaning (and not in a good way) while the night is still young. Quality food and booze is the key if you're going to do it properly – delicious drinks and ultra-fresh crisp, zingy food that awakens the senses.

### Rule number 3 Create the mood the devil is in the detail.

The difference between a love feast and your usual Friday night nosh is in how you present your offerings on the altar of seduction: lovely plates and proper glasses that show off their contents; plenty of candles to set the mood (and hide any disarray) and beautiful smells. Try de Gruchy's or Le Lievre's if your glassware and crockery needs a bit of an update. There are loads of lovely candles about and Linnea of Sweden do some heavenly scented and nicely-priced ones. Oh, and try a large, strategically-placed bowl of ripe, rude fruit – pomegranates, peaches, cherries – it'll speak volumes subliminally.

Right, now we're clear on that, let's get on to the important stuff – what to eat and drink? Overleaf is our selection of cocktail, champagne, wine and three courses to tempt you and whisk your beloved into a night of pure heaven >



## Valentine Feasting the food

Now to the food. Three easy courses that are packed full of protein and vitamins to get your mojo working.

### Naughty Asparagus Starter

There is nothing quite like a heavy green spear, dripping with shiny butter to get things going. Select slim, but not diminutive, spears that are the most tender. Hold spear and stem in each hand and bend - they will snap naturally where the toughness stops. Steam them for 5 mins and then test with a knife. They may need a little longer but avoid over-cooking as you want them to still have plenty of bite. Put them on one warm dish, drizzle over bright yellow melted butter. Dip, dab and feast.

### Saucy Lobster

Pure pleasure. There's something sexy and slightly primal about easing the juicy, chewy flesh out of its shell and sucking the claws. Lobsters are in season in Jersey all year round so you couldn't be eating better. Get a decent sized one and have half each from the fish market (it may be worth giving them a ring to ensure you're not left high and dry). They'll do all the work for you so it's ready to serve. Serve with an immaculately-dressed crisp, green salad and a dollop of mayonnaise. While you're in the Fish Market, call in at Relish, they have an excellent lemon one which is perfect with lobster.

The dilemma here is whether to go for a Sauvignon or a Chardonnay grape. Traditionally Sauvignon Blanc is often paired with seafood because it's crisp and light with a distinctive flinty finish. If you are going to select a Chardonnay, make sure it is not too heavy, steamed lobster is very delicate. Avoid anything oaked as it will dominate and disappoint.

### Chablis du Domaine Joséph Drouhin 2004

Joséph Drouhin is a well-established and respected producer of a wide variety of red and white Burgundies. This Chardonnay is consistent in quality and taste - well made and full bodied.

Vins Direct £9.75, half bottle £5.38

### Rustenberg Chardonnay 2005 Stellenbosch

From the highly reputed Rustenberg estate in the Cape, this South African white has won two silver medals and has been tipped as the estate's best ever Chardonnay. Something special.

Dunell's £9.45

### Sancerre Clos des Bouffants 2005

Sancerre is a region of the Loire, and Jersey's closest French wine producing area. Made using Sauvignon Blanc grapes, it's crisp and dry and just the job with lobster.

Vins Direct £8.12, half bottle £4.66

### Chateau de Davenay, Montagny 1er Cru, 'Clos Chaudron'

Montagny is a region in Burgundy, famous for its Chardonnay and premier cru means that it's made with the best grapes. This lovely full, well-rounded Chardonnay doesn't disappoint - smooth, delicious and excellent value.

Gallie's World of Wines £6.98



### Frisky Puds

Puddings are deeply personal and need to please. This is the crucial course that signals what is to follow. Get it right and you are in heaven, tip the scales and it could be not tonight, Joséphine. You can't move for chocolate and chocolate recipes at this time of year and if it floats your boat, great, just remember, there's a very fine line between aching desire and slightly sick.

If it really, absolutely, definitely has to be chocolate, Relish has an almond-rippled dark Ameretto slab, made by a Welsh company called Patchwork and full of proper ingredients. Try just a slim slice and serve with some ripe, velvet raspberries. Remember, with any chocolate, bring it out of the fridge at the start of the evening so it's at room temperature otherwise you'll miss the complex flavour.

As an alternative, what about something fresh, clean and sharp to cleanse the palate and refresh the senses before the night continues? Surely there's a little more life in the Rose Petal Vodka? Try it poured over a couple of scoops of icy raspberry sorbet (Checkers do a tasty Waitrose one) and finished with a couple of mint leaves. Absolutely delicious and it will have you both wanting more.

Hopefully, by now the mood is teased but not quite sated. Turn on the Serge Gainsbourg and the rest is up to you... Of course, real romance would be doing it all on an unexpected Thursday night.





## Valentine Feasting the drinks

Of course, you could drink a delicious bottle (or magnum) of champagne and just stick to that all night. Lovely. There is something rather decadent (and very Jersey) about an unending supply of fantastic fizz. Many of the shops are doing deals for Valentine's day:

French Imports will deliver a magnum of their wonderful **Eric Rombaut Carte d'Or** or **Rosé Brut** to your door (or your lover's workplace) for just £42 or £44 – a glamorous alternative to a dozen red roses and one that should see you through the night in some style.

Vins Direct is doing 15% off selected bottles and have the exceptional fine **Pol Roger Rosé Brut 1998** for only £22.91. This superb vintage rosé is made from two thirds Pinot Noir and one third Chardonnay. It's a beautiful pink with tiny fine bubbles and a treat with lobster. They also have the **Bruno Paillard Rosé Brut**, created by this relatively new, young, dynamic winemaker who makes delicious rosé that is light, fresh and complex. Well worth seeking out at just under £20.

Gallies World of Wine are offering **Champagne Baron Albert Brut** at £10.95, which is excellent value for this drinkable, well balanced bottle.



## seeing pink

Those of you who have whiled away a happy hour at Bohemia sampling their Lanique Rose Petal Vodka will agree that it is the perfect solution to starting the evening as it means to go on. This gorgeous pink spirit can best be described as liquid icing-sugar-fresh Turkish Delight. It's intensely perfumed with crushed roses (nothing artificial here), and a taste that's not just for girls. It will definitely tickle your fancy. Get your hands on a bottle from Vins Direct and you can easily mix cool drinks at home.

### You will need

Two large smart tumblers  
ice  
plenty of fresh limes  
soda.

Put plenty of ice in your glasses, pour over a shot of the lovely pink vodka, squeeze the lime and add a dash of soda for extra length. Mmm, now you have found your one true love.



Exquisite Valentine Hampers  
Tantalise the Tastebuds...Amour!

All beautifully presented and delivered to the one you love.

Pop in to see us at:

**Relish** Finest Foods and Wines

St Helier Fish Market. Beresford Street. Tel 610003

jersey film society present **tsotsi**

As con-incidence has it I happened to have rented Tsotsi this week on DVD and if you enjoy world cinema, can make a personal recommendation. There is often much to be enjoyed in films from the less mainstream film producing countries. Breakthrough films like Y Tu Mama Tambien, City of God, Ring, and many French and Australian films have surprised box offices in recent years.

There is a tendency for non-mainstream cinema to want to see itself through the eyes of the world. Hence the many comments such as "this film could be set in LA" (ie: it's almost as good as an American movie) As a result, most cinema from such countries is often very limited in its artistic ambitions and storytelling usually takes second place to making sure the country "looks good" on the screen so that "people overseas" see their "beautiful country" The Australians used to call this the cultural cringe and it also took them some time to find their voice.

On the edges of Johannesburg, teenager Tsotsi's life has no meaning beyond survival. Orphaned at an early age, he has learned to fend for himself. One night, in desperation, Tsotsi steals a woman's car. On driving off, he makes a shocking discovery in the backseat. Underneath all the bells and whistles of great camera angles, phenomenal acting and-yes- its unique setting lies something much, much more important: A strong, strong story. A story about things that every human on earth can identify with (love and death). Winner of 2006 Oscar for Best Foreign Language.

UK/SOUTH AFRICA 2005, 94 minutes (subtitles)

Director: Gavin Hood

Starring: Presley Chweneyagae, Mothusi and BostonIsrael Makoe

Date: Monday 5 February, 8pm

Venue: Jersey Arts Centre

Tickets: £5 (£3 students) only available on the door

**Russell Layton \_ Animated Island**

Monday 12 February - Saturday 24 February

Preview: Monday 12 February 5.30pm-7pm

Admission Free

Russell Layton's first exhibition at the Jersey Arts Centre is inspired by two of his great loves - Jersey's varied coastline and the angular animation of the 1950s and 1960s. Through a complex process that begins in a sketchbook and ends with a 'giclee' print, Russell uses shapes and flat blocks of colour reminiscent of that period.

**events****Graduate Art Exhibition**

Date: 7th February

Venue: Harbour Gallery St Aubin

An exhibition of work given by a selection of up and coming local art graduates.

**Contemporary Scottish Art**

Date: 22nd January- 14th February

Venue: Falle Fine Art Gallery

An exhibition in its 7th year running, of art work given by various well known Scottish artists, including John English, President of the Royal Scottish Watercolour Society.

[www.fallefineart.com](http://www.fallefineart.com)

**Charity Classical Spectacular**

Harriet MacKenzie in aid of Headway

Date: Tuesday 20th February, 8pm

Venue: Jersey Arts Centre

To celebrate the launch of Jersey Charity Music in Action, The Arts Centre welcomes the brilliant young international soloist Harriet MacKenzie accompanied by Yue Shen. Harriet will perform a popular selection of masterworks, including Mozart's sumptuous Sonata in Eb and showpieces from Gershwin's Summertime, Elgar's Chanson de Matin to gypsy dances by Sarasate.

Tickets: £14 (£8 students/ £2 children)  
Super seat £25



Gerald Durrell's

**My Family and Other Animals**

Adapted and directed by Daniel Austin

ates: Thursday 22 February -

Saturday 24 February, 8pm

Venue: Rouge Bouillon School

Commissioned and produced by the Jersey Arts Centre as part of the 2007 Theatre-in-Education (T.I.E.) project, this is a unique opportunity to be at the world première of the first stage adaptation of Gerald Durrell's My Family and Other Animals. There will be a 45 minute after-show discussion with the Director and Members of the Company on Thursday 22 February.

Tickets: £11 (£7 students)

Image Courtesy of Durrell Estate





from Russia with love

The Moscow city ballet's visit to Jersey went down a storm last month. We couldn't get a comment from the ballerina we got a shot of (below) as our Russian isn't what it should be but we spoke to the sponsor of the event, Heritage Insurance Ltd. 'We are pleased to sponsor of the Moscow City Ballet performance of Swan Lake.' Richard Packman, the locally based Managing Director explains "our clients and directors were most impressed and touched by the magical music and ballet performance. The atmosphere in the Opera House was most enchanting'"We're inclined to agree.

“Good morning”

Whatever side of the bed you got out of, the Café Bar at the Pomme d'Or has the perfect wake up for you to take-away between 7am and 12 noon.

CAFÉ BAR

Are you feeling

Naughty or Good?

Breakfast Take-away

Naughty

Bacon Roll	£2.50
Bacon & Egg Roll	£2.95
Croissant, Butter & Jam (2)	£2.00
Pain au Chocolate (2)	£2.00
Danish Pastries (2)	£2.00
Muffin	£1.75
Mixed basket	£4.50
Cappuccino	£1.75
Espresso	£1.60
Regular Coffee	£1.20
Latte	£1.75
Tea	£1.25
Hot chocolate	£1.65

Good

Fresh Fruit Salad	£2.50
Fresh Fruit Salad with Yogurt	£2.95
Freshly squeezed Orange Juice	£2.00

Deadline for including in Gallerymagazine  
March is the 17th February.

For all advertising and editorial enquiries call 811100 or email [office@gallerymagazine.co.uk](mailto:office@gallerymagazine.co.uk)





## career profile matt damon

An intellectual and an athlete, the former Harvard student with a killer smile based his career on the respect for others. An Oscar winner at the tender age of 27 for "Good Will Hunting" that he co-wrote with his childhood friend Ben Affleck, he's often worked with Gus Van Sant, Kevin Smith and George Clooney. Before taking up his role of Jason Bourne for the third time, he's playing a CIA agent in Robert De Niro's second picture "The Good Shepherd".

He could have been a brilliant businessman, a champion athlete, a professor of literature or a successful writer. He opted for an acting career while studying at Harvard, performing with the prestigious university's theatre company. His father Kent, a stockbroker, would have preferred his son to become a banker. His mother Nancy, a professor, dreamed of her son, the novelist. His uncle George Brunstad, a swimmer registered in the Guinness Book of Records for having crossed the Channel at the age of 70 in less than sixteen hours, would have loved to see him win trophies. He ended up satisfying everyone's desires by being all three... on the screen! Matthew Paige Damon, born October 8 1970 in Cambridge, Massachusetts, under the astrological sign of Libra, possesses the character of a Taurus: he charges ahead, whatever happens.

He moved to Boston to live with his mother and older brother Kyle after his parents divorced. Matt shared his passion for movies with a teenager who lived next door, Ben Affleck. At 18, they set out to conquer Los Angeles. They ran from one audition to another, and wrote their own stories, dreaming of seeing their scenario on the silver screen. "At the time," he says, "we shared a tiny two-room apartment with a buddy, Soren. As there weren't enough beds, we took turns sleeping. As a result, we often spent our nights writing." In 1989, the two friends were hired as extras in a movie directed by Phil Alden Robinson dedicated to base-ball "Field of Dreams". On Boston's legendary field, Fenway Park, Matt stole a small piece of turf that he gave to his father as a souvenir.

He performed on stage in Steve Tesich's play "The Speed of Darkness", and then played Brian Dennehy's son in the TV movie by John David Coles "Rising Son". In 1988, he landed his first role on the big screen: in "Mystic Pizza" by Donald Petrie, he is served by a newcomer actress, Julia Roberts. Alas, his childlike physique and his one short line did not launch his career. "At my level, though, it was an event" he admits. "My mother accompanied me and during my three-day shoot, she must have taken hundreds of pictures to show her friends that her son had become a real movie actor!"

In 1997, Damon landed a major role in "The Rainmaker" by Francis Ford Coppola. "This picture was vital for me," he explains "as I got to meet Mickey Rourke. He really impressed me. The first day, he took me aside, looked me straight in the eye and said: "Don't do what I did. Work hard, never be late, don't refuse to do interviews, be polite, and don't spit on Hollywood. I blew it." I followed his advice and it was excellent!"



### progression

In 1992, Matt portrayed a rich anti-Semitic student in "School Ties" directed by Robert Mandel, also starring Brendan Fraser and Ben Affleck. In 1993, he was the Lieutenant Britton Davis in Walter Hill's western "Geronimo: An American"; in 1995, he played in a made-for-TV movie directed by Tommy Lee Jones "Good Old Boys", then, in 1996, he found himself opposite Denzel Washington and Meg Ryan in "Courage Under Fire" by Edward Zwick. His role of a heroin addict veteran of the Gulf War, for which he lost more than 40lbs, attracted attention from professionals. During this time, Ben Affleck's career took off, playing the central character of Rich Wilkes's comedy "Glory Daze", and managed to get Matt a part in the picture. The following year, they met Kevin Smith, a young boisterous director who was on a roll and offered them parts in "Chasing Amy". Since then, the two actors have continued working together on all of Smith's projects.

In 1997, Damon landed a major role in "The Rainmaker" by Francis Ford Coppola. "This picture was vital for me," he explains, "as I got to meet Mickey Rourke. He really impressed me. The first day, he took me aside, looked me straight in the eye and said: "Don't do what I did. Work hard, never be late, don't refuse to do interviews, be polite, and don't spit on Hollywood. I blew it." I followed his advice and it was excellent!"

At the same moment, the script he wrote with Ben Affleck landed in the hands of Gus Van Sant. "Good Will Hunting" was produced without a lot of money, but with a motivated crew. Matt played a young cleaner gifted in maths that a retired teacher, Robin Williams, agreed to take under his wing. Ben Affleck and his brother Casey were, as in real life, his best friends. Skylar Statenstein, Matt's real fiancée, had just left him as she no longer believed in him. Minnie Driver portrayed the character in the film. Reality mixed with fiction as Matt started a relationship with the actress during the shoot.

### an Oscar changes the path

"Good Will Hunting" was an unexpected international success and the following year the two actors won the Oscar for best scenario. "We rented tuxes as it was the first official event we ever attended" says Matt. "Overnight, we were invited everywhere and I had to have suits made. In Hollywood, you don't dare wear the same suit twice, so I gave my father the ones I couldn't wear again. He uses my Armani jackets to work in the garden or to do his shopping."

Steven Spielberg, who was looking for a typical young American for "Saving Private Ryan", offered him the role on the spot. The movie turned out to be one of the greatest triumphs of 1998. For Matt, it was a great opportunity to play opposite Tom Hanks who he admires. Everywhere he worked, he formed close friendships with the directors, the technicians and his partners. He even befriended Edward Norton in John Dahl's picture "The Rounders". During the shoot, he became a poker fanatic and signed up for the World Series of Poker tournament in Las Vegas. Unfortunately, he lost the first day against a legend of the game, Doyle Brunson, with four kings against four aces.

**With all the offers pouring in, Matt didn't let the success go to his head. He knew that it could all end just as suddenly. "In Hollywood, you do two flops back to back, and you're dead"**

With all the offers pouring in, Matt didn't let the success go to his head. He knew that it could all end just as suddenly. "In Hollywood, you do two flops back to back, and you're dead". He foresaw a solution to this dilemma and created the Pearl Street Productions Company with Ben Affleck and Chris Moore. This company later became "LivePlanet", with Sean Bailey. "In this way" he explains, "if no one wanted me anymore, I could always return to writing and develop my own projects."

In 1999, he broke his image of first of the class and the ideal son-in-law to do more complex roles: with Ben Affleck, he formed the couple of renegade angels in Kevin Smith's "Dogma", then he assassinated Jude Law for usurping his identity in "The Talented Mr. Ripley" by Anthony Minghella. In 2000, he portrayed a golfer whose career is on the decline in Robert Redford's "The Legend of Bagger Vance", co-starring Will Smith and Charlize Theron.



## in the Ocean

With Casey Affleck, he entered into the private circle of Steven Soderbergh's regulars in 2001, playing the pickpocket Linus Caldwell in "Ocean's Eleven". Thirteen years later, he worked again with Julia Roberts, his partner from "Mystic Pizza". He also began a solid friendship with George Clooney and participated in "Bernie Mac Show" out of respect and admiration for the actor.

In a game that could be called "Between Friends", he joined Kevin Smith to shoot "Jay and Silent Bob Strike Back" with Ben Affleck, played in "The Third Wheel" by Jordan Brady that his childhood friend shot in 2002, and made a cameo appearance in "Confessions of a Dangerous Man" by George Clooney also in 2002. With Casey Affleck, he co-wrote the scenario of "Gerry", directed by Gus Van Sant in 2004, and starred in "Jersey Girl" by Kevin Smith in 2004, with Ben Affleck and Liv Tyler. In Hollywood, Matt and Ben were inseparable. In 2003, Mark Steven Johnson put the two in competition for the role of Matt Murdock in the adaptation of the "Daredevil" comics. Ben Affleck won the part of the blind superhero and Matt played the role of the good sport admitting that the choice was an obvious one. It would take a lot more to damage their friendship. Since 2000, they've been co-producing the competition "Project Greenlight" on HBO, which sponsors the projects of young scriptwriters and directors.

## playing with friends and then going it alone

While playing a string of minor roles in his friends' movies, he concentrated on his personal career. In 2002, he went into serious training for six months for wrestling and martial arts, to be able to execute his own stunt work in "The Bourne Identity" directed by Doug Liman, taken from Robert Ludlum's novel. The public discovered an all-new Matt Damon, muscular and fierce. "The physical training was exhausting, but in compensation, I didn't have to do extensive research into the past of my character, who has amnesia!" He was Jason Bourne again in Paul Greengrass's "The Bourne Supremacy" in 2004. He met up with the entire "Ocean's Twelve" team that same year, and portrayed an expert in energy resources alongside George Clooney in "Syriana" by Stephen Gaghan in 2005. He went straight into shooting two more movies in which he played brothers. In "Stuck on You" by Bobby and Peter Farrelly, he is Greg Kinnear's siamese twin and in "The Brothers Grimm" by Terry Gilliam, he is Heath Ledger's legendary brother. During the shoot in Prague, he agreed to make an appearance in "Eurotrip", that Jeff Schaffer was directing in a nearby studio where he appeared bald-headed finding it more convenient to wearing Wilhelm Grimm's wig.

## the girlfriends

Despite his serious little boy appearance, he's had a string of conquests. Claire Danes during "The Rainmaker" in 1997; Minnie Driver during "Good Will Hunting" the same year; Winona Ryder, who Gwyneth Paltrow introduced to him at the New Year's Eve party 1998 and with whom he had a turbulent relationship until they finally split up in May 2000; Odessa Whitmire, Ben Affleck's assistant in 2002, and Luciana Barroso from Argentina, whom he met while shooting "Stuck on You" in 2003.

**His next step will be directing. "It takes time," he reflects, "because first I have to write the scenario. I don't want to destroy someone else's script for my first picture!"**

At that time, Ben Affleck was the target of the tabloid press with his fiancée Jennifer Lopez. Crushed by this media harassment, he broke off their engagement the night before their wedding and sunk into alcohol and drugs. Matt forced him to seek treatment. Cured, Ben married his partner from "Daredevil", Jennifer Garner, on June 29 2005. Matt followed suite by taking Luciana Barroso as his wife on 9 December 2005 at New York City Hall. Ben became the father of Violet on the 1st of December. Matt, followed suit with Isabella being born on 11 June 2006.

## and now into the CIA

In 2005, Martin Scorsese hired him for "The Departed", without knowing if he was to play a cop or a thug. "Today, that sounds logical," says Matt, "but Leonardo DiCaprio and I signed our contracts without knowing who would get what role. We had blind faith in Martin Scorsese". In "The Good Shepherd" by Robert de Niro with Angelina Jolie, he portrays a brilliant Yale student recruited by the American secret services during World War II. Idealist and upright, he is the founding member of the CIA, but later rebels against the paranoia of the Cold War, putting his career in jeopardy.

He recently finished shooting "Ocean's Thirteen" with the usual crew, joined by Al Pacino, and then took off for Morocco to film the third part of the adventures of Jason Bourne "The Bourne Ultimatum". Daniel Craig did a good job as Bond recently but we're eager to see Bourne for a third time.

**Matt Damon stars in 'The Good Shepherd',  
On general release on 23rd February**





## &gt; play



## cinema \_ Charlotte's Web

This wonderful film does the book justice. As children, most of us will have read, or had this fairytale about life on a farm read to us. Dakota Fanning is determined to save the life of Wilbur the pig and with the help of Charlotte the spider, this becomes a possibility. Julia Roberts takes on the voice of Charlotte and does a fabulous job, meaning watching the plot unravel is a real pleasure.

Out: 9th February 2007 \_ Charming



## event \_ The Truth Exhibition

An informative and moving display of art work from the talented bunch at Hautlieu School. Aimee Boydens has selected some of her own work, and work by two other artists to make visible feelings that teenagers may have but hide. There are various pieces of innovative art work, which aim to inform the public on the issues surrounding self harm. This exhibition is perfect for all ages, from teenagers to parents.

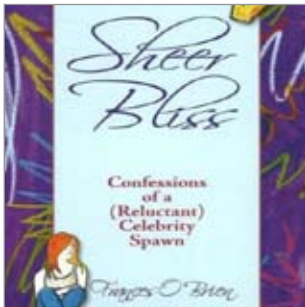
1st February - 1st March 2007 \_ Sir John Cheschire Gallery \_ A must see



## music \_ Bloc Party - A Weekend in the City

Obviously after the success of Silent Alarm, Bloc Party's second album was expected to be somewhat of a disappointment. And in true rock 'n' roll fashion; a weekend in the city is not great. The album deals with many more social issues than were addressed in Silent Alarm, drawing themes from things such as the 7th July London bombings. With the UK rockers hoping to crack the US in 2007, us Brits can only wish them luck!

Out: 5th February 2007 \_ only for the hard core Bloc Party fan



## book \_ Sheer Bliss, confessions of a (reluctant) celebrity spawn - Frances O'Brien

A short and funny read, this is a must have for all us Jersey beans, as the author is a former resident of Jersey and the illustrator is Vicky Keylock of Hautlieu school. It follows Bliss Drew, whose mother is only the most famous and fabulous actress on the planet. Growing up under the watchful gaze of the paparazzi has left Bliss with some real trust issues. This is the first in a series of these books. I'm already hooked!

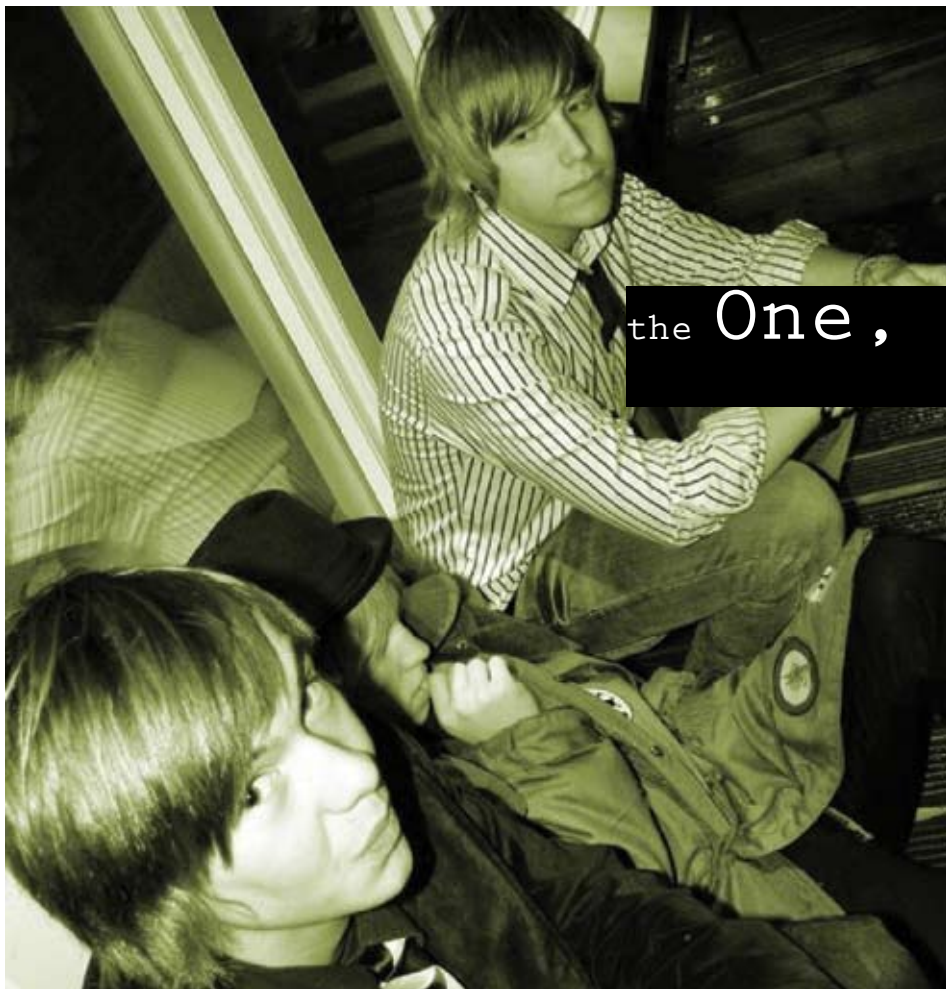
Out: Now \_ Sheer Bliss!



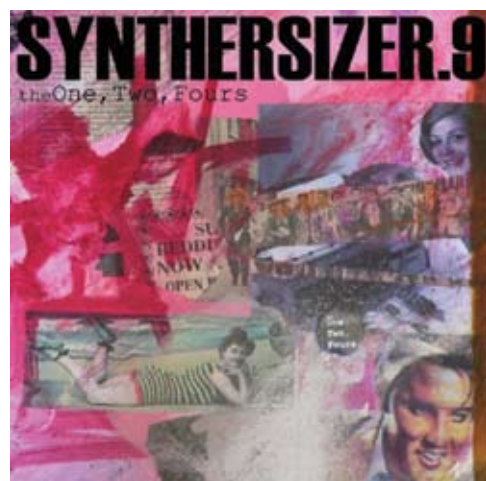
## game \_ Crackdown, xbox 360

Dave Jones, the brain child behind best sellers such as Grand Theft Auto has developed Crackdown, an open world action game that is almost guaranteed to be a hit. Crackdown is set in a futuristic metropolis called Pacific City and you play a super cop, aiming to clean the streets. Basically it involves killing various gang leaders that roam the city. Crackdown will probably offer some surprises for even the serious gamers in this genre.

Out 23rd February 2007 \_ Fantastic realistic style urban environments!



## the One, Two, Fours



### music\_ the one, two, fours Sarah Mansell

The one two fours, when asked to describe themselves in three words they said, sexy, skinny-fit and round. Not sure what to make of this? No, nor was I! A three piece indie-punk band with an EP to promote and up-coming gigs a plenty, they seem to have the world at their feet...

GM - What and who are your influences?

Jamie - The Jam, Sonic Youth and the Small Faces probably.

Tom - I'd have to say Iron Maiden, not really an indie band but I bloody love them. What else is there? The Rifles, and let's have a bit of Bloc Party thrown in the mix.

Harry - The Red Hot Chilli Peppers, that's it maybe, oh Razorlight.

GM - What band would you liken yourselves to?

J - I guess the Jam.

H - No, I disagree; I'd say we have more of an original sound.

J - Well yeah, but if I had to say it would be The Jam.

GM - What is the concept behind Synthesizer 9 (their new EP)

H - I don't even know what concept means.

T - OK, 9 stands for life, and Synthesizer stands for the pleasure you can get from such a small electric device.

J - Love it!

GM - What are you listening to at the moment?

J - Wolf Parade, Apologies to the Queen Mary.

H - Pearl Jam, album 10.

T - My stereo broke. Maybe Elton John?

GM - What do you think of the music scene in Jersey?

T - It gets a thumbs up from me, I'm really into the Author.

J - Yeah but the 18+ music scene is slightly too complex and is pants now the Valentines have left.

H - I like the Revolt

T - Oh and the Shatterproof Rulers rule.

J - Yes, we love the Shatterproof Rulers.

GM - Have you got any upcoming gigs?

J - We're playing on Saturday the 10th of February at the Splash which should be good and we play at the LiveLounge often. We'd also love to play at JerseyLive.

T - The main aim is to just get our music heard, and play some gigs in the UK.

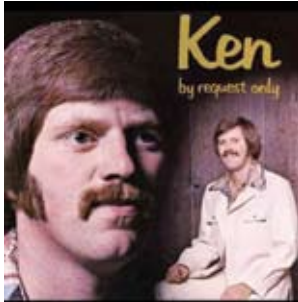
So that's it, The one two fours. And before they leave Jamie makes a final plea to his female fans; "We all need girlfriends!" Groupies are welcome, but get your skates on girls, because my bet is they'll be superstars in no time!

**Their EP is available for sale at Music Scene, opposite the Odeon. Priced at £3.50.**



## classic album art

We've dug back through the archives to bring you some of the best albums of all time. Just kidding, someone found them for us.. but what classics!



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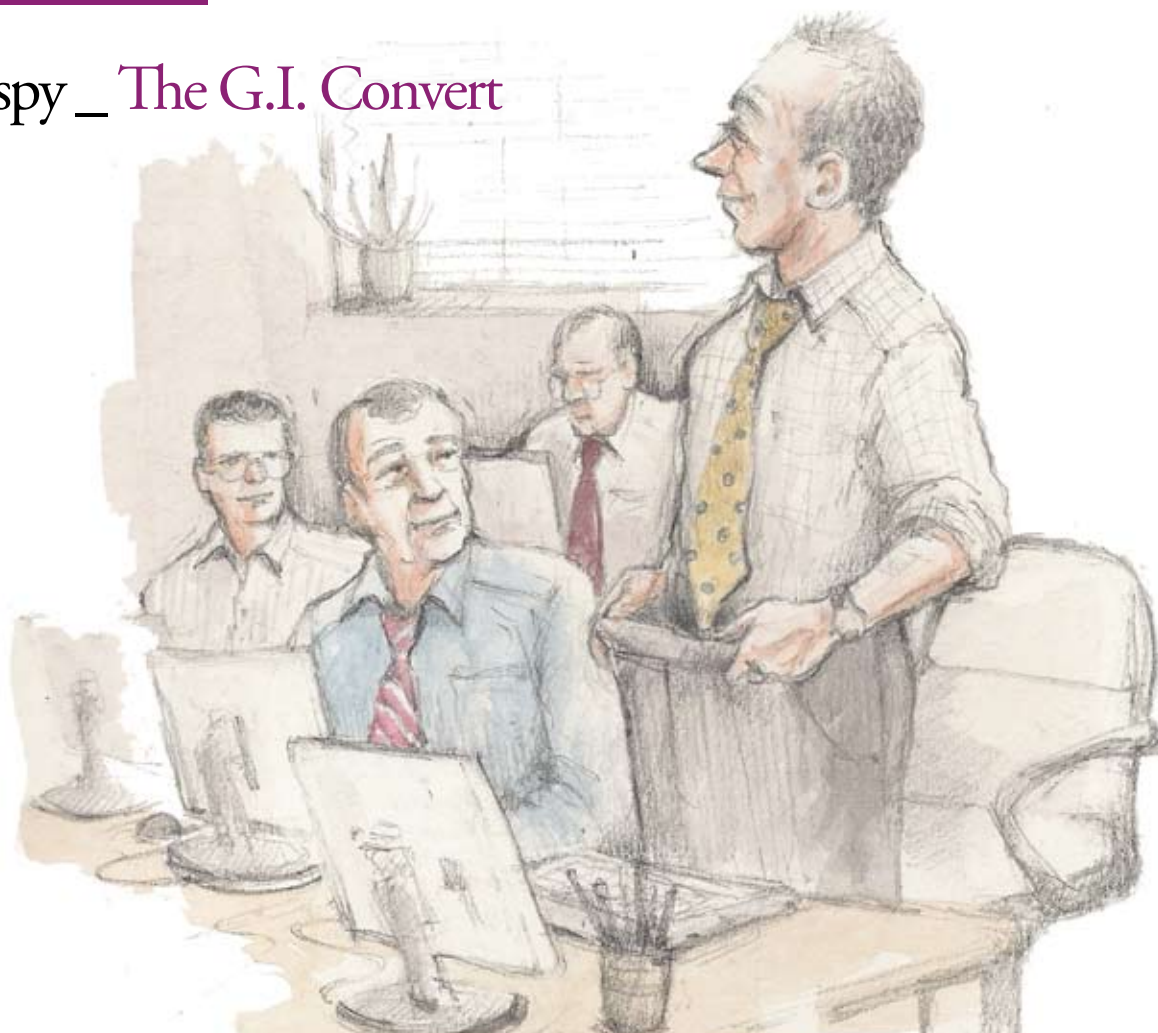
## de Gruchy

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## eye-spy \_ The G.I. Convert



In a brand-new column for 2007, Gallery Magazine goes undercover to bring you an insider's look at some of Jersey's social stereotypes. Recognise anyone you know?!

Always the chubby one at school, nothing had changed as Colin grew older. It wasn't that he was fat you understand, just a bit tubby. A round fleshy face, a slight beer belly and a propensity towards man-boobs. Nothing he could do about it, it was just the way he was. That was until his doctor had a stern word in his ear. Think of your heart, he said as he pressed a copy of 'The GI Diet' into Colin's hands. Slightly alarmed at first that his doctor was suggesting he turn into a bulked-up US soldier, he soon realised that the Glycaemic Index diet really made sense. Perhaps at last he'd be able to resist the lure of yet another Jaffa cake.

As the pounds dropped off, Colin became positively evangelical about his revolutionary diet discovery. He even found himself muttering the principles of the diet under his breath like a mantra while stuck in the St Saviour traffic. 'Never use sugar; always a substitute. Eat the fruit rather than drink its juice. Never puree, never mash. Eat raw. Avoid cheese and caffeine. Pasta is a side dish not a meal.'

His long-suffering wife Jenny doesn't know quite how to react. She still makes him a packed lunch every morning, this time with a tuna salad sandwich on wholegrain bread and a handful of cherries instead of a cheese roll and a Bowyers pork pie. Of course it makes sense, she's been telling him the same thing for years, he just needed to hear it from an American called Rick.

Apart from a brief carb binge after watching Nigella create the perfect roast potato in her Christmas Kitchen, Colin's stuck religiously to his new GI eating rules. "It's not a diet, it's a whole lifestyle", he expounds to his impressed colleagues, who used to

call him the fat controller behind his back. He can't resist showing off exactly how much weight he's lost, and keeps a pair of his old trousers in his desk drawer to demonstrate. No one can quite believe the transformation. He updated his picture on Friends Reunited and recently heard from Angie Le Maistre, the Beaulieu head girl he'd always had a crush on. It could have just been his imagination, but he was sure he could detect a slightly flirtatious tone to her email.

Since his conversion to the GI way, Colin's read his way through

**"It's not a diet, it's a whole lifestyle", he expounds to his impressed colleagues, who used to call him the fat controller behind his back.**

the whole range of GI diet books, from Anthony Worrall Thompson's GI cookbook right through to the GI Bikini Diet, even though that was mainly just for the pictures. A self-proclaimed nutrition expert, Colin can tell you all about why Atkins won't work and why bananas are bad for you. Elaine from Accounts and Chris from IT want him to start an after-work GI group at the Arts Centre café, and he thinks he might. He finds the idea of having adoring acolytes rather thrilling.

He's secretly thinking about leaving work and writing his own diet book. Of course he'd have to change his name. A name like Colin just wouldn't cut it in the charismatic world of dieting. A masterful one-syllable like Chad or Chip would be much better. Maybe he'll see what Angie thinks first.



did you get shot?

Live Lounge \_ News Year's Eve Covered by Will



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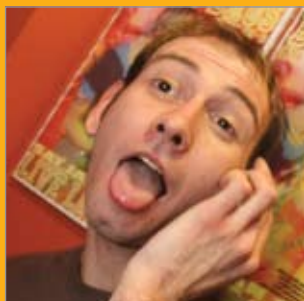
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# fashion watch — sarah mansell

## Style overview 2006

Trend overkill – leggings

Fashion crime – excessive use of leopard print  
(you really can have too much of a good thing)

Guilty pleasure – ugg boots.

(so uncool but just so darn comfy)

Style comeback queen – Victoria Beckham

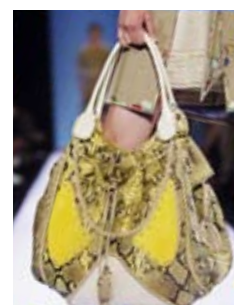
Still cool for 2007 – riding boots, patent, and metallic accessories

Trend prediction – cropped leather jackets



## Unexpected style icon

Who would have thought that 10 years after Spice Girl fame, Emma Bunton still looks fashionable. This season hemlines are shorter than ever, with 60's styles still ruling and wedges were seen on the runways of all our favourite designers. Not sure about the hair but the outfit is bang on trend!



## bag it

Wondering what bag to invest in for 2007? Big is still beautiful, with extra large totes ruling. Charms, gems, and tassels add a sweet touch to any bag, whilst metallic bags add a slick edge. But just remember, outsize rules, and you really can't go wrong. Style.com

## Diamonds are a girl's best friend

Diamonds are timeless so needless to say they will still look fabulous in 2007. This season a key look is precious gems in various colours, the bigger the better. A cocktail style ring covered in diamonds can be worn with an evening gown for statement dressing or jeans and t-shirt for understated glamour. They always look fun, they always look exciting, and most of all, they always look expensive!



All available from Aurum

## firm it up

Christmas is over; New Year has been and gone, so it's that time of year when the gym is at its fullest. I can't even begin to imagine leaving my house on a cold rainy morning to shed that holiday weight. If there's a party coming up; and you want to squeeze into that size 10 that fit you so well in November, I've found the solution. Good underwear! So simple, so easy, but unfortunately rather unsexy. There's an amazing range of 'tummy tuck' pants out there at the moment, so get ready to slip into 'Bridget' style knickers, and enjoy the slimmer new you!



**SAVE**  
Beautycode slim-  
ming and firming  
pants, [www.figleaves.com](http://www.figleaves.com) £6.50



**SPLURGE**  
Spanx slim cognito  
control brief, £31  
£31

## busted

With Valentines Day approaching, underwear sales are soaring. The mistake many women make on Valentines Day is to forget any fashion, colour and shape rules that they abide to throughout the year. Underwear is to look sexy in and have fun with, but we should still remember that whilst some things will look great, some things will most definately not...

**Good for small busts**  
Elle Macpherson Intimates  
Coranto padded bra, £32



**Suits olive skin tones**  
Occhi Verdi by La Perla  
Schweppes balconette bra, £34



**Creates cleavage**  
Aubade, Bahia half cup  
underwired bra, £46



**Seductive nightwear**  
Chantelle, Chantilly  
Chemise, £60







*gallery fashion Valentines 07*  
*wheres my caddy?*

*Photography danny evans : Styling alana mann : Model katherine*

Thanks to – Toni & Guy hairdressers: Vicky, Aurum jewellers, style assistant: Sarah, Tony Forbes for the location and his car, Call Jonathon Forbes (481 744) for information on the variety of cars available for hire.



Elle Macpherson green mist bra, £28.80 \_ Elle Macpherson green mist boxer, £21.60 \_ Pied A Terre beige leath ankle boot, £155, all from De Gruchy \_ 'waters edge' pendant of cascading emeralds, sapphires and aquamarines set in 18ct white gold, £14,000 \_ 'Zen' ring with cushion cut tanzanite 20.88ct set with brilliant cut diamonds in 18ct white gold, £16,200, both from Aurum \_ Lindt, petites merveilles, £14, Relish





black Rachel Pappo baby doll top, £92 \_ black La Perla garter, £15 \_ black La Perla briefs, £9.90, all from Adorne \_ black patent amour heels by Principles, £50, From De Gruchy







Pied A Terre red suede heel, £89 \_ Chauntelle passion red bra, £36.50 \_ Chauntelle passion red boxer, £25.25 \_ Bronze Guess handbag with chains, £48.15 \_ black Guess handbag with chains, £103.50, all from De Gruchy \_ sterling silver and gold plated jewel encrusted dagger, £8,000, from Aurum.





Spank silk James Bond pants, £22, from Bliss \_ Roland Cartier fuchsia clutch bag, £40, from De Gruchy \_ Malene Birger black trench, £170, from Manna \_ 6 row diamond set bracelet in 18ct white gold, £10,000, \_ wide diamond cuff set with brilliant cut diamonds, 35.47ct, £32,000, both from Aurum





embroidery and silk satin bra, £89.95 \_ embroidery jewelled waist clinch, £112 \_ embroidery detachable suspender string, £59.95, all by Madame V at Plums \_ black patent amour heels by Principles, £50 \_ black patent 'star crazy' Francesco Biasia handbag, £182.70, both from De Gruchy \_ matching necklet (£11,000) and bracelet (£5,400) of diamond set wires in 18ct white gold \_ Black Chanel JJ2 watch with ruby index, £2,110, both from Aurum



## beauty monthly\_ resurface in 2007

Something for everyone. Tailor-making your skin regime is all about knowing your skin type. We need products catering for our needs. Whether we simply like the products or see them as a necessity, this section showcases some of the things we can do to maximise our skin's gorgeousness!



**Dermalogica: skin renew booster** - made for prematurely ageing skin this is a reliable brand that exfoliates and uses hydroxy acid to renew and rejuvenate the skin. £35.04

**Darphin: instant lumiere** - perfect for tired complexions, this wakens the skin giving it a new breath of life. It also evens out skin tones meaning pigmentation is minimised. Kick start dull skin - if you are kicking the habit, this is great to get your skin looking its best! £49

**Clinique: continuous rescue antioxidant moisturiser** - NEW This protects the skin against the elements and keeps the skins moisture levels up throughout the day. £30.75 (50ml)

**Clarins: total double serum** - this age control extra firming serum will benefit anyone with exhausted skin. It can be used daily on mature skin and will give results immediately. £45

**Liz Earle: superbalm concentrate** - an oil nourisher for night time use. It restores the skin as you sleep with its super active natural ingredients. £16.95

There's nothing like being in the depths of winter to create havoc with your skin. Counteract the cold weather with some of these miracle rescue remedies you can try at home....

Try body brushing with a natural bristle brush before you shower. Use gentle but firm sweeping strokes in the direction of your heart to stimulate circulation. It'll also help to firm the skin and keep cellulite at bay. Suffering with dry skin? Scrub, scrub, scrub is the solution. A salt or sugar-based exfoliator will give you the best results. Scrub two to three times a week to help get rid of dry, dead skin and encourage healthy, soft, supple new skin. Apply the scrub liberally before you wet the skin to get the best results.

Bathing ... Look for products with a high content of natural oils and vitamins. The skin is the largest organ of the body and is great at absorbing oils and vitamins, so make the most of your bath time to soak up natural ingredients. Try tea tree, lavender, oats and milk which all have amazing detoxing and soothing properties, and can also help to build a protective barrier.

Moisture either with an oil or cream based product. Oils are a great alternative to creams and really nourish and soothe dry sensitive skin. Select your oil according to your skincare issue; for toning, stimulating, nourishing, relaxing and healing.

Facial skin can be extra temperamental at this time of year with extremes in the weather and central heating turning it sensitive and dry or dehydrated and dull. It's essential to have a good moisturiser with a protective element to keep it supple and hydrated. Choose one with a moderate SPF, ideally SPF 15+ as the sun's rays are still damaging even in the winter.

Serums and oils are a must in the winter to keep a radiant glow, the formulas penetrate deeper into the skin to treat problems such as flaking skin, broken capillaries and other dry and sensitive skin issues. Ideally you should still be exfoliating once or twice each week. Following up with a face mask will give you optimum results and keep your skin glowing till summer.

Lips also suffer from weather extremes and have a tendency to become flaky and dry - keep them nourished with a wax based lip balm and apply regularly throughout the day. Look out for balms on the market with a SPF to give added protection. If they are really dry, try exfoliating gently with a little face exfoliator or some brown sugar mixed with a little almond oil to gently soften. Rub in some lip balm to seal in the oil and you'll be all ready to pucker up for Valentine's Day. X!

# Bliss



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## resurface in 2007

With 2006 in our wake, we should all vow to have more time for ourselves in 2007. Us girls love a get together and these products are the perfect excuse. We wouldn't want to put on our masks alone, now would we? Peel away the years, scrub away the dead cells and most of all encourage the growth of NEW skin! Enjoy these fabulous peels, exfoliators and masks are the perfect remedy for dull winter skin - get a smooth fresh complexion.

Elizabeth Arden: peel and reveal revitalising treatment - a pink gel that's initially cooling and dries to be peeled off, (the fun bit!) £40

Aveda: tourmaline charged exfoliating cleanser - A gentle exfoliator to help increase cell turnover and reveal radiance £16.65.

Kenzoki: exfoliating gentle mask - an oh-so-soft mask to lighten and calm the skin. It smells delicious too. £30 (50ml)

No7: advanced renewal anti-ageing glycolic peel - cheap yet oh so effective anti-ageing treatment. It really does seem to peel away the years. £14.40

Dr Sebagh: deep exfoliating mask - with its azelaic acid, this is not a great product for sensitive skin. This is a favourite amongst the A-listers. The world's beauty circuit is going mad for it as it makes even the dullest of skin look bright and radiant after just one application. £

Ole Henriksen: micro mini peel system - This gives the results that were previously only obtainable through salon treatments. Infused with natural energy this three step programme will tone, refine and soften the skin (removes fine lines and wrinkles, excellent as an acne remedy) £110 (normally £125)



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## intense conditioning

it's all well and good taking care of our skin, but 90% of people think they notice hair before anything when they meet someone new. If we don't take care of our hair then all of our other hard work will go to waste.

Bumble and Bumble: leave in (rinse out conditioner) - This can be left in for a real moisture boost or rinsed out and used as a normal conditioner. It keeps frizz at bay and makes brushing your hair easier - definitely one to try if you have problems taming your wavy locks, £14.50

Ojon Tawaka: rejuvenating cream - An unusual product that can be used on the skin and in the hair. It leaves the skin velvety soft and the hair luxuriously soft. It smells amazing and is presented in a lovely tub, £37



## in the pink



What better way to prepare for Valentine's Day than to pamper yourself silly with these gorgeous make up pieces.

Guerlain: bubble blush (rose chamallow) £18.75

Pixi: lip booster (nixie) £14

Mac: lip stick (real doll) £11

Elizabeth Arden: sheer lights £18

Smash box: highlighter quad £18.50

Chapstick: (cherry) £1.29

### New year, New nails

Essie: millionails - you paint this on and it encourages growth, strength and flexibility. This is the epitome of nail growing treatments, and I can guarantee it will work, £14.99.

### Pink polish

nail colour in soft pink, to conjure up thoughts of love for Valentines Day.

Essie: princess pink £9    Zoya: tobe £7.50    Guerlain: rose capri £11

## Elmina Trichology

The services of a qualified clinical trichologist are now available at Elmina. Trichology is the science of structure, function and disease of human hair and a clinical trichologist is a practitioner in the treatment of ailments and injuries concerning the hair and scalp.

I went for an introductory consultation which started with a discussion about what concerns I had about my hair (not enough of it) and my health and any issues that could influence my general health. Then an examination. It seems that most problems revolve around hair loss in its many forms or skin problems on the scalp, but damaged hair

and the effect of scalp injuries may also be treated. And these are not gender or age specific, they affect men, women, and children.

Treatments vary but can include massage, steam, or electrotherapy. For me, a simple case of male pattern baldness has crept up so not much can be done, but for anyone with genuine problems, which by their nature can be most distressing this could be very helpful.

The treatment ended in my case with a delightful head massage stimulating the lymphatic system, and leaving me feeling very well. Thoroughly recommended.

### beauty stockists

CLINIQUE	de Gruchy	818818	BUMBLE & BUMBLE	The room	737888	LIZ EARLE	01983 813 914	PIXI	Bliss	789911
GUERLAIN	Voisins	837100	CLARINS	de Gruchy	818818	DIOR	de Gruchy	818818	Bliss	789911
DERMALOGICA	Rio	734458	ESSIE	Bliss	789911	DARPHIN	The Retreat	734845	QVC	0800 50 40 30
AVEDA	Elmina	610082/ 741856	DR SEBAGH	de Gruchy	818818	ELIZABETH ARDEN	Boots	730432	SMASHBOX	QVC 0800 50 40 30
MAC	Voisins	837100	CHAP STICK	Boots	730432	No 7	Boots	730432	ZOYA	Gelaires 837119



treatment

## Wet shave



Thinking back to old western movies, you'd often see the protagonist in the barber's shop, face covered in shaving cream, his guns drawn beneath his gown, being expertly shaved by the town barber. And so it was with that thought that I headed for Image, the new barber shop in West Centre to have my first ever proper razor shave.

This is not just a shave

What very soon became apparent was that this shave was not going to be at all as I imagined. This is not just a shave. This is not me squinting into a steamed-up mirror hoping I don't injure myself with my blunt razor. This is different. The first and best thing you notice is the most obvious – you don't have to do it yourself! You just lie back and relax. So that's what I did, and once comfortable, with my feet up, the treatment began. Hot towels were placed over my face to soften the skin and open the pores. After a few minutes the towels were removed and a very rich shaving cream was applied and Peter, the skilled barber gave me the first shave, using a cut-throat razor. (gulp) To be honest I was already so totally relaxed I had to really concentrate to remember

everything and not doze off.

After the first shave, there were more hot towels, more shaving cream, and then a second shave, this time using a more conventional razor. After this second shave cold towels with hints of essential oils were wrapped around my face to close up the pores, and to finish aftershave oils were applied to moisturise my newly shaved skin.

I found the whole experience terrifically relaxing and therapeutic. Any qualms I may have had about razors were forgotten within seconds, and afterwards? Well it isn't so much that it is a better shave than you could do yourself if you tried, it is more that the combination of everything – the hot towels, the oils, being relaxed, adds up to a very restful and refreshing experience.

And for the rest of the day I just wanted to ask people to stroke my face! Girls are always telling us to look after our skin more, and this is a great opportunity to do just that. Plus I now finally understand why they enjoy treatments so much. Whatever they may be, just a little bit of luxury makes you feel so good.

Hot Towel Razor Shave at Image Male Grooming £20 tel: 605030





A full-length fashion advertisement featuring a woman standing against a textured, light-colored wall with a horizontal decorative band. She is wearing a light-colored, double-breasted trench coat with a wide collar and large buttons. Her hands are on her hips, and she is looking slightly to the side. She is also wearing dark blue leggings and light-colored, textured high-heeled shoes. The overall lighting is warm and dramatic.

# MARCCAIN

Marc Cain Col

# Apres Christmas Weight Loss \_ Steve Longstaffe



Happy New Year everybody! At last we can now settle back in our exercise routines knowing that we are not going to be interrupted by constant parties. Fun while it lasted, most people now want to shed the few extra pounds they may have put on over the holiday period. So this month we will look at a few exercises that involve using a lot of energy and muscle mass. I have also just recovered from a back injury in which I have to thank Sara Wagstaffe from Orchard Chiropractic Centre who did a fantastic job in fixing me for this year's training again.

The exercises we are going to look at this month are both multi-functional exercises, in which we use a lot of movement. The idea behind them for weight loss, is that by using a lot of muscle mass this uses more energy, and when we are recovering after our session that large amount of muscle will still be absorbing energy in its repair process, helping us burn excess fat cells.

## Bosu Squat with Front Shoulder Raise (A,B)

Start in a squat position on the bosu ball, holding a medicine ball at right angles in front of you. Slowly stand up, then raise the medicine ball above your head, lower it in front of you, and squat back down again. Keep your abdominal muscles engaged at all times.

(3x12 reps)

## Jackknife with a Pressup (D,E)

Start in a flat bridge position with your shins on the swiss ball. Roll the ball in towards you coming up on your toes, and squeeze your abdominal muscles. Roll the ball back out again, then do a slow pressup at the end, keeping your abdominal muscles engaged.

(3x15 reps)

## Interval Rowing (C)

After rowing steadily for a few minutes set yourself a sprint challenge, say 20/20. This means a flat out 20 second sprint followed by a 20 second slower period. Times can be adjusted accordingly 30/20 etc. Set yourself a number of these to do, say 10, and try and bring the average 500m time on the machine down as low as possible with each sprint as this indicates the strength of your rowing.

## Next Month

We will be looking at Marathon Training, with Mark Stewart, a Professional Trainer from the team at Fitness First.

Steve Longstaffe  
Personal Trainer  
Fitness First

A



B



E



D



C





# Intelligent Eating \_The Vegetable connection! \_ Mandy Barton



From day one most of us have turned up our noses at the mere thought of eating vegetables. How many of us have overheard comments like “Brussel sprouts –yuk” from across dinner tables. And, as we moved into adulthood our penchant for grub of the green variety didn’t develop as fast as our appetite for ice cream or chocolate.

So, meeting the recommended Department of Health target of five portions of fruit and vegetables per day seems a bit unrealistic let alone unappetizing. If you’re thinking just that, then you’re not alone – In fact, less than 20% of the population are achieving the magic five-a-day. Lets face it as a nation our diets are not exactly brimming over with veg!

But, living in Jersey we have a great opportunity to exceed the five-a-day recommendation. Our soil and climate produce some of the tastiest fayre around. The health benefits of fruit and veg are immense: Vegetables are low in fat and calories and are a good source of fibre and contain plenty of vitamins, minerals and phytochemicals to maintain good health. Eating fruit and vegetables can protect your body against the effects of ageing and reduce your risk of cancer and heart disease.

Ok we’ve known fruit and vegetables have been good for us for years but it still doesn’t make it easier to eat them! So, why not try some of these suggestions to boost your intake of fruit and veg:



## Make fruit salad for snacks at work

- Add berries to natural bio yogurt for a healthy start to the day
- A small handful dried fruit such as unsulphured (brown not orange) apricots or raisins
- Blend fruit, live yogurt, raw nuts and seeds together for a delicious smoothie
- Squeeze a pink grapefruit for breakfast
- Juicing fruits and vegetables. Carrot, apple and ginger is a good one to start with.
- Fresh fruit salad for dessert instead of chocolate!

- Chop a selection of fresh vegetables for healthy dipping
- Rediscover your wok - Stir-fries are an easy and tasty dinner option
- Experiment with salads. There is more to a salad than a limp leaf of lettuce. Try different ingredients to jazz up your salads such as grated carrot, shredded red and white cabbage, grated beetroot, sliced mushrooms etc.
- Have a side salad with lunch
- Homemade soups are cheap and easy to make.
- Roast a whole load of vegetables on a baking tray with herbs and a little olive oil (minimal effort) – try squash, red onion, swede, parsnip, peppers, aubergine and garlic
- Mix chopped raw veggies with brown rice or whole wheat pasta and sun-dried tomatoes, feta, fresh red chilli and olive oil.
- Stuff peppers with brown rice, fresh herbs, mushrooms, garlic and onion.

Wishing things were different will alter nothing – change requires action, so take your first step, however tiny, today. Aim beyond the high five and surround yourself with fruit and veg! Good luck

Mandy Barton  
Nutritional Coach  
Fort Regent Active Gym

# st john ambulance

Putting first aid first, a closer look at a charity devoted to saving lives.



Forgotten your New Year's resolutions already? For most of us, the annual gym membership and detox books are left to gather dust on the mantelpiece after the first few weeks of January. But if your resolution was to really make a difference in 2007, why not consider taking some action and joining the growing numbers of island volunteers.

One charity that's grown in popularity over the last few years has been St John Ambulance. The UK's largest first aid charity, over 43,000 volunteers treat some 85,000 people in crisis situations annually. In the aftermath of the London bombings in July 2005, St John Ambulance volunteers working nearby left their desks and were among the first on the scene to treat the injured. Here in Jersey, St John Ambulance has almost 350 active volunteers of all ages, and they're a familiar presence at events like the marathon and Jersey Live. Last year St John Ambulance covered 126 local events, caring for 259 people on the scene and transferring 59 of them to hospital for further treatment. Ensuring public safety at these events takes an incredible amount of behind-the-scenes planning, starting months in advance to create a detailed plan of action for their first aid volunteers.

St John Ambulance volunteers are highly trained to deal with injuries ranging from headaches to heart attacks, and know exactly what to do in a crisis situation. Faced with an unconscious person, or someone who'd stopped breathing, our first reaction would be to phone for an ambulance. But if you were a St John Ambulance volunteer, you'd have the skills necessary to administer emergency first aid, that could make the difference between life and death. And the benefits don't just stop there. Volunteering is a great way of developing new skills and learning from new experiences.

From youth initiatives like Badgers and Cadets, right through to adult First Aider and Community Support roles, St John Ambulance can offer a volunteering role to almost everyone. There's even a LINKS system, for university students to stay involved with St John Ambulance, with opportunities to help out at premier division football matches, international rugby, festivals and concerts. It certainly beats washing glasses in the student bar.

If you're interested in volunteering, you can give as little or as much time as you want; a few spare hours every now and then, or commit to a couple of hours each week. The Jersey branch of St John Ambulance can develop your first aid skills, taking you on exercises with volunteer patients, and even get you crewing an accident and emergency ambulance. You won't need any previous first aid experience, the costs of becoming a volunteer are minimal and you'll be learning how to save lives. This year it could be you who makes a difference to someone's life as a St John Ambulance volunteer:

St John Ambulance – Jersey  
14-16 Midvale Road  
St Helier  
Jersey JE2 3YR

Tel: 735611  
Fax: 617520



[www.sja.org.uk](http://www.sja.org.uk)

St John Ambulance national website with contact details of local branches and more details on volunteering.

it might look like toilet roll from a distance, but it's much more useful when you know how...





and who knows where it might take you....

Volunteering with St John Ambulance can also be a springboard into a medical career. Second-year medical student at Brighton & Sussex Medical School, Tracy de Castro tells her story.

"I can definitely say that St John Ambulance was the spark for me wanting to get involved in medicine. I have early memories of telling my mum I wanted to be a nurse and she said 'why not be a doctor?'. When I was nine, my parents went on a first aid course, and enjoyed it so much, they encouraged me to get involved. St John cadets work their way up through the ranks, and can take part in lots of different competitions. It's really helped my medical training because when I have exams that involve treating different patients one after another, where you just have to go into a room and deal with what you find, I can stay calm and think clearly.

It's very similar to the first aid competitions I used to do, so I know how to deal with that sort of stress. As cadets, if we won our first aid competitions, we got to go to England to compete regionally, which gave me a taste for what the mainland was really like. I also met Princess Anne at Buckingham Palace with some other cadets (because we finished 12 of the courses St John offers), and we marched in the Queen's Jubilee parade, which was awesome. I'd never seen so many people in one place before!

Being part of a large organisation like St John Ambulance definitely makes you more confident, because you can't help but be out there meeting people. It's a shame that people think that St John only teaches first aid, because if they just looked into it, they'd realise that there's a great deal more than that on offer. When I was a cadet, there were always weekends away, games days and chances to get involved with other young people. And of course we'd help out at big events like the Motorcross, and go on leadership training courses where you'd spend a weekend working in teams against the clock. And the St John Ambulance training teaches you how to react in a crisis situation.

I once had someone collapse in front of me, and it gives you the security of knowing you've got the basic skills to help them - skills that are available to everyone if they want to learn. Of course it's not just first aid, at St John Ambulance you learn everything from ambulance aid, and how to deal with house fires to sign language communication. When I have kids they'll definitely be involved with St John - it taught me life skills that I just wouldn't have learnt otherwise".



## are you a jersey charity?

Gallery is going to publicise a charity each month in 2007. If you want to be considered, email [office@gallerymagazine.co.uk](mailto:office@gallerymagazine.co.uk)



## tales from the road

In the latest episode of his round-the-world trip, Jerseyman Paul Duffy finds himself in Mexico, taming an elephant

*¡Mexico, where life is cheap, death is rich and  
the buzzards are never unhappy!*  
Edward Abbey

I am standing in a club in Cabo St Lucas. Five large bouncers surround me. Two police cars await outside. Mike and Brendan are tirelessly negotiating with the manager. 5000 pesos or I'm going to Mexican prison.

"Welcome to Mexico gringo", a nation with a general contempt towards the white man. 'Bleed those rich pigs at every opportunity', a fitting motto to be strung across their flag. Not so much the white man but Americans. Years of interference and arrogance towards their Mexican counterparts has left a national prejudice towards the U.S. However, at 2am on a strange night in Cabo you might as well be George Bush's brother.

National hatred towards the US is a Catch 22 situation. Mexico has a barely stable economy. Tourism makes up the major percentage. Mr car salesman from Dallas is the target customer, looking for a cheap getaway of sun, sea and tequila all for a reasonable price. Towns such as Cancun and Playa Del Carmen offer this taking a healthy income for the country.

We left the States crossing the Tijuana-San Diego border into Baja California. The Baja is one of the longest peninsulas in the world. It is attached to California but it is very much Mexican. The north has notorious party towns such as Tijuana and Ensenada. The middle of the peninsula is full of small quaint fishing towns with amazing scenery. At the bottom lies Cabo St Lucas. A French Riviera-type resort angled towards rich Americans and Mexicans alike, yachts, sandy beaches and expensive drinks.

We traveled through the Baja taking in breathless sights. We arrived in La Paz just north of Cabo. After months of careful spending we decided to do this one in style. We picked up our 16ft long, 6ft high, and 5.9ltr Dodge Durango. We descended on a 6-hour cruise in the sunshine through mountains arriving in Cabo late Saturday night. With "the beast" left behind we entered a karaoke bar. Many 'cervesas' and a few Tom Jones numbers later, we headed into town. A few more drinks aided by Tequila and such lead us to a rather posh zoo-themed club. A life-sized fibreglass elephant stood in the corner. On seeing it, I knew this beast had to be tamed. As I began to mount the beast, I felt a disturbing crack. I, along with the poor elephant's left tusk hurtled towards the floor. Dazed and dizzy, before I knew where I was, bouncers had circled me. I was in their pocket. The police were called. A price of £250 was named to keep me out of jail. God bless Mexico, everyone has a price. Mike and Brendan even told the manager they were here fibre-glassing boat hulls and offered to do the job on the cheap. They wouldn't stand for it. Finally after a lot of emptying pockets, visiting the bank and pleading, it was paid. I was free.

Mexico is a country enriched with history and culture. With over 3000 years of history the Maya has one of the most original and grandiose civilizations ever known. Ruins and temples are thick in abundance throughout Quintana Roo and the Yucatán states. After a quick plane journey, a 26 hour coach journey we decided to indulge our more cultural sides on the Caribbean coast. Fishing, snorkeling and site seeing kept us more than entertained for weeks.

We are currently about to leave the coast of Mexico though at a cost. Andy, after a few drinks celebrating his birthday rolled 8 feet from his bunk on to his knee. I now have a bag and a 10 and a half stone man to carry throughout Central America.



*A life-sized fibreglass  
elephant stood in the  
corner. On seeing it, I  
knew this beast had to  
be tamed.*



tom's african anecdotes //

## the only man I know...

Before moving to Jersey, Tom spent eighteen years in Kenya, racking up adventures and anecdotes....



Samburu Lodge sits on the Uaso Nyiro River, close to the town of Isiolo in Kenya's Samburu National Park. Every evening park personnel place a leopard bait in the tree on the far side of the river, directly opposite the lodge. The river is about three hundred yards wide at this point. The locals say that the leopard is the best fed leopard in Samburu and that in the evening he has a few pints at his local in Isiolo, throws a few snazzy moves in the discotheque, before doing backstroke across the river to collect a take-away. Every tent in the lodge is fitted with a leopard alarm, so that the tourists get to see "the big fella", even if this is at 1 or 2am.

The lodge is also a favourite destination for white Kenyans. They like nothing better than to load up a couple of pick-ups with a few crates of Tusker and head to Samburu for a bit of hard drinking. So it was that a close friend of mine called Mike Baudry arrived at the lodge one evening with five or six buddies, intent on having a good time. Who knows, one of them might even get lucky with one of the numerous tourists fortunate enough to be staying at the lodge that night.

The boys took up residence in the crocodile bar. The Uaso Nyiro is infested with the giant saurians. In fact they have their own eatery, close beside the bar that takes their name. This is located in a pit to the right of the bar. A sign pointing right reads : "Tourists, beware crocodiles", a sign pointing left reads : "Crocodiles, beware tourists". Early in the evening huge lumps of meat are swung into this pit and all night long the crocs gulp and tear.

The evening advanced splendidly and the first couple of crates of Tusker had all but disappeared when the girl appeared. She was blonde, in her early twenties and German. An hour or so passed in playful banter, much of it to do with trying to impress the pants off Fraulein. Spencer suggested that he might swim the river in order to get to her. The young lady however was something of an ice maiden and with a shake of her blond head, departed. Spencer selected a Tusker and announced "I've got a hundred bucks for any

of you blokes that swims the river".

"You're on", Mike got a little unsteadily to his feet. "You bastards better pay me though, hey". The others crowded around him. "Sure, touch the leopard tree and we'll give you the thumbs up to come back".

Naked as the day that he was born, Mike departed from the left of the crocodile bar. There was good logic in this as the crocodile pit was on the right of the bar. He swam fast with little splash, emerging in the moonlight to sprint across the sandbars. It took him about two minutes to reach the far side and make his way to

"I've got a hundred bucks for any of you blokes that swims the river". "You're on", Mike got a little unsteadily to his feet. "You bastards better pay me though, hey".

the baited leopard tree. The bar on the lodge side however was deserted. Much sobered, Mike stood under the tree for two or three minutes and finally made out the boys crowding back into the bar. There wasn't a thumb in sight however. Mike waved and gesticulated, but the figures in the bar merely waved back. It was then that Mike began to see the flash bulbs going off as the tourists, summoned from their beds by Spencer's ringing of the leopard alarm, began to appear and take pictures of "the big fella". Only then did the thumbs go up and only then did Mike re-enter the river for his return journey. Thankfully he made it and remains the only guy I know to have swum the Uaso Nyiro River.

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# The King is dead, long live the King

We test drive the new Toyota Corolla replacement, the Auris



Did you know that the world's best selling car ever is the Toyota Corolla? No, nor did I, but it is, and after thirty five million cars built in forty years they have finally decided to call it a day. Thirty five million cars! Forty years! Now there's a decision that cannot have been easy. And then of course it presented lots of other decisions, not the least of which was probably "What do you replace the best selling car of all time with?"

And Toyota's answer is the all new Auris. Now we've learned to pronounce Yaris, the Auris comes along. And with it the sum of all those other decisions that Toyota have been making since the day they decided to replace the Corolla.

The Auris is new from the ground up, and according to Toyota designed from the inside out. This seems to mean that it really is about people first, and judging by the results I'd say it was a pretty successful plan. And thankfully, even if they did start from the inside and work their way out, I'm pleased to say that the outside is looking pretty good for it too. In its sportier versions this car looks amazing. Four square and resolute.

But let us not jump the gun, let us go back to the interior for a moment and consider first impressions...

Nice colours and materials, good headroom, interesting high centre console, dials blank so must be digital, comfortable driving position, Start button!? Of course – keyless entry.

I am sure these are all results of quite a few of those many decisions that had to be made for this car, but contribute to one of the single main ones – That the Auris will be Toyota's most ergonomically refined car yet.

So, to begin, the driving position is comfortable and this I only particularly realise now, a day later. Thinking back, I didn't have to fuss to get comfortable. When I first sat down I played around with the seat, moved it backwards and forwards, raised and lowered it, pulled levers, pressed buttons, as you do, but then when it came to drive off, without any fuss I composed myself and off I went. The seat, the steering wheel, everything was in just the right place.

Other ergonomic elements are just as subtle. For instance, the centre console, which is actually high enough to have a space beneath for storage. Unusual, but what it means is that the gear lever can be much closer to hand so the driver need move less to change gear. This means that all of the important controls and information are in a smaller area and are less spread out, causing less fatigue for the driver.

And then there are the dials themselves – this I like. Based on aircraft dial technology apparently, they have digital readouts and are designed to be easier to read with your peripheral vision than standard dials. Again, this contributes to overall safety as it means it is easier and quicker for the driver to absorb the information and requires less time looking away from the road.

## 'EuroNCAP Five star rating'

And talking of safety for a moment. To me, the second most important safety fact for the Auris is that all models have nine airbags as standard. This is including side curtain airbags and knee airbags. For years I'd been wondering what happened to knees in an accident, so good news for them.



What do you  
replace the best  
selling car of all  
time with?





But the single most important fact is that all of the effort, all of those decisions made, have combined to earn the Auris a EuroNCAP Five star rating for adult occupant safety. This is the highest crash safety rating possible and means that you have the best chances of surviving an accident. It also has a four star rating for adult or child pedestrian collisions meaning that in the event of an accident the chances of pedestrian injuries are also much lower than many cars.

There is plenty more to appreciate about the Auris, (like the keyless entry) but the last thing I'll mention here is the rear seating. I did the standard test which is to get an elderly volunteer to climb in the back, sit there for a bit and have a poke round, then get out again. And the verdict was very good. There really is lots of legroom and good leg support in the back and just as importantly, the door access is good so it is easy to get in and out. However I think the back seats could have been a little more upright so only a four star back seat rating from me.

## engine options



The Auris has 5 engine options of 1.4 and 1.6 litre petrol and 1.4, 2.0 and 2.2 litre diesels, all available in four trim and equipment levels.

The car tested was the D4D 2.0 Litre diesel Spirit version which means great performance and high comfort and equipment levels (including dual air

conditioning). We did the standard round the island test drive, in which the car behaved very well and rather like the driving position when I first sat in the car; on reflection, the whole driving experience was similarly effortless. The Auris is comfortable, stable, handles well in the wet and on bad roads. It corners well, has a really nice gearbox and clutch and overall gives a very confident drive. I also have a funny feeling that should you find yourself in the UK, or on the continent, and you have some big roads to play with, the Auris is going to be terrific.

And finally, I nearly forgot, the spirit versions have auto lights and auto wipers. Have you ever driven a car that had those? Well let me tell you, it is bizarre how much pleasure I got when I finally noticed on the test drive that it had been raining for some time and the wipers had set themselves to deal with it on their own. Just another little decision made for you.

**Auris range from £11,995.**

**Model Tested D4D 2.0L Diesel, Spirit (Equipment version) available at Freelance, Longueville Road, St Saviour**

## motoring news

### the what's what this month



**Jaguar XJ is voted Luxury Car of the year in the 2006 Businesscar awards**  
The Jaguar XJ has been named 'Luxury Car of the Year' for the second consecutive year at the BusinessCar Awards 2006. Voted solely by BusinessCar readers, the Jaguar XJ was first choice over competition from BMW, Audi and Lexus.



**Octavia Scout heads for the hills**  
Škoda announces a new addition to the highly-acclaimed Octavia estate range – the four-wheel drive Scout. It will be offered with two powerful engines, the 2.0-litre FSI 150bhp petrol and the 2.0-litre TDI PD 140bhp diesel. Available April 2007



**one-two finish for new Citroën C4 WRV on it's debut in Monte Carlo**  
Citroën's triple world rally champion Sébastien Loeb led home team-mate Dani Sordo for a storming Citroën one-two finish in the first round of the 2007 World Rally Championship in Monte Carlo. The victory signalled Citroën Sport's return to the Championship and the debut of Citroën's C4 WRC.



**Santa Fe named What Car? best buy large 4x4 under £30,000**  
Hyundai is celebrating receiving a major accolade for its highly praised Santa Fe SUV. The 2.2 CRTD GSi 7-seat was named 'Best Buy Large 4x4 under £30,000' at the prestigious What Car? 2007 awards.



**Brand new MINI range is boosted by introduction of the frugal, but fun MINI One and MINI Cooper D**  
The new MINI hatch line-up will soon be complete, when the new MINI One and MINI Cooper D models are unveiled to the public at the International Geneva Motor Show on 8 March 2007. The entry-level One features a perky 95hp 1.4-litre petrol engine, while the Cooper D boasts performance and fuel efficiency from an all-new 1.6-litre 110hp turbodiesel powerplant.



**2007 Yamaha YZF-R1 available NOW from Yamaha Dealers**  
The first batch of the awesome new YZF-R1 is arriving in dealers. Launched to rave reviews from the world's press, the new YZF-R1 produces 189bhp (with ram-air) and features a torque inducing variable intake system, slipper clutch, fly by wire throttle plus an all new chassis clad in aerodynamic bodywork. The new 2007 machine is available in Red/White like the iconic original YZF-R1, Midnight Black or Blue.

## gadgets \_ phone sex



## it's prada darling

Check it Apple, LG just went official with their iPhone look-a-like LG KE850 Prada phone which they proudly tout as the world's "first completely touch screen mobile phone." Er, unless you consider the ones from Motorola, HTC, and Sony below. Still, this is more than likely a dig at the iPhone which they can rightly make since the KE850 will hit select mobile shops and PRADA stores in the UK, France, Germany and Italy at the end of February and parts of Asia before March is through. Look out for one online, we've not heard of any local stockists taking them. If you're a stockist and you're going to, let us know!

Available March. 600 euros (approx £393)



## everyone will want one, is it worth the wait?

It's been speculated about for a long time and has been announced at last. A mobile phone, a widescreen iPod with touch controls, and an Internet communications device with desktop-class email, web browsing, maps, and searching — all condensed into one small and lightweight handheld device. The new user interface is based on a large multi-touch display and pioneering new software, letting you control everything with just your fingers. So it apparently 'ushers in an era of software power and sophistication never before seen in a mobile device'. All we know is that we all want one at Gallery.

Available October(ish) 4GB \$252 8GB \$302 (probably more in the UK)

meanwhile back in the real world...

## Sony Ericsson W950i

The W950i is the Walkman phone. This handset offers users the ultimate music-meets-phone experience. The W950i has 4GB of built-in memory to hold thousands of music tracks, plus a fantastic touch screen, the latest Walkman music player, Bluetooth, 3G, FM radio and 3D games — all packed into a slim, stylish smartphone.

The W950i features the new Walkman music player which plays more music formats than previous models (MP3, WMA, AAC+, eAAC+, M4A) and is even easier to use. The player allows the user to add album art to their music library, so the album covers are displayed when browsing through their collection. The W950i also features TrackID. This can record a few seconds of music and then access the web and identify the artist and the track name. There are also some new features to help organise your music collection. First, the handset can create auto-playlists based on a user's most listened-to-songs, top rated tunes or last-played songs. Users can also set different moods for certain songs, which will alter the colour theme of the music player — for example, going to the gym, lying on the beach at St Ouens or 'Strolling'.

## Availability &amp; Prices - Sure

Sure 1000: Free Sure 360: £199.99 Sure 120: £299.99 Pay as You Go: £399.99







## motorizr Z3

Motorola's first slide-style GSM phone. This high-end RAZR-inspired phone sports a 2 megapixel camera, stereo Bluetooth, and class 12 EDGE high-speed data. Other features include a microSD memory card slot, music player, and speakerphone.

### Availability & Prices - JT

Handset only price	£211.99
Pink tariff price	£176.99
Yellow tariff price	£136.99
Green tariff price	£111.99
Blue tariff price	£86.99

## cheap calls

So you can't afford a designer phone but still want to be able to spend hours chatting? The new discounted telephone services from Newtel Solutions on Colomberie might be for you. Newtel Broadband Talk offers discounts of up to 95% off international call rates and there are discounts on national and local calls too. And what's more, Newtel is also offering free calls between people with the service. So if you and your friends sign up, you'll get free calls to each other and you'll really be quids in. All you need is broadband internet connection. For further details call 506400 or visit Newtel's website [www.newtelsolutions.com](http://www.newtelsolutions.com).

Newtel will give you one of these fancy looking telephone adaptors to help you save money on those calls (subject to offer).



## talking of Sony... get them while they're hot

Fotosound are having a blow-out sale on Sony MP3 players with all the models below going at up to 30% off retail price. All below available at Fotosound while stocks last. Get down and get yourself one.



### NW-S706F

4GB  
Up to 2800 songs  
Battery life up to 50 hours  
was £49.99 now £39.97

### NW-S703F

1GB  
Up to 695 songs  
Battery life up to 50 hours  
was £89.99 now £69.97

### NW-S705F

2GB  
Up to 1400 songs  
Battery life up to 50 hours  
was £109.99 now £79.97



### NW-S202F

512MB  
Up to 340 songs  
Battery life up to 18 hours  
was £99.99 now £69.97

### NW-S203F

1GB  
Up to 685 songs  
Battery life up to 18 hours  
was £79.99 now £59.97

### NW-S205

2GB  
Up to 1350 songs  
Battery life up to 18 hours  
was £99.99 now £69.97



## say your prayers — Vicky Fawcett

If these dark wintery days make you feel like hibernating, you're not alone. Tuck yourself up, and check out the best beds. The days are still short and there are plenty of long nights ahead....



### Bella Buona Notte

Italian gods of the ultimate sofa, B&B Italia have morphed their design into nighttime use. This interpretation plays on the proportions of the bed frame, widening the sides to anchor the bed. It has the characteristic, often imitated, L-shaped foot in brushed mirror-finish aluminum. As always with B&B, it is the perfect marriage of comfort and style - slick and contemporary but soft and alluring. Just makes you want to hop in. It's available to order through colston+co who are now at Rue des Pres.

B&B Italia Charles Bed from £1,689  
colston+co

### Oh Là Là!

This romantic, pretty French-styled bed is delightfully feminine. The woven rattan, elegant curves and hand carved details are painted white and then distressed to give a pleasantly old-fashioned feel. It whisks you away to brighter skies where you awake, dewy-eyed in your 17th century château high up in the hills in Provence - perfect for your own boudoir and at a dreamy price.

Halo French Painted Bed from £499  
Homemaker



### With Knobs On

These dramatically larger-than-life posts make for an amusingly solid, yet playful four-poster. Design empire, Conran, have bought a stake in Moooi, those Dutch masters of the ingenious, burnt furniture (remember the Smoke chair). This uses the same technique of scorching and then lacquering to produce these lovely tactile, charred balls. Strong and witty, it definitely means business. These Tudor minarets would definitely lend tone to your stately pile.

Ball Poster Bed £7,995  
Conran





## Java the Bed

Create your own tropical haven with this reclaimed teak bed from Indonesia. Made by Old Java, it has that traditional Far Eastern feel with that beautiful warmth and honesty of the hardwood. The four-poster would look great anywhere, dressed up with softening, floaty fabrics to create that exotic, dreamy, boutique resort. Instead of winter in Jersey, you could be lying in this bed, gazing out over turquoise seas - the stuff of fantasies.

Keraton Four Poster Bed from £1,150  
Morton & Morton



## Over-Wrought

Something elegant and timeless about a wrought iron bed and this one is beautifully detailed. Its delicate design translates well to any space. It could work well in both a contemporary or more traditional room. The stunning, antique gold finish and decorative finials give this bed an opulent, vintage feel. Available painted in ivory and in a four-poster, there is plenty to hang onto when things hot up.

Constance Antique Gold Bed from £949  
Iron Bed Company [www.ironbedcompany.com](http://www.ironbedcompany.com)

## design classics \_ design brassics



### Penguin Donkey 1939

With its sweetly splayed lolly-stick legs, inwardly tilting shelves and centre slot perfect for newspapers and magazines, the Penguin Donkey is a laminated plywood bookshelf whose playful shape belies the serious technology and ideology that went into its making. Made by the avant-garde architecture and furniture company, Isokon, it is a classic example of British design's softened adaptation of European Modernism.

Rather than rely on traditional methods of bending wood, Isokon pioneered ways to press plywood into moulds. It was greatly popularized by the Penguin paperbacks, in the late 30s, that just so happened to fit neatly into its shelves and so was dubbed the Penguin Donkey. Tweaked to make it more rectilinear in 1963, it was released as Donkey2. Then again, in 1994, a less overtly Modernist Donkey3 was born. Learn more at [www.placesandspaces.com](http://www.placesandspaces.com)

Penguin Donkey  
[www.placesandspaces.com](http://www.placesandspaces.com) £380



### Metro Magazine Holder

The clean, simple V shape design of this magazine holder makes it the ideal place to start your 2007 de-cluttering. It comes from BoConcept, the Danish global furniture group whose mission is to get more affordable designer bits in our homes.

Made from stained oak veneer and with plenty of open storage space, it will give you enough room for those magazines that need a second glance. Get your Chi flowing - sort out those piles of newspapers and magazines that clutter up your life - improve your feng. The only addition it needs is your copy of Gallery.

Metro Magazine Holder £55  
BoConcept from Beaumont Homecentre



# becoming a lawyer

The work of a lawyer is interesting, challenging and rewarding. Giving legal advice on a wide variety of issues, a career in the legal profession offers tremendous scope and prospects. For anyone who has ever considered being a lawyer, watched TV or has just a vague sense of what it is that a lawyer does, this one's a no-brainer (or rather, a big-brainer). The job is intellectually rigorous, and demands that you are capable of clear and lucid thought, and the ability to process and assimilate large swathes of information.

## qualification

Good grades are required throughout your academic studies to become a solicitor or barrister. The quickest route into the profession is to get good marks in school, at least a 2.1 university law degree, and then further training and qualifications.

The further training depends on whether you wish to become a barrister or solicitor. For barristers, the one-year Bar Vocational Course (BVC) followed by at least a 12-month pupillage in chambers is necessary. Solicitors take the one-year Legal Practice Course (LPC) followed by a two-year training contract, usually with a firm of solicitors, or the legal section of a commercial firm or government department.

The LPC and BVC are offered by colleges and universities throughout the country, and ensure that students have the necessary skills to work in a solicitors' office or barristers' chambers.

For solicitors, there are alternative routes into the profession - for example, graduates in a non-law degree subject can still qualify as a solicitor or barrister by taking the Common Professional Exam or Graduate Diploma in Law before embarking on the LPC/BVC, although this entails an extra year's study and more expense. These 'conversion courses' prepare non-law graduates for a legal career as they cover the foundations of law, namely contract, tort, criminal law, equity & trusts, EU law, property law and public law.

## required qualities

### Interpersonal Skills

It's no good being the brainiest guy in the class if you go into meltdown when faced with the prospect of having to talk to clients or colleagues. So what we're saying is that academics are crucial, but your ability to interact with other members of the human race in such a way as to engender confidence, form lasting relationships, and clearly explain complex situations is also important.

### Ambition

Firms are impressed by candidates with some 'get up and go'. This may be demonstrated by the way in which you interact with the firm itself - for example, sending a speculative letter asking for a day or two of unpaid work experience.

### Team Player

The way the profession works is more and more about using teamwork and consensus to reach the best possible outcome for all parties. This may involve mediation or arbitration, and you are often working closely not only with your immediate colleagues, but with lawyers from other departments, your contemporaries at other firms, for example.

### Commerciality

This may be a favourite hobby horse of firms but they're not making it up. Firms need you to be commercially aware. It is not enough just to know about strict legal principles - you have to be able to apply these to the commercial context within which your clients operate.

### Individuality

While firms recognise that this may be slightly incongruous in an article that purports to give a checklist of qualities that firms want to see, above all, you need to be true to your individual spirit. Firms don't want order-following automatons - they want to see individuals with a sense of self, sparky personalities and an ability to think for themselves.





our monthly jobs bulletin, this month featuring jobs from:



## JOBSINACCOUNTS

**CONTRACT / TEMPORARY ACCOUNTANTS** - Excellent rates of pay offered - Are you a qualified ACA / ACCA or CIMA accountant? Various prestigious firms are seeking to recruit experienced accountants within a wide range of areas between 2 to 12 months. Call Sean, FCCA today on 88 88 66

## FINANCIAL CONTROLLER/DIRECTOR 50-100K

Three great opportunities with blue chip companies for ACA/ACCA/CIMA qual'd accountants used to working on the cutting edge! Call Sue @TOPS today for a chat in confidence. 727323

## CORPORATE ACCOUNTANT £50K+

Are you a qualified or nearly qualified accountant with Corporate accounting experience? Our valued client is seeking to recruit an accountant to deal with Funds and SPV, call Sean FCCA today on 88 88 66

## FUND ACCOUNTANT

Ideally would suit a part qualified or experienced Accountant with good knowledge of the Funds industry. Excellent salary. Call Paul @ 1st on 875444.

## JOBSFORGRADUATES

**GRADUATES & 'A' LEVEL LEAVERS £££** Send your CV to us today & beat the June job rush! If you are ambitious & want to get the pick of first- rate training positions then start your career the right way with TOPS. Speak to Rachael/Audrey 727323.

## JOBSINIT

## PROJECTS MANAGER

Responsible for managing project teams working alongside the Business and Sales Operation teams and customers to produce business cases/strategies and develop appropriate project plans. Call Lynda @ 1st on 875444.

## JUNIOR SYSTEMS ANALYST

Consisting of implementation, development and maintenance of systems within Private Banking, Treasury and Retail Banking. IT and Globus experience required. Call Andy @ 1st on 875444.

## IT SUPPORT 28993

Joining the professional IT team of this International Bank, you will provide first line support for internal users. Relevant previous experience, as well as excellent customer care and support skills required. Call Emma on 876214 or jobs@rowlands.co.uk

## UNIX SYSTEMS MANAGER 60K

If you are specialised in UNIX (min 5yrs & Sun Solaris pref) have used SPARC platform at managerial level & have proven working knowledge of Veritas VCS & VxVM then call Rachael @TOPS 727323.

## JOBSINSECRETARIAL

## SECRETARY - £26K +

Are you a bright, organised and proactive Secretary with audio skills? Call Lindsay today on 88 88 66

## KYC TEMPORARY ROLE

Do you have previous KYC experience or good attention to detail? For more info on this, and other temporary roles, call Sophie on 876214 or jobs@rowlands.co.uk

## MANAGEMENT SECRETARY 25-27K

Outstanding communication skills with colleagues & clients alike? Can multi-task effectively & with a cool head? Then provide this company with your high quality secretarial support! Call Rachael @ TOPS 727323 & find out more.

## LEGAL SECRETARY 28766

A refreshing new environment for 2007! Experienced legal secretaries required to join the team at this great firm, new to the Island. Call Emma on 876214 or jobs@rowlands.co.uk

## RECEPTIONIST 16½K

Bubbly, bright with an excellent telephone manner & hardworking attitude? Previous reception skills, highly organised & good keyboard ability. Call Audrey today @TOPS 727323.

## JOBSINBANKING

## KYC TEAM MEMBER - 28471

Looking for some work until September? Great chance to develop your existing banking skills in a KYC role within a dynamic, friendly and world renowned organisation. Please call Carla on 876214 or email jobs@rowlands.co.uk

## SECURITIES ASSISTANT MANAGER 28-34K

Broad securities knowledge & a problem- solving approach needed for this fantastic, varied role. See what you can add to this small, dynamic team... Speak to Kelly @TOPS 727323.

## TEMPS TEMPS TEMPS!

Various assignments on offer: Strong Administrators / Bankers / KYC Officers / Secretaries / Data Inputters. Call Denise @ 1st on 875444.

## RISK AND COMPLIANCE

We currently have a variety of Risk and Compliance vacancies available with

various clients, who are seeking experienced compliance candidates. Available vacancies range from Assistants to Senior Managers. Call Andy @ 1st on 875444.

## PRIVATE BANKING ADMINISTRATOR 24K

With 2-3 yrs banking including FX & Fixed Deposits get to the top of your game! Study support and VG package. A great chance to really take your career forward! Call Claire @TOPS 727323.

## NEW BUSINESS ADVISORS

Excellent opportunity for starting a career in finance for candidates with excellent interpersonal/administration skills and who have gained exposure in a sales environment. Call Deborah @ 1st on 875444.

## JOBSINTRUST

## TRUST ADMINISTRATOR /TRUST MANAGER £23K TO £50K

Select Recruitment have too many exciting Trust opportunities to mention. If you are a Trust professional with a relevant qualification contact Toni today on 88 88 66.

## TRUST ADMINISTRATORS

Progressive opportunities for candidates with varying levels of experience are sought by several well-established trust organisations. Ideally possess or willing to study towards relevant qualification. Call Paul @ 1st on 875444.

## BOOKKEEPERS

High-calibre bookkeepers required for this great opportunity! Candidates with 3 years + experience within Trust and Fiduciary required. Call Deborah @ 1st on 875444.

## ADMINISTRATORS 28619

If you have at least a year's trust or fund admin experience, this could be a great chance for you to join the growing corporate administration team of this highly respected law firm. Call Emma on 876214 or jobs@rowlands.co.uk

## TRUST ADMIN/OFFICER 24 - 38K

1-5yrs dedicated trust exp required for developing, dynamic organisation where your career progression is all-important. Call Sue @TOPS to find out about this & other brilliant job opportunities waiting to be filled by you! 727323

## CONTRACTS&TEMP

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A variety of companies are keen to secure temporary Trust Administrators. If you have at least one years experience and are free for temporary work please call Sophie on 876214 or jobs@rowlands.co.uk

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£Top Rates! Whether you're a Legal Eagle or Robust Trust! Secretaries, you are in demand! We have great vacancies waiting to be filled! Call Nicole/Vicky @TOPS 727323 & register today, work tomorrow!

## RECEPTION/ADMINISTRATORS

£TOPS! We need individuals with proven office skills! Whizz with Word? Excellent with Excel? Positive attitude and great team player? Call in & register today. Ask for Nicole/Vicky @TOPS. 727323.

## JOBSINCLERICAL

**BOOKKEEPING SUPERVISOR** - Excellent salary & package - Do you have a minimum of 3 years bookkeeping experience and want to work for a vibrant independent professional firm, call Toni today on 88 88 66.

## ADMIN OFFICER 28986

Couple of year's admin experience? Grasp of audio and copy typing? This is a really interesting and varied role working for the regulator. Call Kate on 876214 or jobs@rowlands.co.uk

## ASSISTANT ADMINISTRATOR - JOB REF. 28913

You will assist with day-to-day administration for this large International bank. Good computer skills required for this exciting new opportunity. Call Jo on 876214 or jobs@rowlands.co.uk

## JOBSINFUNDS

## FUNDS ADMINISTRATOR / FUNDS MANAGER £23K TO £50K

If you are a dynamic Fund professional with a relevant qualification contact Toni today on 88 88 66.

## FUNDS MANAGER

To manage a Funds team and ensure a high quality service to a portfolio of company and investment fund structures. Excellent Package. Call Lynda @ 1st on 875444.

## JOBSINLAW

## CORPORATE LAWYERS

Do you have 3 or more years PQE in Corporate, Funds or Banking? Call Sean FCCA today on 88 88 66,

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Email: work@toppersonnel-jobs.com  
Web: www.toppersonnel-jobs.com

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Bath Street  
JE2 4SI  
Call: 876214  
Email: kim@rowlands.co.uk  
Web: www.rowlands.co.uk

## Select Recruitment

2nd Floor,  
York Chambers, York Street,  
St Helier, JE2 3RQ  
Call: 888866  
Email: info@selectrecruitment.je  
Web: www.selectrecruitment.je

# pensions! crisis...? what crisis?

The media is full of it. There's a problem with pensions here on the Island. Not just here but Guernsey and the Isle of Man too. The last provider is closing its books to new business. You may not have even thought about getting one yet but it's something we'll all need to do at some point so it's worth being informed. A couple of us at Gallery have just started pensions so we thought what better time to talk to a man in the know to see what it means for our future.

## So, the current pension situation, what does it all mean and how does it affect me?

Well from the 1st of June Norwich Union are closing their Personal and Executive pension provision. After that date unless you are in a Group scheme at work or can afford to start a Self Invested Pension Plan (SIPP) there is no current tax effective way to save for retirement. Life Assurance Premium Relief (LAPR) was removed at the close of last year.

## Why have Norwich Union decided to do this?

For several years the major Pension providers have been leaving the Island. Norwich Union is the last of a very long line. In short it is a business decision.

The main reasons are:

- The UK is a sizeable cost effective market. The Islands with their different tax regimes and limited populations are not.
- The UK has made moves to deregulate and simplify their Pensions. Our Pension regulation does not marry up with its UK counterpart.
- Gordon Brown decided to tax offshore funds. Our current pensions hold these funds.

## What if I already have a Pension with Norwich Union?

Policies already in place will not be affected. Group schemes can still add on new members.

## What is happening now?

Well, moves are under way to rectify the problem. Governments from all three Islands are meeting with senior tax/legal advisors from Norwich Union and local IFA's to see if there is a workable solution to the problem.

But even with this current dilemma provoking some heartfelt scrutiny, this fracture is going to take some time to repair. There is, given the complexity of the situation, every reason to believe that we could see little achieved before the year-end. All three islands would have to be extremely creative in agreeing a common practice and fast-tracking the legal processes needed to connect with UK providers. If and when that happens we could see a flurry of activity as the UK responds to this new opportunity.

What will this mean for me?

- An increased choice of providers.
- Possibly cheaper more transparent/flexible Pensions.

## Are there any other providers coming to the Island?

One other major UK provider has shown interest and has met with senior government officials but there has been no absolute confirmation at present.

## Are pensions the only way to save for retirement?

No but they do provide a solid foundation in creating an income from the point you retire and if you are a tax payer, attract relief at 20%. There are savings plans, unit trusts and investments. There is also the current trend of buying buy-to-let properties but this is costly.

## What should I do?

If you have been contemplating a Pension but have been putting it off, use this as a catalyst to take a positive step towards planning for your retirement and contact an Independent Financial Advisor. The earlier you start a pension potentially the greater the return when you retire. You could wait and see what happens but there are no guarantees that anything will. The important thing is to get some impartial advice.

Rod Bryans BA (Hons) Cert PFS  
Director – Hepburns Life & Pensions  
Chairman of the Personal Finance Society

what about that sports car  
you'd like when you retire?  
start planning now







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# Neat Beat Eddie Halliwell



Last month Neat Beat brought you Hybrid at the Watersplash and it went off. This month they are back with Eddie Halliwell. Neat Beat is one of the first inter-island musical collaborations to bring internationally acclaimed DJ's, globally renowned artists and the cream of local talent together to provide events set to take musical entertainment within the Channel Islands to the next level. When any DJ at the top of their game steps up

in the booth it has that effect. Before they cue up a track, or even plug in their headphones the mood changes, eyes dart to the front, people get up on their toes, breathing quickens as pulses begin to race and there is a murmur of expectation. But with Eddie, it's not merely a murmur, it's a rapturous roar.

At that moment the uninitiated know that they are in for something special: Eddie Halliwell, the precocious talent championed by the dance floor to become one of the biggest breakthrough DJ's on the planet. Few possess the same incendiary talent as Eddie, and his ability to make the dance floor erupt is simply devastating. Behind the mixer he seems frenetic; a hive of activity, constantly manipulating across the musical spectrum of House/Electro/Trance and Techno with lightning cuts, layers of effects and slick scratches.

Early bird tickets £10, £12 on the door  
Tickets available from [www.neatbeat.co.uk](http://www.neatbeat.co.uk) or  
White Label Records, Colombarie \_ 725256  
The Watersplash, St. Ouen's Bay \_ 482886

## cocktail of the month

### french knickers

A filthy gorgeous tippie for you and your Valentine!  
Lashings of lustful berries lovingly drenched in vanilla  
vodka, botanical gins and french berry liqueur.  
No doubt it will break hearts.

1 1/2 shots Plymouth Gin Navy Strength  
1/4 shot French Berry Liqueur  
1/4 shot Vanilla Schnapps  
1 1/4 shots Cranberry Juice  
1/2 shot Gomme  
1/2 shot lemon juice  
10 Blackberries

### to make

Muddle 5 blackberries in a mixing glass  
Add other ingredients and shake with cubed ice.  
Fine strain over crushed ice into a V-series glass.  
Garnish with lime wheel and remaining 5 berries



“Candy is dandy but liquor is quicker”

rum? appleton white, appleton estate, havana club aged barrel proof, havana club anejo blanco, havana club 3 year old anejo anos, havana anejo especial, havana 7 year old, bacardi superior, bacardi coconut, bac limon, bac oro, bac 8 anos, mount gay extra old, matus-alum gran reserva, mat clasico, pampero venezuela, morgan spice, Malibu, lambs navy, bundaberg rum, cachaca tucano, cachaca ypioca

Rojo Boutique Cocktail Bar: 10 Bond Street.

For table reservations call 729904

## nightlife extra



### Off The Record, Royal Yacht Hotel

I know some of you reading this are going to be pleased to hear that the OffThe Record guys are going to be back at the Yacht in the next couple of months. My sources tell me that OffThe Record will be continuing their nights when the new club opens in April/May. Now, don't hold me to that because there could be a few hold ups as no one can predict the future, but let's just say that Dave Smith, Jamie Kimber, Jimmy Graham, Steve Febrache and Tristan Batrick will be back in full effect. I'll keep you updated as soon as we receive more information. Watch this space.

### News\_HiFi Sushi

HiFi Sushi is back after a bit of well earned rest with the Pimpin' Sessions. They have confirmed that 'The Breakfast' who have taken the breaks scene by storm are coming over. They've played alongside a selection of the finest DJ's including: Plump DJ's, The Freestylers & Kraffy Kuts. This is sure to be a sell out!! Here's what the press say: '...there is no hotter act right now in the Breakbeat scene and considering how good everyone's become lately, that really is saying something.' - DJ Mag 'The future of UK dance music is safe in the hands of these 3 West London boys!' - Eddy Temple-Morris, XFM. More information in next month's Gallery Magazine.

### Jersey DJ's top tracks

Each and every month we keep you up to date on the DJ's favourite tracks. Here's what's on the decks for February:

DJ: Craig Alder

Track: DJ Falk-House Of God (Luetzenkirchen Remix)  
[Tiger Records]

Club/Event/Night: Coastal Beats / Neat Beat

DJ: Colin Moore

Track: Journeyman vs Barrcode (def inc remix)

Club/Event/Night: Hi Fi Sushi

DJ: Sephira

Track: Space Monkey / Megalomaniac

Club/Event/Night: MerKaBa Tribe

DJ: Paul Shoer

Track: Ibiza (Thomas Gold and FDS club mix) Francesco  
Diaz and Young Rebels

Club/Event/Night: PURE

DJ: Terminal State

Track: Violation / Terminal State

Club/Event/Night: Elementz

DJ: Drift

Track: Drift - Sugar Train - Dub

Club/Event/Night: Clique / Elements / Brap FM/The Drop  
Off

DJ: Michael Hooker

Track: Trash Money - 747 - JE2 Scarp For Cash Remix

Club/Event/Night: Barfly Birmingham

DJ: Spim

Track: Monopoly - Max Boot - Valley of the shadow remix

Club/Event/Night: Subfactory - [www.bassdrive.com](http://www.bassdrive.com)

DJ: L. Duffy

Track: Xperimental Scratch - Giorgio Prezioso

Club/Event/Night: OffThe Record

DJ: Stuart King

Track: Atrium - In love with you

Club/Event/Night: Audio



## Q&A JE2



we talk to Birmingham bass Jersey guy Michael Hooker about what he's up to and the latest goings on with JE2

### How did you guys meet?

We met through going to the same parties and used to end up DJ-ing back to back or one after each other. We never played the same sounds but our musical styles used to gel.

### What was the progression from meeting to what JE2 has become today?

JE2 was something that we started 4 years ago as we both had a passion for music and I was going through a massive musical change. It started from me sitting and watching Elcias programming and making the tune and I would have an input as far as the sounds and the way the track would sound, but the technical side was down to him. Four years later I have learnt to use the programmes we use to the level that I can come up with the tunes structure and beats etc, then I would send the track over to LC via the internet for him to carry on with the arrangement and more technical things. I feel we work well together as we have been friends for a long time and have a mutual respect for what each other does.

### Can you describe how the collaboration works between the both of you?

We work via the mighty World Wide Web. Living in different places we both pull on different experiences and sounds which I think is apparent in the tunes we make.

### How has your opinion of good music changed over your lifetime? Is there anything you liked years ago that you would not like now?

I think there is plenty of music I liked and do not like now, and I would say most of that is in dance music, as most of it is very disposable. I also feel since moving to the UK and getting to see so many live bands that this now is very apparent in the music I play and what we are making.

### When you're not in the studio what do you do to relax?

Go away and see different cities over Europe. I like to cook, although I need to experiment a bit more, and spend time with my wife.

### What are your influences?

People are my main influence over what I do musically. I think there is nothing better than to watch how people react to music. It brings different emotions out in different people, and to be able to capture that in what we make is something I aim for. Also, Myspace has played a massive part in us getting feedback from different people. It still amazes me when we get a message from some guy in New Zealand, or Canada saying how they love what we are doing.

### If you could work on anyone's tracks past or present who would it be and why?

I would love to work with Muse. I think that they are without question the best band in the world at present. Past wise I would like to do something with Michael Jackson (off The Wall era)

### Where do you see you're self in 10 years?

Hopefully doing the same thing but on a larger level. I think this something that all DJs / producers wish for:

### What's wrong with mainstream music today?

I don't think that there is much wrong with mainstream music. I think that all music plays a part in getting people into less mainstream styles. I love the way that guitar based music has become popular again as kids want to pick up instruments and be creative again.

### What are you working on at the moment?

We have just finished a few remixes for Trash Fashion and one for a Band Called Trash Money. Both have a electro breaks indie crossover (not to pigeonhole what we do) sound to them, and can be checked out on our Myspace page [www.myspace.com/je2music](http://www.myspace.com/je2music)

### What inspired you to get into music?

Mix Factory mix tape from school. This has all the classics from the early rave days.

### How did you decide the style of music you wanted to play?

I don't think I have decided on what style I play as I don't feel I have a style any more. In the past I think I would have been marked as this style of DJ, or that style, but I just enjoy playing what I like. I feel I am enjoying myself as a DJ more then ever.

### What can we expect from you in 2007?


More remixes, some new solo projects, more DJ dates across Europe and further a field.

### Do you have any advice for new artists or people thinking about getting into the music business?

You need big balls, and don't be afraid to offend people. It is a hard business and only the persistent and the focused make it. And make sure you have fun on the way.

For more information on JE2 log onto [www.myspace.com/je2music](http://www.myspace.com/je2music)


you will find some tracks and information on there up and coming events.



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this month so look out for us

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## listings

Culture

Nightlife

Cinema

Activity

Recommended

! If you have any listings or events for March's magazine, send them to [listings@gallerymagazine.co.uk](mailto:listings@gallerymagazine.co.uk) by 18th April

28 Jan 2007 - 04 Feb 2007

**Ladies International Tennis Tournament Les Ormes Golf & Leisure Village**

The top 32 players from all over the world visit Jersey this year for this professional tennis tournament. Spectators welcome. The ladies final will be held at 10:30 hrs on Sunday.

28 Jan 2007 - 04 Feb 2007

**Men's Satellite International Tennis Tournament Les Ormes Golf & Leisure Village**

Top ranking tennis players visit Jersey for this international tennis tournament. Spectators welcome. The men's final will be held at 10:30 hrs on Saturday.

Until 30th March

**A Stitch in Time Exhibition**

Jersey Museum

An exhibition of work by the Jersey Branch of the embroiderers' guild. Amongst the pieces are 16 of the most fabulous bras you will ever see!! The bras were spotted at a show last year and have since been photographed as part of a Breast Cancer Awareness national campaign.

Time: 10:00 - 16:00, free entry

Thursday 1st February

**Chambers****White Noise**

Time: 22:00, free entry

Friday 2nd February

**Chambers****Suzy's Field**

Time: 18:00 and 23:15, free entry

Friday 2nd February

Jersey Arts Centre

**Michael Roach (Guitar)**

Born in Washington DC, Michael sings and plays guitar in an East Coast style of blues dating back to the 1920s. He promotes African-American culture through blues music and has lectured and taught workshops throughout the USA. It is his communication skills together with his excellent musicianship that enables his audiences to achieve a deep understanding of blues music.

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

Saturday 3rd February

**Pure****Winter Saturdays**

Proper house music to warm your funky cockles with resident DJ's Keith Robinson, Paul Shoer and Guests.

Time: 22:00 - 02:30, entry £2, all drinks £2 exc doubles.

**Chambers****Suzy's Field**

Time: 22:00, free entry

Sunday 4th February

**Chambers****White Noise**

Time: 22:00, free entry

Monday 5th February

**Chambers****Comedy Club followed by White Noise.**

Jersey Arts Centre

Jersey Film Society

**Tsotsi,**

UK/SOUTH AFRICA 2005, 94 minutes (subtitles)

On the edges of Johannesburg, teenager Tsotsi's life has no meaning beyond survival. Orphaned at an early age, he has learned to fend for himself. One night, in desperation, Tsotsi steals a woman's car. On driving off, he makes a shocking discovery in the backseat. Winner of 2006 Oscar for Best Foreign Language. Time: 20:00, Tickets: £5 (£3 students) only available on the door

Tuesday 6th February

**Chambers****The Buzzards**

Time: 22:00, free entry

Wednesday 7th February

**Chambers****Suzy's Field**

Time: 22:00, free entry

Thursday 8th February

**Chambers****The John Kimble Experience**

Time: 22:00, free entry

Thursday 8th February

Jersey Arts Centre

The Coull Quartet Sponsored by Kleinwort Benson

Established as one of Britain's most respected and imaginative ensembles, The Coull Quartet embrace a broad repertoire whilst maintaining a strong commitment to contemporary music. They have toured extensively throughout the USA, Western Europe, India, the Far East, Middle East, South America and Australia. We welcome the return of this renowned ensemble to the Jersey Arts Centre.

Time: 20:00, £15 (£8 students)

Friday 9th February

**Chambers****White Noise / Sugar Train**

Time: 18:00 / 23:15, free entry

Saturday 10th February

**Pure****DJ Graeme Park**

Supported by DJ's Keith Robinson and Paul Shoer.

Time: 22:00 - 02:30, entry £2, all drinks £2 exc doubles.

**Chambers****Sugar Train**

Time: 22:00, free entry

**Platinum****Theory presents Groove Box**

Special Guest DJ YOUSEF (Cream // Circus Circus), Warren Le Sueur, Warren Holt and Simon Gasston

Time: 22:00 - 02:30, entry £8 on the door.

Sunday 11th February

**Chambers****White Noise**

Time: 22:00, free entry

Monday 12th February

**Chambers****Suzy's Field**

Time: 22:00, free entry

Tuesday 13th February

**Chambers****Martha High**

Time: 22:00, free entry

Wednesday 14th February

**Chambers****Suzy's Field**

Time: 22:00, free entry

Thursday 15th February

**Chambers****Marlo (UK Band)**

Time: 22:00, free entry

Friday 16th February

**Chambers****White Noise / Marlo (Uk Band)**

Time: 18:00 / 23:15, free entry

Saturday 17th February

**Chambers****Marlo (UK Band)**

Time: 22:00, free entry

Synergy

CLIQUE presents Special Guest

**'Warren Le Sueur (Positiv/Theory)**

with residents Carl Scott & Pete de Momme. Featuring LC & Carrie Cooper in the Uber Lounge.

Time: 22:00 - 02:00, entry: £2 before 23:00 / £4 after

[www.cliquism.com](http://www.cliquism.com)

Sunday 18th February

**Chambers****Martha High**

Time: 22:00, free entry

Monday 19th February

**Chambers****White Noise**

Time: 22:00, free entry

Tuesday 20th February

**Chambers****Martha High**

Time: 22:00, free entry

Wednesday 21st February

**Chambers****Suzy's Field**

Time: 22:00, free entry

Thursday 22nd February

**Chambers****Martha High**

Time: 22:00, free entry

Thursday 22nd February

Until 24th Feb

**Rouge Bouillon School**

**Gerald Durrell's My Family and Other Animals**

adapted and directed by Daniel Austin.

In association with The States of Jersey

Department for Education, Sport and Culture and Durrell Wildlife.

Sponsored by NatWest. This is a

unique opportunity to be at the world premiere of the first stage adaptation of Gerald Durrell's My Family and Other Animals. Time: 20:00

Friday 23rd February

**Chambers****Martha High / Element (UK Band)**

Time: 18:00 / 23:15, free entry

Saturday 24th February

**Chambers****Element (UK Band)**

Time: 22:00, free entry

Saturday 24th February

**Pure****DJ Alex P**

Supported by DJ's Keith Robinson and Paul Shoer.

Time: 22:00 - 02:30, entry £2, all drinks £2 excl. doubles.

Saturday 24th February

**The Splash****Theory presents FUSSION****Special Guest Dj Krafty Kutz****(Fingerlickin' // Fabric), Warren****Le Sueur, Warren Holt and Simon****Gasston.**

Time: 22:00 - 02:30, tickets £8

(Adv) From: Carob, Surf Dive & Ski & The Splash. £10 on the door

Sunday 25th February

**Chambers****White Noise**

Time: 22:00, free entry

Monday 26th February

**Chambers****Frank Tausney**

Time: 22:00, free entry

Jersey Arts Centre

**Sex, Lies and Videotape, Jersey Film Society**

USA 1989, 100 minutes

Spader won Best Actor at Cannes for his performance as Graham, a long-lost college friend who drifts back into the lives of John, a self-involved philanderer, his angelic wife, Ann, and her saucy sister, Cynthia. One by one each is drawn into Graham's very personal project, leaving the relationships between them forever transformed. Time: 20:00, Tickets: £5 (£3 students) only available on the door.

Tuesday 27th February

**Chambers****White Noise**

Time: 22:00, free entry

Wednesday 28th February

**Chambers****Suzy's Field**

Time: 22:00, free entry



# the \_ directory

below you will find a selection of quality Jersey businesses categorised that may be of interest to you. Don't forget to tell them you saw them in the Gallery directory!  
If you would like to be included in the directory call Mike Nixon on 811100

## fashion & beauty



### Marc 2

For exclusive shoes and accessories Marc2 is the only place to go. Experience a fantastic range of shoes, bags, scarves and other goodies at prices that won't shock or stop you. From daytime to designer, Marc2 has it all. We all deserve a treat for our feet, so step into Marc 2 for shoes that stand out from the rest.  
**marc2 Limited 19 Bath Street St Helier 01534 870761**



### Get Blissed

A must for beauty junkies, Bliss Bespoke Beauty is a skincare and life-style store with a luxury twist to all the products sold. Like a grown-up sweet shop, you can pick and mix from the amazing products on offer to create a beauty regime unique to yourself. Whether it's the wonder skin products from Skinceuticals, B.kamins and Ole Henriksen or the flawless, easy to apply makeup from Susan Posnick; these products deliver real results.  
**Bliss, La Motte Street, St Helier.tel: e-mail emma@blissjersey.co.uk**

## sport and fitness



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cater for all levels of fitness, and budgets, so there are no excuses. And we can deliver single items, or a range of cardiovascular machines and strength training equipment and accessories straight to your door. If you are unsure, we can arrange a 'try before you buy' scheme, which will help you make a more informed decision.  
**Tel 01534 633109  
Mob 07797 747262  
www.thefitnessagency.co.uk**



### Pure Adventure

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## home & interiors



### Le Quesnes Garden Centre, Florist & Tearooms.

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**Open 8am - 5pm Mon - Sat  
Tel:626878 Or Fax: 874419**

## services



### Regency Logistics

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## gadgets



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## 3 questions

- A. What are you most looking forward to in 2007?  
B. Did you make a New Year's Resolution? Have you stuck to it?  
C. If love is blind, why do we buy expensive lingerie?



### Marcin Mielcarek, 28

Occupation: Sales Advisor

**A:** I want to develop my photographic skills.

**B:** I haven't got any to be honest. If I smoked I would quit.

**C:** Huh? They are bright and spotty to bring attention to the personality.



### Laura Mendonca, 16

Occupation: Student

**A:** Shopping and stuff.

**B:** Just go out with my old mates and stuff like that.

**C:** Maybe because we need to get new glasses or something?



### Edna Mason 67

Occupation: Retired

**A:** Honest truth? I hope my husband gets the continued standard of care he does at the moment.

**B:** Yes I did. I haven't stuck to it but I'm trying. It's think before you speak!

**C:** Ooh, everyone can feel!

## boardom

scores on the board for the following question:

Who is your fantasy Valentine?



Mike, private banker



Paolo, sales assistant



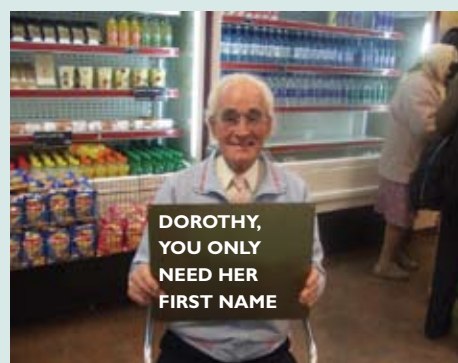
David, butcher



Emma, HMV staff



Nadia Cropp, beauty consultant



Ken, retired



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## P'hermitage gardens beaumont

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## spectrum st helier

A limited selection of 1 and 2 bedroom apartments remain in this sought after, award-winning development. Each stylish property is available through share transfer (no stamp duty) with legal fees at £300\* and a guaranteed rental yield of 5%\* available to investors for 2 years.

Modern contemporary living can be yours for less than you'd think!

**Prices from £133,000 Share Transfer**

\*Subject to terms and conditions, please speak to a Sales Advisor for more details

## century buildings st helier

A limited number of modern two bedroom apartments in this desirable development are now available for immediate occupation. Each has a stunning specification including designer fitted kitchen with granite worktops, wooden flooring and underfloor heating throughout.

The apartments also benefit from two bathrooms (1 en-suite), a utility room, spacious lounge, parking space and use of the internal courtyard gardens.

**Prices from £350,000 Share Transfer**

Limited number of one bedroom apartments available from £190,000



## interested?

To view any of the properties featured or for information on any of our other developments, visit the Dandara Sales & Marketing Suite on Gloucester Street, visit [dandara.com](http://dandara.com) or call 789900