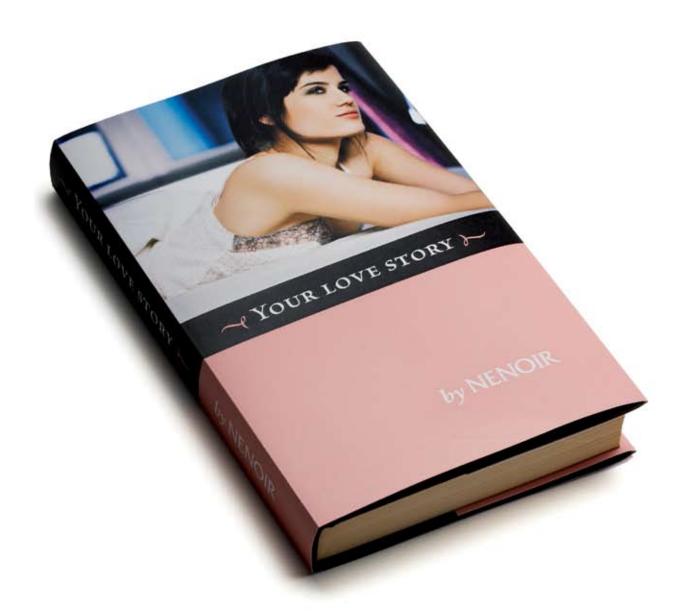




Sixty Star John Richmond

AXLEMAN 25 Halkett Street PMG fashion UNWRAPPING fashion UNWRAPPING fashion UNWRAPPING fashion







THE STORY OF YOUR LOVE is unique, and personal to you. Your diamond should be the same. With a unique identity and an individual history, a Nenoir diamond offers more than just sparkle. Each Nenoir diamond is issued with both a CanadaMarkTM certificate of origin, and a First Private Owner (FPOTM) guarantee. Together they assure you of authenticity, true Canadian provenance and confirmation that your diamond has reached you through a direct and transparent route. You may own other diamonds during your life, but never another that says as much as this one.







jersey news from the last month _ retrospect

what's yours called?_

Mr Smith may soon be able to introduce his children Fifi Petronella Getty-Trump Smith and Lancelot Wilbermere Anderson-Jolie Smith even if he's not married to their mother. Although you can give your child any christian name you wish, it was argued in the Royal Court last month that couples should also be able to choose whatever surname they wish for their children. Lucky Lancelot and Fifi would therefore avoid any illegitimacy or name related ridicule or embarrassment in the playground. Or maybe not.



decisions decisions

be afraid _ or just be careful

Yes, we've all heard of that Los Angeles place with it's drive-bys and gangland killings. Sounds very dangerous. Luckily, us Jersey residents needn't worry about the crime terrors associated with straying into Compton or Inglewood UNTIL NOW! Jersey is the new crime capital of the Channel Islands with 15 attempted break-ins in one weekend last month. On closer inspection it does appear that for many of the properties the thieves wondered in through unlocked doors, so 'break-in' isn't all that fitting. Channel Online's re-creation of a typical robber in dark sportswear and black balaclava will hopefully lead to an arrest or two.



if you see this man lock your doors!!!

no green stamp in jersey_

Afer our green issue last month it was a bit disappointing to hear that going green wont help you financially as it may do on the mainland. Unlike the UK who are lowering stamp duty for environmentally friendly houses, Jersey's Environment Minister Freddie Cohen has said "it is a jolly good idea but it would be an extremely expensive measure to introduce as the Treasury would lose out significantly." It's a tough call between purse strings and the environmental benefit but go on Freddy, get everyone carbon neutral, it'll pay dividends in the long run!



green house, get it?

you know you want it _

Are you a grown man with a penchant for late nights sitting in darkened rooms vigorously strumming your controller? Then I bet you can't wait for the launch of the Playstation 3. Gone are the days when game consoles were for little boys. With a price exceeding £350 it's a tiny bit above the usual pocket money quota and on top of that HMV launched it at midnight, a time when most kids are tucked up in bed. Plus they'll be saving their pocket money for a year or so to afford one. The PS3 is also going to push the boundaries of online gaming so you can hook up and play against friends all over the world. Go and get one and be the envy of little boys everywhere.



it's black, it's mean. you want it.



Permanent is not always best!

Permanent employment does not suit everybody. If you want the flexibility offered by temporary employment, come and talk to us. We require enthusiastic and professional candidates to fulfil a variety of temporary vacancies.

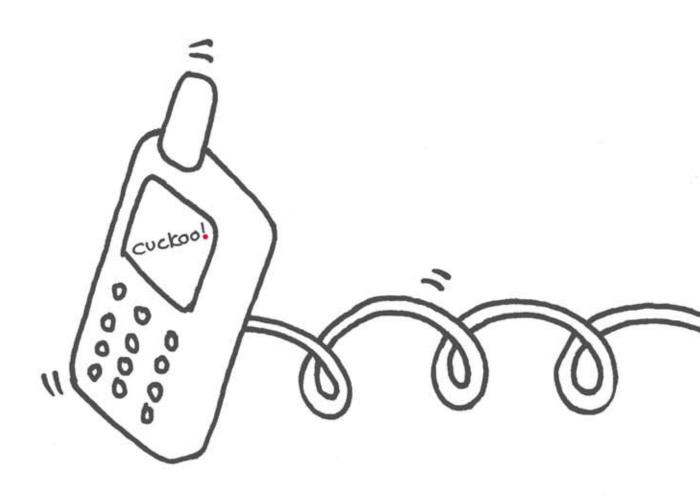
Discover the benefits of temporary employment. Call Rowlands on 876214.

Trinity House, Bath Street, St. Helier JE2 4ST Telephone 876214 jobs@rowlands.co.uk

www.rowlands.co.uk

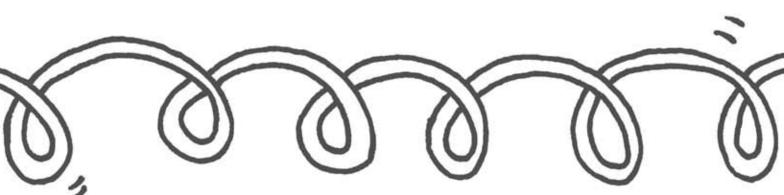






More Madness! FREE evening & weekend calls & texts





FREE calls and texts between all Sure mobiles for all Sure Pay as you go and Pay monthly customers.

Sign up at the Sure Store or at one of our dealers before 30th April 2007.

You'd be bonkers not to!

FREE calls and texts apply Monday to Friday 7pm to 7am and all day Saturday and Sunday.

Terms and Conditions apply. www.surecw.com

INVESTING IN PENGUINS

contacts credits

editorial _ advertising

Ben Davies

ben@gallerymagazine.co.uk

Alana Mann

alana@gallerymagazine.co.uk

office manager / accounts Selina Burby selina@gallerymagazine.co.uk

fashion / editorial assistants

Ceri Milner Sarah Mansell Annie Law Anna Hafsteinsson

contributing writers

Donna White, Zara Palmer Watkinson, Vicky Fawcett, Paul Duffy, Mike Nixon, Simon De La Haye, Jo-anna Duncan., Gerard Farnham

photographers

Danny Evans, www.snapper.je, Gerard Farnham, Simon De La Haye

publisher

Ben Davies

ben@gallerymagazine.co.uk

thanks

to Ceri for hitting the ground running when it mattered most. And for the snacks.

contact

If you want to get in touch with us, whether it's to find out more about Gallery or just as something to while away the hours one afternoon, try these methods;

by post

Gallery Magazine Broadcasting House, Rouge Bouillon St Helier, JE2 3ZA

by phone

01534 811100

by email

office@gallerymagazine.co.uk

on the magic internet www.gallerymagazine.co.uk

*Gallery have adopted a penguin! Adopt one too!

www.falklandsconservation.com/

recycle

Gallery recycles all it's storage and packing materials, boxes and any old magazines that are returned. We love to know our readers hang on to previous copies but when you move or find that they're taking up too much space, drop them down to the recycling bins in the car park off the esplanade. If you want to find out more about recycling, call 01534 448586

Discaimer. All rights reserved. Any form of reproduction of Gallery Magazine, in part or whole is strictly prohibited without the written consent of the publisher. Any views expressed by advertisers or contributors may not be those of the publisher: Unsolicited artwork, manuscripts and copy is accepted by Gallery Magazine, but the publisher cannot be held responsible for any loss or damage. All material, copy and artwork supplied is assumed to be copyright free unless otherwise advised. Contributions for Gallery Magazine should be emailed to contributors@ gallerymagazine.co.uk Why are you still reading the small print? Go and find yourself a back of a cereal packer instead.

Intro

As we all start thinking about the summer and 'beach bodies' the last thing you want to do is eat a lot. To hell with that, welcome to the gallery food issue.

As you can imagine with a theme like 'food' the hot topic in the office this month has been all things edible. I'd like to say it's centred around the finer points of the Michelin star grading system and the perfect souffle recipe but it's been more to do with the exact extent to which Cadburys digestives outgun the McVities variety. This month we welcome our new journalist Ceri to the team who brought an impressive vocabulary and an even more impressive knowledge of snack food. However, reading Steve's fitness page and Mandy's nutrition tips has made me doubt whether Biscuits and a Dime Bar really constitutes a 'carbohydrate rich breakfast'?

Thankfully our team of wonderful writers have brought us some fantastic foodie features this month for your reading pleasure. Now that we are lucky enough to have two Michelin starred restaurants on our fair isle we thought we'd send a couple of them out for lunch to see what all the fuss is about (page 16). With 106 Michelin stars awarded in the UK and two of them in Jersey we're doing pretty well. The UK has 60 million people, that's 600,000 people per 'starred' restaurant. With two and just 90 thousand people the odds are in our favour so you'd be a fool not to experience them. Vicky checks out the best gadgets for your style conscious kitchen and takes a cookery class at the Boathouse (page 40) while Donna looks at baby diets one-upmanship Annabel Karmel style. Sticking with the theme we also looked at some food inspired beauty products and fashion items for your Spring wardrobe. With Easter around the corner we also give you six of the best hot cross buns.

If you've thinking 'enough of the food already!' there are also all our usual bits too, including a careers special focused on training and a motoring section that sees Gerard test drive the Hyundai Coupe (page 68) and give us a two wheeled option for summer transport by way of a scooter feature. It sometimes amazes me how much we get in an issue to be honest.

BD



GALLERYMAGAZINEARE YOU IN?

would you like to feature your business in gallerymagazine in 2007?

please call on 01534 811100 or, for advertising enquiries, visit www.gallerymagazine.co.uk and download our media pack which contains all the information you need.

Gallery is Jersey's best quality and most stylish periodical. The magazine 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.

EVERYTHING At de Gruchy we sim to exceed our customers expectations on every occasion. •de Gruchy prices are always lower than the UK High Street* At de Gruchy we don't just offer Quality in the products we sell, but in everything we do. At de Gruchy we have the largest selection of brands and exclusive labels in one location.

de Gruchy
The Islands' Store of Choice

issue 29 _ the food issue







10	openings & events
14	misc
16	eye-spy
17	shining stars - michelin restaurant review
20	dissemination
24	music
26	snapper
28	film

food special features _ 30 picnics recommendations

play

	The state of the s
32	the five oaks
33	6 of the best _ hot cross buns
31	the appahal karmal clane

34 the annabel karmel clone35 weird food

38 cookery school _ the boathouse

40 interiors42 gadgets

29

46 fitness & nutrition

48 beauty monthly
50 treatments
51 snapper
54 fashion watch
56 fashion watch

fashion watch _ menfashion shoot _ juicedsnapper

68 motoring _ the hyundai coupe 70 motoring _ scooters

72 jobsin

73 careers special _ training86 charity: british red cross

88 nightlife
89 snapper
90 nightlife
91 snapper
92 listings

93 the_directory

96 questions _ boardom



White sports jacket, £365 _ white long sleeved layered vest, £79, both from Marccain _ 18ct Rose and white Gold diamond set collar, £16,228 _ Matching bracelet, £8,074, both from Stott & Willgrass



Go out for a "Girls Hight In"

Just grab your best friends,
pack your pyjamas
and escape to a happier place
where the Women are Pretty,
the Dancing is Dirty
and It's a Wonderful Life!



Weighbridge St Helier Jersey C.I. JE2 3NF T +44 (0)1534 720511 E +44 (0)1534 767729 E. reception@theroyalyacht.com www.theroyalyacht.com

Pamper yourselves with:

- One night bed & breakfast in Silver twin room
- Champagne on arrival to get the party started
- Selection of "Chick Flicks"
- Goodie Bag including nail varnish, nail file, eye masks and face packs
- Selection of nibbles including popcorn, nachos and of course, chocolate
- Use of our luxury Spa including hydrotherapy bath, swimming pool, sauna, steam room, aromatherapy steam room, experience showers, relaxation suite and gym.

Extra night B&B £70 per person

To book please call 01534 720511 or visit www.theroyalyacht.com

openings & events _simon de la haye

Jersey Enterprise Awards _

Some might call it the Jersey Oscars, others might say it's a great opportunity for recognition of hard work and effort put in to make a business work or provide for the community beyond the call of duty.

The first night of March 2007 saw in Jersey's largest business and community award ceremony, the Jersey Enterprise Awards with over 700 people attending. The overall winner was La Mare Vineyards, who took the evening's top business accolade. The star-studded Queen's Hall at Fort Regent was very impressive and set the perfect scene for a magnificent night of presentations to the top businesses in Jersey. Six business and two community trophies were awarded to those who had achieved outstanding success during 2006.

The Awards received almost one hundred nominations in total and this year three new business categories were added. These three new categories are designed to recognise excellence throughout the local business community, from the sole trader to the largest company. All three will be judged on criteria including Business Growth and Performance, Leadership, Strategy, People, Partnerships and Resources. For the three main business awards a total of forty seven nominations were received. These were judged by an independent panel of businessmen Chaired by the Assistant Minister for Economic Development, Deputy Alan Maclean, the panel included Kevin Keen, Chairman of the Chamber of Commerce, Simon Radford, President of the IOD, Gregor Ritchie from the Grand Hotel and David Warr from Cooper and Co.

Amongst the top winners were The Jersey Oyster Company who won the UBS Best Medium Business Award and Amalgamated Facilities Management Limited, winners of the Jersey Post Best Large Business Award and Tim Evans who won Entrepreneur of the Year.



Lovely Tim from iQ receiving his Entrepreneur of the Year award from lovely Frank Walker while a man we don't know looks on.















Why aren't we in the bow tie rental business.... we'd make a killing...



Let us know at 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?



Spring special...

FREE Samsung E900 or Nokia 6230i

on a MyMobile yellow plan for £12.99 or above for 12 months before the end of April.

Call into our shop at 18 Queen Street for details.







Worldsmart, Homegrown www.jerseytelecom.com

openings & events _ ceri milner



















it's grand _

Jersey's businesses now have a new way to impress clients. The Grand Hotel has just finished phase one of its nine million pound extensive refurbishment plans, and so far it's looking pretty good.

To celebrate the phase one completion they threw a drinks party to show off their new Park Suites and beautifully refurbished bedrooms, all with sea view. The rooms have been fitted with bespoke furniture and have a very chic, electric boudoir feel to them. With oversized black and white photos from the Sixties and pink, blue or green atmosphere lighting around the room, there's an instantly relaxing feel, which is all you could wish for from a hotel room.

The new Park Suites development consists of five flexible meeting and event rooms. Visually the rooms are stunning and sophisticated, plus they come complete with every gadget you could possibly desire. The Park Suites even have their own cinema, with HD (high definition) DVD, HD projector, Sky HD and Dolby Digital 7.1 Surround Sound, which is all linked through an impressive wireless control system. Whether you need to deliver a high-impact marketing message, or want to watch the latest action movie, the facilities will meet every requirement.

The Suites have their own private entrance and a dedicated concierge service to ensure your event runs smoothly. Plus if all that doesn't win your clients over, bustle them off to the Champagne Bar, and after a few Mojitos or Caipirinhas, or even a Champagne Cocktail (or three) maybe they'll start seeing things your way!

.....







textile showcase fashion show 2007

Fashionistas were gathered and wine was flowing. The first piece down the runway was a simple, very pretty Sukey Cartwright wedding dress, but the best bits were saved till the very end;

Diane Bates' Peacock Collection was fully displayed for the first time ever. The handsome male models exuded masculinity despite the effeminate detailing of their costumes. The contrast was stunning and dramatic. Diane's work is fantastic and we cannot wait for her next collection of beaded headpieces!

Many of the pieces that went down the runway were one-offs and are on display, and available to buy at the Harbour Gallery, Le Boulevard, St Aubin. Call 01534 743044.



Are you having an opening or event?

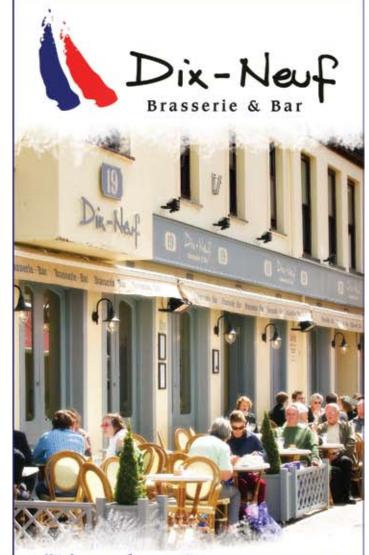
Let us know at openings@gallerymagazine.co.uk and we may be able to cover your opening in the next issue of Gallery Magazine. If we don't have many submitted you get a nice big full page like the one above. Good eh?



KPMG Alumni Directory _

An event unheard of by most of us, KPMG launched their inaugural Alumni Directory for past and present employees. The event is designed to reunite a network of skilled professionals who have spent important parts of their careers with KPMG and moved on to pastures new.

How many of us can say that we have been offered an evening at an upmarket bar, namely Bohemia, by our ex-employer to say thanks for once being part of their community and to reunite past relationships? Senior partner Larry Catterson hopes that this will be a regular social event that gives people the opportunity to catch up and discuss their varied career paths.



"It's neither a Restaurant, nor a Wine Bar, Café or Pub. It's all these things and more."

The perfect town centre rendezvous, serving a terrific variety of food every day and evening.

Large Al Fresco area.



funfoodfacts

Lemons contain more sugar than strawberries Half of the world's population live on a staple diet of rice

During a lifetime the average person eats about 35 tonnes of food

The founder of McDonald's has a Bachelor degree in Hamburgerology

In France, people eat approximately 500,000,000 snails per year

Carrots Really Can Help You See In The Dark!
- Vitamin A is known to prevent "night blindness," and carrots are loaded with Vitamin A. So, why not load-up today!

The first breakfast cereal ever produced was Shredded Wheat

There are about 100,000 bacteria in one litre of drinking water

Cream is lighter than milk

Over 1,000 litres of beer are drunk in the House of Commons each week

Frankfurter sausages were first created in China

Within 2 hours of standing in daylight, milk loses between half and two-thirds of its vitamin B content

Have A Tomato With Your Burger! - When a source of Vitamin C (orange, lemon, grapefruit, strawberry, tomato, potato, etc.) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food

It Takes 3500 Calories To Make A Pound Of Fat! - So, as long as you're active, and burning of calories, calories shouldn't have too much of a chance to turn into fat.

Peanuts are used in the manufacture of dynamite

mindgame

I cdnuolt blveiee taht I cluod aulacity uesdnathrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid. Aoccdrnig to rsreeach at Cmabrigde Uinervtisy, it deosn't mttaer in waht oredr the liteers in a wrod are, the olny iprmoatht tihng is taht the frist and Isat liteer be in the rghit plcae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey liteer by istlef, but the wrod as a wlohe. Amzanig, huh.

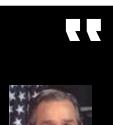
You say 'tomayto'.... I say 'tomarto'...

From time to time we all have little squabbles over words that we pronounce differently to someone else. The conclusion is usually that the word just has two ways of pronouncing, end of. However, the English language was made for a purpose and theoretically, each word should only have one way of pronouncing. The list of words I could write about is endless, so I've chosen just a handful that I think are most commonly debated.

Scone – This is one that has always baffled me. If you say it one way (scoown) you could perhaps be called a posh git. I have always said it the other way, but phonetically, it should be said the other way, the "posh" way. If you think about other words with the same spelling, for example, cone, bone, tone, trombone they all fit with the "posh scoown" pattern! So there you have it. Anyone for some tea?

Auntie — This one applies to the good old jersey beans. My father is aussie and my mother is from Croyden, so I've always said auntie the same as most non-jerseys do. But you may have noticed the pronunciation that "the beans" use. They say it more like "ontie". The same argument applies, and evidently, the same conclusion also applies... that there are just two ways of saying it!... Wrong. Phonetically, the word should actually be pronounced in the old jersey way! Compare, August, autumn, auction, auntie and its obvious. There, no more arguments!

Castle — There are many words that can apply to this rule. Bath, nasty, after, path etc etc etc. I think that this one, is definitely the most common argument. I'm finding it hard to 'us 'y this one. The only conclusion I could come up with was the fact that these words do not have an 'R' in them. Compare, "Carstle" and "castle", or "Barth" and "Bath". It's hard to conclude this one, so I guess, just keep arguing about it!



The best way to defeat the totalitarian of hate is with an ideology of hope -- an ideology of hate -- excuse me --with an ideology of hope."
George W. Bush, Fort Benning, Ga., Jan. 11, 2007

bushisms

Alternative news _

A drunk driver was arrested in Germany after he accidentally rang the police instead of a breakdown service when he had a flat tyre.

Before he realised who he was speaking to, the 31 year-old let it slip that he had no licence and was driving under the influence.

The civil servant, who lost his licence eight years ago, had a blow out in the western town of Monheim while driving a car borrowed from a friend.

He had a blood alcohol level that was seven times the legal limit, and when he tried to call the German equivalent of the AA he became confused and dialed the emergency number for the police.

The drunken man phoned and said: "My car is broken and I need you to come and fix it. You better be quick because I'm really pretty drunk and I don't have a license so it wouldn't be good if the cops drove past."

A Monheim police spokesman said: "He wanted us to come quickly, so we did."

Easter egg calorie count

Buttons Easter Egg, Cadbury's (per 100g) Calories – 530kcal Fat – 30.0g

Cadbury's Caramel Easter Egg (per 100g) Calories – 510kcal Fat – 27.4g

Chocolate Orange Easter Egg (per 100g) Calories- 527Kcal Fat – 29.3g

Smarties Easter Egg, Nestle (per 100g) Calories – 498kcal Fat - 23.9g





The Islands' Store of Choic

46 – 52 King Street, St Heller, JE4 8NN. Telephone: (01534) 818773 the foodies

Gallery Magazine goes undercover to bring you an insider's look at some of Jersey's social stereotypes. Recognise anyone you know?!

It started innocently enough, writing reviews of local restaurants for Dine-Online, just for fun. But before long, Nick and Annabel started to believe that they were the next AA Gill and Giles Coren. After all, hadn't they suggested in their online review that Ocean should be Michelin-starred? They'd demand to dine off-menu—"we'll have the langoustines, but hold the chive butter, we'll have the sevruga caviar instead". Soon they were referring to the chefs by their first names—"just a little something I picked up from Shaun/Mark/John". From then on, it was a downhill slide into the world of the gourmet snob. Nick started watching all the Gordon Ramsay repeats on UK Living to pick up trendy chef speak to drop into his next foodie conversation—"just off home to fry off some fishcakes...". Then came the subscription to Olive magazine. It was only a matter of time before they discovered the online



And shame on you if you'd thought that was just any old stir-fry. Oh no. Those noodles were made to a secret ancient recipe and hand-rolled by a family of aged Japanese farmers, high in the mountains of Nagano. Nick and Annabel's friends couldn't help thinking they looked remarkably like the Sharwoods egg noodles that were 'buy one get one free' at Checkers.

foodie community. Thanks to websites like Epicurious, Egullet and Chowhound, they were introduced to the sort of recherché ingredients they'd only dreamed of. Suddenly mushrooms had to be kibbled, and pasta couldn't just be fresh, it had to be artisanal and hand-kneaded as well. Thankfully, most of the websites offered next-day delivery and before long, all sorts of pungent packages began arriving for Nick and Annabel. Graham their postman had never seen anything like it. Some rattled, some sloshed, and one leaked squid ink all over his regulation Jersey Post shoes.

Dinner parties at Nick and Annabel's became quite an experience. Forget popping down to Marks and Spencer to pick up ingredients,

Nick and Annabel would have just returned from a tour of Italy after pressing their own olive oil, and churning their own buffalo mozzarella. And by the time you'd heard about where every rare ingredient had come from, your meal had gone cold. Take those ordinary-looking new potatoes for example. They'd turn out to be fingerling potatoes, grown above the cloud line in the Andes, and incredibly rare. And shame on you if you'd thought that was just any old stir-fry. Oh no. Those noodles were made to a secret ancient recipe and hand-rolled by a family of aged Japanese farmers, high in the mountains of Nagano. Nick and Annabel's friends couldn't help thinking they looked remarkably like the Sharwoods egg noodles that were 'buy one get one free' at Checkers.

Before long, Nick and Annabel's food obsession started spiralling out of control. Annabel started tracking Agas on Ebay because she'd read toast made on an Aga was vastly superior to anything that popped out of her Russell Hobbs two-slice. And Nick had spotted a set of sashimi knives that were hand-forged by a descendant of the Samurai. Of course, they did cost more than Annabel's car, but then what price good food?

It all started to go wrong after they got back from their trufflehunting trip to the Loire. Nick had carefully smuggled a priceless black truffle back to Jersey, risking discovery by les sniffer-dogs and those keen-nosed Frenchmen at St Malo customs. He'd stashed his precious find in the fridge, ready for a seriously impressive dinner party that evening. And then disaster struck. Annabel got home from work to find the cleaner had decluttered the fridge. The truffle had disappeared. "There was something rotten in your fridge" explained Maria when a panic-struck Annabel called her mobile. "It was so smelly. I threw it away". And then Annabel had a brainwave. When Nick returned home, he couldn't wait to get started on his pièce de resistance – truffle risotto. He was so eager to show off his prize truffle to his dinner guests that he didn't notice it looked slightly different. "Get a whiff of that" he exclaimed, pressing his nose into what he thought was the truffle. "Smells like sex!" as he grated it enthusiastically over the risotto. Annabel held her breath. She hoped he wouldn't notice it was actually an old potato she'd found going black and mouldy at the bottom of the compost heap.



shining stars _

Chefs slave for years for them, restaurants hire and fire for them and punters are pulled in by them. Accolades, and particularly the holy grail that is the Michelin star, guarantee the otherwise highly precarious business of running a restaurant. How lucky are we, Jersey now boasts two restaurants — out of the 106 in the whole of the UK — with a Michelin star. Bohemia got their first star in 2005 and are now on their third year and, just under two years after starting out, Ocean got their star earlier this year.

So what is it exactly that makes the hallowed Michelin star so highly respected by chefs and diners alike? A guide book produced by a French tyre company seems an unlikely thing to keep ambitious chefs awake at night, but their secretive selection process, rigorously exacting evaluation and ability to get it right in customers' eyes have made them universally respected.

First off, Michelin decide which establishments they are going to include in their selection. Their shadowy inspectors slink in and out unannounced four to six times a year, striking fear into the hearts of chefs and restaurateurs. This constant assessment doesn't stop when you have your star, there's even more pressure to ensure that you hang on to it. They are examining the food under five different headings: the quality of the products, the "mastery of flavour and cooking", the "personality" of the cuisine, the value for money and the consistency between visits. Serious business.

Ocean had been tipped for a big one last year, by being declared a newly classified "Rising Star." But head chef, Mark Jordan, kept his eye on what's important rather than worry about the prize, "I just kept my head down and concentrated on getting the food right." Secretive to the last, he got the good news via a Michelin press release on his 36th birthday in January. Business has been booming ever since and every post brings more CV's from bright, young, ambitious chefs.

The fact that two restaurants are operating at this stratospheric level in Jersey is very exciting for all of us and must say something about the increased sophistication of diners here and their ability to appreciate the best food. We sent in some spies to test them out.



Strange that the prestigious accolade was originally awarded by a tyre company wanting people to drive further to eat well!

Ocean at the Atlantic Hotel

Outside

Arguably the best looking hotel, in definitely the best position on the Island, the Atlantic faces the sea with clean, modern, 1930's elegant lines. On the furthest reaches of the south-west coast, the view high over St Ouen's bay is breathtaking and elemental but, with no passing trade, Ocean has had the challenge of drawing customers to make a special trip.

Inside

Ocean was created in 2005 to give the restaurant a separate identity from the hotel and to attract an increase in dedicated business. The previous incarnation had very much the feeling of a long established hotel restaurant but Ocean's smart seaside décor, with its clean, soft, white interior and chunky louvred shutters, both fits with the exterior of the building and has its own character:

Service

Let's face it, you don't want a restaurant of this calibre to be too relaxed. You want the balance between pleasantly formal in that proper (and I really mean, French) way, but without a hint of stuffiness. From the maître d' down, everyone was very smiley and attentive, making the whole experience seriously civilised.

Wine

Ocean has a very respectable wine list covering New and Old World (including Jersey somewhere in between). We asked for a recommendation with our meal and were offered Oyster Bay sauvignon which was fine but perhaps didn't really do the food justice. There's plenty for those with elastic credit cards or deep pockets but equally an interesting selection higher up the page.

Value for Money

The table d'hote menu, which changes daily, includes such enticements as pressing of oak smoked haddock, poached quails egg and mustard dressing; crispy confit of duckling and for pudding bitter chocolate Charlotte, mascarpone cream, almond tuile. A three-course lunch at £19.50 represents unbelievably fantastic value for money for food of this standard. The set dinner menu is £40 and à la carte lunch and dinner are £50. By definition, creating food at this level is expensive but better to eat out only once a year like this than to settle for anything less.





The setting is lovely but let's get down to business. My guest and I foraged well off piste into the glorious excitement of the à la carte menu. I started with firm, perfectly seared, slightly caramelised scallops, balanced with smoky pancetta and meaty lentils — a simply winning combination of tastes and textures. My guest had a two-part lobster dish: a shiny dollop of oily caviar on top of a juicy morsel of lobster tail and, hidden in the bowl beneath, macaroni and sweetcorn in a soft velouté. The salty, chewy richness followed by the sweet, soft, subtle kernels and pasta worked brilliantly.

Next he had two, new season, lamb cutlets, smartly presented with their pared bones crossed and each topped with a rich stilton soufflé. The salty cheese combined well with the lamb juices and the crispy tarragon rösti, but the meat was a touch under-cooked for his liking. I had a swooningly perfect, thick, white tranche of turbot, served with baby gem lettuce, caramalised parsnips, girolles and a small ball of slowly cooked oxtail. Lots of earthy, meaty flavours but restrained enough so as not to overpower the delicate fish.

The cheese plate boasts a broad and interesting selection from the pungent époisses to Jersey blue with really tasty homemade fruit bread and biscuits. The puddings offer something for everyone. I chose a silky smooth, creamy milk pudding with three crispy, sugary, cinnamon ring doughnuts. Utter bliss.

Head chef, Mark Jordan, and his brigade are pulling off these sensually ambitious triumphs again and again every day. Eating like this is one of life's greatest pleasures and makes you think how pointless it must be being Victoria Beckham. Mark sources and respects first class, basic ingredients and is passionate about sourcing locally when he can, (he offers a five-course tasting menu starring the best Genuine Jersey produce.) These are dishes that have been created, carefully honed and lovingly prepared by seriously skilled chefs and you can't help but feel privileged to eat them.







Bohemia _ at the Club Hotel and Spa

It's tough being a restaurant reviewer. I know we make it look easy, but it's actually hard work. Imagine having to decide which of the island's two Michelin-starred restaurants to review? Thankfully Vicky, Gallery's resident gourmet and I settled it with a flip of a coin. Vicky headed out to try the mouth-watering Ocean restaurant at the Atlantic, and I set off to enjoy some sublime cuisine from Shaun Rankin at Bohemia. See? Easy when you know how.

Outside

The fact that the restaurant is opposite a car park is a temporary disadvantage, because once you've stepped into the luxurious interior, you tend to forget about the outside world.

Inside

Imagine the dining room of a luxury cruise liner, circa 1920 without the icebergs and the waves, just beautiful dark wood panelling, white tablecloths and plenty of chrome. Sharing the restaurant with us were a few tables of businessmen clinching deals and a local celebrity.

Service

Effortlessly smooth and charming. Restaurant manager Dimitri and his team are impeccable, managing to be everywhere at the same time, and still making it look easy. It's a pleasure to watch – rather like an orchestra – if you can tear yourself away from the food for that long...

Wine

An excellent wine list, with some very good years from all the best houses. The prices are exceptional as well – exceptionally reasonable that is. We went for a young Sancerre (Joseph Mellot 2005, £32.75), which was velvet soft, and excellent for such a young wine. Bohemia has recently extended the range of wines sold by the glass, giving you access to some of their outstanding wines without having to buy a bottle. Our Sancerre is mid-range, and would have been £6 for a glass.

Value for Money

With a set lunch menu for under £20, ((£16.50 for two courses, £19.50 for three) and wine by the glass, Bohemia offers exceptional cuisine at accessible prices. The à la carte menu that we had (£49 for 3 courses) is not cheap, but for such a sublime experience, it's not expensive either:

Shaun Rankin's cooking has won him incredible acclaim from connoisseurs and critics, both for his intuitive grasp of flavour combinations and the beautifully prepared fresh local produce. Full marks to Bohemia for its winning collection of ingredients; an outstandingly gifted chef, superb service and stylish presentation.



The Food

Ah yes, the food. And this is the problem with Bohemia – forget trying to have a meaningful conversation over lunch. It's impossible. You keep getting distracted by the food. Up first was a delightful little amuse-bouche of Pimms jelly with lemon foam. Fresh and zesty, it was like tasting summer. Then the starters, an incredible crab with scallop ravioli and buttered lobster that made Isabella's eyes glaze over when she took a bite. Light, fresh and 'heavenly', she sighed. My foie gras with a crusting of cashew nuts was amazing. An explosion of flavour and contrast, this dish is a delight, with a seductively rich mango sorbet on the side. And from the sweet to the sublime – warm buttered Jersey lobster tail with a bowl of delicious homemade macaroni with fresh crab in a rich sauce.

An incredible juxtaposition of the deep and the delicate, with a subtle liquorice tang of baby fennel, it's not surprising that this is one of Shaun's signature dishes. Izzy had the melting Welsh lamb, which arrived beautifully presented with a cube of Jersey honeycomb and some excellent St Maure de Touraine goat's cheese. Please try and leave room for the desserts. If you're feeling daring opt for the adorable mini-dessert selection to share – otherwise the apple and vanilla assiette is a delight, and the Valhrona chocolate délice should set chocoholics' hearts aflutter.

"Being in touch with local people and their produce, that's what inspires me, whether it's the fishermen or my friend Jamie who's got a farm. They're the unsung heroes of it all, what they create allows me to do what I do."

Shaun Rankin on what inspires him.



footnote _ the food issue

dissemination _ spreading information



it's going to be shipshape _

Opening in June this year, Jersey's latest hotel re-development is shaping up to be jaw droppingly good. Boasting four bars ranging from alfresco dining to gourmet cuisine, a state of the art spa with a fully equipped gym including an indoor heated swimming pool and all in such a convenient location, mean that The Royal Yacht is set to be Jersey's new hot spot!

Packages such as the 'Playboys Break', 'Girls Night In' and 'Sin & Tonic Stop-Over' are full of a vast and exciting range of things to do varying from hydrotherapy baths and aromatherapy steam rooms to clay pigeon shooting and mini grand prix karting! Combine this with their business, conference and banqueting facilities, I 08 rooms including two penthouse suites with out-door terraces and personal jacuzzies - and you've got a great place to be seen and be pampered in!



social climbers

de Gruchy would like to say a big well done to one of its staff members, Mariusz Sliwka (pictured centre). He and friends completed a personal challenge of climbing Uhuru Peak in Kilimanjaro, which stands at 5,895 meters above sea level. It was Mariusz's first time going up this high and he said, "It's no easy task and involved 5 days of climbing and sleeping on the mountain with temperatures dropping to -15 degrees C at night. I suffered from altitude sickness on the way up, but it was all worth it and it was the most amazing feeling reaching the top!" Inspired by his achievement, he plans to do Aconcagua Peak in Argentina next year, which is higher still at 6,960 meters. For more photos and information on their climbing adventures, visit www. afryka2007.w8w.pl. Rest of his team pictured from left to right, Rafal, Michal, Marek and Lukasz. Well done boys.

phonebook action!

we got sent some news about the Jersey phone book celebrating 100 years of scouting. We don't have much space to say anything much about it but looks pretty doesn't it?





Aveda's Earth Month

every 15 seconds a child dies from lack of access to clean water Aveda's Earth Month 2007 campaign seeks to raise \$1.8 million for clean water rights.

TEXT MESSAGE FOR THE EARTH: Aveda's first ever text message cell phone campaign expands awareness of clean water rights. During Earth Month, customers can send a text message containing the word "clean water" (dial 30644). The messages will be tallied and the results presented to the U.N.

LIMITED EDITION CANDLE: Each year, Aveda launches a limited edition candle for Earth Month. This year's candle is a soy wax candle with an aroma of certified organic Bulgarian lavender oil. Consumers can make a statement—and a difference—when they purchase the candle because Aveda donates 100% of proceeds to clean water charities.

THE EARTH'S THIRST FOR CLEAN WATER: Water, which covers 70% of the Earth's surface, is on the verge of an international crisis. Every 15 seconds a child dies from lack of access to clean water. Worldwide, 1.2 billion people lack access to the water they need to live.

The United Nations has declared water to be a fundamental human right, essential to human life and something to which every person, rich or poor, man or woman, child or adult is entitled. Aveda's 2007 Earth Month campaigns are wholly committed to supporting this inextricable human right.

Oi! Got something to tell Jersey?

Get it across to us by the 17th April and we'll try and get you in the May issue! Email: dissemination@gallerymagazine.co.uk





mmmmmmmeeeeeeeeeeeeaaaaaaaaaaaawwww

After over a decade away from "head to head" competition, Rob Currie is back on track. Currie, a former 100/200 metre sprinter for Jersey Spartan AC, achieved success locally at inter-island and county level and won 7 medals from four Island Games appearances. Unfortunately, a knee injury meant that he had to hang up his running shoes in 1995. However the draw of competition has been too great and Currie has now swapped a pair of spikes for a pair of tyres, as he looks forward to racing a motorcycle on circuits in the UK. Competing with the British Motorcycle Racing Club (BMCRC) in the Forza Xtreme class.

Currie said: "I am excited by the prospect of going racing again, even though you go through a huge range of emotions, there is nothing like challenging yourself and others in the heat of competition. I know it will be a year with a steep learning curve, trying to go faster and develop my race craft. The biggest challenge that faces me will be financing my racing. A pair of running spikes costing £30 used to last me a couple of years. A pair of tyres for the bike cost £150 and last one meeting! Fortunately I am extremely grateful to have received sponsorship from Jersey Telecom."The first races for Currie will be this weekend at Brands Hatch in Kent, on Saturday and Sunday 10/11 March.

Jersey Round Table and Table Ronde Française "Les Voiles de l'Espoir" 2007

Jersey Round Table is excited to be assisting Table Ronde Normandie by hosting the 'Les Voiles de l'Espoir' (The Sails of Hope) on the 18th to 20th June. This is a bi-annual week-long sailing adventure for 80-100 children who are in remission from cancer and leukaemia. The event will be sponsored by The Jersey Royal Company.

An impressive flotilla of around 40 large yachts will sail the Normandy coast, stopping over at various local Round Tables, including a two night and one day stop in Jersey. The children will be accompanied by some 350 members of Round Tables and Ladies Circles in France, Belgium, Germany, Luxembourg and other countries. Jersey Round Table will look after the entire flotilla during their stay here in Jersey, and are organising two evening events for the children and their hosts. The children will also be entertained with a day out around the Island, touring different local sites, landmarks and entertainment venues.

If you are interested in supporting the event, please contact Paul Cook on 860773. http://www.lesvoilesdelespoir.asso.fr/ http://www.jerseyroundtable.com







Subscreva-se online em www.surecw.com ou na nossa loja em King Street.

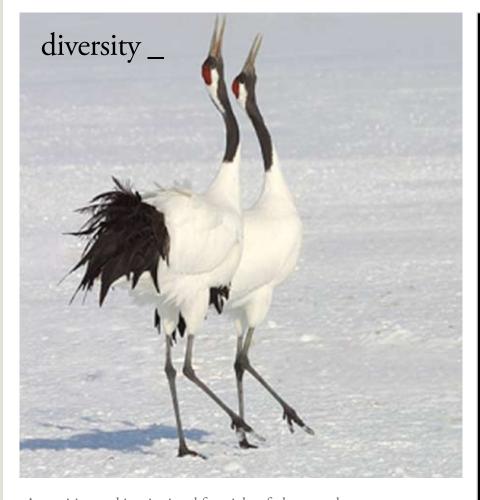
Oferta estendo até 30 de Junho de 2007. Sco aplicáveis termos e condicões.



Zarejestruj się na naszej stronie www.surecw.com albo odwiedź nasz sklep na King Street.

> Oferta perzedlużona do 30 czerwca 2007. Warunki umowy obowiązują.





An exciting and inspirational fortnight of photography runs at The Harbour Gallery from the 14th until the 30th April. There will be five exhibitions displaying diverse images from 5 different photographers.

The exhibitors are:

- "Wildlife Photography" by Michael Gore CVO CBE FRPS,
- "Photographic Extrusion" Ben Yates,
- "Creative Kaleidoscopes" Jooj Duquemin,
- "Maid" Karen Allenet and
- "Red & Black" Bruno Melim.

Join a landscape with Ian McGowan. Ian has written 8 books on photography in the landscape, this is a superb opportunity to capture special images of Jersey's magnificent landscape on both the north and west coasts. Also, look at shape, colour and texture around St Aubin, you will be surprised at what you haven't seen before.

April 29th is National Pinhole Camera Day. Leading up to the day, and on the day itself Jooj Duquemin will be running Pinhole Camera workshops and giving a talk.

During the fortnight, photographer Brian Skelly will be working with primary school children producing poetry to photographs of the sea and shore in and around St Aubin.

If you are interested in the history of Jersey, be enlightened with the launch of a new book....

"Pagan Channel Islands" Europe's Hidden Heritage, by SV Peddle. To coincide with the launch, The Harbour Gallery is holding an exhibition with the new work of 14 local artists, including Katy Brown, June Gould, Peter Knight, Rosemary and Robert Blackmore, Tim Mauger and Patrick Malacarnet and Norma Priddis. The exhibition runs from the 26th of April until the 14th of May and will be opened by Doug Ford, Head of Community Learning at Jersey Heritage Trust.

culture



X marks the spot $_$ Xanthe Hamilton's passion for film making began by chance whilst on a family holiday in the Lake District. Angered by the government's decision to put a speed limit on the lakes (effectively banning related watersports and killing tourism) she set out to make a documentary about the subject which led her on to getting herself a better camera and working on as many projects she could for no fee.

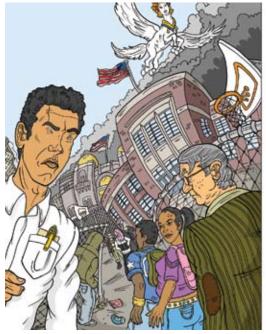
Xanthe started to make documentaries and was lucky enough to have Channel TV broadcast and commission her work, which led to her filming in Romania, India and Africa. The thought provoking images shown in her documentaries have resulted in Xanthe being approached by various charities, such as Great Ormond Street and The Leprosy Mission, who want to use the medium of film for campaigns and fundraising events. These documentaries have also been recognised on a global scale by being featured in various film festivals throughout Europe and the US. She recently won Best Foreign Short Documentary at Hollywood's International Family Film Festival for her documentary shot in Swaziland titled 'Family Vilakati'.

In 2006 Xanthe set up MIXTV, a production company committed to enabling charities and non-profit making organisations to raise awareness through documentary film. MIX also fundraises for different projects and has recently teamed up with international orphan charity Hope HIV. Together they are raising money for orphans in Swaziland affected by the AIDS virus.

Xanthe hopes to continue fundraising for the causes she is passionate about and would love to see $\ensuremath{\mathsf{MIXTV}}$ grow and gain a greater reputation. She hopes to make a feature-length documentary in the future and to carry on participating in established film festivals. This year she has collaborated with women filmmakers' group Birds Eye View, and MIXTV has sponsored this year's event, which will be London's first carbon neutral film festival. This summer she hopes to premiere 'Alice', a documentary about Jersey's nightlife-loving old-age pensioner Alice King, who sadly passed away late last year. Also this month you can see a special one-off screening (at Devil's Hole on Friday 13th April) about local band Velofax which was filmed by Xanthe and the MIX crew whilst in Paris earlier this year.

For more information, contact and how to find out about donating to the worthy causes mentioned here, check out www.mix-tv.com





$Giles\ Robson\ _\ {\tt London}\ {\tt Exhibition}$

Local illustrator Giles Robson is exhibiting a selection of his work from the last 3 years, at a London gallery. The exhibition is being held at The Muse @ 239 Gallery on the Portobello Road, Notting Hill and runs until the 15th April. His images are being shown alongside those of another illustrator and two photographers. His work is a mixture of editorial illustration, character design, portraiture and book cover illustration. Some of the pieces have

been seen before in Gallery Magazine, as part of his original series of drawings called Mugshot Collectables and as illustrations to the now defunct Small Beer column.

Much of the work being seen can be viewed online at his website: www.gilesrobson.co.uk, where he will shortly have a selection of prints for sale and also photographs from the opening night of the exhibition.





Esther _

So, you've recently moved back to Jersey, how does it feel being on the island again?

I'm glad to be back! I find Jersey is a very inspirational place for song writing. Its definitely a rest after a hectic life!

When did you start writing music?

Well I started singing classical music at the age of 12 but felt that I couldn't express myself through that. I've played guitar on and off since the age of 10 but never really wrote a song until I was about 17. I went through depression and found myself writing more songs on the other side of it.

What do you think of local music and venues?

Jersey has a very lively music scene. There are not enough acoustic venues though. Places like Bean Around the World are great as music and alcohol don't really mix. I used to find the music scene quite cliquey over here but it's much more open now.

Who are your main influences?

Joni Mitchell. I've always been into soul music. Artists like Ann Peebles, Otis Reading and James Carr. Also singer songwriters like Bob Dylan and Leonard Cohen. They really bring together form and content.

If you could spend the evening with one person, past or present, who would it be?

Oooh good question! I think it would have to be the poet Nazim Hikmet. Id like to sit with him drinking mint tea in his home. I was completely overwhelmed by his love poems to his wife while he was in prison. I'd just love to see how he lived his life.

What are your plans for the future?

I'm planning on making an album and I'd like to record it in the summer. I'm just going to spend time working on my craft over in Jersey. I just want to work with really inspirational musicians.

And have you found any over here yet?

Yes definitely. A lot quicker than I expected.

If you're a female musician, and interested in playing in an all girl band. Esther is looking for people to make music with. If you're interested call her on 634921. Also, if you're a local musician, Bean Around the World are hosting a singer/songwriter night every Wednesday from the 28th March.

music clippings_



SOUNDDUST @ DEVIL'S HOLE FRIDAY 13th APRIL

Friday I 3th will be a lucky night this April for live music fans in the island as a one off special evening of entertainment hosted by SoundDust is happening at newly discovered venue Devil's Hole.

Not only is The Midnight Expresso gracing our shores with his genius cabaret style mentalism but musical alchemists Velofax will be returning to their homeland to serve their newly written and experimental, krautrocking, disco funk cocktail.

The evening will begin in a cinema style setting with a special screening of MIXTV's documentary about Velofax's recent trip to Paris. Infamous Iothario, Midnight Expresso is next on the bill seducing all with his keyboard skills and rhymes, followed by the French maestro Pevin Kinel impressing us with his human beatboxing, layered loops and vocal tapestry. Headlining with a supersonic crescendo to the evening will be Velofax, fresh from recording a new album in London. In between all this musical mayhem the fabulous Mr Livingstone, Carlo and Miss Nina will be treating our ears with selections from their wonderfully eclectic record collections.

Tickets are on sale now at Redvers, Bath Street and Framing and Arts, New Street. More information can be found at www.myspace.com/sound_ dust

Getting heated __ Jersey Live 2007 _ the heats __

Its hard to believe it, but its only about six months until Jersey Live 2007. It feels like just yesterday I was fighting my way to the surface of the pile of people going crazy for iforward Russia! My dancing feet are already starting to itch for some more festival spirit, Jersey style.

Coming up is one of the greatest opportunities for local bands in Jersey, it's the Jersey live battle of the bands. Just like last year, The Havana Club held the heats and they were certainly a massive success. Last year, The Valentines, Kudu, The Merge and De Nova Blues got through their heats, into the final and onto the main stage of Jersey's biggest music event ever, playing alongside the likes of iforward Russial, The Zutons and Snow Patrol. This year the chance is here again, and the heats are not far away.

Following a poll on the Jersey Live forums where members have been voting for their favourite bands to play further up on the bill, the running order has already been decided (band with the most votes playing last). The bands that will be battling in heat I for a place in the final are:

Marvel, Off Limits, Martha High, Jackson Moody Band, Omerta, Tramp Sinatra, Benny The Moth, and Skies of Deceit who were later added to the bill as a Wildcard.

And the bands fighting for one of the four spots in the final in Heat 2 on Sat 7th April are:

The Author, The Oks, one,two,fours, Wizard and the Frog, Shatterproof Rulers, 13:53, United Injustice, and No Star Hotel who were also placed in the line up after winning a Wildcard spot.

Four bands from each heat will go through to the final and then 4 from the final will secure a place on the main stage of the festival in September.

Heat 1 is on the 5th April from 7pm - Midnight

Heat 2 is on the 7th April from 7pm - 11pm

The final will take place on Saturday the 5th May and will be from 7pm-11pm.

These will all take place at The Havana Club.

DIVERSITY

A FORTNIGHT OF PHOTOGRAPHY

EXHIBITIONS DEMONSTRATIONS WORKSHOPS

TALKS

Michael Gore CVO CBE FRPS Wildlife Photography Exhibition.



Also work and workshops with: Ben Yates, Jooj Duquemin, Karen Allenet, Bruno Melim, workshops with Ian McGowan FRPB

INTERNATIONAL
PINHOLE CAMERA DAY
APRIL 29TH

CELEBRATED WITH TALKS

THE HARBOUR GALLERY & STUDIOS

THE LARGEST CONTEMPORARY ART & CRAFT

GALLERY IN THE CHANNEL ISLANDS

OPEN 70AYS A WEEK; 10.30AM - 5.30 PM Run by the "Art in the Frame foundation"

LOCAL CHARITY NO. 238 FOR MORE INFO: TEL 01534 853395, 01534 854690

WWW.MNLG.COM





We've got the island covered



Best of the bunch

We've picked out a few of our favourite snaps from the nights out we've covered. Looking good!

















































Get more. Join Sure



Ferrell pirouettes _

Will Ferrell has defined a genre all of his own in recent years. His mockumentary style first seen as a cameo in 'Zoolander' and since whilst writing and headlining in 'Anchorman' and 'Talladega Nights' has certainly gained somewhat of a following. This time it's the world of figure skating that's about to take a bashing. _

When rival figure skaters Chazz Michael Michaels (Will Ferrell) and Jimmy MacElroy (Jon Heder) go ballistic in an embarrassing, no-holds-barred fight at the World Championships, they are stripped of their gold medals and banned from the sport for life. Three-and-a-half years on, they've found a loophole that will allow them to compete: if they can put aside their differences, they can skate together - in pairs' figure skating.

Expect the usual style of humour and slapstick. If you'd like an inside track, the film's marketing guys are on their game as you'd expect and you can check out more about each character in the film from their own myspace page... www.myspace.com/chazzmichaelmichaels and www.myspace.com/jimmymacelroy.

'Blades of Glory', On general release on 6th April



showing on the big screen this month _

if you liked 'Training Day'



shooter __ Based on Stephen Hunter's novel "Point of Impact," Shooter centres on an ace marksman -- living in self-exile in the Arkansas wilderness after causing the death of an innocent person -- who is persuaded by his former associates that they need his help to prevent an assassination. Subsequently double-crossed and framed for the presidential assassination he was trying to prevent, he is forced to go on the run while trying to track down the real killer and discover the truth about who betrayed him.

"Shooter" is an action-packed thriller starring Mark Wahlberg as Bob Lee Swagger, a former Army sniper who leaves the military after a mission goes bad. After he is reluctantly pressed back into service, Swagger is double-crossed again. With two bullets in him and the subject of a nationwide manhunt, Swagger begins his revenge, which will take down the most powerful people in the country. Antoine Fuqua ("Training Day") directs.

released 6th April

if you liked 'A Space Odyssey' or 'Event Horizon'...



sunshine _ It is the year 2057, the Sun is dying and mankind faces extinction. Earth's last hope lies with the Icarus II, a spacecraft with a crew of eight men and women led by Captain Kaneda. Their mission: to deliver a nuclear device designed to reignite our fading sun.

Deep into their voyage, out of radio contact with Earth, the crew hear a distress beacon from the Icarus I, which disappeared on the same mission seven years earlier. A terrible accident throws their mission into jeopardy and soon the crew find themselves fighting not only for their lives and their sanity, but for the future of us all...

The film once again pairs director Danny Boyle with writer Alex Garland and producer Andrew Macdonald, who previously teamed up for the thinking person's zombie film, 28 Days Later.

released 13th April

For tickets and further information please call Cineworld on 0871 200 2000 or The Forum on 01534-871611

> play



Cinema // Blades of Glory

The story is simple: arch rivals Chazz (Will Ferrell) and Jimmy (Jon Heder) are forced to become figure skating partners after they are banned from competing in singles skating. With the help of their coach Craig T. Nelson the men try to put aside their differences and compete for gold. Many see this film as the last chance for Will Ferrell to prove himself as a serious comic actor and the outcome is surprisingly hilarious. The adverts do it no justice, as they seem dull and boring but the film is everything but. Audiences are going to love this one!

Out: April 4th 2007 // ice cool



Event // Bugsy Malone

Thirty years after the classic film was released in 1976,The Jersey Children's Theatre presents Bugsy Malone. Set in New York in 1929, a war rages between two rival gangsters, Fat Sam and Dandy Dan. Armed with custard instead of bullets and belting out some superb songs, this is entertainment at its best! This film was made in the 1970's when no one was politically correct and living was fun. It's the sort of production, that after you've seen it, you want to perform in it. Just remember we were all young once, watch this, forget about everything, and recapture your youth.

12th-15th April 2007 // Jersey Arts Centre // A real gem



Music // Kings of Leon – Because of the times

After three casual years the Kings of Leon have finally followed up their previous album with this cracker of a record. They defiantly appear to be suffering from the 'brilliant third album syndrome'! The sound on this album is stripped down and bare - working in all the right places with the minimum of fluff and fan-fare. The looping bass lines throughout the album point to heavier Pixies-esque references. The red-neck yelps are still present but represent a much more sinister side to the Followills songwriting. This is a must have album for old and new fans alike.

Out: 2nd April 2007 // definite contender for album of the year



Book // Innocent Smoothie Recipe Book

After spending the past two years wasting my money on innocent smoothies, I was delighted when this book was released. I invested in it and it has been nothing but useful. Smoothies are such an easy way to introduce fruit into your diet without pigging out on apples every day! The book is written in a fabulously quirky manner and made me giggle throughout. It has a wonderful selection of unusual recipes but there are also substitutes for when you don't have the ingredients. Surprisingly the drinks taste exactly like the ones in the shops... ahealthy alternative to a cocktail book.

Out: now // price: £12.99 // Eat your heart out Gillian McKeith!



Game // Bust a Move

This exclusive Wii version of the popular bubble-bursting puzzle series utilizes the unique interactivity of the Wii Remote to bring Bust-A-Move franchise fans a completely new way to experience the game. Bust-A-Move Bash! features 10 different characters, including franchise favourites Bub and Bob as well as many new additions. Players will experience a variety of game modes including: Puzzle Mode, Endless Mode, Vs. Mode (for up to 8 players), and Shooting Mode. In addition, a new Hyper option speeds up game play while the Slip feature allows players to connect fired bubbles to similar colours even though their aim may be off.

Out: 13th April 2007 // A fabulous activity for sitting in and avoiding those April showers

picnic time_

It's that time of year when the island comes alive and Jersey folk come out to play. Yes, spring has sprung and summer is but a banana daiquiri away. So why not grab some friends and get your picnic groove on? Donna asked four of the island's leading chefs to give us their idea of a perfect Jersey picnic. And to help you dazzle your guests this summer, they have each provided an easy-to-follow dining.

Chef Pierre-Francois Duval,

of Le Frere Restaurant, Rozel

My picnic menu:

Being French I would serve fresh pate, charcuterie, French bread, homemade chutney, cheese, fresh fruit, a tarte aux pommes and of course some regional French wine

My guest list:

Family and close friends. My grandmother is a great cook and would probably make the pate

The time and place:

On St Ouen's beach on a warm sunny day with the tide coming up

If I had to buy in:

I would go to Mange Tout. I think their selection is varied and fresh. I would choose some sandwiches, wraps, fresh fruit, perhaps some biscuits and of course some coffee

My recommended dish: Pork and peanut dip (serves 8)

Heat one tablespoon of olive oil in a wok

Finely crush a teaspoon of green peppercoms and add them to the wok with two cloves of garlic and stir for 30 seconds over a medium heat.

Add 150g of fine pork mince and cook for five minutes, stirring regularly and breaking up the meat with a wooden spoon.

Add half a cup of coconut milk, half a cup of water, half a cup of chilli sauce, half a cup of coriander leaves and a quarter of a cup of crunchy peanut butter.

Bring to the boil, stirring constantly and then simmer for 10 minutes. Add two teaspoons of soft brown sugar and stir in. Pour the mixture into a serving bowl, and allow to cool. Serve warm with crudités, crisps and biscuits, sprinkling half a cup of coriander leaves on the top.

Tony Doris,

head chef director of the Jersey Pottery group

My picnic menu:

I probably wouldn't serve them all together, but I love snacky things like sushi, spicy Mexican wraps, ham & mustard baguettes, egg and cress sandwiches, handmade sausage rolls and white chocolate cookies

My guest list:

My wife Donna and our children Emma and Charlie

The time and place:

I hate getting sand in my food so it would have to be somewhere like Catel Fort, Quaisne Common, La Coupe or Fliquet

If I had to buy in:

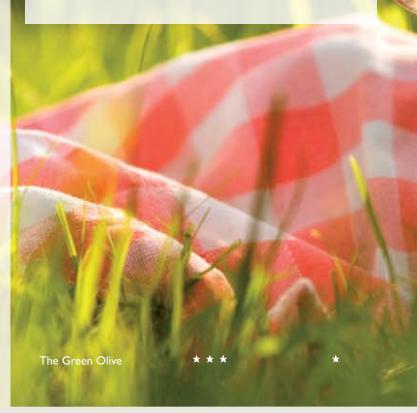
I'd go to Jersey Pottery Café for sushi, antipasti salad, free range egg sandwiches and fresh fruit smoothies

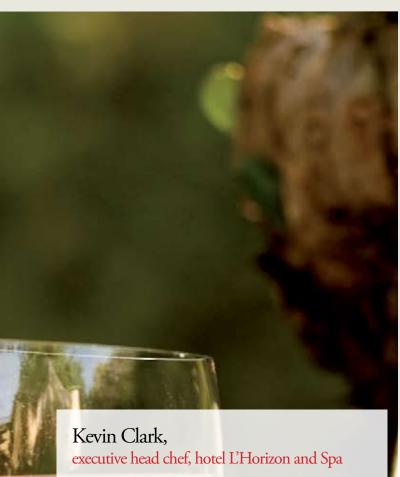
My recommended dish: Basic sushi

Mix four tablespoons of caster sugar, two teaspoons of salt and four tablespoons of sushi vinegar in a saucepan. Place on a gentle heat and dissolve, do not boil. Wash IIb sushi rice under a running tap until the water is clear. Drain and place in a pan with 650ml water and a lid on top. Bring to the boil and simmer for seven minutes or until the water has evaporated. Leave to rest for five minutes until the rice is cooked through. Place in a china or wooden bowl. Spread out as much as possible. Cover with cling film and allow to cool. When the sugar solution is almost cold and the rice is almost cold mix them together.

Place a fillet of fish such as salmon in a mixture of equal quantities of sugar, sushi vinegar and Japanese soy sauce. Cover and leave to sit for 30 minutes. Heat up a frying pan with a little vegetable oil and sear the salmon on a high heat for just a few seconds on each side, before removing and allowing to cool. You can do this with tuna or even king prawns and sea bass but thoroughly cook the prawns or bass.

Lay out a sushi mat, placing a sheet of nori-maki (seaweed sheet) onto the middle of it Place a small amount of rice onto the seaweed, pressing down with your finger. Place a slice of salmon into the middle, spread a little wasabi, then a little pickled ginger, a few chives, a strip of cucumber then roll it up. Slice it onto a plate and serve with soy sauce, wasabi and pickled ginger





My picnic menu:

Smoked salmon sandwiches

Parma ham, rocquette and baby asparagus tortilla wraps

Fresh Jersey crab

Spinach and watercress salad

Lime and coriander chicken goujons

Peeled gambas with guacamole

Antipasto selection

Carrot sticks with baba ganoush

Strawberries and cream

Marshmallows with caramel and chocolate dips

My guest list:

Norman Wisdom – every picnic needs laughter

Sir Alex Ferguson – he's a motivational genius in my book

Philippe Mattioni – To let him see what his 16 year-old kitchen porter has achieved since he tutored me into becoming a Commis chef

My parents – They deserve a treat for all they did for me My wife – Someone needs to drive home and keep me in line!

The time and place:

Corbière Lighthouse on a balmy August evening

If I had to buy in:

I'd be looking at Marks & Spencer, but there is not a lot of the food that can be bought on a like for like basis

My recommended dish:

Beetroot and orange marinated salmon

Remove the skin and blood line from a salmon, and place in a long chafing insert. Place the following ingredients into a Robot Coupe – zest and juice of two oranges, zest and juice of two lemons, zest and juice of a lime, a bunch of flat parsley, a bunch of basil, a bunch of dill, three large beetroot, 200g Malden salt, 100g caster sugar, 25g white pepper, 500ml olive oil.

Blend thoroughly to a purée, then pour over the salmon, ensuring it is completely covered, especially underneath.

Cover with cling film, making sure it is pushed down onto the salmon, and leave in fridge for 24 hrs. Remove salmon from tray, wash marinade off in cold water and allow it to dry for an hour or so before carving

Sylvia Piszczatowska,

head chef at the Windmill Restaurant, St Peter

My picnic menu:

A selection of salads

Tomato and mozzarella, mushroom and cheese, couscous,

Boiled quails' eggs with a celery salt dip

Sliced ham and beef with English mustard or horseradish

Grilled chicken breasts in a white wine, garlic powder, dry mustard and Worcestershire sauce marinade

Smoked salmon and local cheese with crusty bread

Strawberries and cream

Moet Chandon or a great little wine that the Windmill has found is a Fleurie from Paul Sapon

The guest list:

lan Woosnam and Geoff Boycott - two great customers with a wealth of sporting stories

Eileen Guerrier – an Irish lady who is one of our suppliers and always has the kitchen in fits of laughter

Barbara Terdre – a customer and former saleswoman who has a wealth of stories and anecdotes about her life and travels

Geoff Hollyhead – a local businessman and regular who makes us laugh with his terrible jokes

Mrs Moore - a charming French lady that we always call by her married name. She has not enjoyed the best of health recently, yet managed to get back on her feet with wonderful Gallic humour

The time and place:

On a race day at Les Landes racecourse

If I had to buy in:

I'd go down to Delikateski in Legeyts Street for some Polish specialities such as Polish cooked ham and Wedel chocolate. And to the Vienna bakery for fresh bread and pastries

My recommended dish: Lobster (serves two)

Split a whole lobster into two halves, cutting through the underside with a sharp knife. Remove the tentacles and main claw and crack them open. With a lobster pick, remove the flesh and place in a dish.

Carefully remove flesh from the main body, discarding the stomach sac and gills.

Make a Marie Rose sauce by mixing four heaped tablespoons of mayonnaise with a tablespoon of ketchup, lemon juice, a pinch of Cayenne pepper, a dash of Tabasco and one tablespoon of double cream.

Mix 250g prawns with the claw meat and the Marie Rose sauce Clean the lobster shell, gently replace the body meat back, and then pile the prawn mix into the rest of the shell.

Dress with a salad and serve with Jersey Royal potatoes.





Restaurant Review

The Five Oaks Bar & Restaurant

The Gastropub "With a Wee Twist"

Gastropubs are finally making their way to our shores. The newly refurbished Five Oaks Bar & Restaurant is the perfect lunchtime stop-in spot. The whole place has had an extensive make over and is now warmly lit with a cosy-modern feel; a sort of country pub that's style conscious.

What puts this place a leap and a bound ahead of the rest is quite simply its staff. Steve the manager has whipped his gang into great shape. The girls that served us were attentive at the right moments, and pandered to our needs – for example when my friend ran out of toast for her pâté and asked for a bit more – the waitress (who flew over the moment we looked around) responded "no problem" – she came back one minute later telling us that the toast would be with us in "30 seconds" – and it was – how efficient is that?

Plus they have a secret weapon, they have managed to bag themselves the chef who made Dix Neuf town's lunchtime hotspot. Scotsman Kenny Meldrum is a great and passionate chef. For a modest gastropub the food presentation is fantastic, the dishes are a visual spectacle, the sticky toffee pudding looked too good to eat... for about 3 seconds!

I started with the Half Rack of Baby Ribs Marinated in Five Oaks BBQ Sauce because several friends have been raving about them. It lived up to the hype; lots of meat covered in a tangy sauce with a bit of a kick and splendidly thick. I wish Kenny would bottle the BBQ marinade so I could have instantly successful BBQs this summer.

To follow this I had the Chicken Espetadas With A South African Twist. As soon as it landed in front of me half of it was stolen by my 'friend', it just smelt too good for her to resist. Large, lightly



spicy, tender, chicken pieces complemented with Mediterranean vegetables and served with thick chips... heaven. If you do get this dish have your fork at the ready to stab off any thieving hands

It's hard to believe that the Green Olive's tiny kitchen can turn out such accomplished dishes. But in a way, that's one of its advantages. 'There's no storage because the kitchen is so small, so everything has to be fresh' explains Paul.

My friend opted for the steak; she didn't feel it was thick enough to be a true rib-eye, and was not impressed. Although we both really liked the option of having whatever size steak you wish, as they are cut to order, which is a great idea for hungry boys! The Au Poivre Sauce that accompanied the steak was however faultless; Kenny makes it from scratch, and does so fantastically.

For dessert we shared the aforementioned sticky toffee pudding, and what a sticky toffee pudding it was! It is going to be difficult to describe just how good it was without making it sound like I want to start a relationship with it but I'll give it a go: it was a light, warm, soft, toffee sponge with hot butterscotch sauce oozed all over and a generous dollop of real Jersey vanilla ice cream melting away on top. Delicious.

Many of the mains are available as smaller portions, an idea I really like, because sometimes I just fancy a snack more than a huge meal or perhaps want to be able to fit in more dessert. I feel it reflects the whole attitude of the place, in the way that they are happy and willing to cater to everyone.

Five Oaks Bar & Restaurant is a whole lot more than you would expect (especially if you had ventured into it before the renovation). It is fresh food prepared with (how Kenny puts it) "a wee twist". Their thriving lunchtimes are a testament to their efficient staff and high quality of very reasonably priced food. Lunchtime dishes such as baked potato with hot duck, spring onion and hoi sin sauce or a full Sunday roast with Yorkshire puds that Kenny reckons "cannot be beaten" are good enough reasons to keep anyone going back.

Opening: Mon – Sat

12:00pm - 2:30pm 6:00pm - 9:00pm

Sun 12:00pm – 3:00pm

Reservations: 01534 762278



six of the best _ hot cross buns

with Easter approaching we check them out.

Traditionally eaten on Good Friday, Hot Cross Buns appear throughout Lent and beyond. However, they are most likely pagan in origin, baked to celebrate the Spring equinox, with the round bun representing the full moon and the cross the four quarters. Enough of the history - they are best eaten after ten minutes in a warm oven so the outside crisps gently. Split them open, inhale the warm heavenly spices, butter and munch. We sample the buns in bakeries and stores around the Island to find the best of what's on offer.

Marks and Spencer Classic. 4*

93p for four.

These look lovely and shiny, soft and squishy with a lovely warm, spicy smell, we couldn't wait to pop these in. There is a good plump raisin count. But these aren't just raisins...

Safeway In store bakery. 2*

£1.19 for four. A bit on the pale side, cut these open and they don't really deliver. Slightly under-blessed on the spices, they don't have much in the way of character.

Croissant Gourmet, Central Market. 3.5*

49p and 52p for wholemeal.

These are "proper bread" making them substantial for teatime snacking. The wholemeal was particularly good and that extra bit healthy. Both were favourites in our house.

Gaudins from Checkers, Coop and Spars 3*

£1.95 for six.

Shiny and with enough raisins, these went down well and are thoroughly acceptable for a factory offering.

Marks and Spencer Apple and Cinamon 3.5*

£1.04 for four.

Added dried apple chunks and extra cinnamon make these softly spicy and delicious, although maybe not the choice of purists.

Ransom's Bakery 4*

45p each

These have a nice big, homemade quality, as you would expect from the Island's best bakery. Plenty of juicy fat raisins and a very yummy tea feast.

the Annabel Karmel clone _

She's the good fairy of childhood nutrition, but her name still strikes fear and consternation into the heart of every frazzled mother who feeds her baby from a jar, as Donna White explains.

Weaning your child is a voyage into the unknown. Will you get spoonfuls of carrot puree into little Jessica — or end up wearing it as your darling six-month-old spits oceans of orange goo all over your new cashmere jumper? Yes, the adventure knows no bounds, and with alarming levels of childhood obesity reported almost daily, we all want to encourage healthy eating in our offspring.

But there's an unsettling fellowship forming among the ranks of new mums, as the doyenne of kiddy cuisine gathers pace. And her followers are becoming almost Stepford-esque in their devotion. In the annals of the mum and toddler groups, the name Annabel Karmel is uttered almost daily.

Whether it be baby purées for the very young, or fun finger food for tots, this supermum has a book which will advise you on the best and healthiest combinations.

Sounds good, right?

And it is. Except when you're feeding your child a plain old cheese sandwich — only to have the smug mummy next to you pull out a selection of oven-baked root vegetables with a home-made houmous and avocado dip.

Yes, Karmel has a variety of fun and interesting combinations to get all sorts of fresh produce into our little ones. But do her followers really have to rub your nose in it, when all you've had time to cobble together is a shop-bought collection of carbohydrates and E-numbers?

The Annabel Karmel clone is a mum who, like the yo-yo dieter, enjoys giving you a list of what has been eaten today — but not by her, by her little darling. Should you happen to pull out a fruit or vegetable that resembles one of Annabel's recommended foods, she immediately boasts: "Tarquil eats that ALL THE TIME" as if you've somehow challenged her status. She gives her child nothing other than freshly cooked, organic produce — never letting a jarred or tinned baby food pass her beloved's lips.

Nothing, that is, other than the range of ready-made sauces and foods which Annabel sells through Boots and Sainsbury's (she's no fool, this food guru). The clone doesn't so much criticise what you are serving, but chooses the moment you are tempting your tot with some apple slices to go into raptures about her home-made mango and lychee surprise.

Despite all your best efforts not to blame the child for the mum's crimes, you find yourself praying to Bernard Matthews that sometime in the future, little Tarquil will accept nothing other than turkey twizzlers and chips – just to force this smug mummy to make an embarrassing climb off her high horse.

Your intentions are good Annabel, but you know not what you've done.

Should you happen to pull out a fruit or vegetable that resembles one of Annabel's recommended foods, she immediately boasts: "Tarquil eats that ALL THE TIME" as if you've somehow challenged her status.



Monkeys' Brains

We've all heard the story the special table with a hole in the centre, the live monkey tied up and the top of its skull removed with a



knife, liquour poured into the skull and mixed with the brain and the diners then proceed to scoop it out. Another one for curing impotence (come to think of it, maybe it's monkeys that are sending all that Viagra spam)

Surströmming or "sour herring" is fish fermented with just enough salt to keep it from fully rotting. It's kept in barrels for 6 months till it smells like.....rotten fish, but rather than dying a death it has been preserved as a delicacy by the folks of northern Sweden.

So vile that it was believed it could ward off marauding Norsemen. Nowadays, naughty kids leave open tins by their school heating ducts so the stench travels around the school.

While staying in China, do not offend your host by refusing a delicious chewy plate of ducks' feet. Far tastier than chicken with more cartilage and more chew they are difficult to hide under your chopsticks.

Snake blood is served freshly-harvested from King cobras in Thailand, either as a straight cocktail or a mixed drink, for

prices ranging up to \$ 200. The blood is supposed to have medicinal and sexual powers.

Alligator on a Stick

Chucks of deep fried alligator (tail part, battered in corn

meal, seasonings, probably similar to snake recipe) served on a 10 inch wooden skewer. Seen mostly at outdoor festivals. Has a chewy consistency like under-cooked pork. Tastes like alligator.

Most people balk at the thought of eating one of these large lizards. When washed well, these can be cooked as anything you like and flavour is close to fried fish, chicken nuggets, or roast BBQ ribs. Mainly from South Louisiana.

'Tastes a lot like Lobster'

Scorpions in Vietnam "They're bugs, aren't they, like lobster."

Locusts

Making the most of a plague of locusts in Nigeria. They taste delicious deep-fried in vegetable oil and dipped in a paste of salted hot chilli.



Apparently the back legs are the tastiest part, they are called 'desert shrimps'.

Check out the very pretty Mopane Worm, the green and blue spiky caterpillar of the nocturnal Emperor Moth. Allegedly it loses some of its appeal once its innards have been squeezed out, and it has been boiled and sundried. Containing 60% protein and significant amounts of phosphorus, iron and calcium, it is the healthy option although it is said to taste of seasoned cardboard with a definite hint of timber.

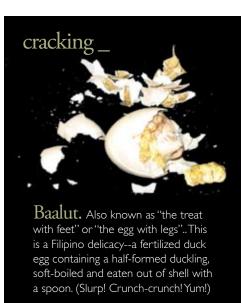


Gud Eatin

How about a 12-pound water rat that culinary experts say tastes something like a beaver, is less greasy than a 'coon but is not quite as good as possum? It's called a Nutria and Louisiana has an Eat More Nutria campaign (they eat anything down there and this critter is eating Louisiana's rice and sugar cane crops). The time-honored Cajun maxim that anything is edible so long as you deep-fry it and shake enough hot sauce on it.

Freaky Fungi

Not only the world biggest mushroom but very probably the largest living organism on the planet has been discovered in the Malheur National Forest in Oregon. Little mushrooms peep up above the surface here and there but the huge mother mushroom is living a metre below the ground is estimated to cover 2,200 acres – that's an area bigger than St Ouen. Experts claim it could be anything from between 2,400 and 7,200 years old. Or an alien life form Aaaaarrrrrrgh!



Win Eggs!



Do you know your eggs?

Marks & Spencer are giving away three of these smooth, delicious organic milk chocolate eggs, with a yummy selection of milk and dark chocs. Email your answers to the question below, along with your name and what you like about Gallery and three hungry winners will be selected randomly - competitions@gallerymagazine.

What are the highly decorative eggs, made of precious metals and covered in gemstones for the Russian Czars in late 19th and early 20th centuries, called? Are they:

- a) Fabergé eggs
- b) Rococco eggs
- c) Byzantine eggs



something tasty _

Dinner at Café Jac in the Art Centre is just so relaxing. You'll probably know the restaurant from when you've bought coffee there or had a delicious Canadin style breakfast on a Saturday but have you considered that the lovely atmosphere during the day could make the perfect evening out? With a brand new menu and a sudden surge in the popularity of champagne breakfasts last month, is it time you took a look?

A relaxed atmosphere, good value food, a nice glass of wine, papers & magazines to read, good music and just enough service to make you feel loved without the constant flitting and fussing of waitresses. Those are some of the endearing characteristics you look for inan eatery, In case you'd over glanced over the food menu in the past and gone straight to the carrot cake, I'll remind you what you've been over looking; wholesome Spanish omelettes, Thai green curries, spicy bean burgers with chunky handmade chips, a killer Nasi Goreng right through to French ploughman's platters.

You're not limited to the usual menu either, regular blackboard specials and two or three course set menus are also available at great value prices; two courses for just £8.00 or three for £10.00. Friday nights at Café Jac are Fish n' Chips night. Pop in for a beer after-work and You'll quickly be tempted by the smell sweeping over the restaurant. but make sure you book, it's popular!

And what's more, if you finish your meal and fancy indulging in a little culture then the art exhibitions in the Berni Gallery and shows in the Arts Centre are always worth a look. April sees the launch of Clare Ormsbys's abstract art exhibition 'Jewelality'' in the Berni Gallery, comic talent, Lucy Parker perform in the theatre and the film society is showing the Night of the Hunter. See the Listings page for further details.



Breakfast &Brunch

8.00am -11.30am

Monday > Friday

served **8.00am**

2.30pm on Saturday

Savoury

English Breakfast £5.00 Bacon, free range eggs, beans, mushrooms, tomato, sausage, hash browns & toast

£5.00

£4.50

£4.50

£4.75

£2.25

Veggie Breakfast 🤌 Free range eggs, beans, mushrooms, tomato, veggie sausage, potato scone, hash browns & toast

Build Your Own Breakfast

Crispy bacon	1.50	Sausage	1.50	Veg sausage	1.30
Grilled Tomato	0.90	Hash Browns	1.10	Black pudding	1.20
Pancake	1.10	Beans	0.90	Toast	1.10
Mushrooms	1.20	Eggs (free range)	1.30	Potato scone	1.20
Maple Syrup	50p				

Breakfast Rolls

two filling	ng £2.40		four f	fillings	£3.20
A choice of	f white or bro	own rolls wit	h:		
Bacon,	Sausage,	Veggie sa	usage,	Black Pudding,	
Egg, Sweet	Tomato,	Lettuce,	Mayo,	Mozzarella	
SWEET					



Light **Bites**

served midday -8pm

Monday > Friday

Lighter Bites

Tomato & Mozzarella Bruschetta 🥕	£4.50
Fresh tomatoes and red onion on toasted garlic bread, topped with	

Crab Cake & Sweet Chilli Wrap

fresh mozzarella and basil pesto served with a salad garnish

Thai crab cakes with a sweet chilli mayonnaise and iceberg lettuce wrapped in a soft flour tortilla served with a salad garnish

Cajun Chicken Tender & Plum Sauce Wrap £4.50 Deep fried breaded chicken fillets, with plum sauce and iceberg

lettuce wrapped in a soft flour tortilla served with a salad garnish Chicken & Tzatzki Pita Pocket

Grilled marinated chicken breast with a yoghurt, cucumber, and mint dressing with crisp iceberg lettuce, served in a wholemeal toasted pita bread, with a salad garnish

Falafel & Tahini Pita Pocket 🥖

Mini chickpea cakes served in a warm pita with crisp iceberg and a lemon and tahini dressing Salads



Main **Dishes**

served midday -8pm

Monday > Friday



Spanish Omelette

£5.75 Free range eggs, Chorizo, tomato, red onion, new potatoes, diced peppers and

Penne Puttanesca £6.00 Penne pasta tossed in a spicy tomato sauce, black olives and capers topped

with rocket and parmesan add grilled chicken for an additional £1.75 Cajun Chicken Tenders

Deep fried breaded chicken fillets, served with hand cut chips a salad garnish

and a choice of plum sauce, mayonnaise, sweet chilli and barbeque dips (25p each)

£5.75 (4oz) Home-made lean minced steak burgers, with our blend of herbs, bacon, cheese, salsa, mayonnaise, and salad in a seeded bun served with hand-cut chips and a salad

Spicy Veggie Bean Burger With cheese, salsa, mayonnaise and salad in a seeded bun served with hand-cut chips and a salad garnish.

Mexican Quesadillas



Something Sweet

Jersey Ice cream Three Scoops of Vanilla, Strawberry or Chocolate or assorted

Hot Chocolate Fudge Cake

Served with Vanilla Ice Cream £2.75

Belgian Apple Pie

with Cream or Ice Cream £2.75



theatre, gallery, cafe, bar, restaurant

Porridge With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries (add 40p for each filling)	£2.40
Muesli Topped with seasonal fruits and low fat bio live yoghurt	£3.50
Pancakes Our pancakes are made fresh and fluffy to order, three per portion Maple syrup & whipped cream Blueberries & vanilla ice cream Lemon, orange & sugar Nutella, toasted chopped hazelnuts & ice cream	£3.50 £3.75 £3.25 £3.75
Waffle Our crisp hot waffles are made fresh to order, Maple syrup & vanilla lce-cream Fruits of the Forest Compote with Crème Fraiche Banana. Toasted Chopped hazelnuts & Nuttela	£3.25 £3.75 £3.75

All our food is available to go!



The Saturday Selection

Smoked salmon & cream cheese bagel Scottish smoked salmon and low fat cream cheese on a toasted bagel

Smoked salmon & scrambled eggs on toasted brioche £5.75 Scottish smoked salmon and two free range scrambled eggs on a warm brioche

Eggs Benedict, Royale or Florentine Two toasted English muffins with a choice of home cooked ham, smoked salmon or wilted spinach topped with hollandaise sauce.

Breakfast Burritos £5.50 Toasted flour tortillas filled with crispy bacon, scrambled eggs, mozzarella and chopped coriander, served with salsa, sour cream and guacamole dips

Classic Caesar Salad Crisp Cos lettuce bound in our home made Caesar dressing topped with croutons and parmesan, add grilled chicken for an additional £1.75.

Thai Shrimp Salad £6.25 Succulent prawns bound in a lime, coconut and coriander mayonaise, served on a bed of crisp Asian salad

Greek Meze Platter £6.00 Feta cheese, Black olives, sun-blushed tomatoes, home-made hummus and

Tzatzki with a toasted wholemeal pita bread served with a salad garnish Italian Tomato & Mozzarella Stack 🎤 £5.75

With rocket, pesto and tapenade £6.00

Grilled Goats Cheese Croutes > on a salad of mixed leaves with toasted walnuts and a walnut oil dressing

Soups & Sandwiches

Soup 🥖 In £3.20 To-go £2.20 Our soups are home made using the freshest natural ingredients and are served with our bottomless basket of delicious home baked bread. see the board for today's choices.

Sandwiches See specials for todays choices add chips or a mug of soup for £1.75

£5.50

A bit on the side

£3.75

£6.75

£6.75

Grilled chicken breast	£2.75	Side Salad	£2.50
Stir-fried vegetables	£2.50	Fresh baked bread	£0.90
Grilled Salmon fillet	£3.25	Garlic Bread	£1.75
New potatoes	£2.25	with Cheese	£2.00
Hand cut chips	£1.75	with cheese & salsa	£2.25
Hand cut chips	£1.75	with cheese & salsa	

A grilled sandwich of two tortillas filled with mozzarella, peppers, sliced olives and spring onions served with guacamole, salsa and sour cream dips.

£5.75 £6.50 Grilled Chicken Jalapeño & Sun-blushed Tomatoes

Indonesian Nasi Goreng

Wok-fried rice, vegetables and Indonesian spices topped with a fried egg Vegetable £5.25 Chicken £6.00 Prawn Prawn £6.50

Wok-fried oriental vegetables, rice noodles and scrambled eggs, tossed with a Thai sauce and topped with chopped peanuts, fresh coriander and a wedge of lime. Vegetable £5.75 Chicken £6.75

light and refreshing

Mild Korma, Medium Tikka Masala, or Hot Madras, served with Basmati or Organic Brown rice, Naan and pappudams Vegetable £5.75 Chicken £6.75

Thai Green Curry *
served with organic brown or basmati rice

Carrot Cake from Bean Around the World £2.50 **Fresh Hot Waffles** with maple syrup & Ice cream £3.25 Mango Sorbet £2.25 Vegetable £5.75 Prawn £7.25 Chicken £6.75

Scottish Grilled Salmon Fillet £6.75 Served with new potatoes, steamed seasonal vegetables and a side of hollandaise sauce

Mexican Grilled Cajun Chicken Layered with bacon, guacamole, salsa and sour cream served

with hand cut chips and a salad garnish

Fisherman's Basket Deep fried Scampi, Gamba, Calamari, Filo Prawns, Crab cake and hand cut chips served with home made tartar sauce

> do you want something different today!? Ask about the Chef's Special

Liqueur Coffee & Chocolate

Irish coffee (with John Jameson)

Caribbean coffee (with Lamb's navy rum)

Ameretto Affogato (with espresso & ice cream)

Cointreau Hot Chocolate Tia Maria Coffee

Baileys Latte £3.50

Cafejac, Jersey Arts Centre, Phillips Street, St Helier, Jersey (located behind the Royal Bank of Scotland in Bath Street). reservations: 879482



It's hard to believe that the Green Olive's tiny kitchen can turn out such accomplished dishes. But in a way, that's one of its advantages. 'There's no storage because the kitchen is so small, so everything has to be fresh' explains Paul.

All In The Same Boat _

What a treat to spend a day hovering at the apron strings of a celebrity chef, picking up morsels of restaurant recipes and juicy professional tips, polishing my chopping and honing my taste buds. Executive Chef John Benson-Smith and his wife Ali ran a successful cookery school in North Yorkshire and when they opened the Boat House last year they wanted to let us locals into a few of their secrets.

We met at 10.30am with a cup of coffee and a delicious slice of fruit bread. My fellow disciples claimed not to be super-competent cooks and were largely looking for dinner party and entertaining ideas. John works 8 days a month as a consultant for Man City Football club, overseeing all the catering. On a match day they have 47,000 people swarming over the ground, 11 restaurants and countless burger and hotdog stands. Surely after that logistical nightmare you can run a service for 60 with your eyes closed. Ali is a proficient cook and runs the restaurant front of house with cheerful efficiency.

The Boat House has a kitchen that would make even a part time foodie weep. It has been cleverly designed with glass sides that open to the restaurant without being too intrusive to either chefs or diners. The contrast with home is that it's all about heat - industrial, jet engine heat. There is a two-metre island range which incorporates a chargrill for meat, a gas hob, a hot "planchard" for fish and state of the art extraction. There's also a monster oven two metres high which feels like it's made by NASA. All of it is so spankingly new and very glamourous.

I couldn't wait to get started. I can't be in a kitchen anywhere without getting stuck in and was itching to get my hands on the Kasumi titanium knives and do some professional damage. However, it was more of a demonstration than a hands-on day, which suited the other disciples and, once I had got over my brief disappointment, it was quite soothing just watching the experts at work. Most of the food had been prepped and that way we could crack through loads of recipes, and we did. We may not have cooked but we tasted everything thoroughly.

We made a deliciously peppery ginger, lemongrass and chili cordial by blitzing the ingredients and adding them to sugar and water and boiling for 20mins. Once they were left to infuse the mixture is strained and served with lemonade, champagne (or vodka). We learned how to make a tomato and rosemary broth – drunk as a smart pre-course shot. John took us through no less than five fish dishes including his signature "three bears" with hot smoked salmon, sweet and sour red onions and cool yoghurt and chive sauce. He said, popping a juicy fat scallop into the pan, that Jersey's local ingredients were amongst the best he's ever cooked with and that locals coming to the restaurant know about good food.

We stopped for a glass of champagne and an excellent lunch of bass with sauce vierge followed by fruit skewers to dip in a rich chocolate course with a homemade biscuit. All of it whipped up behind the scenes as we took the weight off our feet.

On for more cooking and tasting in the afternoon till we could barely squeeze in another mouthful of delicious delights. John is an amusing and relaxed teacher and he and Ali complement each other (anyone working with a big cheese chef has to know their place - he's the chef and she's the boss). They provide a very informative and enjoyable day and we were looked after superbly. I had been looking for some canteen medals to take home on my smart Boat House apron but I had loads of interesting and managable recipes to take away.

The Cookery School runs from October to February and costs £99 per person including lunch. For dates and to register your interest, visit www.jerseyboathouse.com.

Lemon Chocolate Meringue Bombe serves 4/6

A bells-and-whistles homemade ice cream bombe that will not fail to excite and delight.

Chocolate Meringue

3 egg whites

175g caster sugar

15g cocoa powder Filling

400ml cream (whisked to soft peaks)

2 lemons (finely grated zest only)

75g Matchmaker chocolates

25g dark chocolate (grated)

75g lemon curd

Decoration

175g dark chocolate

2tbsp lemon curd

40g Matchmakers

Selection of fresh berries

Icing sugar for dusting

Directions

1. For the meringues, whisks the egg whites in a large squeaky clean bowl until stiff peaks. Add the caster sugar a tablespoon at a time whisking until the mixture forms spikey peaks. Fold in the cocoa powder with a metal spoon.

2.Spoon the mixture onto non-stick baking paper or baking sheet. (You can make individual

meringues or one big one, it is going to be broken up). Bake for two hours at 120C or until crisp and dried out. Leave to cool on a wire tray.

3.Place a Hitre pudding bowl into the freezer for an hour to chill. Remove and line with two or three layers of non-perforated cling film.

4. Lightly crush the cooled meringues and fold into the whipped cream. Gently combine the lemon zest, Matchmakers. Grated chocolate and lemon curd into the meringue and cream mixture. Pack all this into the prepared bowl and freeze for at least six hours.

5.For the decoration, melt the chocolate in a bowl over a pan of simmering water. Stir until melted then spread thinly over a sheet of baking parchment. Leave to set in a cool place and, when set, break into large pieces and keep in the fridge until needed.

To serve

Remove the bombe from the freezer 20 mins before serving. Turn it out onto a serving plate and remove the clingfilm. Stick the large pieces of thin chocolate randomly over the bombe to cover it. Spoon a blob of lemon curd and cream on the top and stick the Mathmakers in the top at random angles. Garnish with a selection of berries and a dusting of icing sugar.





Filet of Brill with Sauce Vierge and Crushed Cauliflower serves 4

This is a perfect light, healthy lunch dish or serve with mash for easy entertaining. The bonus is at this time of the year you can make it with 100% local ingredients (apart from the olives and the capers obviously.)

 4×170 g brill filets (descaled but with

I medium sized cauliflower

100ml of extra virgin olive oil I lemon (finely grated zest and juice)

20 cherry tomatoes (halved across the

equator)

12 black olives

small bunch of coriander (picked and

finely chopped)

12 coriander seeds (crushed in a pestle 120g butter and mortar)

Directions

1. Strip the cauliflower of the outer leaves and place whole in a steamer. Cook for 7-10 mins until slightly softened.

2. Remove from the pan and place in a large bowl with the butter and crush but do not mash - using a potato masher. Season well with sea salt and the freshly pounded coriander seeds

3.To make the sauce, warm the olive oil slightly then whisk in the lemon juice. Add the lemon zest, cherry tomatoes, capers, black olives and finally the coriander.

4.Get your non-stick saucepan very hot. Rub the brill filets in a little sunflower oil, then place in a dry pan, skin side down and leave to crisp up a little for about 2-3 mins. Flip and cook the other side.

5.To serve place the crushed cauliflower in the centre of each plate (you can use a metal ring to get the shape if you are being very gastro.)

6.Place the fish on top and spoon the sauce around the outside of the plates. Feast!

spring rain __ Vicky Fawcett

Let's face it, there are showers and showers but wetrooms are taking it all to another, far more exciting, place. The beauty of a wetroom is that it flows into the rest of the room, making it perfect for both enlarging tiny spaces and opening up large rooms.

They present clean and uncluttered surfaces but before you get fired up on finishes, you need to sort out the watertight issue as the last thing you want is scary leaks and drips. It is vital to invest in a reputable tanking system or waterproof structure under your flooring. You need a totally impervious membrane so that even if the silicone, grout, adhesive or tile surface breaks down, water cannot pass through. Imperative, too, is employing a skilled and meticulous fitter for both your watertight system and for you floor covering - this is definitely not a job for cowboys or monkeys.

Boring but important

UK company, Raindance, send a two-man team from the UK to install a liquid-applied membrane over the floor and up the walls of any shape or size room. It's the same system used to tank swimming pools. They guarantee it for 10 years, although they claim it will last as long as your other fittings. On Tapp can show you the structure in their working wetroom.

Aqua-Dec provide a preformed structure that can be fitted to solid or timber floors. It has an in-built gradient sloping down to the waste that makes it easier to install. Their cold-applied, self adhesive, rubberised membrane has a woven glass fibre mesh on one side to ensure a tight fixing for the floor tiles. See Bauformat for more details.

Once everything is perfect behind the scenes, you have a blank canvas to get the look of your wetroom. Do you want it open or with the lightest of shower screens? Contemporary or more traditional? There are lots of options out there.



Hamamtastic

Showing how, with a wetroom system, you can even have your shower in the middle of the room and tuck your towels away warm and dry. Lighting can create any mood from bright and breezy to secretive and seductive. Tiled with exotic shimmering mosaics to enhance the lighting. You could be meeting a dark stranger...

Classic shower rose £100, Iridescent Glass Mosaic tiles in Sandstone ₹315 sqm Fired Earth at David Hick Interiors



Naked in the Rain

How lovely is this? If you are after a screen, you can't get more revealingly minimal than this frameless one in 10mm glass. It can also be fitted over shower trays and is guaranteed watertight. Light and effortlessly contemporary, they are specified by top architects for smart hotels and landmark buildings, so you'll be showering in good company.

Majestic Barcelona screen £,1689 On Tapp



Pressure's On

If your tastes are altogether more Edwardian – in design but most probably not in general plumbing - check out Water Monopoly. They restore antique baths and period fittings and also have a small range of reproductions. This Needleshower has circular spray bars and an overhead shower for maximum style soaking.

Needleshower £,14,014 www.watermonopoly.com



Wireless Water

Those brilliantly clever Germans have developed a system so you can turn on your shower without getting out of bed. A tiny battery-operated control can be placed remotely from the bathroom and hot jets can issue forth at the touch of a button. There are three programmable settings for both flow and temperature, to start and change mid shower. Fantastic, but can it put the kettle on?

Grohtherm Wireless unit from £524.98 On Tapp

design | design classics | brassic



Bauhaus Wall Clock 1932

Almost all clocks have the same quartz-electric mechanism inside them and they are all more or less accurate. There are only two things that matter after that: can you read the time from them easily and do they look good? This clock fulfils both requirements with a clarity and logic typical of Bauhaus. Without numbers, could be taking minimalism a step too far. Keen on function as design, Bauhaus was a school of architecture, art and design that established itself in the 20s and 30s in Germany and was part of the Modernist movement. Their clocks are erm, timeless.

Bauhaus Clock £95 scp.co.uk



if you have trouble finding the time

This large-scale timepiece from Newgate Clocks takes you back to pre-war France. It measures 50cm in diameter so it needs to be viewed at some distance. The heavy Roman numerals and minute marks are spot on. It is made from two semicircles of metal bolted together with authentic rust added. Is it high on an Aguitaine town hall or in the train station wreathed in clouds of steam?

Bordeaux Clock £45.90 De Gruchy

CURTAINS & SOFT FURNISHINGS

to change the world you live in...

Our Curtains & Soft Furnishings Department is blossoming into spring with the added bonus of Designer Guild and Sanderson to our already well respected collection of home interior brands.

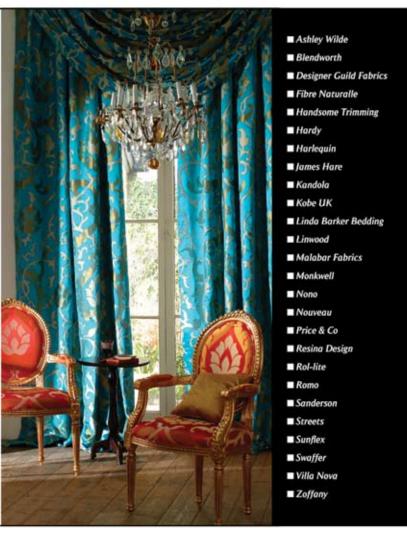
Choose from our fabulous cushions, dreamy bed linen and other exciting accessories to compliment all your flourishing interior ideas.

Our in-house designers, Val and Priscilla are still on hand to guide and advise you through our growing collection of fabrics and wallpapers and help create designs from our expert made to measure and fitting services with the added help of free estimates and car parking facilities.



Romerils, Dumaresq Street, St Helier, Jersey JE1 3UT Tel: 738806 enquiry@romerils.co.je www.romerils.com

Now open until 5.30pm



tool up __ vicky fawcett_

Do you buy endless kitchen gadgets and leave them to fester in the back of a cupboard or do you only have a tin opener to your name? There's loads of kitchen equipment out there, but how do you sort the men from the boys?



kitchen aid

A piece of classic 1930's design, this is the ultimate in food mixers. Its robust, all-metal construction, powerful 10 speed motor and tilt-up head design make mixing large batches easy. Its very presence in the kitchen is soothing. You can whip up soft peaks for meringues and cakes or sauces with hausfrau joy. It comes in 11 beautiful colours and, this new apple green (this year's kitchen colour) has been brought out on its 80th birthday. It's not the cheapest, it will give you a lifetime of rewarding cooking.

KitchenAid mixer £314.10 De Gruchy



hot silicone

Charmingly coloured, these turners are not just pleasing to the eye and the touch, with their brushed stainless steel handle and silicone flipper, they are red-hot action-ready tools. You can heat this silicone up to 260C which means it can do hot. Kitchen Craft also make spatulas and spoons in the same delicious colours.

Coloured turners £6 Homemaker



goddess of the night

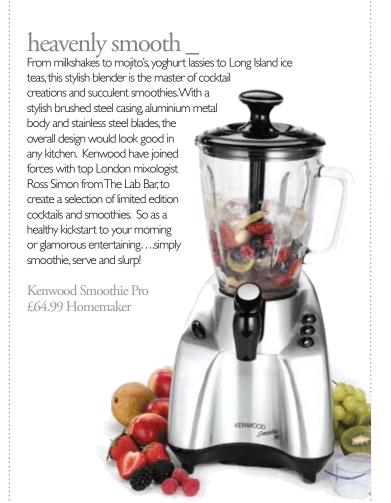
Those of you who fell in love with Nigella's beautiful duck egg blue range of stacking bowls may well find them altogether too dangerous in liquorice black. The curving, slightly bulging egg-shape makes them fabulous for mixing in and pouring from. Nigella calls them "gorgeously comforting to cradle" and there is something beautifully organic about them. If you're not beating or whisking, fill them with lemons or limes.

Set of four mixing bowls £52 Voisins



great shakes
These stylish little bods have been around for a while, but if you haven't seen them at work, try one out. Pop your ingredients - whole spices, herbs, garlic, nuts, citrus rind or whatever needs a crush or a bash — add the lovely smooth ceramic ball and give it a good shake. The ball does all the work crushing grinding and bruising the contents, releasing amazing aromas and zingy flavours. You can also add liquids like oil and cream to create delicious dressings and marinades. Stress relieving and productive.

Flavour Shaker £16.99 Le Lievres





Designed to be practical as well as stylish, the colourful sprayed rubberized finish is also non-marking. The Lite combines simplicity and style with an array of hi-tech features, boasting the kind of high quality, British design that consumers have come to associate with the Dualit brand. Available in four new colours – glacier blue, cream, black and red – the toasters will easily complement any work top and are guaranteed to brighten up your kitchen. Each slot is extra wide and automatically adjusts to accommodate bagels, buns and muffins. There is also a high lift mechanism for the easy removal of smaller items. The toasters are available in two or four-slice options, ensuring that there's a model to suit any sized home – or appetite.

Dualit Lite Toasters £29.99 / £59.99 Homemaker

pantastic fella

NoTV chef seem able to refrain from jumping on the cookware wagon with sometimes less than inspiring results. Not so with this Italian range from the lovely Jamie. A meaningful set of good-sized pans for pasta, risotto and sauces. They're nice and solid, in a smart brushed aluminium finish, and made by Tefal where nothing sticks

panini pan for posh toasties.

Jamie Oliver's Italian Range from £ 29 de Gruchy







sommeliers take note

Claus Riedel was the first person in the long history of glass to design its shape according to the character of the wine. He is thus the inventor of the functional wine glass.

Endorsed by all the leading writers, restaurateurs, sommeliers and the world's leading wine companies, Riedel is the only wine glass developed with an excellent and comprehensive knowledge of viticulture, vinification and the wine market. As soon as the glass is picked up the drinker will notice a balance never/rarely found in other glasses, either with or without wine

From an entry level of £4.95 to the most delicate Sommeliers glass at £59.00 this is a must for wine buffs everywhere.

Robert M Parker Jr, The Wine Advocate has this to say: The finest glasses for both technical and hedonistic purposes are those made by Riedel. The effect of these glasses on fine wine is profound. When using the Riedel glasses, one must keep in mind that every one of these glasses has been engineered to enhance the best characteristic of a particular grape varietals. I cannot emphasize enough what a difference they make.



the original extreme weekend is back!

Keep the weekend of July 15th free! Rumour has it the one and only extreme weekend will be back and it will be better than ever. We're told a small army of people are working hard to sort out all the logistics and make this the event of the summer (after Jersey Live of course!). More info next month!



Funky Puffin is fast becoming world famous for it's eco friendly surf wax and as a result we are working with a company in America who will mass produce our wax in a solar powered factory. Just before we hit to go button and start producing organic surf wax by the tonne, we need some really good feedback. We're looking for a few people to try our range of wax and let us know what you really think. Just email wave@funkypuffin.com with your address and a bit to convince us that you will try the wax, not just flog it on ebay!

Find out more about our wax at www.funkypuffin.com/surfwax





GLUB/APRIL 2007

WWW.Watersplashjersey.com

TEXT 'CLUB' TO 07786 200100 EMAIL: CLUB@WATERSPLASHJERSEY.COM PHONE +44 (0) 1534 482885

something for the weekend blokarting_

looking for something different to do at the weekend? Give the guys at pure adventures a shout and have a go racing down St Ouen's in what is basically a combination of a good old british deck chair, a skateboard and a windsurf. Just £35 for a couple of hours including the all important tuition. www.purejersey.com



tides (st helier)

Date	High	Water	Low	Nater
1	06.47 33.4ft	19:08 33.6ft	01:08 6.8ft	13:29 5.6ft
2	07:20 34.4ft	19.39 34.4ft	01.43 5.8ft	14:01 5.1ft
3	07:51 34.9ft	20.08 34.8ft	02:14 5.2ft	14:30 5.0ft
4	08:19 35ft	20:35 34.8ft	02:42 5.1ft	14:56 5.3ft
5	08:46 34.7ft	21:01 34.4ft	03:08 5.4ft	15:20 5.9ft
6	09:12 33.9ft	21:25 33.4ft	03:33 6.1ft	15:44 6.9ft
7	09:36 32.7ft	21:49 32.1ft	03:58 7.3ft	16:08 8.4ft
8	10:03 31ft	22:17 30.4ft	04:26 8.9ft	16:35 10.2ft
9	10:35 29ft	22:53 28.4ft	04:58 10.7ft	17:08 12.2ft
10	11:20 26.8ft	23:49 26.3ft	05:42 12.6ft	18:00 14ft
11	12:40 24.9ft		06:51 13.9ft	19:25 15ft
12	01:38 25.3ft	14:45 25.3ft	08:28 13.8ft	21:12 14.1ft
13	03:28 27ft	16:09 27.9ft	10:02 11.7ft	22:38 11.5ft
14	04:36 30ft	17:07 31ft	11:12 8.7ft	23:41 8.4ft
15	05:31 33.1ft	17:57 33.9ft	12:09 5.9ft	
16	06:20 35.7ft	18:43 36.1ft	00:35 5.6ft	13:00 3.6ft
17	07:06 37.4ft	19:28 37.6ft	01:25 3.5ft	13:49 2.2ft
18	07:51 38.3ft	20:10 38ft	02:12 2.2ft	14:34 1.7ft
19	08:33 38ft	20:51 37.5ft	02:55 1.9ft	15:16 2.3ft
20	09:14 36.7ft	21:31 36ft	03:37 2.7ft	15:55 3.8ft
21	09:54 34.5ft	22:10 33.7ft	04:16 4.4ft	16:33 6.2ft
22	10:36 31.6ft	22:52 30.9ft	04:54 6.8ft	17:11 8.9ft
23	11:24 28.5ft	23:44 28ft	05:36 9.6ft	17:55 11.7ft
24		12:31 25.9ft	06:29 12.1ft	18:56 13.9ft
25	01:01 26ft	14:08 24.9ft	07:48 13.7ft	20:28 14.7ft
26	02:39 25.7ft	15:32 25.9ft	09:29 13.4ft	22:01 13.6ft
27	03:54 27.1ft	16:31 27.8ft	10:41 11.6ft	23:02 11.5ft
28	04:48 29ft	17:17 29.7ft	11:31 9.6ft	23:48 9.4ft
29	05:32 30.7ft	17:56 31.4ft		12:12 8ft
30	06:10 32.1ft	18:31 32.6ft	00:28 7.9ft	12:49 7ft

All times shown are local time

While every effort has been made to ensure the accuracy of the information provided, no responsibility can be accepted by Gallery Magazine or Funky Puffin for any consequential loss or damage arising from its use.



enhancing your running capabilities _ Steve Longstaffe





This month as the weather is starting to improve, more and more people are now beginning to run outside again. We are going to look at a few techniques to improve your times and make you a stronger runner. Firstly let us look at the exercises to improve the muscular fibre in your legs



A _ Leg Extension

Very important for working the quadriceps in your legs, and for stamina and endurance you want plenty of slow twitch muscle fibre. So work on reps of between 15-20 and 3-4 sets.



Remember it is always important to work the opposing muscles on a part of your body to offset any imbalance. So the same number of reps and sets as you did on leg extensions. I personally prefer hamstring curls on the swiss ball as there is a bit of added core work too.



C _ Dynamic Lunge

Lunges are a great exercise for muscles on both the front and backs of the legs. With the dynamic lunge alternate your arm movement with each step out, and remember keep your knees behind your toes to protect your joints. Go for high reps again to increase your stamina and endurance.



D _ Step Run

Steps are a great way of interval training to increase your fitness and leg strength. Just break the steps down into sets and reps, and either time yourself or see how many you can do. Do however be careful and come down the steps slower and use it as your recovery.



E _ Beach Run

Going on a beach run is a nice way of utilising running on a different surface, you can even run in sand dunes or in the water, to make it a lot more demanding.



F _ Treadmill Training

If decide to train on a treadmill, there are some good features to make it more demanding. You can elevate the treadmill to make you feel you are running up hills. Or you can do interval sprints like I am doing in the pictures by stepping to the side for a rest then jumping back on for another sprint. Do however practice this at lower speeds initially.

Steve Longstaffe Personal Trainer Fitness First

Intelligent Eating _The Energy Equation! _ Mandy Barton

Do you work through the day with boundless energy or do you feel like you are dragging yourself through each and every hour? Energy should provide us with a natural zest for life, allowing us to enjoy our time here on earth, but how many of us are racing through life, stressed and out of control, and exhausting ourselves here in the process? How many of us feel tired, lethargic, demotivated and find it hard to concentrate on even the smallest task?

If you answered yes to any of the above, then you are in need of some energy boosting tips to rejuvenate the body and mind and to re-inject an energy punch into your life.

achieving that energy high _

Breakfast like a king _ Give yourself the best start to the day with a carbohydrate-rich breakfast. Ensure your breakfast foods are made from complex wholegrain carbohydrates meaning that they will give you a slow energy release throughout the morning. This will help rev-up your metabolism and kick start your brain into gear.

Don't avoid the snack attack _ but make sure it's something healthy! Leaving long gaps without food in between breakfast and lunch can lead to an energy drop, as your blood sugar level dips down. Snacking on a small handful of raw nuts or seeds, some chopped veggies and a small tub of houmus, fresh fruit, low fat yogurt can help you avoid those mid-morning / afternoon hunger pangs, so that you're less likely to feel the need for a caffeine injection or trip to the vending machine.

The Drinking connection _ not drinking enough causes a reduction in blood volume, which means that less oxygen gets to your working muscles and you'll get tired more quickly. Aim for two litres of water every day.

Avoid the legal highs _ do you feel unable to get through the day without caffeine or chocolate? Sugar and stimulants do provide a quick energy boost but they are usually followed by an even greater low, as blood sugar levels crash back down. These fleeting bursts of artificial energy can leave you feeling whacked out as you've roller-coastered your way through the day with energy spikes and slumps.

Eat protein for an energy boost _ always include a small portion of good quality protein into your high-carbohydrate meals. Protein gives your body a boost, and when combined with the right carbohydrates, gives the body long-lasting energy. This may be just what you need if you find your energy levels slump after eating lunch.

Load up on nutrients _ a shortage in vitamins and minerals can lead to lowered energy as your body tries to cope with the deficit. With summer coming there's no excuse not to pack your diet full of fresh raw foods. Aim to eat foods that come packaged with all the nutrients your body needs for health and vitality _ just choose natural foods that haven't been through a tonne of processing. If you think you're still falling short then invest in a multivitamin and mineral supplement to ensure you are giving your body enough of what it needs.

And last but not least, breathe deeply, exercise lots, smile all that you can and when the sun is out, enjoy every second.

Mandy Barton Nutritional Coach Fort Regent Active Gym







good enough to eat _

This being our food issue I have had the fun task of digging out all the yummiest food based beauty products, and there are some really great ones out there.



Sohum Chocolat

Whipped Body Butter - enriches dry skin and leaves a heavenly glow, £10.00 Crabtree & Evelyn Naturals Collection Body Lotion

This smells divine and is a real skin treat. Made with honey and almond oil, and skin nourishing botanicals, £12.34

Darphin Tangerine Aromatic Care
Restores suppleness and radiance to the skin whist its aroma energizes. £38.00
Dermalogica Hydro-active Mineral Salts
Can be used as either a salt scrub or a relaxing mineral soak made using nutrient rich sea salts, £16.50

Pevonia Seaweed Exfoliating Soap Creates lots of lather and gets to work on areas prone to cellulite. It is mixed with shea butter, lemon and lime essential oils to soothe the skin and the senses, £13.80 The Body Shop Seaweed Clarifying Night Treatment

Helps to close and purify pores while you sleep, £9.00

Nuxe Facial Cleansing Gel

For all skin types a soothing and softening gel with honey, lime blossom and peach £8.09

LUSHES LIPS IN AN INSTANT Any one of these cute little lip glosses will look brilliant in your handbag, and in these bright vermillion shades the boys will be entranced. You'll have to fight them off from trying to kiss you (or not!). Dior Kiss lip plumping gloss in Caramel Apple, £12.30 MAC plushglass lip gloss in OH-OH! £13.00 Lancome fever gloss in Blackberry Party £11.30

news flash_Trade Secret

After the huge success of his stand at the Home & Lifestyle Fair at Fort Regent last year Jim Vines decided to go the whole way and open Trade Secret.

The shop sells an extensive range of hair and beauty products including: American Crew, funky Fudge hair products, luxurious L'Oreal hair care and (my favourite) Jessica Simpson hair extensions which are the only extensions on the market that allow you to go shorter that your actual hair length!

The shop is full of the high quality products that the professionals use, such as hair-dryers and hair straighteners - so you can achieve salon results at home. As well as hair care there will be waxing sets, manicure/pedicure kits, nail extension starter kits and self tanning systems. What sets this little store apart from the rest is that there is a full time hairdresser on hand in the shop so that you can get professional advice on the spot. Pop in and check it out.

On the Face of It

The Ultimate Skincare Regime:

Cleanse - The skin is the largest organ of the body and it needs to be kept free from bacteria and impurities to function correctly, so find yourself a good cleanser and use it twice a day, morning and night.

Tone - Toner is best for those with oily skin, and helps with the fight against spots. Be aware of alcohol based ones however as they can strip your skin of natural essential oils.

Exfoliate - Exfoliators are used to remove dead skin cells and stimulate the production of new ones, boosting circulation and giving you a luminous glow

Moisturise - Moisturisers create a barrier that protects the skin from harsh environmental elements. Ingredients to look for are Aloe ,blackberry, green tea, beta glucan, DMAE, liquorice, comfrey and rose.

Additional Extras:

Serums - Active serums are ideally a potent mix of anti-oxidants that can really get to the deeper levels of the skin. Serums are good to help reduce fine lines and heal sun damaged skin - this is because they actually stimulate the skin to produce new cells that will replace the old damaged ones.

Masks - Whether your skin needs hydration, stimulation, firming, moisture or just a treat face - there are some fantastic ones out there. Ingredients to look for are kaolin, oats, liquorice, witch hazel and pearl powder. For maximum results use after exfoliating to ensure the ingredients are absorbed

Eye creams - People are often looking for a wonder cream to cover all areas of concern. However this doe not exist so for best results choose two; one for day and one for night.

Sun Protection - This is a vital way to end your routine so that your skin is protected from those harmful sun rays

Lip care (with an spf) - There are hundreds of great treats for your lips that plump, nourish and hydrate - ready for kissing!

Neck and decollete creams - They say it is a lady's hands and neck which give away her age - so keep on top of this delicate area and always remember to extend your moisturiser as far down as your collar bone. Hand Cream - Hands age just as much as your face with all the exposure you can get some fantastic ones to heal nourish and remove age spots ideally try and find one with a spf

Now you have your routine you're set to go. You have to remember that the effectiveness of a product requires regular application to see a visible difference. Bear in mind it is possible to spend anything from £30 - £300 on a face cream, the most important factor is finding an effective one for you and your skin. N.B: Do not forget spf as prevention is better than having to find a cure!





bliss individual gifts with a luxurious twist 12-2pm daily

bliss salon: beauty treats also available 10 - 7pm microdermabrasion,slimming treats, massage, waxing, la stone therapy plus many other aspects of beauty make up skincare treats

Skinceuticals, B. Kamins & Ole Henriksen Exclusive Channel Island Stockists. Treatments Available: call 789911 e-mail emma@blissjersey.co.uk

edible beauty _

Why should our taste buds have all the fun? Raid the fridge and serve up some skin-licious treats.

Skin Savers

Cooling cucumber

We've all heard about the benefit of cucumber slices for the eye area. If you've got tired, puffy eyes lay back and relax with a few cold cucumber slices placed over each eye. The ascorbic and caffeic acids in cucumbers help soothe and reduce swellings, so after 15 minutes your eyes should look and feel much better.

Avocado Facial

Avocados are rich in oils and fantastic for softening and soothing dry skin. Mash an avocado with a little bit of plain yoghurt (1-2)tablespoons) and brush the mask on your face. Chill out for around 20 minutes then rinse off with cool water. The oils in avocados are also brilliant for treating dry hair. After shampooing, rub mashed avocado through your hair. Use cling film or an old towel to wrap your hair and leave in for 30 minutes. Make sure you rinse it thoroughly! Aveda has used the rich emolliency of avocado oil in their Lip Tint SPF 15 and does Caribbean Therapy

Body Scrub. Ikove do a nourishing conditioner for dry hair – Amazonian Avocado & Babacu conditioner. www.ikove.co.uk

Serve up some seaweed

Seaweed is a rich natural sources of minerals and has a reputation for enhancing health by boosting immunity and aiding in detoxifying. Hold your horses for a second though, do not go skipping off down the beach to collect bucketfuls. It is best to leave the creation of seaweed based skin care products to the scientist, as they are doing a fantastic job. Crème

De La Mer has harnessed seaweed's highly potent minerals in their nutrient rich skincare range. From their cult moisturiser to their silky hand treatment, the results of this marine based treat are miraculous. For a youthful lift, try La Mer's Lifting Face Serum and Lifting Intensifier – one of the key ingredients is a rare blue algae that helps stimulate the skins ability to renew itself. Another wonderful product using sea-greens is Ole Henriksen's Natural Hair Wash with Sea Kelp. It moisturises hair without weighing it down.



Body Treats

Oranges – an uplifting fruit

This juicy fruit gives a zesty boost to our health, skin and spirits! As we get older, our collagen production slows down. The vitamin C contained in oranges helps to promote collagen production

and smooth out lines and wrinkles. When used in aromatherapy, the citrus scent has an uplifting, energizing effect on our mood. Test Ole Henriksen's truth serum collagen booster – it contains Orange and Grapefruit extract to nurture and protect. For more fruity face treats, sample Darphin's Hydrating Kiwi Mask and Ole Henriksen's Black Currant Energizing complexion oil. Comfort Zone also have a yummy Tranquility Bath Oil made using orange, rose and vanilla,

it is really great for a deep relaxation bath.



Skin softening Cocoa Just as we get chocolate from the cocoa bean, from the seed, we get cocoa butter. Cocoa butter is great for softening skin and trapping in moisture. The Aztecs believed this 'magic bean' was a gift from the gods. For skin as soft as a goddess, try Aveda's Caribbean Therapy Bath Soak, Bath Bar and Body Crème.

Spanish women are renowned for their magnificent colouring and gorgeous hair. Their secret: they use cranberry juice as the final rinse on their hair - it gives wonderfully rich highlights. Mix 1/4 cup of cranberry juice with 1/4 cup of water and rinse through. (If you're blonde - use lemon juice instead or your hair might take on a pinkish hue!) Cranberries have a high

Cranberry Cocktail

concentration of anti-oxidants, making them a great additive in skin care products. Check out the protecting formula of cranberry and blueberry in Aveda's ripe lip colours or their Petal Essence Triple Accent.

Amazing Apricot

Apricot is renowned for its gentle nature, and is often used in skin products for babies. It is rich in vitamin E and

is really good for skin softening. To achieve a long-term glowing skin Comfort Zone has a great body exfoliator called Fruity Peel, which uses apricot and jojoba granules to brighten dull skin plus it smells delicious



beauty stockists

De Gruchy	818818	NEALSYARD	www.nealsyardreme	dies.com	DARPHIN	The Retreat	734845	LANCOME	De Gruchy	818818
Voisins	837100	PEVONIA	www.skinstore.co	.uk	ELIZABETH ARDEN	Boots	730432	DIOR	De Gruchy	
Rio	734458	BURT'S BEE'S	Bliss	789911	PANGEA	Bliss	789911	CRABTREE & EVELYN	i .	888446
The Retreat	734845	THE BODY SHOP	The Body Shop	732554	OLE HENRIKSEN	Bliss	789911	SOHUM www	.urbanapothe	ecary.co.uk
Fraiche	739967	IKOVE	www.ikove.co.uk		GREEN	Bliss	789911	NUXE	Boots	730432
Bliss	789911	LIZ EARLE	www.lizearle.com		REN	Fraiche	739967	ECOSOAPIA	21stcentur	yhealth.co.uk
BLE The room	737888	DIOR	de Gruchy	818818	BLISS	Bliss	789911	YVES SAINT LAUREN	T Voisins	837100
	Voisins Rio The Retreat Fraiche	Voisins 837100 A Rio 734458 The Retreat 734845 Fraiche 739967 Bliss 789911	Voisins 837100 PEVONIA A Rio 734458 BURT'S BEE'S The Retreat 734455 THE BODY SHOP Fraiche 739967 IKOVE Bliss 789911 LIZ EARLE	Voisins 837100 PEVONIA www.skinstore.co X Rio 734458 BURT'S BEE'S Bliss The Retreat 734845 THE BODY SHOP The Body Shop Fraiche 739967 IKOVE www.ikove.co.uk Bliss 789911 LIZ EARLE www.lizearle.com	Voisins 837100 PEVONIA www.skinstore.co.uk A Rio 734458 BURT'S BEE'S Bliss 789911 The Retreat 734845 THE BODY SHOP The Body Shop 732554 Fraiche 739967 IKOVE www.likove.co.uk Bliss 789911 LIZ EARLE www.lizearle.com	Voisins 837100 PEVONIA www.skinstore.co.uk ELIZABETH ARDEN A Rio 734458 BURT'S BEE'S Bliss 789911 PANGEA The Retreat 734845 THE BODY SHOP The Body Shop 732554 OLE HENRIKSEN Fraiche 739967 IKOVE www.likove.co.uk GREEN Bliss 789911 LIZ EARLE www.lizearle.com REN	Voisins 837100 PEVONIA www.skinstore.co.uk ELIZABETH ARDEN Boots A Rio 734458 BURT'S BEE'S Bliss 789911 PANGEA Bliss The Retreat 734845 THE BODY SHOP The Body Shop 732554 OLE HENRIKSEN Bliss Fraiche 739967 IKOVE www.ikove.co.uk GREEN Bliss Bliss 789911 LIZ EARLE www.lizearle.com REN Fraiche	Voisins 837100 PEVONIA www.skinstore.co.uk ELIZABETH ARDEN Boots 730432 X Rio 734458 BURT'S BEE'S Bliss 789911 PANGEA Bliss 789911 The Retreat 734845 THE BODY SHOP The Body Shop 732554 OLE HENRIKSEN Bliss 789911 Fraiche 739967 IKOVE www.ikove.co.uk GREEN Bliss 789911 Bliss 789911 LIZ EARLE www.lizearle.com REN Fraiche 739967	Voisins 837100 PEVONIA www.ski/instore.co.uk ELIZABETH ARDEN Boots 730432 DIOR Rio 734458 BURT'S BEE'S Bliss 789911 PANGEA Bliss 789911 CRABTREE & EVELYN The Retreat 734845 THE BODY SHOP The Body Shop 732554 OLE HENRIKSEN Bliss 789911 SOHUM www Fraiche 739967 IKOVE www.ikove.co.uk ELIZABETH ARDEN Boots 730432 DIOR OR TRANSPORT TO TRANSPORT T	Voisins 837100 PEVONIA www.ski/instore.co.uk ELIZABETH ARDEN Boots 730432 DIOR De Gruchy Rio 734458 BURT'S BEE'S Bliss 789911 PANGEA Bliss 789911 CRABTREE & EVELYN The Retreat 734845 THE BODY SHOP The Body Shop 732554 OLE HENRIKSEN Bliss 789911 SOHUM www.urbanapotht Fraiche 739967 IKOVE www.ikove.co.uk EELIZABETH ARDEN Boots GREEN Bliss 789911 NUXE Boots Bliss 789911 LIZ EARLE www.lizearle.com REN Fraiche 739967 ECOSOAPIA 21stcentur

gallery guinea pigs _

we go and experience things and give you the scoop!



not as scary as you think _ Glycolic Peel put to the test

Gallery asked me to go along to try out a Glycolic facial peel. Naturally I was delighted, but secretly apprehensive as I was rather ignorant of what a peel actually was. Perhaps a more holistic spa type pampering could be the order of the day. Visions of my face being peeled off, painful memories of sunburn, redness and subsequent nasty peeling, flashed to mind.

Being an optimistic creature and knowing how 'beauty really matters' in this image obsessed society, I trotted along to find out more. I need not have worried, as Sally at the Laser Centre soon reassured me that this particular peel would be a non-invasive gentle treatment. The Glycolic acid used is a naturally occurring acid in fruits, and apparently when applied to the skin for short periods is very beneficial. The acid permeates through the upper skin layer to the dermis below stimulating collagen production, cleansing and balancing the skin at a deeper level than many other facial treatments. A microscopic layer of skin is shed revealing a fresh new one. This is just what I need to give me that X factor for summer!

Sally sent me on my way with a handful of sachets with a dilute solution to prepare my skin for the peel in fourteen days time. After two weeks of religiously applying the lotion my skin was fine & definitely smoother. My foundation glided on like silk and my skin seemed thirstier so I just slapped on loads of moisturizer and the all important sun screen.

The day of the peel: Sally gave my prepped skin the all clear and applied a 40% acid peel which was in the form of a cool jelly like mask. This was removed after eight minutes during which time a tingling sensation, which was quite pleasant occurred. There was then a face massage and it was all over. I was feeling amazingly relaxed considering my initial worries and my face looked fresh and dewy. Sally told me that the effects of the treatment would carry on for the next few weeks and that I should be extra careful to protect my skin with SPF 30+. Weeks later my complexion still looked visibly plumper; younger and more radiant than ever.

A course of three treatments is recommended to clients and it is for all skin types, any age group, male or female, acne or problem skin. The Glycolic Facial Peel reduces fine lines, pores and pigmentation, balancing and improving skin's appearance and texture.

If you are interested in finding out more or would like a consultation with Sally simply contact The Laser Centre (details above)

Initial consultation	£30
40% glycolic peel	£50
70% glycolic peel	£60
90% glycolic peel	£70

Laser Centre (Indigo House) Telephone: 827888 (Sally or Julie)

inside out_ Ole Henriksen Micro Mini Peel

People tend to spend their whole life stressing about the way their skin looks. Say there's a party you're meant to be going to, and if you've got a spot, you feel slightly more hesitant to go. But, you find the best foundation in your make up selection, and slop it onto your face. Job done. However, saying that, people tend to spend so much of their time worrying about the outside that they don't tend to focus on the inside. How does your skin feel and how does it affect your mind?

This skin treatment focuses on just that. Feeling the importance of a healthy face, rather than just seeing what makes one. Before the treatment began, I saw the sun damage on my skin under U.V light.

Most people think that it's only important to wear UV protection when you're going out in the sun, but actually, UV protection should be used everyday.

Under the light, I was able to see all the sun damage on my face, and it was a very scary sight! Freckles and fluorescent dots covered my face. Each little patch of colour was explained to me and I realised how damaged my skin was. While the treatment started with a back massage, I was thinking about how much I didn't know about the largest organ of my body...my skin! After the back massage I felt relaxed and comfortable with the surroundings and the treatment I was about to receive.

The treatment started with the Almond Polish. This is a facial scrub that smells gorgeous. It takes away all surface grime and feels really deep. Afterwards my face felt so light and clean like all the dust had been swept away. Next, the lemon strip. This is intense. It dissolves away dead skin cells which are the cause of dull lifeless skin. There is a slight tingling sensation whilst this is working on your skin and you can really feel it working! Finally, Chamomile comfort. This neutralises the acid from the lemon strip and really comforts your skin and makes it feel fresh and renewed.

Walking out of the salon my skin felt so light and replenished. For one or two days after the treatment my skin was a little red in patches but my skin soon recovered and the results were amazing, and ever since, I've taken much better care of my skin and it's really paid off. I would recommend this treatment to anybody... and everybody!

Ole Henriksen micro mini peel	One Hour
treatment	

£90.00

Bliss bespoke beauty Telephone: 789911 (Emma)





are you having an event or party? get a snapper there. call 811100 or email bookings@snapper.je

beauty monthly_ feed your skin from the outside

As I am skipping gracefully (I hope) into middle age, I was naturally terrified of taking on God and his 'natural ageing process', however, now that I have found a darn good secret weapon, I say bring it on! All hail to whoever strikes up the cosmetic deals for De Gruchy, some saint has managed to get the La Prairie Caviar skin care range into our little island.

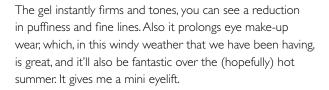
Two words of warning before I start 1) it is rather expensive, 2) it is addictive. Normally this would mean that our government would ban it. So on the plus side it is still legal, allowing you to get a terrific buzz from all the compliments you will receive on your glowing complexion, and from your envious friends.

For half a century Swiss scientists have been locked away up in the mountains developing this pioneering anti-aging cellular therapy, each to there own eh? But thank the Lord they have, La Prairie's state-of-the-art Caviar Collection works wonders, it makes a serious difference to the health, vitality and overall appearance of your skin. I feel at this point I should be standing up and confessing, "I am an addict". There is also a big part of me that doesn't want to write this article, as I am giving away all my secrets! I don't even tell my friends the truth, when they ask how my skin has got firmer and my eyes brighter, I just tell them that I have been religiously drinking water - which is not exactly true (and in fact verging on a complete lie). I realise this makes me a bad person. Although having watched a million movies in my time, it is not such a terrible thing to be the glamorous baddie!

The La Prairie Caviar Collection is made up of about eight products, but only two of them are outstanding, and worth the hefty price tag. First and foremost is The Essence of Skin Caviar Eye Complex with Caviar Extracts. This stuff is not for kids, literally, it is so intensive that is only recommended for mature skin, so you know it is going to be a good hard core stuff.

For application I put a line of dots along the bone under the eye and up over the very top of the cheekbone all the way to the hairline, then back just under the eyebrow to the nose. Then I go round the same route again making a tiny circular movement with just one finger, and if I've got time I'll go round again, stopping at the temples and nose and applying light pressure (this is effectively a mini eye massage – and a great way to start the day). It is good to remember that you should never put any lotions or potions actually on the area immediately under the eye (where you get dark circles), because it is so delicate that almost all products will be detrimental, and actually worsen any problems. By placing the product just under this area the skin will draw up what it needs to heal.

(And don't beat about the bush, feed it Caviar!)



Next up is the Extract of Skin Caviar Firming Complex. This is one of only a small handful of products that actually does what it claims on the packaging. It is a light silky cream, which smells good and makes your skin feel lovely. If I ever have to go without makeup I reach for this because once on, the result is immediate and dramatic, even enough for me to venture out without worrying I'll scare small children. Also because it softens and smoothes skin it makes a great base for easy makeup application. It really is a product that you'll find hard not to rave about.

The best bit about these products is that it isn't "try for two to four weeks and notice a difference" the results are instant. It is the same principle that if you put on concealer ~ it covers the blemish, if you put on Skin Caviar ~ it lifts the skin, there and then ... science is a wonderful thing.



you should never put any lotions or potions actually on the area immediately under the eye (where you get dark circles), because it is so delicate that almost all products will be detrimental, and actually worsen any problems.



The Essence of Skin Caviar Eye Complex 15ml £63.65 Extract of Skin Caviar Firming Complex 30ml £65.30 available at de Gruchy







fashion watch _ sarah mansell



Top three trends for spring 2007

1. Get Sporty:

Unleash your competitive streak in sporty separates and athletic fabrics. This trend is all about playing with proportions; mix an oversized parka with a body skimming mini dress for instant cool. Cropped trousers also compliment this trend, and are a flattering alternative to shorts. Ralph Lauren at Axle has a lovely pair. And for when the weather really starts warming up, a swimming costume is the only way forward. Adorne has a fabulous selection in bright colours, acompany this with a nice bright watch like the ripe little numbers above from H Letto & Sons.

2. Safari:

The safari trend seems to reappear every spring but each time in a different guise. This time round it's all about animal prints and skins. Look for prints in floaty, feminine fabrics, and bold accessories in luxurious crocodile and snakeskin will lend a decedent edge to any outfit. This is the season's wildest trend, and can be hunted down in most good charity shops.

3. Rock Chick:

Yup, that's right the sexy rock trend has bought us through from winter and in to early summer. If last season you didn't invest in a pair of skinny black trousers, then it's not too late and these are the perfect thing to build on with studded or patent accessories. Roulette women have some amazing leather handbags that will take you from day to night and ensure that your style is glam and all for show.

childrens wear trends for s/s 2007

Boys wear 2-10 years

A strong trend this season is bold check shirts layered with jersey tops. Also knits, jackets and gilets are still important.

Main colour statements are navy, light blue, white, and khaki with highlights of orange lime and red. For the summer a there is an emerging sophisticated preppy look which mirrors some key menswear trends of the last year.

Denim is a key bottom piece as it ties in lots of looks and is a very accepted by all parents as a smart option for all types of events.

Boys wear 12-16years

We are mainly seeing layering tops, shirts, and polos with sweats to create a casual skate trend. Loose denim is still key with the popular surf wear styles.

Sports wear still plays a big part with this age group with the main sports collections represented through tracksuits and trainers.

Girls wear 2-10 years

Baby doll dresses are very in this summer. Denim will tie in all the high colour looks that are about at the moment and helps to break up looks.

Sleeveless tops and vests alongside light knits help to layer some of these looks and there is less emphasis on jackets.

Tennis dresses are still in lots of collections as a key summer item for young girls usually in brighter colours.

Girls wear 12-16 years

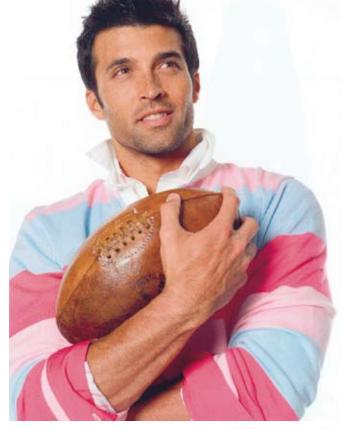
There is a strong denim undertone to all looks and in a variety of fits from skinny to boyfriend which mirrors key womenswear looks for the

The overall look is feminine without looking too girlie. Rock chic is also popular especially in tops and t-shirts to be worn with miniskirts.

Shorts worn with tights or leggings are still very key for this age group.



Axle Junior, 33 Queen St., S.H., JE2 4WD 769504. www.axleclothing.com





Eden Park

Eden Park Team range is an up market range of loose-fitting garments, inspired by the world of sport. Made with high quality brushed and Pima cottons, the characteristics of the range are: original stitching designs, bold strips and checks, and the harmonisation of strong colours. Eden Park Team is the brands most recognisable line, as it clearly declares its membership of Eden Park brand with rugby stripes, badges, and oval shapes drawn from our founders' background. This label is exclusive to De Gruchy and fits perfectly with this season sports trend.

The futuristic trend, spearheaded by Balenciaga at this years spring summer shows was a force to be reckoned witl I'm not talking full on robo get up, but metallic accessories in hues of gold and silver add style to any outfit and bring looks instantly up to date. For a minim ist approach, simply slip on a couple of large bangles in white or silver, or a pai of over sized white sunglasses.







national jelly bean

National jelly bean day takes place annually on the 22nd of April. This is the perfect excuse to buy a molly brown jelly bean necklace from her on line store. Between the 22nd and the 29th of April the jelly bean jewellery will be 10% off in honour of the national jelly bean day, so click on and happy shopping! www. mollybrownlondon.com

This fabulous Jellybean necklace, is available to win, send entries to competitions@gallerymagazine.co.uk Good Luck!

Fitting_

Did you know that at least 80% of women are wearing the wrong size bra? De Gruchy are having a fitting event from the 30th March till the 7th of April, and when you are measured (free of charge) you will receive 20% off any bra from leading lingerie brands during the fitting event. Wearing the wrong bra at an early age raises the likelihood of sagging in future years and ill-fitting bras can contribute to chronic headaches, back pain, tingling in the arms, restricted breathing, abrasions, rashes and breast pain, especially during exercise. So what are you waiting for? Get fitted...



de Gruchy offers a FREE fitting service all year round in our

Lingerie Department located on floor (1)



here he comes _ ceri milner

If you are a fashionista Neil Barrett will already be in your vocabulary. For those of you who are unfamiliar with the ex-Gucci, ex-Prada menswear legend, read on...



Massimo has a new designer on its shelves, and the lads there are so proud of getting this particular designer into their shop that they have had their window display guru Aaron dedicated an entire shop front to the collection.



Advice

Guys, you know that girls like Brad Pitt, you know they'd never say no to Orlando Bloom and you are fully aware that Jake Gyllenhaal, the one from Donny Darko, could have any lady he wished. But there are actually only four fundamental parts that go into making those fellas iconic: 1) Talents 2) Hollywood good looks 3) A Lotta Cash 4) Effortless cool. Now you've all got some sort of talent I'm sure, so that's I you've got, you may even be easy on the eye, the cash you can get away without having and now you can look effortlessly cool.



Neil Barrett clothes are easy to wear; you can easily throw on one of his inverted collar striped shirts over jeans and you're pretty much guaranteed to look good. All of the guys mentioned above as well as Justin Timberlake, Ewan

McGregor and Chris Martin buy Neil Barrett, and what's more they literally have to go out and buy it as Neil doesn't do freebies like almost every other designer who would be desperate to get these guys into their clothes. The A-list are choosing Neil Barrett, and now you can too.



Profile

Barrett was born with tailoring in his blood; both his father and grandfather before him were master tailors and must have been beaming with pride when he got the job of Senior Menswear Designer for Gucci. The lad did good, and after five successful years with Gucci he moved to Prada and launched their first designer menswear collection. In 2002 he debuted his first full menswear collection, under the Neil Barrett label, in Milan, His clothes combine fine Saville Row style tailoring with a 'rough around the edges' look. They transform any man into a sophisticated rogue, which from a girls opinion is a very sexy look to be pulling off, and is a big part of the appeal of all the A-list celebs mentioned.









Key items from his current collection currently in Massimo Wide striped shirt with tie print detail (as pictured on runway models) £199 White sneakers, with stitching detail by Neil Barrett for Puma £139 Denim lacket £399

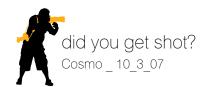


Cinch back detailed slim jeans £225

Leather Khaki Jacket (as pictured on Brad & Orlando) £1,365 (I realise this price is a tad on the high side; however if you would like to date Jennifer Aniston or Angelina Jolie or even date them both at the same time... then this is the jacket for you.)

"Barrett always brings an element of grit to his handsome collections. There is never pretty-boy pretenses or sexed-up over overtures, just great clothes tor reál guys.

(Fairchild Publications, DNR)























ARE YOU LOOKING YOUR BEST?

GET YOUR HAIR CUT AND STYLED FOR THE WEEKEND & IF YOU'RE LOOKING FOR THE PERFECT FINISH, A HOT TOWEL SHAVE (LADIES APPRECIATE IT).

1ST FLOOR 7 WEST'S CENTRE TELEPHONE: 605030 MOBILE: 07797 740382

























are you having an event or party? get a snapper there. call 811100 or email bookings@snapper.je















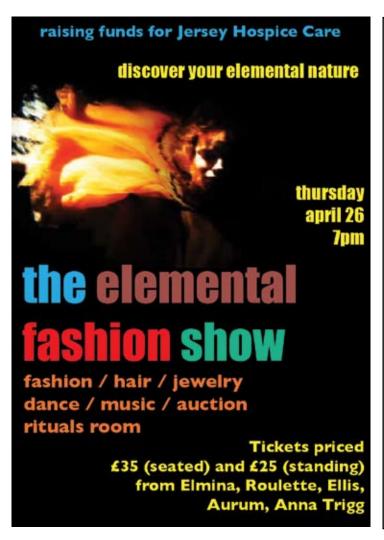




Neal Barrett white embroided trainer, £139, from Massimo // audley mustard suede shoe, £84.99, from Marc2 // French Sole turquoise pump, £69, from Roulette women // Naot strappy roman sandal, £49.99, from Marc2 // to.be pink suede pump, £49, from Highheels & Handbags // Grendene white and red jelly pump, £16.99, from Roulette women // to.be red wedge, £59 // to.be green lace up sandal, £59, both from Highheels and Handbags

Large red glass pendant on silver collar, £100 // string of white and blue beads, £100 // String of red and pink beads, £135 // 18ct White gold, blue topaz ring, £235 and 18ct White gold, blue topaz ring, £252, £1,015// Links of London sweetie bracelet and red heart, flip flop and apple charms, £185 // Links of London bracelet with quartz stones, £83 // 18ct White gold, blue topaz necklace, £1015 // Hermes clipper diver in blue watch, £1,622 // Hermes clipper diver in orange face watch, £1,687 ,All from H. Letto & Son LTD







nautilus
39 Don Street . St Helier
tel: 617976







the art of fast cars _

If you don't normally drive a sports car, the first thing you notice when you do is how many looks you attract from people in the street. After all this time they still seem to have that special something.

Sports cars are a classic example of form following function; a long bonnet covering a big engine, low and streamlined to cut through the air, traditionally with minimal comforts, and the minimum of everything else, to keep the weight down and the speed up.

And really, whilst they have developed and improved over the years, it is only our expectations and needs that have changed; they still follow that old rule, it's just that now they have carpet, and a heater, and air conditioning, and a cd player, and electric windows, and cup holders. Oh, and an ipod jack, and, and....

The Hyundai Coupe SIII Model tested: 2.0 SE

Looking around there are not actually many affordable Sports Coupes on the market right now, and even fewer with the looks of the Hyundai SIII Coupe. At its launch it was proclaimed to look a tiny bit like a Ferrari, and now, in certain light, at certain angles there are still hints of other things. But actually, when you look at other sports cars, most of them have become indistinguishable anyway. I'd say that the SIII may look a little familiar but at least you can identify it, and if it is familiar it is in a rather pleasing way. It is just how a sports car should be, with its subtle good looks. It really has been drawn with a delicate hand this car.

The interior of the SIII is equally stylish with the 2.0 version having stunning red leather seats and door trim. The dash is plain and simple and the instrumentation is illuminated and trimmed in blue. The clever thing here is

On the road, driving the SIII brings us back to the original point about sports cars, and a driver's expectations and the ultimate question of balance between comfort and handling. Thankfully Hyundai seem to have got it just right.

that the SIII provides everything one would expect whilst keeping the dash layout simple. It still has all the luxuries, such as climate control, heated seats, electric windows and sunroof etc. but also a few traditional touches such as circular dials on the centre console for Amps, Fuel Consumption, and Torque.

The back seats are typically sports car. Good for children, dogs, shopping etc. and maybe adults if they are not too big and you aren't going far. But if you often need to carry lots of passengers you don't get a sports car do you?

Further back, the tail gate is huge and opens to reveal a healthy luggage space with a very useful cargo net to keep things in place. Also the rear seats split 50/50 giving more flexibility, perhaps for carrying the golf clubs?

On the road, driving the SIII brings us back to the original point about sports cars, and a driver's expectations and the ultimate question of balance between comfort and handling. Thankfully Hyundai seem to have got it just right. The SIII does have a firm ride. Not so firm as to put you off day to day driving, but firm enough that when it comes to handling and cornering, and being sporty, you feel confident. Thanks to a low centre of gravity there is very little body roll and feedback through the steering and brakes is good. The gearbox is lovely, but the clutch does take a little getting used to. The action is quite high, but you soon get used to it.

The 2.0 litre engine is quite speedy, giving a 0-60 mph time of around 9.2 seconds and a top speed close to I 30mph, but if you want faster there is the divine 2.7 litre V6 version.

5 Year Warranty

Thinking a little more about the choices in this area of the sports car market I find most alternatives look like adapted saloons and looking at the SIII I really can't think of a sports car I'd prefer for the money. It is pleasing to look at, sounds good, and has a nice feel to it. Plus, and this could be the clincher, all Hyundai cars come with a 5 year manufacturers warranty. Buy one tomorrow, and anything breaks between now and 2012, you're covered.

Hyundai Coupe SIII

•••••

Model tested, the 2.0 SE £16,275 Available with 3 engine choices: 1.6, 2.0, and 2.7 V6. Prices start at £14,060 on the road.

More Info or for a Test drive: Portelet Garage Tel. 7459 | 1

16 Cheapside, St. Helier

motoring news the what's what this month



Fiat 500 _ Fifty years ago, on 4 July 1957, Fiat introduced the Nuova Fiat 500, which became an icon of our times, This summer, on 4 July 2007, exactly 50 years later, and once again in Turin, the company will be presenting its new Fiat 500, which will go on sale immediately after the launch.



Mazda 6 _has won the 'Large Family Car' category of the Environmental Transport Association's (ETA) 2007 Car Buyers' Guide. Mazda was also ranked as runner-up in the 'Motoring Innovation Award' section of the guide for developing the world's first environmentally friendly Coating Technology for use during car manufacture.



Hummer comes to the UK _The HUMMER brand is arriving in the UK with the opening of the first dedicated HUMMER showroom this week. HUMMER will begin selling a right-hand drive H3 in the summer.



BMW Motorrad unveils new Sports Cases for R 1200 S _ The cases are unmatched in their ability to increase capacity from 17 to 25 litres,. usiing a unique ratchet system that allows the outer lid of the case to stretch from fully closed to a semi-open position while still remaining completely secure.



Land Rover supports pole to pole _ Gaydon, Warwickshire, 16 March 2007 Land Rover will provide a fully-equipped Defender 110 to support the 180 Degree Pole To Pole Challenge – a world-record attempting manpowered expedition from the geo-magnetic North Pole to the geo-magnetic South



Jag XJ Diesel is greenest luxury car _ Jaguar's XJ 2.7 Diesel has been named the greenest luxury car on Britain's roads in the Environmental Transport Association's 2007 Car Buyers Guide.



Dodge Nitro _ We like Dodges. The Dodge Nitro 4 wheel drive will launch in the UK in July 2007 and the SE and SXT models will be priced from around £18,900 for 2.8L diesel version.



Ducati Hypermotaro in final tests

Bologna, 5th March 2007 – Development of the Ducati Hypermotard, which is to be launched in Ducati Stores all over the world from this May, is continuing with great



A man, a woman, a child, a dog and a box of melons _

My most enduring memories the first time I rode my motorbike into Italy were of having my first authentic Cappuccino, my first authentic Pizza, and seeing a scooter being ridden by a man, with a woman on the back, a child between them, a quite big dog between his legs with its tongue hanging out, and a very large box of melons on the front. There may have been more luggage on the back but I can't be absolutely sure. And of course none of them wore helmets.

I just love scooters!

If you don't actually live in town, the biggest problem with working there has always been getting there, and the second biggest is finding a parking space, or paying for a parking space. And it's so much worse in the summer when the weather is wonderful and you could be on the beach if not for the traffic, or at least home in half the time and just not sitting in a stifling car:

Many people are turning to scooters now, for the convenience, the huge cost savings, the time savings, the environmental benefits — (50 scooters can produce less pollution than 1 bus apparently!) and also just for the fun too. And we are not talking about the teenage boy demographic. These are adults, and at least as many, if not more, woman than men.

Sym Mio
Really Cute Scooter
Nice details and styling
100cc £1499
50cc £1399
Available from Motorama
18 Great Union Road
722819

So, what do you do to get a scooter?

First of all, a new scooter will cost you from around £800 upwards, with some of the fancier models costing £1750 or more for those with larger engines. You can of course by a pre-owned bike for less.

Riding a scooter is very simple. Twist the throttle to go, and brakes like a bicycle to stop. No gears, they are usually automatic.

Basic scooters have small 50cc engines, and are restricted to 30mph for young or novice riders, but can be capable of slightly higher speeds for the more experienced. It used to be that when you got your car driving licence it included a scooter licence but that was stopped in July 1st 1997. If your car driving licence was issued before July 1st 1997 you should be able to go and buy and ride a 50cc scooter. If not you will need to pass a test.

Motorbike safety is taken very seriously now, and whilst riding a scooter is terribly easy it is vital (and a legal requirement) to get some experienced coaching before riding on the roads, so new riders have to complete an induction course called CBT - Compulsory Basic Training. This takes a couple of hours and covers basic operation and riding skills. If you buy a scooter from a dealer they will deliver it to the training centre for you and after you have completed the course you can ride on the roads.

Once you have gained enough experience you will need to complete a test but that is straight forward. Not unlike a car driving test.

So that's the effort required, but what are the benefits? You can buy a scooter on finance for less than you would pay to park your car in town every day. Scooters can do 100 miles per gallon so prepare to spend about a quarter of what you usually do on fuel. Parking is free. Get stuck in fewer traffic jams, and it is fun!

Clouds

To be fair there is the issue of weather though. And it is for you to decide how important that is. You can just ride in the summer when the weather is good or you can wrap up and ride all year round, or drive the car in when it is bucketing with rain or when you just feel like it. Surprisingly, in the winter there tends to be less rain and it is not as cold as you think so if you want to, you can actually use your bike most of the year without much discomfort. Also once you start using it you will be amazed at how much easier getting about becomes - and how much money you save.

Starter button _ press here >

We've decided to feature a few of our favourite bikes and accessories, and will be happy to offer readers advice on scooters and bikes. If you want to know more about getting on two wheels, feel free to email us with your questions at: scooters@gallerymagazine.co.uk



Fashion

One of the things that used to put people off was wearing bike gear, but even that is different now. It is good to wear protective clothing but it is now possible for it to be stylish too. So much has changed recently - clothes, accessories, even the bikes themselves have become so much more agreeable.

There are lots of bikes to choose from, almost a bewildering choice, but speak to the people in the bike shops, they're very helpful, and will want to see that you find a bike that you are comfortable with and will enjoy.

Davida hand made in England Helmets & Goggles Available from Motorama



our monthly jobs bulletin, this month featuring jobs from:











JOBSINACCOUNTS

BOOKKEEPER / ACCOUNT PREPARER

A small established local accountancy practice requires a Permanent bookkeeper / accounts preparer to join its friendly team Call Toni 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.

ACCOUNTS PREPARER 28521

Join this really prestigious accounts prep team, handling a varied trust and co workload in a progressive banking environment. Relevant experience required. Call Emma on 876214

FINANCE MANAGER 40-65K

Prestigious law & trust firm require qualified accountant with 2yrs+ PQE for internal accounting and reporting. Call Sue/Kelly @TOPS to find out more about this and numerous other opportunities for qual'd and part-qual'd ACCA's! 727 323

JOBSINFINANCE

COMPLIANCE MANAGER - 27278

Challenging, unique position for a senior Compliance professional to lead this international retail bank's local function. Must have banking or investments experience! Please call Carla on 876214

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 @ Ist on 875444.

INVESTMENT MANAGER'S ASSISTANT

A great opportunity has arisen for a candidate who has knowledge of how equities, bonds, forex and derivatives are traded and be comfortable using investment related systems and is studying towards the IMC. Call Debbie @ Ist on

FUNDS ADMINISTRATOR £23K TO

£50K Do you want to work for an innovative and thriving company with a reputation for driving forward the standards of fund administration? If you have previous fund experience and hold or are studying towards a professional qualification contact Toni 88 88 66

JOBSINIT

INFRASTRUCTURE ENGINEER

Experienced Engineer is required to

provide technical support and assist with projects within the client/server team. Server support, helpdesk experience and MCSA qualification essential. 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

IT SYSTEMS MANAGER 42K

Provide hands-on skills to ensure the delivery & management of this company's technology services. This is a crossfunctional, senior role requiring close co-ordination & liaison with internal and external teams. Call Rachael @TOPS today 727323.

JOBSINSECRETARIAL

LEGAL SECRETARY 27414

High calibre secretaries look no further! If you've legal experience, excellent communication, organisational and IT skills and can work to deadlines, whilst remaining calm, we need you! Call Carla

JOBSINBANKING

LEGAL SECRETARIES 18 - 30K

Not happy with your current role? Need a change of environment? Want more money? Why not spring clean your career! We have some fantastic opportunities available in a number of leading law firms just call Rachael @TOPS today & find out more 727323.

TEMPS TEMPS TEMPS!

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

PRIVATE BANKING ASSISTANT

£EXCELLENT Our client is seeking to recruit a Private Banking Assistant for their busy team. If you have proven experience in a back or front office banking setting contact Lindsay today on 88 88 66 or lindsay@selectrecruitment.je

PRIVATE BANKING ASSISTANT

An exciting opportunity as arrived for motivated banking candidates, to develop themselves further. Candidates would possess previous banking and client handling experience. Call Andy @ 1st on 875444.

PAYMENTS OFFICER 20 - 26K

Outshine the rest with this top role! Solid background knowledge of payments processes & systems along with the ability to work to tight deadlines. Sound like you? Call Claire @TOPS 727323 today and see what she can do for you..

CONTRACTS&TEMP

BANKING ADMINISTRATORS £££

We have some excellent temp/contract vacancies waiting to be filled! Whether you're securities, payments, reconciliations, RM or compliance as long as you have 2yrs+ exp & can deliver results; we want to hear from you! Call Nicole/Vicky @TOPS and register today. 727323.

CONTRACT ASSISTANT TO FINANCE

DIRECTOR Temporary / Contract Assistant to a Finance Director is required ASAP for I year. If you have internal accounts experience within a commercial environment and hold a relevant accounting qualification (not essential if qualified through experience) contact Toni on 88 88 66

BOOKKEEPER / ACCOUNT PREPARER

A small established local accountancy practice requires Temporary and Contract bookkeepers / accounts preparer's to join their friendly busy team to start ASAP. Call Toni today on 88 88 66 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.

BANKING OPERATIONS 18 – 25K

Skilled banking administrators needed for this well-known bank. Strong processing and operational competence is vital! Email claire@toppersonnel-jobs.com

ASSISTANT PRIVATE BANKER - 28809 An excellent opportunity for aspiring

banking candidates. Ideally degree qualified with basic banking experience you will develop as the next generation of Private Bankers. Call Jo on 876214 or jobs@rowlands.co.uk

JOBSINTRUST

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

SENIOR TRUST ADMIN / OFFICER 30-

43K 20+ firms seriously looking at this level... With at least 3yrs+ trust admin the choice really is yours! Now's the time to look around so Call Sue / Kelly @ TOPS 727 323 and let us get your career back on track!

IUNIOR ADMINISTRATOR - £18K +

Our client is seeking to recruit a bright Junior Trust Administrator. This is a fabulous opportunity for a bright, career minded candidate who is either just starting out or has previous trust or equity experience. Applicants must have five years residency, contact Lindsay today on 88 88 66 or lindsay@selectrecruitment.je

TRUST TEAM - 25930

Rare chance to become part of an entirely new trust team currently being constructed for this leading global organisation, working with HNW, involved and really interesting clients. Please call Carla on 876214 or email jobs@ rowlands.co.uk

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.

JOBSININVESTMENTS

SENIOR ADMINISTRATOR - INVEST-MENT OPERATIONS

Do you have at least 3 years experience within custodian / portfolio management / stockbroking environment and are fully conversant with all aspects of securities? Call Toni today on 88 88 66

JOBSFORGRADUATES

GRADUATES/TRAINEES £TOPS

We have brilliant opportunities for career driven graduates or trainees to enter onto true training programmes with excellent progression. Register today with Audrey/Rachael @TOPS 727323

JOBSINHR

LEARNING AND DEVELOPMENT OF-FICER 30K Ideally CITD/CIPD qualified.

You will co-ordinate, lead & where appropriate deliver training & development activity in line with service training and development plans. Excellent IT user skills a pre-requisite. Call Rachael/Audrey @TOPS 727323 to find out more!

HR CONSULTANT - SENIOR MANAG-ER £45K+ Do you have previous project / knowledge and change management experience within HR and hold a HR professional qualification? Call Toni

JOBSINCOMPLIANCE

COMPLIANCE OFFICER / ASSISTANT MANAGER £40K+ Do you hold a compliance qualification

and have at least three years compliance experience as well as knowledge of Money Laundering, contact Toni today on 88 88 66 or toni@selectrecruitment.je

1st Recruitment

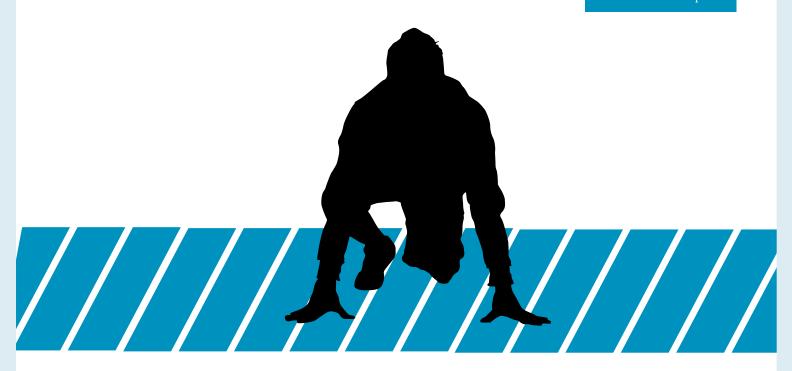
arles House, arles Street, Helier, IE2 45F All: 875444 mail: jobs@lstrecruit.co.uk www.lstrecruit.co.uk

Top Personnel
33 Hill Street

Rowlands rinity House, lath Street E2 4SI Call: 876214 Select Recruitment

d Floor, rk Chambers, York Street Helier, JE2 3RQ

888866 info@selectrecruitment.je



_ it's all about training _ bursaries and training schemes

Gallery graduate careers special: April 2007

It's that time again when school leavers, graduates and career twitchers start to consider their options. In this edition of the Gallery careers special we talk to six local professionals about their experience with bursaries or training. A bursary or training scheme may be the make or break element of a new job, offing support either financially or structurally that will tip the balance to sway your decision to join a particular firm. Our respondents give you some insight into how they used these opportunities and how you can too.

featuring: _



How did bursaries or training help.... Kylie De Biasi Graduate Trainee, PWC

What schemes were on offer to you after leaving full time education?

ACA and ACCA professional qualification routes are the main schemes offered to graduates and school leavers at PwC. Our Trust and Company Administration business offers qualifications through the professional bodies of STEP and ICSA. I am currently on an industry placement year and have chosen the ACA route. ACA is a 3 year study programme which can be followed in either the Assurance or Tax Departments, at PwC. The programme is fully supported by the firm through a training contract which outlines the support structure in place to assist me in achieving my chosen qualification. Upon completion of my studies I will have enough industry experience to qualify as a Chartered Accountant provided I have passed all of the exams.

Were you encouraged to come back to work here after the university degree?

Following my industry placement year, which occurs during the third year of my degree course, I intend to return to PwC and complete my final two years of ACA training. A strong factor in my decision to return to PwC is being aware of colleagues experiences and that I will be able to take on progressively higher levels of responsibility and experience even during my three year training contract.

What does your role entail?

My role is as a team member on audits of a range of clients. The work involved is varied and every client is different which means that no two days are the same. Working in teams means that I learn from more experienced team members as well as apply the knowledge I have gained from training. We are assigned clients in our teams and visit their offices daily to complete our work. As auditors we are testing figures in the financial statements in order to provide assurance on the truth and fairness of them. My work involves gathering information to test these figures and working closely with the clients to build a good working relationship.

Where would you like your career path to take you?

I am looking forward to returning to PwC after graduating next year to complete my last two years of training. Thereafter I would like the opportunity to go on a secondment. PwC has a global network and it is possible to take advantage of travelling to another area of the world to practice as an accountant and to gain experience of a different country and culture. If my performance post qualification is good enough, I could be considered for promotion to manager after another two years of experience.

How has any training scheme undertaken helped the progression on that path?

The training scheme I am involved in during my placement year will initially provide me with a year of experience working in a global professional services firm. I have gained a huge amount of understanding in Assurance, and by the end of the placement year will have completed my first year of the ACA exams – providing I pass them! As PwC were happy to incorporate my



industry placement into the three year training contract, when I graduate I will have only two years left until I qualify. My training contract really offers a route for me to progress more quickly down my chosen career path and pursue other goals in the future.

In what other areas would you like to see opportunities for training?

I would like to gain some specialised skills in Advisory work within Corporate Finance and Transaction Services. I hope I may be able to incorporate this into a PwC secondment when I qualify. In addition to this, PwC also assist you in developing your 'soft skills' and this will help me build the skills and understanding needed if I am to develop into more senior roles in the future.

What recommendations would you give to people considering your career path?

I would recommend being proactive and contacting the firms that you are interested in to find out more about the opportunities available. I arranged to complete work experience before making my application so I could get a chance to gain a greater insight into the work and training involved and chat to current trainees about their experiences. I would also recommend a sandwich year if this is available. I found that a year away from University has been very valuable in terms of my gaining some work experience, earning some money, getting me focused on life after University and providing me with greater motivation for the final year of my degree in preparation for my return to PwC Jersey.

Fresh perspectives at KPMG Channel **Islands Limited**

We are looking for high achievers with a range of skills and abilities and a determination to succeed. As an accredited training practice for both the ICAEW and ACCA, we offer an excellent training package, support and the benefits of being part of an international network that is also a leading provider of audit and tax services in the finance industry.

We are also offering bursaries to A Level students who are looking to go to university in September 2007. We will provide financial support to help students throughout their studies and valuable work experience where you will receive hands on experience in the day-to-day life as an Audit or Tax Trainee. In addition, we will assign you a mentor who will support you through your time at university and when you are in the office.

To be considered for a trainee position or bursary, please contact Tanya Osmand, Human Resources, KPMG Channel Islands Limited, 5 St Andrews Place, Charing Cross, St Helier, Jersey, JE4 8WQ

Tel: +44 1534 608472. Fax: +44 1534 888892 e-mail: tosmand@kpmg.jersey.je

www.kpmg.jersey.je

KPMG

How did bursaries or training help....

Alex Mapletoft

Gap Year Student. Deloitte & Touche LLP



Alex is a post A-Level GAP year student working at Deloitte & Touche LLP. He started an eight-month paid work placement in September 2006. From October 2007, he will pursue a Physics degree at the University of Warwick.

What schemes were on offer to you after leaving full time education?

After leaving secondary education, a number of schemes were on offer to me. These included the Year in Industry scheme for students likely to pursue university degrees and careers in engineering and technology, a similar engineering scheme sponsored by the Royal Air Force, and the Deloitte Scholars Scheme.

Post GCSEs, I had identified either accountancy or engineering as my probable future career, so all three schemes appealed to me. The Deloitte Scholars Scheme stood out, not only because of the work experience gained during my GAP year, but because the package extends beyond my GAP year placement and into the remainder of my GAP year and throughout the duration of my university degree. For instance, other benefits include a travel bursary to fund four months of travel between the end of my GAP year placement and the beginning of university, a tuition fee bursary for each year of my university course, and additional paid work experience during my summer vacations at university.

Were you encouraged to come back to work here after the university degree?

Another benefit of the Deloitte Scholars Scheme is that I am not obliged to apply for a job with the firm after graduating from university. Although it is expected that Scholars will join Deloitte after university, the firm understands that many Scholars are still uncertain about their future careers after leaving school and may decide that a career within the professional services is not for them, and that other career opportunities will become available to them at university.

What does your role entail?

As a Scholar in the audit service line, I am treated no differently to the graduate intake. I am exposed to the same induction and training sessions as the graduate intake, and the work that I am given is no different to the work that a graduate starter can expect to be given.

Another part of my role as Scholar is to advertise the Scholars Scheme to students at secondary schools, by organising presentations or attending careers and GAP year fairs. For me, this has included a very enjoyable return to my former secondary school in the UK.

Throughout my university course, I am also expected to act as an ambassador to the firm, by helping to organise and by attending careers events, and by advertising graduate opportunities to other students.

Where would you like your career path to take you?

I am enjoying my placement at Deloitte so much that, after university, I have thought little beyond applying for a graduate place with the firm! Should I be successful in doing so, I will pursue the ACA accountancy qualification and hope to become a fully qualified chartered accountant within three years of completing my university degree.

There is a high demand for qualified accountants in all aspects of business and finance. Obtaining the qualification is likely to make a diverse range of career opportunities available to me, and by being exposed to a variety of clients at Deloitte I will be in a position to make an informed decision as to whether to stay with the firm or to pursue an alternative accountancyrelated career.

How has any training scheme undertaken helped the progression on that path?

As a Deloitte Scholar, I will already have eight months of experience when I begin the ACA qualification. This experience will count towards accreditation and the necessary experience required before I can become a fully qualified chartered accountant, leading to possible early promotion within Deloitte and a great incentive to continue my career with the firm.

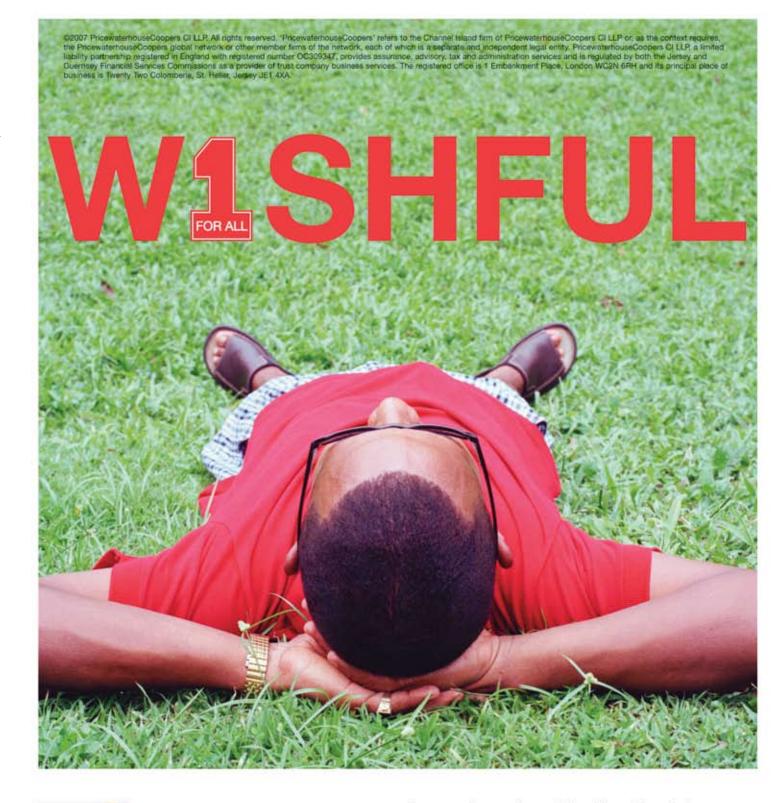
What recommendations would you give to people considering your profession as a career path?

Because I have obtained accountancy work experience at a relatively young age, the opportunity for career progression at Deloitte after graduating from university is huge. I would therefore recommend obtaining as much experience as possible before pursuing

an accountancy qualification,









Number 1 for the third year running www.topgraduateemployers.com

Assurance

Tax

Advisory

Trust and Company Administration Everyone dreams of something different from their career. At PricewaterhouseCoopers, that's fine by us. With our scale and scope, we've room for all sorts of ambitions. And all sorts of educational backgrounds. You see, your degree needn't be finance or business related. More important is that you possess the drive to make the most of all we have to offer. We're the one firm for all aspirational graduates.

Contact Ivone Da Silva on 838327 or email ivone.da.silva@je.pwc.com





How did bursaries or training help.... Nick Pilnick, Audit Associate, Ernst & Young

What schemes were on offer to you after leaving full time education?

There were a number of local job and training opportunities available to me when I left school but I chose to go to university to study a BA in Business Studies with Accountancy and Finance at Nottingham Business School. From the age of 16 through to my final year at university I also managed to secure a number of holiday jobs working for a variety of banks, trust and accountancy firms. This gave me a great insight into what was on offer from a training and career development point of view at each firm. I chose Ernst & Young because the structure of the professional qualification and training they offered suited me best.

Were you encouraged to come back to work here after your degree?

I always knew that I was going to work in the finance industry and returning to Jersey seemed to be the most logical place to begin my career. The island has a myriad of businesses whose international reach is vast, yet you are able to benefit from the local network and personal approach our community can offer. This is certainly very true of Ernst & Young.

What does your role entail?

I am an Audit Āssociate training for the Institute of Chartered Accountants of Scotland (ICAS) qualification. A typical week begins with an internal planning meeting with the audit team which can be anything from 4 to 14 people, to discuss the team's objectives, the best way to approach the audit and the material we need to consider. The rest of the week tends to be spent on site at the client's office performing the audit work. My studying is done in intensive chunks off island outside of our busy period at work which is between January and April. Having completed two out of three modules I have one more to take this coming September before I am fully qualified.

Where would you like your career path to take you?

It is hard to say at the moment exactly where my career will take me. I hope to make the most of Ernst & Young's global network and travel at some stage. However, the more successful you are the more options there will be available to you, which is why I was keen to get off to an early start and not take a gap year. The opportunities that are available to you once qualified are mind boggling.

How has any training scheme undertaken helped the progression on that path?

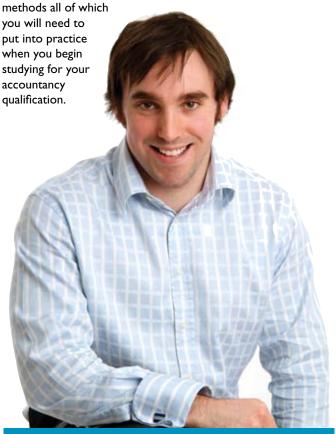
To qualify as an accountant you have to complete professional studies and gain appropriate work experience. The qualification does not just focus on audit but a much wider remit such as corporate finance, tax, law and financial reporting. As far as my degree is concerned, you may be surprised to know that this has not given me a head start over my peers. I could have chosen to be exempt from a few of the professional exams but I decided not to as I felt this may jeopardise my overall knowledge and understanding. You need a good grade in mathematics and be willing to learn and challenge yourself.

In what other areas would you like to see opportunities for training?

The training I have chosen is perfect for a job in the finance industry opening up a huge number of opportunities once qualified. Ernst & Young offers a variety of training opportunities for both school leavers and graduates as well as individuals who might be looking to change their career paths.

What recommendations would you give to people considering your profession as a career path?

The biggest advice I can give is to get some work experience with one of the Big 4 accountancy firms while you are still at school. From this you will find out which firm suits you, the training programmes and bursaries that are on offer as well as earning a little cash along the way. I would also recommend that you go to University. These three or four years will teach you invaluable time management skills and the most effective learning



What they offer

Ernst & Young offer Graduates and A Level students training contracts to become qualified accountants. You will have the opportunity to work within a dynamic young team whilst studying for a globally recognised professional qualification.

A bursary scheme is also open each year to students who are keen to pursue a career in accountancy post university and enjoy some paid work experience. Ernst & Young's goal is to offer talented and motivated A Level students and Graduates a career, rather than just a job.

An open evening at the Jersey Museum on the 4th April @ 5.30pm will provide interested individuals with the opportunity to talk to people like Nick in an informal setting.

FOCUSED.

BAKERPLATT IS EMERGING AS A MAJOR FORCE IN THE LITIGATION SECTOR OF THE LEGAL MARKET IN JERSEY. WITHIN 3 YEARS OF ITS ESTABLISHMENT IT WAS RECOMMENDED IN EACH OF ITS PRACTICE AREAS BY THE LEGAL 500 (2006 EDITION).

THE FIRM IS YOUNG, DYNAMIC AND AMBITIOUS.

As a specialist litigation law firm we are seeking to recruit graduates whose ambition is the 'cut and thrust' of litigation, not the 'cut and paste' of structuring commercial transactions.

BakerPlatt has an international reputation for excellence. A niche player specialising in and offering just two practise areas, our firm is focused on mastering the facts of every case, then providing honest, straightforward advice and solutions. Because of this approach, our expertise is sought in numerous jurisdictions where clients seek clear direction.

For more information on graduate career opportunities

Please call for an informal but confidential discussion with Louise Wilson on 01534 613775 or alternatively in writing to Louise Wilson

Tel. +44 (0)1534 613775 Fax. +44 (0)1534 737355 PO Box 842 St Helier Jersey Channel Islands JE4 OUS www.bakerplatt.com



How did bursaries or training help....

Ben Honeywell
Audit Graduate KPMG



What schemes were on offer to you after leaving full time education?

On leaving Bath University with a degree in Physics, there were a number of job options out there, with many companies offering 'graduate schemes'. Although there were a number of options, I was looking for a position where I could continue my learning and also one with a definite career path, hence I stumbled across accountancy.

Were you encouraged to come back to work here after the university degree?

Working at KPMG as an Audit graduate my day to day role can vary significantly. KPMG has such a broad range of clients and the role can change from working on a large listed high street bank to a niche multi national investment fund with links in every corner of the globe. Much of the work is team based and also client driven, hence communication and interpersonal skills are of key importance.

In addition to the client work a significant amount of time is spent studying, which KPMG supports by allowing time off to attend college both here in Jersey and in the UK.

What does your role entail?

Studying for the ACA qualification, which is the oldest and arguably most prestigious accountancy qualification in the world, opens many doors, and hence the opportunities once qualified are endless. Working for a multinational accountancy firm like KPMG also makes secondments and travelling within work a very definite possibility. There is a definite career structure to progress through the firm; however passing the rest of my exams is my first priority!

Where would you like your career path to take you?

My formal training at college definitely supplements my day to day work at KPMG and provides me with the skills which I then use to apply to the benefit of our clients. In addition to the formalised training & exams there is also a great support network and in-house training at KPMG and hence learning the softer skills from those around you has been invaluable experience and helps the individual in becoming a more rounded trainee accountant.

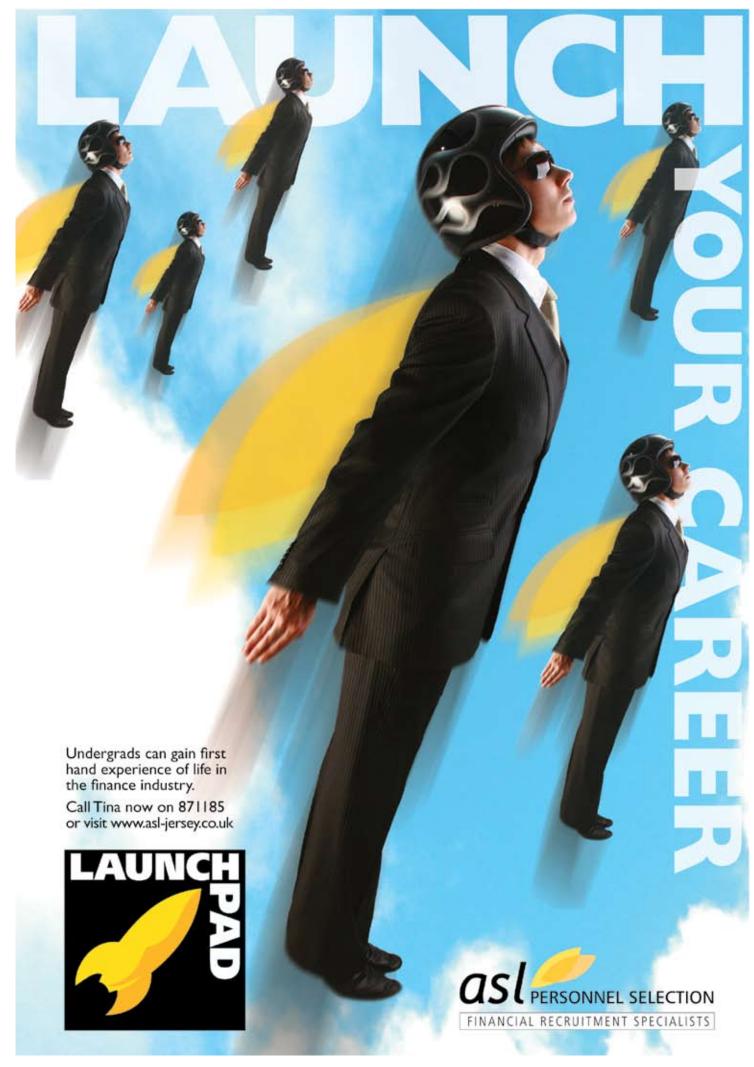
How has any training scheme undertaken helped the progression on that path?

Training, both formal and informal is definitely a key factor in deciding whatever career you may choose. University and school provide a great academic foundation however; the practical experience a training contract can give you takes the academic experience and applies it to the professional world which is invaluable in such a professional industry.

How has any training scheme undertaken helped the progression on that path?

As for recommendations for anyone considering my career path. You have to be committed to the cause and also not afraid of hard work; however within the accountancy field there is very much a work hard /play hard ethic. KPMG recruits' 8-10 graduates each year, hence there is a great network which you can utilise, both for help with your training and which also enables you to make great friends.







How did bursaries or training help.... Christian May Legal Assistant. BakerPlatt

What schemes were on offer to you after leaving full time education?

I intended to study law at university from an early stage in my secondary school education, so I was actively looking for training schemes and work experience from that point. Many Jersey law firms offer summer or Christmas holiday work experience to those taking AS and A Levels, and several, including BakerPlatt, offer Bursary schemes. Being accepted on a Bursary scheme is a considerable advantage; not only does it provide financial security whilst at university, but also ensures that you get relevant and meaningful work experience. At BakerPlatt we ensure that our students get contact with Advocates on a daily basis, as well as being the only firm to offer experience within a London Chambers. Competition for these schemes is often fierce; so an impressive academic and personal CV is a must.

were you encouraged to come back to work here after the university degree?

The high quality and diversity of legal work being practised in Jersey was a definite incentive to return to the Island. After completing my degree, I undertook the Bar Vocational Course at Nottingham Law School. Most BVC students go on to complete pupillage in English Chambers to become practising Barristers. However, I had always wanted to return to Jersey to undertake the local Advocacy exams. The BVC (or equivalent solicitors course the LPC) is a pre-requisite for this, as is two years experience within a local firm. I was keen to begin that period of experience as soon as possible and actively investigated which firms were recruiting for Legal Assistants during my final term.

What does your role entail?

BakerPlatt may be smaller than several Jersey firms but it specialises only in financial crime & regulation and commercial & trusts litigation; the work, as a result, is often of high value and is technically demanding. The legal team meet weekly to discuss every case in which we are involved, allowing each member to brainstorm difficult issues with the team, and input on key tactical decisions. As a Legal Assistant my role encompasses a wide range of tasks, many that I would not get the opportunity to undertake in a larger Corporate firm. I am responsible for day to day case management, including Pleading preparation, the taking of Witness Statements, correspondence with clients and other parties, review of documents and attending Court with the Advocates handling the respective cases.

Where would you like your career path to take you?

I am currently studying in my spare time with a view to taking my Jersey Advocacy exams in approximately 18 months. Becoming a Jersey Advocate will allow me both greater depth of understanding of legal issues and an opportunity for regular Court appearance. The Partners at BakerPlatt are keen that all levels of staff developing their skills, and actively encourage all members of the law firm to undertake relevant training and gain membership to respected legal organisations like STEP. The firm also has a clear plan of career progression for Legal Assistants which allows for specialisation within one of the areas in which the firm practices.

How has any training scheme undertaken helped the progression on that path?

BakerPlatt manages a graduate's first year within the firm very much as a pupillage; allowing for a wide range of experiences in developing cases from instruction all the way to trial and often to appeal. I have had regular interaction with highly experienced English Counsel and QC's, who can explain many technically difficult principals in a conversation better than by reading leading textbooks. Regular Court attendance with Advocates Baker and Franckel has also helped me discern the appropriate way to make compelling legal arguments and applications to the bench.

In what other areas would you like to see training opportunities?

Practical advocacy training is lacking in Jersey, and there is the possibility that skills learnt and honed whilst at Bar School are lost in the two year work period leading up to taking the Advocacy exams. Moreover Jersey, as a different jurisdiction, has many applications that are peculiar to it. Training in the presentation of these applications, along with an understanding of the law behind them, would be beneficial to graduates returning with a view to becoming Advocates, and would strengthen the quality of the Jersey Bar.

What recommendations would you give to people considering your profession as a career path?

Practising law, in any field, but especially within litigation requires both an analytical mind and ability to visualise large, complex structures and ideas. In effect you need to be able to see the tiniest detail and the 'big picture'. There is no single way to achieve this, but I would recommend reading widely in both legal and other fields to train your mind to view things in both ways. A good knowledge of recent legal developments is always helpful, especially at interview, as is a keenness to investigate totally new concepts. With regards to the advocacy, a postgraduate qualification from the BVC or LPC is a significant advantage, but for those who want to take a longer route within a firm and attempt them after 5 years work, good presentation skills and self confidence are the best starting blocks.



Tim once fancied himself as a rock 'n' roll legend.

Now, some of the biggest stars ask him for advice.

Realised aspirations are dreams made true. By consistently realising ours, we've kept ahead in the global marketplace for professional services. It's the aspirations and ambitions of exceptional individuals like you that have helped us achieve our goals. For Tim, the youthful daydream of playing to stadium crowds became the reality of working in the team that looks after some of music's true superstars. His stage is now tour planning, royalty accounting, structuring recording contracts and advising on tax and wealth management. For you, it's the promise of a career that can take you further - and faster - than you ever thought possible.

If you are considering a career in accountancy or tax and want to find out more about career opportunities with Deloitte, please call Honey Mayne, HR Manager on 824280 or email hmayne@deloitte.co.uk

www.deloitte.co.uk/graduates

A career worth aspiring to

Deloitte.

Audit . Tax . Consulting . Corporate Finance .

Deloitte & Touche Management Limited Lord Coutanche House, PO Box 403, 66-68 Esplanade, St Helier, Jersey JE4 8WA

Deloitte & Touche Management Limited is an equal opportunities employer

How did bursaries and training help.... Tina Palmer. Director of ASL Personnel Selection

What Schemes were on offer to you after leaving full time education?

There was very little. Especially for girls. You could study to be a secretary or a nurse or you could work in retail, which was the best paid. There were hardly any trainee schemes geared at career starters, for boys or girls. Thankfully, all that has changed. School leavers and graduates now have a growing number of trainee schemes and bursaries to help them start their careers. This is a great thing for the Island.

Were you encouraged to come back to work here after the university degree?

I didn't go to university so I can't really comment on what has happened in the past. But I am aware that there has been a significant drop in the number of graduates coming back to Jersey in the past decade.

I believe that there hasn't been enough contact maintained with undergraduates once they have gone off to university. I think they have felt a lack of support from the island. This is changing now with increasing numbers of bursaries and with schemes from Jersey Finance and ASL's Launchpad into Finance.

What does your role entail?

I am responsible for the day-to-day running of ASL Personnel, including business development and marketing. I manage a team of 9, so people and time management are important parts of my job. I still interview candidates and place them in the best jobs for them, but this is now secondary to my managerial responsibilities.

I feel very strongly about recruitment and training issues in Jersey and have found myself becoming something of a political lobbyist - in the nicest possible way. I am also involved in a number of career initiatives with local schools.

Where would you like your career path to take you?

I would like to see our business make a real difference to Jersey. For example, ASL's Launchpad into Finance is a trainee scheme that we developed to tackle the skills gap on the Island. We partner undergraduates with businesses. The student is offered temporary assignments with that business in their holidays. They then develop relevant skills and a positive relationship with a potential future employer. I really believe that this scheme makes a difference. I would like to develop this initiative further and to launch schemes of similar benefit to Jersey. I would also like to see our HR consultancy business Insight develop and grow. We have had a lot of interest in this recently, so it's a very exciting time.

How has any training scheme undertaken helped the progression on that path?

Training schemes are essential to everybody's development. The training I have undertaken in my role would not necessarily be



the best training for someone else. Training should be tailored to your role, ambition and personality.

In what other areas would you like to see opportunities for training?

I would like to see businesses invest in soft skills training, such as people and managerial skills. There has been a lot of money invested in technical training across the finance and fiduciary sectors. This has been prioritised to meet the requirements of the Jersey Financial Services Commission.

This investment has produced some technically brilliant managers. But these managers do not always have the tools or the time to coach and mentor staff. This has an effect on staff retention and has meant that trainees don't always have the extra time and support they need.

What recommendations would you give to people considering your profession as a career path?

Recruitment consultancy is very rewarding and it's a career I am still enjoying after 17 years! Soft skills are essential in Recruitment; if you are not a people person then this isn't the job for you. Administration, organisational and time-management skills are also important.

I would recommend that whichever career you choose to pursue that you try and gain some work experience through an internship or a temporary assignment. This will increase your skills, give you real flavour for the job and confirm that it is the career direction you want to take.



We've worked hard to establish our reputation in the global marketplace. We've also worked hard to develop our Graduate and A Level Training Programmes and in the last five years we've taken on over 50 bright young things. So if you are looking for a





Going Somewhere

Explore a future with Ernst & Young

JOIN US AT THE JERSEY ROADSHOW

Come along for informal drinks at Jersey Museum. Chance for us to meet our future bright young things. A chance for you to meet the team, get to know us and explore a future with Ernst & Young.

Wednesday 4 April 2007 from 5.30pm-7.15pm
For further information, why not call Jackie Hankin,
our Recruitment and Training Manager, on 288676
or email jhankin@uk.ey.com. Alternatively, just
turn up on the night. We hope to meet you soon.

Missed the event but interested? Why not call for an informal chat or just drop Jackie an email.

www.ey.com/Channel_Islands

The Graduate and A Level Training Programmes



Quality In Everything We Do

red is the new black

"Wear it, eat it, paint with it!" The British Red Cross annual awareness fundraising week



"Wear it, eat it, paint with it!" The British Red Cross annual awareness fundraising week is on 6 - 12 May this year. The charity's local fundraiser Sara Clews is calling for Islanders to celebrate British Red Cross Appeal Week by having fun with the colour Red to raise money for the global charity's disaster fund.

Since the Occupation during the Second World War, Jersey has had a very special relationship with The Red Cross. The Allied Invasion of Western Europe began on 6 June, 1944, D-Day but unfortunately passed the Island by, leaving Jersey in a state of siege. Whilst cut off from all new supplies, Islanders faced starvation until the International Red Cross Committee ship SS Vega arrived on 30 December 1944 bringing a parcel for every Islander packed with forgotten delicacies such as real tea, coffee, cheese and medical supplies. Since then the Islanders have always been especially generous in showing their support for the Red Cross and its projects overseas.

Chairman of the British Red Cross Society Committee Marc Yates said, "Over the years, whenever there has been a particular need such as a disaster or crisis in the world, the people of Jersey have just swung into action and raised incredible amounts of money". In 2005 the Island raised an amazing £2 million, which was donated to the Red Cross to help communities rebuild their lives after the tsunami. The money has been instrumental in helping 1.7 million tsunami survivors take significant steps along the road to recovery. The Red Cross and Red Crescent Movement, of which the British Red Cross is a member, is in the process of building more than 2,700 homes and has distributed cash grants to 20,000 people across Indonesia, the Maldives and Sri Lanka.

More recently the Jersey Committee has helped the Red Cross to run a community based health programme in Sierra Leone, a Country which is struggling to cope after many years of war. Marc said "clean water and food are among the top priorities here, with communities suffering from water-borne diseases and poor nutrition. The money raised helped us to reach over 1,500 people and provide sustainable aid such as training and agricultural tools and seeds".

Chief Executive of the British Red Cross Sir Nick Young said "as the country's lead voluntary crisis response organisation, being there for people in a crisis is precisely what the British Red Cross does every day of the year. When we respond after large-scale disasters such as the boxing-day tsunami and the earthquake in Pakistan, the Red Cross is always on hand, supporting families and their communities."

Senior Fundraiser, and first British Red Cross employee on the Island, Sara Clews said "As we celebrate Liberation Day this May, please continue to show your amazing support during Red Cross Appeal Week, to help us to continue to respond to disasters around the world".

Red Cross Appeal Week _ Programme of Events

Thursday 3 May

Friday 4 May 8am-9.30am: Corporate Breakfast

Friday 4 May ning Board

Saturday 5 May Public display in Royal Square.

Monday 7 May

the Red Cross. Free slices of birthday cake, courtesy of Jersey Tourism.

Throughout the day, the International Logistics Team will present to schools.

Wednesday 9 May

Tuesday 8 May

Liberation Day. Mike Goodhand and his Logistics' team will take part in the Liberation Day Parade and then join in the celebrations at People's Park. Visit our tent and get Emergency Response operation finding out









Volunteers are the lifeblood of the British Red Cross. All the good work we do is only made possible because every year, tens of thousands of volunteers give their time to help others. Every life that's saved, every pound that's raised, is only possible because people are willing to give their time and energy. We would love you to join us in helping others. What you choose to do depends entirely on your own interests and how much time you have to spare. Many volunteers give up their time on a regular basis. Others help out occasionally whenever they can. Whatever you choose to do, you'll be making a real difference to someone's life.



The events calendar for Red Cross Appeal week is just a taster of the fun and informative events the charity has to offer throughout the year. Help spread the word about what's on and who's who in your parish so that people can get involved

Behind the scenes

All the work we do in Jersey is only made possible by our fantastic team of administrators. Whether you're helping with a mail shot or organising collections, you'll be making a real difference.

Join the party

Help to organise and run our programme of events, from talks and sales to networking evenings, let's mobilise the power of humanity

To get involved



Call Sara Clews on 01534 639 895

or email sclews@redcross.org.uk



To find out more about the British Red Cross visit www.redcross.org.uk.





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

what can you do for me_



Neat Beat _ utah saints _ sat 28th april
Following on from the awesome Eddie Halliwell and Hybrid Nights,
Neat Beat are back with Utah Saints, DJTim and Jez Willis, who've
been DJ-ing dance music since the birth of house music. Unlike many
other successful acts who have turned their skills to DJ-ing, Utah Saints
were DJ's first and foremost before they had world-wide success. They
started underground then accidentally became overground, producing writing and mixing over 20 international hits for themselves and
other artists. The Utah Saints DJ set has its own character - a collision
of many styles ranging from breaks, electro, hip hop and mash ups, all
cut together with precision and energy. Most of the tracks they play are
their own edits/versions of tracks, with many exclusives. This is going to
be an event not to be missed!!!!



Clique - Freak'n'Chic - sun 8th april

CLIQUE announce a stunning brace of events for April with a Easter Bank Holiday Special at Pure, and the second in their series of spring/summer monthly events at the Watersplash.

Their first offering comes on Sun 8th April at Pure Nightclub as they welcome Freak'n'Chic head honcho, Dan Ghenacia from Paris. Ghenacia established his name through his now infamous Sunday morning party OKwality in Paris in the late nineties, before taking his deep, intense and seductive house sound internationally, playing at premier clubs such as Fabric (London), City Hall (Barcelona), Back2Basics (Leeds), & Goa (Rome). He's been a regular in Ibiza since 2000 playing at all the top clubs and club nights, including Manumission and Underground before securing two of the most high profile residencies possible on the White Isle, firstly at Circo Loco - DC10 in 2004, and then We Love at Space in 2005 which he retains to this day. In 2004 Ghenacia started his Freak'n'Chic parties and record label in Paris which have both been musically inspiring and definitive on a global scale within the Underground House community - now Dan Ghenacia and his Freak'n'Chic night come to Jersey courtesy of CL!QUE - don't miss out!

cocktail of the month



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 April:

DJ: Stuart King

Track: Necromancer Probspot RMX

Club/Event/Night: Audio

DJ: Craig Alder

Track: 128 Rua Villalobos (Original)
Club/Event/Night: Coastal Beats / Neat Beat

DI: Jamie Kimber

Track: How | Feel - DJ Sneak

Club/Event/Night: OffThe Record

DJ: Michael Hooker

Track: Galactic Lover - The World Domination VS Adam Sky Club/Event/Night: Push - The Factory Club - Birmingham / London Loves - Milan

DJ: Paul Mack

Track: She Rocks - Stel vs Rekelektrik - G-Pal RMX

Club/Event/Night: Audio

DJ: Warren Le Sueur

Track: Radio Fireworks - Riot In Belgium RMX Club/Event/Night:Theory/Fussion/Groove Box/Jlive

DI:L Duffy

Track: Back To The Jungle - Sound of Mind

Club/Event/Night: Elements

DJ: Sam George Track: Audio Driver

Club/Event/Night: Disorder@Synergy

DJ: Sasha Le Monnier

Track: Shlomi Amber Pres Boa -Crop Duster - [Renaissance] Club/Event/Night: www.danceradio.gr every second Saturday of each month @ 9pm GMT

DJ: Pete de Momme

Track: Crazy Ep - Paco Osuna

Club/Event/Night: CLIQUE / HUSH @ Pure / Synergy & the Watersplash

DJ: Keith Robinson

Track Imagination - Allstars - Unknown White Label Club/Event/Night: Pure Presents

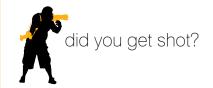


have you been shot by us yet?

see yourself online, order prints & send postcards at



get a snapper at your event. email bd@snapper.je





















fashion show par

Friday 4th May - Liquid Nightclub - 8pm to 10pm To secure your ticket log on to www.axleclothing.com and register online



























are you having an event or party? get a snapper there. call 811100 or email shootus@snapper.je

other nights out this month _



CL!QUE _ Andrew Weatherall _ Saturday 21st _Watersplash

Two of electronic dance music's pioneers are next on the agenda for CLIQUE at the Splash, with Acid House, Electro and Techno DJ and Producer Andrew Weatherall (TwoLoneSwordsmen/Sabres of Paradise) headlining in the mainroom, along with Breaks Don, Meat Katie in the second room. Following on from their massive launch night with Darren Price and Tayo, CLIQUE produce their second inter-stellar line up for what is set to be another outstanding night of cutting edge dance music. Weatherall is best known for his remixing and production work with legendary bands such as New Order, the Happy Mondays and being heavily involved in Primal Scream's seminal album Screamadelica, whilst also carving out a leading DJ career in London's acid house scene, regularly playing at Cream, Back2Basics and Fabric. Meat Katie has long been a fixture on the breakbeat scene as both a DJ and producer. In the last few years his unique brand of tech-funk that takes its influence from tech & tribal house, techno & electro, but with his trademark breakbeat feel, has really kicked off, with both house and breaks DJs citing him as one of the most consistent players out there. His genre defying sound is also reflected in his DJ sets, which have seen him supporting the likes of the Chemical Brothers, Asian Dub Foundation, Death in Vegas & the Dubpistols, to name but a few. His blurring of the lines between house music, breaks and techno has made him a pioneer both as DJ and producer and gained him a respect from a wide ranging music fanbase. This is a night not to be missed for all dance music fans as two of electronic music's heavyweights collide at the Splash!



MerkabaTribe _ bank holiday special _ sunday 8th april

Merkaba Tribe have resurfaced after a well deserved break. Expect an explosion of colour and psychedelic trance with their first event of 2007, a Bank Holiday special. With some new custom painted decor in from India, the tribe plan to create a matrix grid installation, submerging you into a new world. After so much success with previous events there is guaranteed to be a full house of colourful people and with the aid of Butterfly Shiv's UV stall, you'll have no problem finding some glowing party gear: For more information on the tribe log onto www.merkabatribe.com Namaste.



Pure presents _ april/may _ update

Pure has raised their game and had a very busy couple of months bringing over the likes of Alex P,Kym Ayres & Agnelli and Nelson. The club has been at almost capacity with an amazing atmosphere and up for it crowd. Now they have confirmed some very exciting guests over the next couple of months that are sure to tickle your taste buds. First off, April 21st sees Pure present Mark Doyl the former owner of Hed Kandi. If you want your tunes seamlessly blended then Pure is the place to be. Next up on the 28th of April, Galaxy FM's Paul Kershaw is gracing our shores. There will be full dub décor and the night will be recorded live for broadcast on Galaxy FM. Looking further ahead - Jeremy Healy on Sunday 6th May (Bank Holiday) and Jon Kelly on Tuesday 8th May (Liberation Special). Also, anybody who comes down to Mark Doyle and Jeremy Healy will get a priority pass for Jon Kelly. It's free of charge and you will be guaranteed entry......What more could you ask for...

For ticket & other information for the above nights, check the listings section

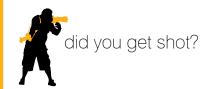


clubs_bars_promoters _ submit your may nights for inclusion next month. email mike.nixon@gallerymagazine.co.uk by 16_04_07 (it's free)

are you planning a big one? _ promote it here.

the new nightlife banner space. Call Mike Nixon on 811100 to learn more























E fashion show party
Not registered yet?! Log on to
www.axleclothing.com



























are you having an event or party? get a snapper there. call 811100 or email shootus@snapper.je

listings

Culture

Nightlife

С

Cinema

Activity

Recommended

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

Sunday 1st April Chambers

Battle of the Bands Heat 4 & White Noise

Time: 22:00 - 01.00, free entry

Mont Orgueil Castle A rib-tickling two day event at celebrating April Fool's Day and the art of the jester.

A weekend of fun, laughter, magic, and bad jokes - in the best possible taste - jesters and tricks for the whole family.

Normal admission prices apply, including free admission for Gold Card. Please call the castle on 853292 for further details.

Jersey Opera House The Jersey Green Room Club presents My Fair Lady Until 21st April.

For tickets and further information please call the box office on 01534 511115

Monday 2nd April

Comedy club staring Phil Butler. "Without doubt, one of the most exciting and original finds in comedy in recent years" (The Guardian)

followed by Suzy's Field.

Doors: 19:30 / Start: 20:00, tickets £5.00.

Tuesday 3rd April Chambers

Karaoke by the Fireplace

Time: 22:00 – 01.00, free entry

Wednesday 4th April Chambers Suzy's Field

Time: 22:00 – 01.00, free entry

Jersey Museum

Chasing the Cod: Jerseymen in Canada

Intrepid Jerseymen first crossed the Atlantic four centuries ago to make their fortunes fishing for cod in the Grand Banks off the coast of Newfoundland. Chasing the Cod tells the story of those Islanders who piled their trade in the small promontory and sheltered harbour of Point St Peter, first as fishermen and then as traders and carriers. Tickets: Normal admission prices apply.

Thursday 5th April

Havana Club Jersey Live - Battle of the Bands Heat I - Marvel, Off Limits, Martha High, Jackson Moody Band, Omerta, Tramp Sinatra, Benny & The moth, Skies Of Deceit.

Time: 19:00 - 0:00. 18yrs & above Entry £3 on the door, based on a 1st come 1st in basis. No advance tickets on sale for the Heats.

Chambers

White Noise

Time: 22:00 - 01:00, free entry.

Saturday 7th April

Havana Club

Jersey Live - Battle of the Bands

Heat 2 - The Author, The Oks, 124's, Wizard and The Frog, Shatterproof Rulers, 13:53, united injustice, No Star Hotel.

Time: 19:00 - 0:00. 18yrs & above Entry £3 on the door, based on a 1st come 1st in basis.

No advance tickets on sale for the Heats.

Chambers

The Okay's

Time: 22:00 - 01:00, free entry.

The Bridge

Live Music: Crossfire

Time: 21:00 - 23:00

Sunday 8th April Chicago Rock Cafe Live Music: Crossfire

Time: 23:00 - 01:00

Chambers

Battle of the Bands Final & The Okay's

Time: 22:00 - 01:00, free entry.

Sunday 8th April
Pure Nightclub

CL!QUE proudly presents an Easter Bank Holiday Special... FREAK 'N CHIC featuring a very special guest from Paris...DAN

GHENACIA (Circo Loco//Fabric//
We love at Space) supported by
residents Carl Scott & Pete de
Momme featuring Carrie Cooper &
Pure residents in the Uber Lounge ...
Entry, £6 or £4 before 23:00, time:

Platinum

22:00 -2:30am

Theory presents ...Reminisce With Dj's Warren Le Sueur, Justin De Gruchy & Guests

Time: 22:00 - 02:30, Entry £7 on the door

Sunday 8th April The Watersplash Special Guest Dj Leeroy Thornhill (X Prodigy) Supported by Warren Holt, Simon Gasston, Steve McKinnon & Gaz Campbell. Melting Pot Djs. Live Room:The Author, Martha High & The Exchange

Time: 22:00 - 02:30, Tickets £12 (Adv) From: Carob, Surf Dive & Ski & The Splash. £15 on the door

Monday 9th April Chambers

The Okay's

Time: 22:00 - 01:00, free entry.

Tuesday 10th April Chambers

Winner and Runner-Up of Battle of the Bands

Time: 22:00-01:00, free entry.

Wednesday 11th April Chambers Suzy's Field

Time: 22:00 – 01:00, free entry.

Thursday 12th April Chambers

Martha High

Time: 22:00 - 01:00, free entry.

Friday 13th April Chambers

White Noise (18:00) and Sugar Train

Time: 23:15 - 01:00, free entry.

Legends

Live Music: Crossfire (acoustic set)

Time: 20:00 - 22:00

Saturday 14th April Chambers

Sugartrain

Time: 22:00 - 01:00, free entry.

The Bagot Pub Live Music: Crossfire

Time: 21:00 – 23:00

Saturday 14th April

Theory presents Groove Box Special Guest Dj LISA LASHES

(Lashed) & Sam George Time: 22:00 - 02:30, Entry £10 on the door

The Star

Martha High

Live Music: Crossfire (acoustic set) Time: 21:00 – 23:00

Sunday 15th April Chambers

Time: 22:00 - 01:00, free entry.

Monday 16th April Chambers Frank Tausney Time: 22:00 - 01:00, free entry.

Tuesday 17th April Chambers

Moog & White Noise (Original Music)

Time: 22:00 - 01:00, free entry.

Wednesday 18th April Chambers Suzy's Field

Time: 22:00 - 01:00, free entry.

Thursday 19th April Chambers Martha High

Time: 22:00 - 01:00, free entry.

Friday 20th April Martha High (18:00) and Element (UK Band)

Time: 22:00 – 01:00, free entry.

Saturday 21st April Chambers

Element (UK Band)

Time: 22:00 - 01:00, free entry.

The Bridge Live Music:The Noise Time: 21:00 – 23:00

Saturday 21st April The Watersplash

CL!QUE proudly presents...
ANDREW WEATHERALL (Fabric)
supported by residents Carl Scott &

Pete de Momme ROOM 2: MEAT KATIE (Fabric Live), supported by LC & Dj Drift. Time: 22:00 - 02:30. Tickets £9 adv. ticket available from White Label Records (Colomberie) & The Watersplash or £12 on the door.

Pure Nightclub

DJ Mark Doyl - Hed Kandi

Contact Pure on 01534 870457 for

Sunday 22nd April Chambers White Noise

further info.

Time: 22:00 - 01:00, free entry.

Monday 23rd April Chambers
White Noise

Time: 22:00 - 01:00, free entry.

Monday 23rd April Jersey Kayak Adventures Level 1 introduction.
Course ref: 0681SX3K01.

For further details contact Derek at derek@jerseykayakadventures.co.uk or Adult Education.

Tuesday 24th April

Chambers Martha High

Time: 22:00 - 01:00, free entry. Wednesday 25th April

Chambers Rogue Leader (UK Band) Time: 22:00 - 01:00, free entry.

Friday 27th April Jersey Kayak Adventures Level I introduction. Course ref: 068 ISX3K02.

For further details contact Derek at derek@jerseykayakadventures.co.uk or Adult Education.

Thursday 26th April Chambers Rogue Leader (UK Band) Time: 22:00 - 01:00, free entry.

Friday 27th April Chambers Suzy's Field (18:00) and Rogue Leader (UK Band)

Time: 22:00 - 01:00, free entry.

Legends

Live Music: Crossfire (acoustic set) Time: 20:00 - 22:00

Chicago Rock Café Live Music: Crossfire Time: 23:00 - 01:00

Jersey Kayak Adventures Level 1 introduction. Course ref: 0681SX3K02

For further details contact Derek at derek@jerseykayakadventures.co.uk or Adult Education.

Saturday 28th April Chambers Suzy's Field Time: 22:00 - 01:00, free entry.

Jersey Opera House The Sooty Show

For tickets and further information please call the box office on 01534 511115

Pure Nightclub DJ Paul Kershaw - Galaxy FM Contact Pure on 01534 870457 for further info.

Sunday 29th April Chambers Suzy's Field Time: 22:00 - 01:00, free entry.

Monday 30th April Chambers Frank Tausney

Time: 22:00 - 01:00, free entry.

Berni Gallery, Arts Centre Abstract art exhibition 'JEWELALITY' 17.30 - 19:00. The exhibition runs until May 19th.

Off- Islands Events

Oxford and Cambridge Boat Race

England (London)

Dating from 1829, this legendary university boat race on the Thames is billed as "the world's longest surviving sporting challenge". The gruelling four-and-a-quarter-mile distance from Putney to Mortlake is three times the length of an Olympic course, with the competitors often facing formidable waves and bitter winds in their quest to claim the coveted title. The entire event is over in just 20 minutes, a fact which should not overshadow the six months of sweat and toil which the teams endure in order to prepare for the big day. Traditionally Oxford have had the upper hand, and they have won four of the last five races - in 2002, 2003, 2005 and

There are no end of vantage points for spectators along the river, many of them conveniently close to pubs!

6-9 April Easter Feria (Bullfights) France (Arles)

In the Camargue, more than anywhere else in France, the bull is king. Bulls have lived there in the marshes since Roman times, and are part of the daily life. The bulls and heroes of the bull games are the centre of many cultural

The Easter Feria in the Arena opens the bullfighting season in Arles and attracts 500,000 visitors. During the event the show takes to the streets of the old city, where spectators can continue their evening over a glass of sangria.

the _ directory



Harbour Gallery

The largest contemporary art and craft gallery in the Channel Islands; exhibiting and selling work of over 800 local exhibitors. Stockists of art and craft materials, textile materials in the shop "Sew and Sew" and knitting yarns and accessories in "Knit Wits". Home to "Evolve" one off fashion designs from Jersey, Jersey Soap and Wood Turners and Painter's Palette Café Open 7 days a week, 10.30am - 5.30pm. Jersey Charity no 238. www.mnlg.com Tel 01534 743044 Fax 01534 854690. As part of Art In The Frame Foundation.

motoring_



Motorama

New for 2007 - New Bikes, New Clothing, New Accessories. Official Dealers for Yamaha, Gillera, Aprilia, Moto Guzzi, Moto Morini, and Sym Scooters. Stylish bike clothing from Tucano Urbano, Helmets from Davida, Momo, Vemar. Plus lots more! Sales, Service, Scooter Hire and friendly advice on all of your biking needs.

Motorama, 18 Great Union Road St. Helier Tel. 722819 www.motorama-jersey.co.uk

gadgets



iQ - we know our apples.

iQ is much more than just a shop, it's the place to go for free and friendly advice on all things Apple and iPod. A wide range of Apple software & accessories available and we usually have the entire range of Apple products in stock.

iQ - Premium Reseller in the Channel Islands. 32 Burrard Street Jersey, 14 The Pollet Guernsey. Tel 769320 www.i-quipment.com

more oveleaf!

the _ directory

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



Image Male Grooming

If you want to look your best then get yourself down to West's Centre and visit us at Image Male Grooming. Whether you want a haircut for the weekend or a hot towel shave to impress the ladies. If you're feeling stressed, why not nip out from your Saturday shopping trip and get a relaxing sports massage. Ladies, our gift vouchers make a great gift for your man! Call 605030 or visit us at 1st Floor, 7 West's Centre



H Letto & Son Jewellers

Established for over ninety years, Lettos' pride themselves in supplying jewellery and watches from international designers and manufacturers. So if it's the perfect gift from Links of London or a bespoke item made from certificated stones and materials by the finest jewellers in the United Kingdom, the family and staff will be more than happy to help you with your requirements. 18 Charing Cross, St Helier, Tel. 730952 Email. andrewletto@mac.com



Hi Heels and Handbags

Denise Paland has always had a passion for shoes. She thought the Island needed some footwear with a little difference, something sexy, fun and wearable on any occasion She loves going to Madrid, to see all the fantastic ranges, she mainly focuses on Spanish footwear. Paco Gil is one of her favourite designers who is hitting the UK market with a force. Denise has also acquired some new suppliers for this Spring so don't forget to pop along to Hi-Heels & Handbags. The Arcade Halkett Street T:01534 629942 M:07700 729760 Email: hiheelsandhandbags@



Manna stocks only exclusive lines which you won't find in any other Jersey store including - By Malene Birger (whose designs are regularly featured in Vogue) , Rutzou, Velvet, Patrizia Pepe, Hoss Intropia and denim by: True Religion, J Brand. Notify. Manna's style is 'classy with a little bit of kitsch' with a relaxed atmosphere in the store so that people feel comfortable and welcome. Call 619985 or visit us at 7 West's Centre



Get Blissed

A must for beauty junkies, Bliss Bespoke Beauty is a skincare and lifestyle 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



Roulette Menswear

Roulette Menswear next door to La Cala offers an eclectic mix of brands which is further complemented by a friendly, reliable and functional service. Our brands are unique and innovative however still complementing classic and effortless style. We stock, Y-3, Vivienne Westwood, Maharishi, Junk de luxe, Blue blood, YMC, Adidas originals, J.Lindeberg, Swear, Religion, Nudie, PRPS, Juicy Coulture, Levis Vintage, Rare, Penguin. You can now buy online @ www.rouletteclothing.co.uk

Roulette Menswear, Beresford Street. tel 601020 www.rouletteclothing.co.uk



Roulette Womenswear

You'll find our sister store facing Lido's wine bar on Market street. Our brands cross the board and look after a wide range of customers. Feel freeto pop in the the staff will provide expert advice on this seasons trends and the must have brands. We stock J.Lindeberg, Mc Q, Paul&Joe Sister, Blue blood, Vivienne Westwood, Yesterday never dies, Blue Blood, Cheap Monday, Mina, Religion, Laura Lees, French sole, Arrogant cat. You can now buy online @ www.rouletteclothing.co.uk

Roulette Womenswear 5 Market Street. tel 733658 ww.rouletteclothing.co.uk



••••••

Aveda Lifestyle Salon

ELMINA at Aveda Lifestyle Salon and Spa. Aveda retail store with the full Aveda product range made with the Art and Science of Pure Plant and Flower Essences. Hair styling by top International Hairstylists with complimentary Aveda rituals. Aveda Ayurvedic body and skin treatments incalm and comfortable surroundings. All beauty treatments.

71 King St., St. Helier. Tel: 610082

sport and fitness



Fitness

The Fitness Agency

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

The widest range of outdoor pursuits in Jersey, from unique one-off experiences to tailor made courses. Specialising in Group Bookings, Corporate Events, Team Building and Incentives, Pure Adventure is your one-stop-shop for adventure in Jersey. Abseiling | Blo-Karting | Coasteering | Clay Pigeon Shooting | Hovercrafting | Jet-Skiing | RIB Charters | Rock Climbing Sea Kayaking | Watersports. **Gift**

Vouchers and Bookings can be purchased online. Contact Pure Adventure. Tel. 769165 www.purejersey.com





Jersey Sea Sports

With 25 years experience the Jersey Sea Sport Centre has the biggest thrills in Jersey!They have 8 three-seater jet skis, 1 sports model, 2 "stand-up" jet skis ,a Surf-Jet , wakeboarding, waterskiing and banana rides. Stag and hen parties, corporate, incentive and team building events a speciality! Wetsuits, lifejackets and all equipment provided. Open May- September. Tel 07797 738 www.jerseyseasport.com

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



The Channel Islands Premier Cycle &Triathlon Shop.

We cater for all levels of cyclists, from children's bikes to the finest custom build bikes in the world. Come and talk to the experts, where customer service is first and foremost, and our prices the best in Europe. Our brands include: Litespeed, Merlin, Orbea, BMC, Cervelo, Felt, Orca TORQ energy products, and much more. Call 739385 or log onto

www.pedalpoweriersev.com 57 Bath Street, St Helier

home & interiors



Le Quesnes Garden Centre, Florist & Tearooms.

For all your shrubs, trees, soft fruit, roses, bedding plants & climbers. We also stock a wide range of glassware, gifts, garden furniture and items for outdoor living. The tearoom serves home-made cakes, scones, quiches, pies. Breakfasts, lunches and afternoon tea. Follow the signs from St Saviour's School,

Five Oaks. Ample parking. Open 8am - 5pm Mon - Sat Tel:626878 Or Fax: 874419



•••••

Fest is a shop unique to the island in stocking a range of select and exclusive designers for those who like to dress with style without following the herd. Stop by and visit our boutique for a range of original clothes and gifts that will delight your senses" Fest, 51 Bath Street, St. Helier, tel. 766090, email: festclothing@ hotmail.com

•••••

food and drink







Classic Farm Shop at Manor Farm, St Peter

Fresh Milk and Fresh Cheeses from the Classic Herd -- Dairy Beef from the Classic Herd -- Pork, Sausages and Bacon from our prime pigs -- Organic Potatoes grown by us at the Elms Monday to Friday 8.30am - 6.00pm Saturday 9.00am - 5.00pm Manor Farm, St Peter, JE3 7DD

Tel 485692 All Produce is GM free



Fine Wines: Free delivery

Champagne Eric Rombaut Brut Rosé A truly fabulous champagne! Made with grand cru grapes and aged to deliver perfection. Celebrate in style. Sold in a case of 6, and delivered to your door for just £107.70. Or why not spoil a special person with a magnum delivered for £44. A great idea for Valentine's.

Call 722110 or order online at: www.frenchimports.biz

SUPPORTING A HEALTHIER APPETITE

Sushi / Sashimi / Juices / Smoothies

At Jersey Sushi we produce the highest

of what's on offer from our local markets

quality sushi & sashimi, using the best

& surrounding oceans, you'll really be

able to taste the difference! From office

lunches to dinner with friends, canapes

to boardroom selections. For a healthier

fresh to your work, home or hang-out!

Website: www.jerseysushi.com

Open for Orders:

Telephone: 01534 616858

alternative that is tailor made & delivered

Monday - Saturday, 9:00am - 2:30pm

Country Store

Always offering you just that little bit more!!

Holme Grown, famous for our fresh tomatoes and our Genuine Jersey' seasonal fresh fruit and vegetables. Offers you traditional & speciality beers and ales, sparkling vintage cider, selected wines, houseplants, fresh & frozen fruit and vegetables, milk, gift hampers, bread & pastries baked daily, specialist provisions and lots more.

Fauvic Nurseries, Rue au Long Fauvic, Grouville Tel 858826 Web www.holmegrown.com



Get some goodness Stanley's Café & Juice Bar is open 7 days a week for breakfasts, snacks, light meals, juices, smoothies, milkshakes and a whole lot more. P.S. Plenty of parking! Holme Grown, Fauvic Nurseries Rue au Long Fauvic, Grouville Tel 858826 Web www.holmegrown.com

•••••



Gleaming Ovens

What's lurking in your oven? Unwanted bacteria/Grease. Do you want your over to sparkle, leaving it hygienically clean. We are a local oven valeting specialist. We Do Gas/Electric Ovens/Hobs, Agas, Ranges, Rayburns, Extractor filters & BBQ's, bulb changes. We Use low odour biodegradable professional cleaning products. We offer a friendly professional service. Fully insured. NO iob too big/small.

T: 01534 633010 M: 07797740855 Web: wwwsparkleovens.com



Ivory pictures

Ivory Pictures offers a professional and tailor made service which is best described as passionate. A free consultation is available to discuss your requirements to ensure everything is covered so you may enjoy your event uninterrupted. We will capture those honest and perfect moments which will encompass the essence of your day.

Contact Tony today on 07797 921 646 or visit our website www.ivorypictures.co.uk for more information.

services





Broadband Offer!

Enjoy the freedom of unlimited internet access. Sign up for broadband this month (just £16.99 per month) and take advantage of FREE CONNECTION worth £50.00! Also, if you sign up for Newtel Broadband Talk, our low cost telephone service, we will install both services FREE. Newtel is Jersey's best value broadband provider.

Call today on 506400 or sign up online at www.newtelsolutions.com

Terms and conditions apply

Get you business exposed to 30,000 gallery readers from as little as £45 per month.

Call 811100

3 questions

1. What's your speciality in the kitchen?2. What else would you like to see in Gallery Magazine?3. What is the best thing about spring?











Casey Laurent, 18,

Bum

- I. Best dish like? Fry up. Full Englais
- 2. dunno, footie, maybe jersey football like
- 3. the fact that it's getting warmer, innit? And girls start wearing skirts

Tyson Flath, 23,

manager Freedom Surf shop

- I. lasagne
- 2. umm, you've caught me, maybe sport?
- 3, the beach

Mrs. Southern, 58

English teacher,

- 1. My speciality? Umm anything from Delia Smith's chicken recipes
- 2. short fictional stories
- 3. primroses

boardom

scores on the board for the following question: What food couldn't you live without?



Steve Davis, Chilled Supervisor



Becca Michel, Student



Mrs. Hansford, Self Employed



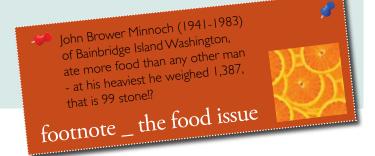
Jamie Lovatt and Tom Quenault, Students



Robert Pinglaux, store man & driver



Horse





A CAREFREE, COMFORTABLE, AND RELAXED NEW HOME...



quality retirement living at its best



A relaxed, independent and hassle-free retirement can be yours at L'Hermitage Gardens, Jersey's premier retirement community.

L'Hermitage Gardens is the brand new community of age-exclusive retirement cottages and apartments, located just minutes from St Aubin's Bay, created to exceptional standards of quality by awardwinning Jersey-based developer, Dandara.

Designed to offer you true individuality, peace-ofmind and a lifestyle like no other, L'Hermitage Gardens provides a superb, security-conscious living environment set within stunning landscaped grounds which gives you the added benefit of being able to live as you choose.

L'Hermitage Gardens - a real community in the making

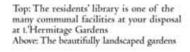
Dandara has a reputation for creating places where people really want to live, and L'Hermitage Gardens is no exception.

The flourishing community of exclusive apartments and cottages provides a wide variety of facilities including a village hall, a games room with a snooker table, guest accommodation, a library, and a nearby convenience shop. There is also the beautiful 'Palm Court' style Winter Carden.

"I knew straight away it was ideal for me, it had no stairs to worry about and lots of really good facilities, such as a games room and a lovely Winter Garden which is a communal place to meet others." Denis Beaugie

A beautifully landscaped and tranquil setting for all to enjoy

Many of those who choose to come to L'Hermitage Gardens do so because their large, family homes - often with large gardens to maintain - no longer suit their lifestyle requirements. However, as many have also had 'green fingers' and appreciate a beautiful garden, at L'Hermitage Gardens, we have created a truly superb landscaped setting to appreciate.



It's easier than you think to make a move to L'Hermitage Gardens

Dandara has a reputation for customer care service that is second to none. Every single prospective buyer is treated to the same, high levels of service and can expect a supportive, helping hand during the entire process.

Call 811998 for more information or to arrange a personal viewing. Alternatively, visit the on-site Marketing Suite, which is open Monday to Friday from 10.00am to 2.00pm.

For more information, or to arrange a personal viewing, call 811998 or visit the on-site Marketing Suite.

Parking available at Goose Green Car Park, entrance opposite Total Sport at Goose Green, Beaumont

