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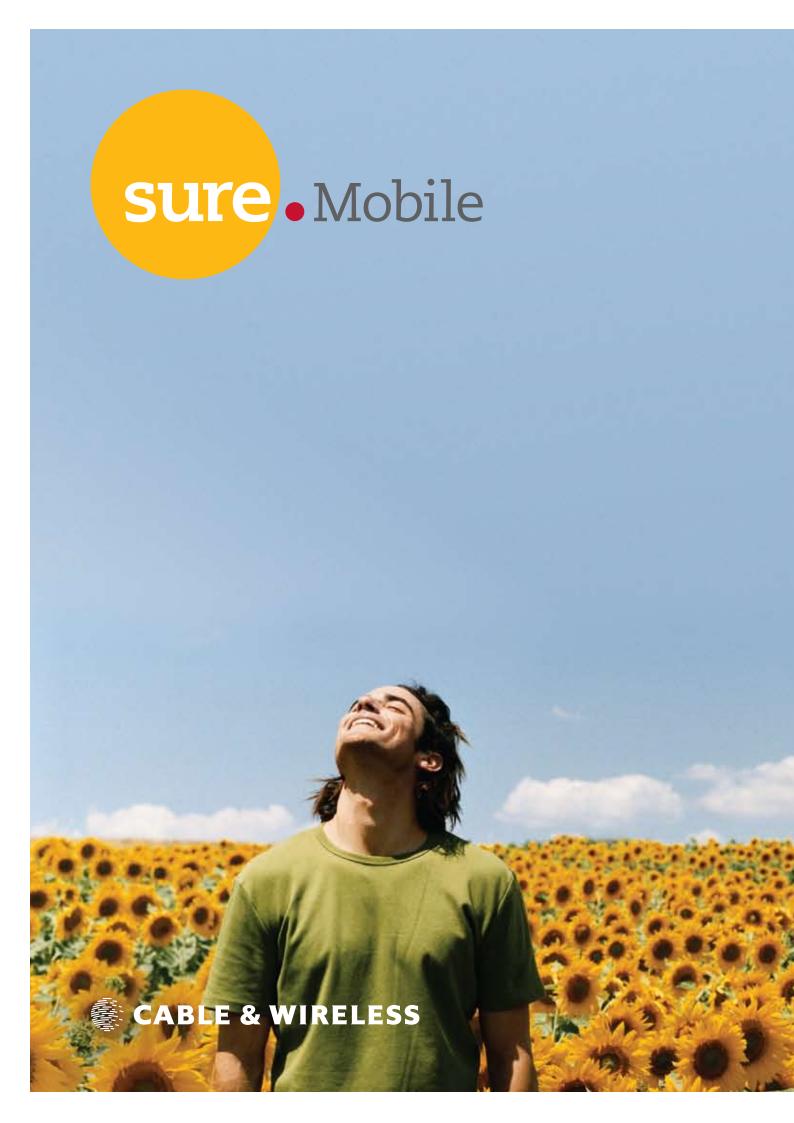


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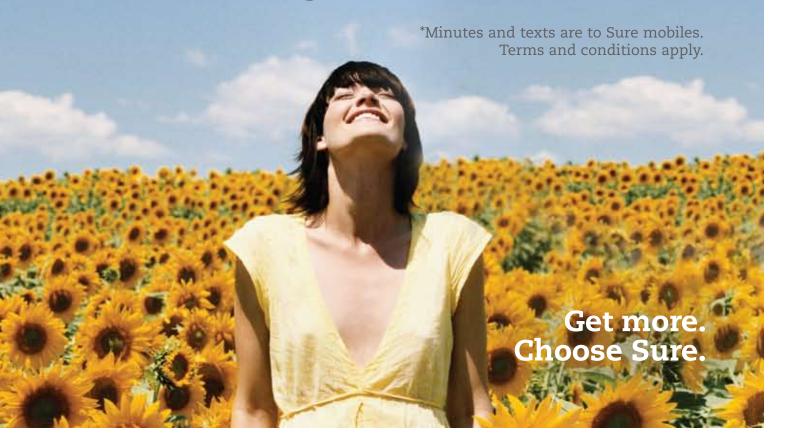
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GOING FO(U)RTH

"Where's 'Retro'?!" I hear you cry. Well, after three years of loyal service our Retro author Will has headed off to pursue a career in law. It's a damn shame as we loved his sideway glance at local news and events. We're in the process of finding another writer to fill the void (if you're interested, drop us a line). Will's move, combined with having just had our third birthday, has led to a bit of a re-jig for Gallery. You'll therefore find our 'opener' introduction here on the first page from now on.

Last month Gallery celebrated its third birthday and I celebrated my thirtieth. I must say, the latter was slightly more traumatic. As it enters its fourth year Gallery is just getting into its stride but despite people's firm reassurances to the contrary, having a '3' at the beginning of your age is quite a quantum shift in your view of life. It's all good though. I realise I'm going to have to wait ten years for a true mid-life crisis and the whole Harley Davidson, badly placed ear ring stereotype so instead I got a dog.

Big decision I know. Not only have I had late nights as usual for the Gallery deadline but Plato (he's the dog, I don't mean thoughts of the philosopher) has been getting me up at 5 or 6 am every morning.

I don't mean to sound like some self righteous recently reformed non smoker / gym goer but if you don't get up early I think you should try. It's HOT. That's the most tentative way to try and link this opener to the theme of the magazine, but what the hell. Have a read, this one's a scorcher (apologies again).

ВD

THIS , MONTHS THEME IS HOT

GALLERYMAGAZINE ARE YOU IN?

Gallery is published eleven times a year as a fresh yet discerning guide to all that happens on the Island and beyond, written **by Islanders, for Islanders.**

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If you are an artist with work to exhibit, an event or entertainment organiser with an event coming up or a business with some exciting news or a new product to feature, get in touch. We're keen to feature anything of interest that will entertain our readers. Email editorial@gallerymagazine.co.uk.

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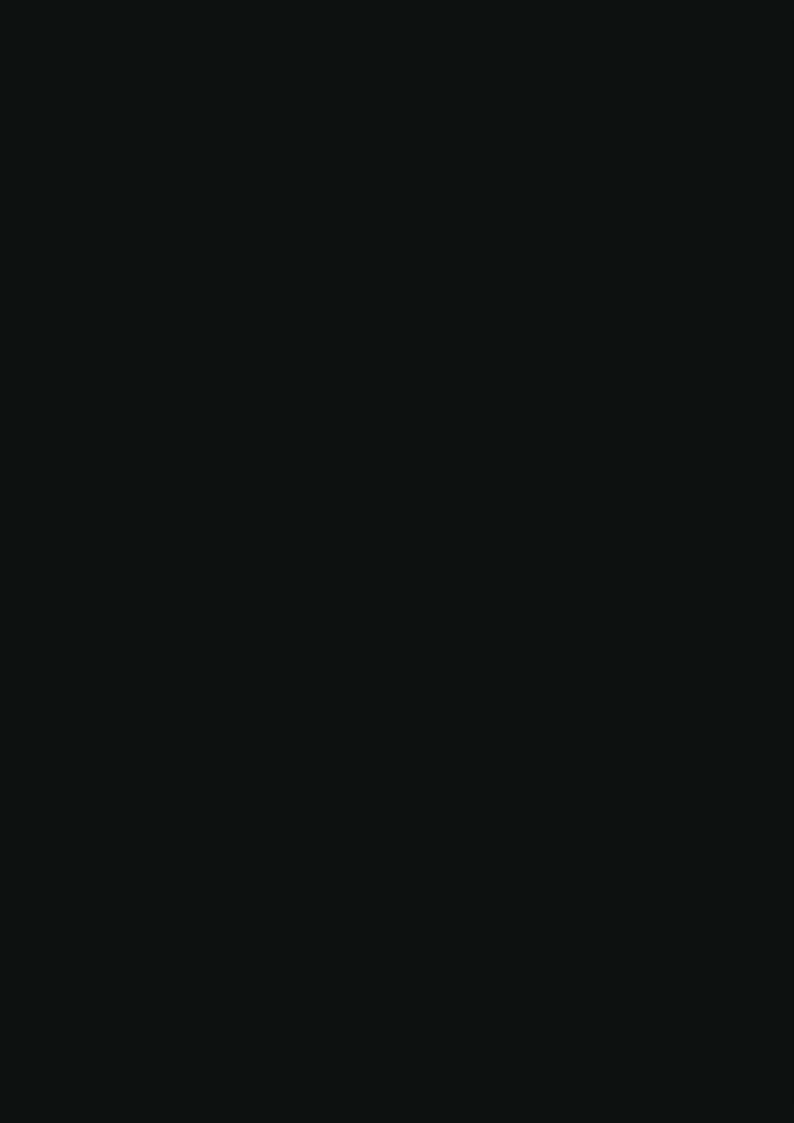




LINKS



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CASTLE QUAY



ISSUE 35 _

the hot issue

up front _ richard clews events feature _ hot getaways advocate X _ bizarre cases from the world of law misc dissemination	10 12 20 22 24 26
arts and culture a world of difference graham tovey eye spy_the militant cyclist culture roundup_play film velofax	29 30 31 32 34 36
fashion and beauty fashion feature _ the cuff fashion feature _ the coat fashion watch brand news fashion shoot _ too hot to trot new store opening _ roulette woman fragrances guinea pig _ botox bright lips	38 40 42 44 46 54 56 57 62
food and drink get grinding in for a roasting hot hot hot! _ firefighters test out jersey's hot menus! restaurant review _ the boathouse wine - burgundies _ the reds tennerfest _ time to eat!	64 65 66 68 70 72
home and interiors interiors _low risers architecture _ the new de gruchy arcade home profile _ paint it red	74 76 78
work business roundup movers and shakers jobsin	81 82 83
play activity& leisure test drive _ porsche boxster motoralia nightlife snapper diary directory	88 90 92 93 98 100



hot fashion



hot car: The brand new Porsche Boxster.



 $hot\ metal: Stunning\ be spoke\ bracelets\ and\ be autiful\ jewellery.$



hot pink: It is Breast Cancer Awareness Month so check out all the brilliant ways that you can help out!

104





questions boardom

CREDITS&CONTACTS

Cover credits



Kelly wears:

Kelly wears:
Twenty 8 Twelve, grey leather jacket, £269, from Roulette Woman. Dents, Black driving glove, £31.50_Pia Rossini, polka dot cap, £10_Stephe Collins, Leather belt, £40.50_Kasusi, red bead necklace, £30, all from De Gruchy_DKNY, Brown knit leg warmer, £20, from Nautilus_Diesel, grey bodysuit, £36_D&G, large pantent bag, £52 both from Axle woman_Marc Jacobs, Clutch, £115 from Manna_Sukie Lau, Resin Bracelet, £15, from Letto_Jackie Brazil, red_assortment_necklace, £43.75, from Shades of Time in Voisin_Make up Tammy at YSL counter de _ Make up Tammy at YSL counter de gruchy _ Model: Kelly

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non humans contributors



We've got a dog! his name is Plato. We're not going to make a big deal out of it but we had to give him a mention as he is now writing half the magazine.

We also adopted a penguin. . This is him, he sent us a card.

HIs name is 'Majesty'. Look at him in all his majesty. Adopt one > www.falklandsconservation.com



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UP FRONT

MANAGING DIRECTOR :: COLLECTIONS GROUP (WHICH RUNS ALL AXLE STORES)

What's hot right now?

The Bentley Continental

If you had to invite two people (alive or dead) to dinner, who would

My grandparents, two of them passed away ten years ago and it would be great to catch up!

Where is your favourite place in Jersey?

St Ouen 's Bay, playing in the surf with my children

Where would you go for the perfect holiday? Mauritius

What drives you? My wife and children

What's your next goal?

A sea view

Who did you last receive a text from and what did it say?

Helen Crossley from French Connection ... proposed visit 3rd and 4th of October!

What did you enjoy most about school?

Cricket! we had a great team that won many trophies including county champions representing our county in the all England finals at under 16 level

What makes you laugh?

Dinner and drinks with good friends.

What is your ideal date?

My wife of course! To New York for as long as we can persuade our parents to look after the children for!

What is the scariest thing that has ever happened to you?

An aborted bungee jump in Cairns, Australia

School? King Edward VI, Lichfield Staffordshire

Marital Status? Married with three children

Favourite CD? The Fray

Favourite book? Adrian Mole aged 13 3/4

Car you drive? BMW X5



Born in the rural village of Whittington in Staffordshire, Richard was educated locally in Lichfield and attended college in Burton on Trent.

At 21 he travelled to Australia where he met his wife to be in Airlie Beach, Queensland. On returning to the UK aged 22, he visited Jersey to catch up with Natalie (now his wife) and he hasn't left since! They married in 1996 and have three children Georgia, Harri and Jenna.

Richard started his career in fashion as the junior sales person / teaboy in Mensclub in 1993. The business merged with the Axle group in 1998 and created the Collections Group, of which he became Managing Director. They now sell mens, ladies and childrenswear from nine stores in Jersey, Guernsey, Isle of Man and the UK.

"Fashion retail is a very fast moving and exciting industry. In October we are holding our seasonal fashion event at Liquid, then it will be time for the Christmas madness. In the new year we are developing our de Gruchy menswear concession into an amazing offering, including shop-in-shop concepts from Ralph Lauren, Hugo Boss, Gant and Tommy Hilfiger."

By the time that opens Axle will have finished their buying for Christmas 2008! Being in fashion you have to know the trends ahead of time!



"A Bubbly Bash"

We don't pop our cork for just any guest, but for you, The Royal Yacht will make sure your New Years Eve goes with a bang! And if by any chance your head is also left banging, we suggest you detox in our spa.



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de gruchy arcade opening _ roulette ladies _ jj fox













The de Gruchy Arcade Opening Party

Celebrations were in order as de Gruchy unveiled their beautiful Arcade

Guests entered the party through the store's King Street entrance where the wrought iron gates have been loving restored. Attending the event were handpicked party fashionistas, all fuelled on champagne and admiring the huge ornate columns and the e elegant chandeliers which have added a whole new feel to the arcade. It was such a fun night and I couldn't wait to get back there the next day to start shopping!

The de Gruchy team have said that they "are all very happy and proud with the transformation of the arcade. It marks the first stage of work that will be undertaken during the next few months to improve the shopping experience for our customers. We wanted to set a benchmark for the rest of the work that will be carried out in store, and believe that we achieved this. Our aim was to restore some of the original features of the arcade while also giving a feeling of grandeur and opulence."

Roulette **New Ladies' Shop** Second the best!









It was a stylish opening bash for Roulette's new ladies' store. The store is located right across the road from the current men's Roulette store and has an understated simple layout which draws you in invitingly to shop! With a colour scheme of rich purples and clean whites against the outstanding charcoal tiled floor, the shop acts as the perfect canvas for all the new clothing collections.

The evening went really well, with people rushing through the new doors to be the first to see the new collections by Vivienne Westwood, Alexander McQueen, DVB by Victoria

Beckham and Twenty 8 Twelve by S. Miller (Sienna Miller and her sister Savannah)

David Cullen owner of Roulette said, "I'm extremely pleased with the overall look of the store and our new brand profile compliments this exceptionally. By introducing the new brands we have opened our doors to a whole different client base. The response to the new store so far has been fantastic. My main aim was to simply open the doors and begin trading. So we opened at twelve on Wednesday and informally invited our loyal customers to come view the store whenever suited them best."

Mick O'Dea Art Exhibition

The preview of this artist's fantastic work was held at the Jersey Arts Centre Berni Gallery

Dublin based artist Mick O'Dea, was this year's judge for the JJ Fox Open Art Competition, which will be exhibited at the Arts Centre till the 13th Oct. Mick was born in Ennis, County Clare and he studied at the National College of Art and Design and the University of Massachusetts.

He has won many awards, including four awards at the Arnotts National Portrait Awards Exhibitions in 1985, 1989, 1993, and 1994! He was also awarded the prestigious KPMG award at the Annual Oireachtas Exhibition in 1992 and 1998. Mick has exhibited widely in Ireland, Latvia, the UK, USA, and Spain, and his ongoing profession as a portrait painter has brought him many commissions, including commissions from Hong Kong, Europe and the USA.

There are so many brilliant events such as this held all the time at the Arts Centre so make sure you pop in and grab a programme so you can keep checking to see if any event takes your fancy!









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red arrows party _ comsure

Breitling and Stott & Willgrass Red Arrows Party

and what a party it was!



It was certainly a memorable arrival for guests, shimmying past the two stunning Bentleys. Zanzibar looked terrific and was the perfect setting for the party, as guests sipped their champagne on the terrace whilst watching a stunning sunset over St Brelade's Bay. There were flight simulators and a proper car racing game for guests to play on during the evening. All the car racing trial times were recorded and the winners were

presented with fantastic Breitling prizes such as cases and jackets. The Red Arrows were there looking very swish in their sexy red suits and seemed to be in their element partying with all the pretty girls! Tony Willgrass owner of Stott & Willgrass Jewellers said he felt the event went "very well, as last year's event did".











Comsure Training Services Launch Party Held at Bohemia

Comsure marked the launch of their Training Services by throwing a lunchtime party for a specially selected list of guests on the lovely terrace at Bohemia. Comsure is already established in Guernsey, London and Mauritius and are looking to establish links in the Isle of Man and Switzerland over the next six months, so no wonder they were up for celebrating!

Trudi Roscouet, Director at Comsure Compliance Limited said: "The launch party was a great success bearing in mind the date coincided with the summer holidays. Both Mathew Beale (the Managing Director of Comsure Compliance Limited) and I were amazed at the number of people who gave up their lunch to hear about our offerings. Not only are we offering Masterclasses (public seminars), and bespoke in-house training but we can also provide examination training in the form of ICSA. This is proving a great success and with the fiduciary business now as buoyant as ever, all employees are seeking further professional training."

Comsure's first Masterclass is on 2nd October, focusing on UK tax issues for Financial Service Providers. Call 07797 769993 for more information.

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.



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dragonboat racing



















one...two....three...paddle.. Dragonboat racing in the sun

It never ceases to amaze me the amount of corporate activity at the dragonboat race. The only thing more impressive than the barbeque / beer / spread put on by firms for their employees is the selection of nautical puns combined with brand names for the teams. Take for example the Bedell Bucaneers, the Awesome Ozannes, The Skull and Rathbones and, my personal favourite, Viberts of the Caribbean.

It really is a fantastic day out which seems to always cling on to that last of the summer sunshine year on year, despite it's late September date.

The addition of the 'Sisterhood' (sans Kate Middleton unfortunately) to the schedule this year. The record breaking all female channel rowers certainly seemed to gain approval from the men positioned along the top railing who were surveying the crowd.

The drama unfolded at the end as the majority of the Fitness First team did a dissapearing act (they had capsised earlier) and left the Sisterhood to

compete in the final. Mourant, as biggest money raiser, also went into the final as the wild card.

Despite their ocean going prowess, it would appear the sisterhood's sense of direction was hampered by their male helmsman (at least that's what they'd probably say) as they careered into the side of the harbour during the final, leaving the Jersey Water Polo Team to take another victory.

We're considering entering a Gallery team next year and we'll be on the hunt for ringers. Cracknell, Pincent, Redgrave.. has any got their phone numbers?







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HOT IN MORE WAYS THAN ONE

hot getaways

So you think Paris is the capital of romance, Rome the best place for architecture and New York a music-lover's paradise? Think again. There are new and more interesting places ready to steal their crowns. Whatever your heart desires, we reveal the latest hotspots to challenge your idea of what the world has to offer.



hot for.... Architecture (helsinki)

Not what you might expect, but Finland's capital is one of the most relaxed, charming and architecturally blessed cities you might ever see.

There's the elegant 19th century townhouses which line both sides of the Esplanadi, the domes of the Lutheran Cathedral that rise gracefully above Senate Square; and the sensuous curve of the metal-tiled Kiasma museum of contemporary art.

Especially charming is the Finnish twist to the Art Nouveau-style buildings in the shopping street of Aleksanterikatu: little foxes, wolves, bears and the mythical swan of Tuonela have been incorporated into the monumental facades. Even the headquarters of the city's telephone company, on Korkeavuorenkatu, are housed in an eccentric Jugend structure which looks like a cross between a turreted medieval castle and a Greek temple.

But a firm favourite will be the Temppeliaukio kirkko, the famous church in the rock. Carved into a small hill of granite in the late 6os, it is covered by a concave roof which, from the air, resembles a flying saucer.

Inside, the ceiling is a disc made of 22km of copper strips and the walls are bare rock with the drilling marks still visible. When the evening sun shines through the undulating band of glass between the copper roof and the rock, and candles are placed on little niches in the rock, it is as if the ceiling is floating on rays of light. Because of its excellent acoustics, Temppeliaukio is often used as a concert venue

HOW TO GET THERE

Finnair operate daily flights from Manchester and London to Helsinki www.finnair.com For more information on travelling to Finland, see www.finland-tourism.com

hot for.... Music (minneapolis)

The American midwest isn't the obvious choice for a musical foray. But the home of Prince's impressive Paisley Park is considered by Americans to be THE place for live music of all genres.

This city of skyscrapers on the shores of the Mississippi has produced a number of famous performers, such as Bob Dylan, and Jimmy Jam and Terry Lewis, who produced for Gladys Knight and Janet Jackson.

Minneapolis' most influential contributions to American popular music began in the 1970s and 1980s, when the city's music scene expanded and launched the careers of multiplatinum soul singer Prince, and cult favourites The Replacements. More recently, the city has played a role in the national hip-hop scene with artists such as Atmosphere and P.O.S.

The Minneapolis music scene is definitely hot and concert goers won't be disappointed with the selection of stars or venues to watch them in. Check out First Avenue, the



venue made famous in

the movie Purple Rain, or Cabooze which



Get down to Alphabet Street in Minneapolis, where Prince's Paisley Park is located.



hot for.... Food & drink (tuscany)

Many will argue the French are the finest food producers in the world, but it was the Tuscans who taught them to cook.

French cuisine was founded in the court of Henry II, whose kitchen was staffed by Tuscan cooks imported by his Florentine wife, Catherine de Medici. Eating is a serious business in Italy; people eat out more often and for much less money, than in the UK. Italians are advanced food critics, as well as being cost-conscious, so the best recommendation for any restaurant is the presence of locals.

And Tuscany produces some of the finest Italian wines, mostly reds, the most famous of which is Chianti. Vernazza di San Gimignano, a dry white wine which was a favourite of Lorenzo de Medici, is another good local wine to try. Those who are serious about their wines should pay a visit to an enoteca, to taste, enjoy and buy a range of quality wines.

The genius of Tuscan cooking is in its simplicity. Fancy sauces aren't needed to hide the food because Tuscans use pure, strong flavours and the freshest of ingredients. Homemade ribbons of egg pasta in hare sauce, game or freerange domestic animal meats grilled over wood coals, and beans simmered in earthenware pots. Some of the ingredients in Tuscan cooking may seem suspiciously trendy, but Tuscans have been eating caprino goats cheese, sundried tomatoes, arugula, and focaccia sandwiches for generations.

Why not try a pizza in Pisa – made as only the Italians know how? Or visit Florence and try its speciality thick T-bone steak, la bistecca fiorentina. In Siena try the panforte di Siena, a hard spicy cake packed with nuts and candied fruit. Or for the more adventurous, sample Lucca's capretto, roasted mountain goat.

HOW TO GET THERE

On The Menu offer cooking holidays in Tuscany from £1549 pp for 7 nights. www. holidayonthemenu.com

Or check out Thomson for holiday packages to the region www.thomson.co.uk



hot for.... Romance (hayman island)

The northernmost island in the Whitsunday Passage, off the coast of Australia, is attracting tourists two by two

With it's natural beauty, Hayman Island in the Great Barrier Reef is portrayed in five-star adjectives. It's certainly won everything in the luxury and romance categories over the years and is a member of The Leading Hotels of the World.

But it's neither just a honeymoon island, nor an island where only the rich stay and play.

Hayman is a deceptively large resort, with 244 room choices for sleeping, dozing, splashing or watching the yachts beating their way through the channels as you sip another tropical cocktail and plan which restaurant you will dine in that evening.

When couples aren't taking romantic picnics on deserted sand spits, or seaplane flights over Whitehaven Beach, they're booking couples' rooms in the spa or in the timber pavilions by the beach, for massages – for two, naturally.

HOW TO GET THERE

Virgin Holidays offer packages to Hayman from around £129 pp per night www.virginholidays.co.uk

hot for.... Adrenaline (nicaragua)

What do you do when the ski season ends? Head to Nicaragua, of course, then climb a live volcano for a spot of ashboarding.

An hour of scrambling uphill, huffing and puffing over ash and scree, to strap into a 'snowboard' and slide your way back to the bottom, over a blackened bed of solidified lava down what is probably the steepest slope you've ever encountered.

The young volcano of Cerro Negro is in the west of Nicaragua, close to the former capital city Leon.

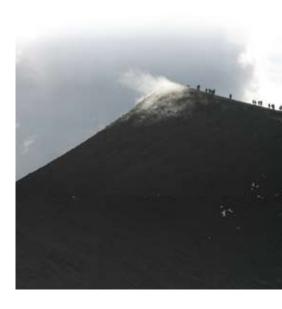
Nicaragua is emerging from centuries of turmoil to establish a place on the 'to do' list of adventurous travellers everywhere.

Nicaragua is known as the land of lakes and craters - and with good reason. There are more than 20 of the latter alone, many of them still active.

Using a board which is actually a plank of wood with a sheet metal base, sufficiently lubed up with floor polish to aid your passage across the ash, you get to ride down a live volcano, with Central America spreading out in front of you. Not for the faint-hearted, it could leave you longing for winter, and a bit of nice, soft snow.

HOW TO GET THERE

Black Tomato runs eight-day packages to Nicaragua from £1,899pp including rafting, kayaking, mountain biking, horseriding and volcano surfing. Call 0207 6109038 or www.blacktomato. co.uk





Publish and be damned. Or not.

The law of libel is one of the few areas where the normally conservative English courts can give their American cousins a run for their money when it comes to daft judgments. The level of damages awarded an any given case is supposed to reflect several factors including damage to feelings, the seriousness of the allegations, and whether an apology has been issued, but in the 80's and 90's the system turned into a high-stakes game of roulette where huge damages and even huger legal fees were routinely incurred.

Famously, the widow of the Yorkshire ripper sued Private Eye when they claimed that she had profited from her connections with her infamous husband - although as the wife of a convicted serial killer, you'd think that she would have developed a fairly thick skin - and was awarded the astonishing sum of £600,000. Although this was reduced on appeal, Ian Hislop was quoted as saying 'If this is justice, I'm a banana'.

Private Eye are also responsible for my all-time favourite legal response - in the case of Arkell v Pressdram they received a stern letter from a law firm threatening to sue them which stated that 'Our client's attitude to damages will depend on the nature of your reply'. The response? 'We would be interested to know what your client's attitude to damages would be if the nature of our reply were as follows: "F**k off."

Eventually new guidelines were put in place which effectively limit general damages in any case to £200,000, and most newspapers and TV stations now employ full-time defamation lawyers to check any risky material before it is published. However, sometimes the tabloids just can't resist a good story regardless of the actual facts, and when they get caught out a grovelling apology is issued. The following is an actual apology published by the Sun which is so good that I've had to reproduce it in

"In an article published on The Sun website on January 27 under the headline 'Gollum joker killed in live rail horror' we incorrectly stated that Julian Brooker, 23, of Brighton, was blown 15ft into the air after accidentally touching a live railway line.

His parents have asked us to make clear he was not turned into a fireball. was not obsessed with the number

23 and didn't go drinking on that date every month. Julian's mother did not say, during or after the inquest, her son often got on all fours creeping around their house pretending to be Gollum.

Also, quotes from a witness should have been attributed to Gemma Costin not Eva Natasha. We apologise for the distress this has caused Julian's family and friends."

So, to summarise:- virtually everything in the original article was wrong, and not just in a oops-we-got-a-minordetail-wrong way, but in a tap-dancingpink-elephants-total-loss-of-contactwith-reality way. I particularly like the Gollum bit, which shows an admirable level of imagination. Fortunately for the Sun's legal department, the only accurate part of the story was that the poor chap had in fact died after touching a live rail, and one of the key tenets of libel law is that you cannot libel the dead.

Libel is also unusual in that the burden of proof lies with the defendant rather than the plaintiff - in other words, a libellous statement is presumed to be untrue until proven otherwise. This has unpleasant consequences where a statement is difficult to prove as true without the help of the subject - for instance, Tom Cruise has repeatedly sued publications for describing him as gay. Without either Mr Cruise or a person who has had a gay relationship with him providing evidence in favour of the statement (which unsurprisingly has not happened), you are always going to be on the end of a legal beating.

Other defences include fair comment, which means that you are allowed to express an opinion provided that it is based on fact, made in good faith and on a matter of public interest. If it wasn't for the fair comment defence, a lot of my



articles would be significantly shorter as I wouldn't be able to call people greedy idiots or pointless carbon thieves, but there are numerous grey areas - for instance, I wouldn't risk saying that 'In my opinion, Tom Cruise is gay' as his very expensive legal team could make my life significantly less enjoyable by arguing that this was not a statement made in good faith or based on fact (even though it could be an honestly-held opinion).

So, to summarise:virtually everything in the original article was wrong, and not just in a oops-we-got-a-minordetail-wrong way, but in a tap-dancing-pinkelephants-total-loss-ofcontact-with-reality way.

However, there is a third defence, which is that of privilege - this allows people to speak freely in court proceedings and debates in the States - so it's possible that if someone like Stuart Syvret was feeling bored in the States one day (and he looks like having a bit more time on his hands in future), he could just stand up and say pretty much whatever he liked about Tom Cruise without much fear of reprisal (although the Bailiff might not look kindly on it) - so Stuart, if you're reading this and fancy a bit of fun, how about it? After all, what's the worst that could happen?











Commission free travel money

Whether you are going abroad for **business or pleasure** sorting out your travel money is an added headache.

The Foreign Exchange in the Departure Hall at

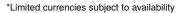
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thought provoker

how hot is hell?

The following is supposedly an actual question given on a University of Washington mid-term chemistry exam. The answer by one student was so "profound" that the professor shared it with colleagues, via the Internet, which is, of course, why we now have the pleasure of enjoying it as well.

Bonus Question: Is Hell exothermic (gives off heat) or endothermic (absorbs heat)? Most of the students wrote proofs of their beliefs using Boyle's Law (gas cools when it expands and heats when it is compressed) or some variant. One student, however, wrote the following:

First, we need to know how the mass of Hell is changing in time. So we need to know the rate at which souls are moving into Hell and the rate at which they are leaving. I think that we can safely assume that once a soul gets to Hell, it will not leave. Therefore, no souls are leaving.

As for how many souls are entering Hell, let's look at the different religions that exist in the world today. Most of these religions state that if you are not a member of their religion, you will go to Hell. Since there is more than one of these religions and since people do not belong to more than one religion, we can project that all souls go to Hell.

With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially. Now, we look at the rate of change of the volume in Hell because Boyle's Law states that in order for the temperature and pressure in Hell to stay the same, the volume of Hell has to expand proportionately as souls are added.

This gives two possibilities:

- 1. If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and pressure in Hell will increase until all Hell breaks loose.
- 2. If Hell is expanding at a rate faster than the increase of souls in Hell, then the temperature and pressure will drop until Hell freezes over.

So which is it?

If we accept the postulate given to me by Teresa during my freshman year that, "it will be a cold day in Hell before I sleep with you", and take into account the fact that I slept with her last night, then number 2 must be true, and thus I am sure that Hell is exothermic and has already frozen over. The corollary of this theory is that since Hell has frozen over, it follows that it is not accepting any more souls and is therefore, extinct... leaving only Heaven thereby proving the existence of a divine being which explains why, last night, Teresa kept shouting "Oh my God."

THIS STUDENT RECEIVED THE ONLY "A"

going up (hot)

The new i-Phone – why won't it get here quicker?

Gym Class Heroes – Their Supertramp remix called 'Cupid's Chokehold' is a fantastic upbeat tune to make you smile.

Peter Kay's autobiography The Sound of Laughter – possibly the funniest book ever.

Puppies, in the true sense and not as a nickname. We have a new member of the Gallery team; a six-month-old Labradoodle called Plato.

Skins – so hot it's addictive.

going down (cold)

Goods & Services Tax – boo.

The summer – literally, it wasn't hot

Egotistical magazine editors putting 12 pictures of themselves in their magazine (not us!!)

Aggro cyclists in lycra on the cycle track. Not a pretty sight.

Trying to park in town - where?? Where I ask you?! Especially the half a space on Broad Street. It's those traffic wardens tempting you!

and while we're on the point traffic wardens who work on Route de la Haule!

photo corner

This picture was doing the rounds on the Internet in 2002, entitled - Having a Bad Day at Work? Reportedly, it was chosen as a 'picture of the year', but it turned out to be fake



groan joke of the month



A woman and a man driver are involved in a horrific collision, but amazingly both escape completely unhurt - though their cars are written off.

As they crawl out of the wreckage, the man sees the woman is blonde and strikingly beautiful. Then the woman turns to the man and gushes breathily: 'That's incredible - both our cars are demolished but we're fine. It must be a sign from God that we are meant to be together!'

Sensing a promise, the man stammers back, 'Oh yes, I agree with you completely!'

The woman goes on, 'And look, though my car was destroyed, this bottle of wine survived intact, too! It must be another sign. Let's drink to our love!'

'Well, OK!' says the man, going with the moment. She offers him the bottle, so he downs half of it and hands it back.

'Your turn,' says the man.

'No, thanks,' says the woman, 'I think I'll just wait for the police.'

facebook group of the month

The Official rules for Shotgun

Over 140,000 people have joined this group and there are 26 rules listed so far!!

Here are some examples of the rules:

Rule 1. The shotgunner must be in clear sight of the car, and shotgun can be called regardless of whether the driver is in sight of the car

Rule 4. When simultaneous shotgun is called, there is then a foot race to the passenger side door from all the people who called.







"Green-Sky" Thinking from Travelmaker

The Channel Islands Co-operative Society is introducing the option to offset your carbon footprint when you take your holidays. Customers of Travelmaker can now fly with a clean conscience, knowing that their trip has cost them and not the environment! Travelmaker customers are now able to clean up their own emissions by asking us to plant trees on their behalf. The Society has decided to lead the way and has arranged to plant 1,000 trees each year to offset their own air travel emissions.

To make it easy to calculate the number of trees that should be planted to offset your flight, Travelmaker has banded their various frequently visited destinations based on the distance of the journey and the amount of tonnes of carbon dioxide released. Flight distances have been banded based on the length of a journey. A trip to Florida takes 9h 10min from London and works out at £11.94 or six trees, to completely offset. Travelmaker are keen to point out that this scheme is totally optional, they are just pleased to be in a position to provide this easy and affordable service to their customers.

Trees4travel, partnering Travelmaker in this new venture, are able to offer realistic prices that travellers could afford so that we can encourage our members to be responsible with climate change issues.

get your 20%

Gallery helps you stay beautiful with feelunique.com

the guys and girls at feelunique.com are offering Gallery readers a 20% discount this month from their range of luxury products in their online boutique. Perfect early Christmas shopping! see page 59 for more details



Jersey stride for life 2007 for breast cancer at St Catherine's Sailing

The Jersey Committee for Cancer Research UK is calling on everyone in Jersey to back its Stride for Life campaign and raise money for research into breast cancer, which is now the most common cancer in the UK.

Every year 42,000 women in the UK and 4,456 in the South West are diagnosed with breast cancer and one in nine women in the UK will develop the disease at some point in their lives. People are being encouraged to put on their walking boots for the Stride for Life walk commencing at St Catherine's Sailing Club on 14th October 2007 (between 2.00 pm and 4.00 pm). The walk takes a little over an hour and is suitable for all the family. The crossed pink ribbon is the breast cancer symbol and for the event people are being encouraged to make pink the colour of the day.

The Jersey event is one of dozens of organised walks taking place across the UK. Robert Christensen, Chairman for Cancer Research UK – Jersey Committee said: "We are delighted once again to be organising our Stride for Life in Jersey; it really is a popular event, a pleasant autumn walk that takes in such attractive scenery and participants know that in joining us, they're helping us in Breast Cancer Awareness month to raise funds to continue the vital work funded by Cancer Research UK."

People wishin to register for Stride for Life 2007 can call Carol Rafferty on 01534 725545



Grouville Football Club has purchased an area of land adjacent to their ground, Le Boulivot, in order to develop facilities for their younger

The development project started over a year ago and the land purchase was passed through the Royal Court on Friday 6th July 2007. The Club are now focusing on fund raising as a total of £39,500 is needed to develop the land. The Club are aiming to raise £18,000 themselves (46% of the total amount required) and are hoping that the additional funding will be secured in an application to the Football Foundation for grant aid which is being supported by the JFA, the FA and Education, Sport and Culture.

To raise £18,000, Grouville FC has launched the 'Sponsor a Perch' fundraising scheme. A perch is a traditional Jersiaise term used to describe 1/40th of a vergee and as the new land measures 4 and a half vergees in total, the Club is asking the local community to sponsor 180 perches, each at a price of £100. In return for the sponsorship, the Club will provide sponsors with free advertising space at Le Boulivot and free Club membership.

The Club hopes that the new facilities will be available for the start of the 2008 season, at which point they will be able to increase the size of the minis, under-12's and under-14's boys sections and introduce coaching and playing opportunities for junior More and more youngsters are becoming interested in football but unfortunately the opportunities the Club wish to provide have been restricted by the size and availability of the current facilities.

The Club kindly requests that anyone interested in sponsoring a perch should visit the Club's website, www. grouville-fc.co.uk or contact Bob Richardson, by phone: 07797 839815 or 722414, or email: bobrichardson@ jerseymail.co.uk



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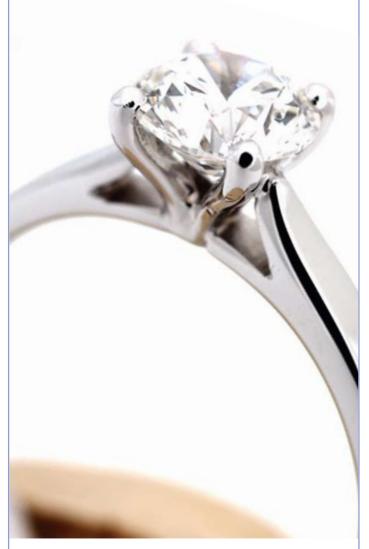
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TWO EVENTS THIS MONTH SHOW THE DIVERSITY OF OUR WORLD



Jersey Amnesty International Human Rights Film Festival

Encouraged by the success of their first two festivals, the Jersey Arts Centre has extended their programme with the aim of highlighting contemporary Human Rights issues rarely mentioned in the mainstream press. The venue will play host to a variety of films and documentaries this month that centre on the harsh realities that exist in some of the world's less privileged countries. Films include 'Black Gold', a scandalous story about the coffee trade, and 'What Remains Of Us', a true story from the Tibetan people under occupation that was selected at Cannes Critic week.

An informative and challenging selection of documentary films and photographic exhibitions will be complemented each night by specialist speakers, who will be well qualified to answer your questions. The Festival welcomes Kalsang Dolma who has travelled from Canada to show her film about the captivating but troubled land of Tibet and to Kate Allen, Director of Amnesty International UK, one of the UK's leading experts on Human Rights issues who has accepted our invitation to address us on our closing night.

Tuesday 16 October - Saturday 20 October Jersey Arts Centre 7.30pm



Moscow Ballet La Classique presents The Sleeping Beauty

Do not miss this opportunity to indulge in beautiful costumes, breathtaking scenery and the talented and elegant dancers of the Moscow City Ballet The Jersey Opera House is delighted to play host to the majestic Moscow Ballet La Classique.

Once upon a time.... (as all good fairytales begin), in a faraway land beyond imagination, Tchaikovsky's sumptuous music fills the air and wondrous characters come to life before your very eyes. Fairytale characters abound alongside a King, a Queen, Good and Evil Fairies, Fairies of Gold, Silver, Diamonds and Sapphires plus the inevitably handsome Prince, all weaving their magic to present this timeless tale of Princess Aurora, The Sleeping Beauty - a story lovingly repeated throughout generations but never before performed so magnificently as with this colourful spectacle of Russia's finest.... Moscow Ballet - La Classique.

Thursday 4th - Saturday 6th October at 7.30pm Saturday matinee at 2.30pm.

Tickets are on sale now and cost £19 - £32. Book now at the Box Office on 01534 511115 or online at www.jerseyoperahouse.co.uk

showing at the Jersey Arts Centre this month

Tuesday 16 - Saturday 20 October The 3rd Jersey Amnesty International Human Rights Film Festival Sponsored by Crill Canavan, Lombard Trust,

Amnesty International and the JEP Jersey Arts Centre 7.30pm

A variety of films and documentaries highlighting the controversial living and working conditions of people in select countries. Films include 'Black Gold', a scandalous story about

the coffee trade, and 'What Remains Of Us' (selected at Cannes Critic week), a true story from the Tibetan people under occupation.

£5 per evening or £20 for the series.

For tickets and further information, please call the box office on 700444. www.artscentre.je

Gerald Durrell's My Family And Other Animals Adapted and directed by Daniel Austin

Sponsored and supported by Durrell, ESC and NatWest

Following a hugely successful première in February 2007, and a Theatre-in-Education tour of the Channel Islands and Corfu, this well-loved story of Gerald Durrell's youthful adventures returns.

"Daniel Austin has brought to life the cheerfully chaotic world of the Durrell family's five-year sojourn in Corfu so effectively that it's as if the characters have leapt off the page." (JEP)

Thursday 25 - Friday 26 October St. James 7.30pm

Saturday 27 - Sunday 28 October Durrell (Princess Royal Pavilion) Saturday 2pm + 7.30pm / Sunday 2pm

Monday 29 - Tuesday 30 October Jersey Arts Centre 2pm + 7.30pm

£13 (£7 students) 15% discount for JAC Members









Landscapes

Capturing something of the landscape is a peculiarly English preoccupation, be it in paint, poetry, or photography. This is the aim of a painter who features in the latest exhibition at the Jersey Museum.

Artist Graham Tovey is showing his latest work entitled, 'Postcards from the Hedgerow'. All the paintings are small format, and are executed in oil paint on paper.

"I decided to call the show 'Postcards from the Hedgerow', as the postcard not only relates to the size, but serves as a souvenir of the place visited. This past year I do seem to have spent a lot of time squatting in hedgerows with my painting materials." Most of his year is spent away

from Jersey, working in France during the summer, and in Morocco for part of the winter. It is these locations which mainly feature in the exhibition.

"When working I draw on the traditions of landscape painting, but my style and technique belong to the modern era. I prefer stormy or dramatic skies in which the horizon is elusive, I try to let the colours merge. By applying paint and scraping back, I hopefully infuse the whole painting with a sense of rhythm."

Known in the past as an abstract painter, he has turned towards the figurative, but his work still retains an abstract quality. This will be Graham's first public showing of his landscape paintings.

The exhibition is at the Jersey Museum from Oct 6 until Nov 4 Opening times 10 am till 5pm

DID YOU MISS....? **Lady Salsa**

Blink and you may have missed it. Lady Salsa danced its way onto our shores last month for less than a week. Tipped to be a night to remember, the show fulfilled its prophecy with sold out shows and the most energetic atmosphere felt at the Opera House for quite some time. Relaying the story of Cuba's history using sexy dancers, vibrant costumes and hip-swinging music, Lady Salsa left you feeling as hot as Havana, and desperately exhausted just watching.

Groin-thrusting moves, rear-shaking steps and audience participation kept the crowd interested, and fear of being chosen to go up on stage kept adrenalin levels running high. Since it was first bought to the public at the Edinburgh festival, the show has enjoyed much success in London's West End and across the world. It's easy to see how this intoxicating performance has captivated the interest of many – Salsa fanatic or not. Look out for it in the future!!

showing at the Jersey Opera House this month

Moscow Ballet - La Classique The Sleeping Beauty Tchaikovsky Thursday 4th - Saturday 6th October Tchaikovsky's sumptuous music fills the air and wondrous characters come to life before your very eyes. The



Sleeping Beauty - a story lovingly repeated throughout generations but never before performed so magnificently as with this colourful spectacle of Russia's finest..... Moscow Ballet - La Classique.

Quill in Concert plus support Saturday 13th October

Quill has been playing a variety of Celtic rock/pop music long before 'The Corrs' were established. The artistry of



guitar and violin is complemented by five vocal harmonies and their repertoire includes many time honoured classics along with their own original material.

An Audience with John Cleese in conversation with

In support of Durrell Wildlife Conservation Trust Sunday 14th October

"After we were introduced, someone told me Gerry had saved the white-eared pheasant from extinction and I thought, well, if you arrive at the Pearly Gates and you're trying to enter into heaven, that isn't a bad claim" - John Cleese. The proceeds from this fantastic evening will go towards helping Durrell in its mission to save species worldwide

Lenny Henry: Where You From? Monday 15th & Tuesday 16th October



With his new one-man show Lenny Henry delivers an electrifying mix of stand-up and character comedy guaranteed to blow your socks off. You have been warned.

Sing – a – Long – a Sound of Music Wednesday 17th October



For those of you not yet converted, Sing-a-Long-a Sound of Music is a screening of the classic Julie Andrews film musical in glorious, full-screen technicolor, complete with subtitles so that the whole audience can sing along!!

Puppetry of the Penis

what it says on the packet!!

Tuesday 23rd & Wednesday 24th October Get the low-down on the Loch Ness Monster... Be blown away by the Windsurfer!... Smooth-talk the Slow Emerging Mollusc from its shell!! This show does exactly

An Audience with Robin Knox-Johnston Thursday 25th October



Robin Knox-Johnston is described by The Sunday Times as Britain's greatest ever yachtsman. Now the great sailor shares stories of his many adventures, and will take questions from the audience.

St Martin's Musical Society presents Variety is the Spice of Life Tuesday 30th October – Saturday 3rd November



Don't forget to check out the rest of our autumn season by calling the Box Office on 01534 511115 or going to our website www.jerseyoperahouse.co.uk

eye spy: the militant cyclist

EYE-SPY the militant cyclist

Signature Behaviour: Weaving through lanes of traffic and undertaking at speed Distinctive Markings: suit trousers tucked into socks, helmet-hair, sweat stains Natural Enemies: 4x4 mums on the school run Mating Call: "Look where you're going, you stupid *&%\$£*£!"

You can normally spot the Militant Cyclist in the work canteen over lunch, eating peanut PowerBars and flicking through well-thumbed copies of Cycling Weekly. Nobody's sitting with him. That's probably because he still whiffs a bit after cycling five miles to work in his suit. He probably wouldn't have started cycling if it hadn't been for that bet twenty quid said he wouldn't be able to cycle to work for a whole week. Three months later, and the cycling's turned into a bit of an obsession. He strides into the office in his bike gear – living his Lance Armstrong fantasies and proudly flexing his new-found muscles. "Just me, the machine and the open road" he explains to anyone who will listen to him singing the praises of his cycle commute. What he fails to add is that the road may be empty in front of him, but behind him tails a long queue of irritated commuters, unable to pass thanks to the Militant Cyclist sedately pedalling in the middle of the lane.

Of course, the Militant Cyclist doesn't tell anyone that his reasons for cycling are purely selfish. Always dismissed as 'the quiet one' at work, Militant Cyclist has recently discovered a temper - and a whole array of swear words he didn't realise he knew. He doesn't think twice about shouting at smug X5 mums who pass too close, or old ladies who swerve in front of him, and he even managed to kick the door panel of a car that clipped his handlebars. It's quite liberating. He's even found himself fantasising about following a particularly offensive 4x4 into the long stay car park and surreptitiously slashing its tyres. And let's face it,

nobody would know it was him. Who would suspect mild-mannered Dave on the 3rd floor of such a heinous crime? Even his doctor is bemused by his skyhigh blood pressure levels. Surely after three months of cycling they should have gone down – not up? 'Can't think why that is...' says Militant Cyclist, shaking his head innocently.

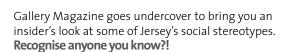
Occasionally when the Militant Cyclist feels he deserves a treat, he allows himself a trip home along the Victoria Avenue cycle path. Pedestrians, dogs, small children, in fact anyone venturing onto the cycle lane gets to feel the full fury of Mr Angry on a bike. 'GET OUT OF THE &^%\$-ING WAY!' he roars as chihuahuas, elderly couples and trikepedalling children scatter. Best of all are the iPod joggers. Lost in their own world of heavy breathing and drum&bass, he can really give them a scare as he hurtles past, missing their elbows by millimetres.

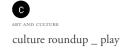
Even fellow bike riders don't escape. There's no friendly cycling camaraderie for the Militant Cyclist, other bike users are targets to be raced and ridiculed - he's even got names for them all. He manages to sail past Office Girl, Bobble Hat Man and The Geek easily enough but he's still not quite in the same league as the unbelievably fast Rocketman.

But more than anything, the Militant Cyclist enjoys the smug feeling that being 'eco-friendly' gives him. Even if he puffs a bit going up the hills, his carbon emissions are nowhere near even the greenest Prius. It feels good to know

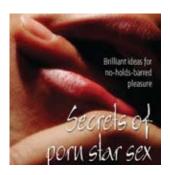
he's saving the environment - and beating the traffic queues too. As he's freewheeling past the morning traffic, he likes to imagine that the other drivers secretly yearn to be him – liberated from their gas-guzzling vehicles. Nothing could be further from the truth. Most drivers are wondering how on earth that guy can keep cycling in such tight lycra shorts

He probably wouldn't have started cycling if it hadn't been for that bet twenty quid said he wouldn't be able to cycle to work for a whole week. Three months later, and the cycling's turned into a bit of an obsession. He strides into the office in his bike gear – living his Lance Armstrong fantasies and proudly flexing his newfound muscles.

















screen hot rod

With this being Gallery's 'hot' issue we have to mention the release of Hot Rod onto cinema screens this month. In the same vein of car crash geek comedy as Napolean Dynamite and Taledega NIght, hot rod is sure to pack them in as newcomer Andy Kimble attempts to overcome small town mediocrity by jumping 15 buses to raise money for his abusive step father Frank's life-saving heart operation. His goal being to land the jump, get Frank better, and then fight him, hard. A drink at the Bar, a KFC twister and a dose of Hot Rod should make for a good mid week night out.

book _ secrets of porn star sex

We've been pretty tame considering the link between a 'hot' issue and the associated carte blanche to fill it with smut but there as to be a token gesture. According to the author, 'good sex isn't the exclusive plaything of supermodels, porn stars and Oscar-winning actresses, although you'd be forgiven for thinking so when you look at the book shelves'. Aparently we're all looking for 'it' (once we're old enough..nudge nudge) and this series is designed to help everyone to discover the sizzling side to their sexuality. "The 52 Brilliant Little Ideas for Sizzling Sex" series has something for everyone - now get out there and enjoy yourself!

music Adele

The 'hottest record in the world right now' according to Radio 1's Zane Lowe appropriately dropped onto the mail mat at Gallery last month. Released on the 22nd October, Adele's debut single 'hometown glory' is London attitude combined with rhythm and blues. Adele appeared on Jools Holland recently and is set to be big, quoted by the NME as 'London's new heartbroken soul laureate'. Look out for it on iTunes this month.

console Skate on the PS3

('ve always been a fan of the Tony Hawk games but Skate looks amazing. With innovative skating controls that take advantage of the dual analog sticks, the power of the next gen hardware, and the ability to sculpt skating tricks that define your own style, Skate delivers an authentic boarding mecca like no other game. Individual skater style combined with physicsdriven skating animations promise that no two tricks in Skate will ever be the same. Skaters can even capture footage to create and show off skate successes with friends across the world - because without footage, it's skating fiction.

off island activity Hot Minis!

This is one of the more impressively eccentric events on the European calendar. Inspired by 1969 film The Italian Job, a sponsored Mini Cooper rally heads to Italy, picks up a load of the local wine and then heads back to the UK to auction the booty - with the proceeds going to a range of children's charities. It was supposed to be a one-off event, but such was the response from the Mini-driving community that the Italian Job has now become an annual fixture. Each team of drivers (usually two per car) is required to raise money for the event's nominated charities. Minis are the cars of choice, but any car which featured in the 1969 film can be used - Aston Martin DB4s, E-type Jags and Alfa Giula police cars have all taken part in previous rallies.

26 Oct - 3 Nov 2007 see http://www.wordserf.co.uk/italianjob/



e-scapism

YOUR GUIDE TO WHAT'S NEW ONLINE

iPhone on the EDGE of becoming 3G

Steve Jobs, the co-founder and CEO of Apple has announced that a 3G iPhone is in the pipeline. There's still no word on exactly when it will be available to the public, though it's expected to be ready some time late next year. This confirms speculation that a 3G



iPhone is on its way, after Apple teamed up with Inter-Digital. The 2G EDGE-enabled iPhone will be available in the UK from November 9th. Due to power issues with the 3G chipset which are still to be overcome, it is being launched instead of the 3G iPhone.

New shopping network for women

OSoYou, the Britain-based shopping network for women, has officially launched. The company raised \$2 million in funding earlier this year and was scheduled to go live at the end of the summer. Right on schedule, OSoYou has released its network for a public beta launch. There are shops for you to check out on the site, which represent several retailers in Britain. The site offers a way for you to see items in their stores and save them to your own virtual closets. You can buy items direct, or save them to your profile's Style Files. OSoYou also offers a bookmarking tool which lets you add items from across the web. http://www.osoyou.com/

On demand video reaches Second Life



Origin Digital, a video applications service provider will be the first to bring on-demand video and audio capabilities to support virtual worlds, including Second Life. Users can integrate streaming video

and music in their Second Life worlds. They can upload streaming video, music or other user generated content which will be transformed and used in virtual world communities. Customised video content can be created to be played in virtual worlds, bringing a whole new meaning to multimedia experiences. is completely free and works with PCs and Intel-based Macs with broadband connec-

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Jack Blond



The name's Blond.....Jack Blond. Yes you heard me correctly. It seems MI6's finest has a Jersey rival as last month saw the

completion of local director Rebecca Coley's latest short, Jack Blond. Written by Coley, it's the story of a young man with Down's syndrome and a James Bond fixation. In true 007 style the film sees him foiling villains Stanilovski (Jo Baker) and Rufus (Kim Fortune) though the liberal use of fast cars, fast boats and of course fast women.

Shot over six days in various different parts of the island, Jack Blond was inspired by local actor, Darren Renouf, who has Down's syndrome. No stranger to being the star of the show Darren has spent the last eleven years in England touring with the Kaleidoscope theatre group, and appeared alongside Kate Beckinsale in the film comedy, Shooting Fish. A charming and immensely likable chap Darren won the respect of both cast and crew for his tireless work and uncomplaining

attitude during shooting and is sure to win over audiences in the same way. The film's script has also drawn praise from the Down Syndrome Association for its portrayal of the condition as being coincidental to the story rather than the focus of it.

The film was supported by the Jersey Arts Trust as part of a larger project to mentor trainees who wished to enter into the film business. Industry professionals Nikos Kalimeraki(Head Camera) and Ashley Palin (Lighting) were on hand to impart their knowledge of film techniques to the young trainees. Having both worked on big budget Hollywood productions such as The Da Vinci Code and Troy they provided a rare insight on how similar know-how could be applied to much smaller projects.

Jack Blond is now entering the post production stage and is expected to be ready for screening sometime in January with a premiere at Cineworld. Rebecca would like to thank the numerous local businesses and people whose generosity made the film possible.







Control

Control is a biopic of Ian Curtis, the enigmatic lead singer from legendary Manchester band, Joy Division. For non initiates Joy Division were pioneers of the post-punk scene famous for their intense foreboding sound, portentous lyrics, and use of electronica. The group looked set to produce a powerful body of work when on the eve of the American tour, Curtis beset by a failing marriage, expectations of the band and epilepsy, killed himself.

The film is based on the book, "Touching from a Distance", written by Deborah Curtis, lan's widow and stars relative unknown Sam Riley as the tortured singer. Prior to this his only notable appearance was playing another Manchester music

The film is based on the book, "Touching from a Distance", written by Deborah Curtis, lan's widow and stars relative unknown Sam Riley as the tortured singer.

legend Mark E Smith in 24 Hour Party people. Despite this Riley turns in a staggering performance perfectly capturing on stage Curtis' frightening intensity and off it and his increasing sense of isolation as his life slips beyond his control. The always excellent Samantha Morton gives an extraordinarily emotive performance as the long suffering Deborah Curtis who watches hopelessly as her husband gradually shuts her out of his life. Romanian actress Alexandra Maria Lara plays the role of Annik Honore, the Belgian photographer that Curtis had an affair with. Honore could easily have been portrayed as a two dimensional marriage wrecker but here it's clear that she fulfils the intellectual and emotional needs that Deborah can no longer provide. The films lighter moments come from an excellent supporting cast in particular Toby Kebbell as the sardonic, wise cracking manager Rob Gretton.

Behind the camera is former rock photographer, music video director and life long Joy Division fan, Anton Corbijin. Corbijin wisely decided to shoot the film entirely in black and white which, whilst giving it hauntingly beautiful look also conveys the oppressive greyness of Curtis surroundings in Macclesfield and in part explains his desire to run away from it all. Rather than make a rockumentary Corbijin has made an incredibly personal and moving film about a man who, on the cusp of achieving what he had always dreamed of suddenly realises that it has come at an unbearable cost.

Hatchet

Old school horror runs the tagline for Adam Green's Hatchet. However old tired formula might be more appropriate as the plot is eerily familiar. Two friends Ben and Marcus join a haunted swamp tour in New Orleans. Naturally things don't go to plan and the boat sinks leaving them and their fellow tourists lost in the wilderness. They soon discover the burnt out shack of one Victor Crowley, a hideous disgusting freak who turns out to be less than helpful in aiding the stranded out of towners. One by one the cast of unknowns gets picked off in ever more elaborate ways until it's left to a spunky girl (aren't they always) and her nerdy male companion to exact some revenge on the lunatic hillbilly, or at least escape for the sequel.

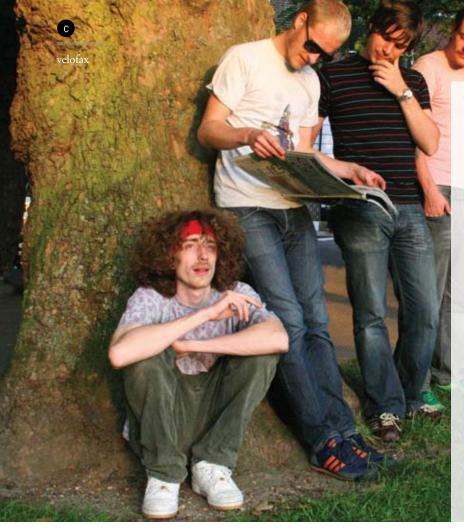
It seems that the rural folk of America get a bit of a bad press in Hollywood and this latest gore fest isn't going to improve their image. It would be a nice change to see them presented as friendly, charming, educated people but perhaps that's stretching the credibility gap a tad too far. Hatchet's director Adam Green has been proclaimed by all and sundry as the saviour of the American horror genre and to be fair he has made a fair stab at going back to basics. With Victor Crowley, ably played by the hulking Kane Hodder, Green has attempted to create an iconic bogeyman along the lines of a Michael



Myers, Freddie Kruger etc. Whether he has succeeded one suspects not as the character just isn't different or scary enough to enter the pantheon of great horror creations. As with most films of this type it's a case of sitting the through the "plot" and "character development scenes" until you are treated to the next imaginatively grisly "death scene". All good fun but it's been done before. The question remains, why do it again?

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









VELOFAX

Now that local boys in London Velofax have secured a record deal, this month sees the release of their full-length album in record shops and on-line for digital download.

It's been non-stop so far in 2007 for Velofax! Kicking off the year in style the boys headlined a Paris Fashion Week party hosted by top model agency Success. An online performance on Liveroom.TV followed, leading to more gigs in reputable venues around London such as The Luminaire and 93 Feet East as well as events put on by 1-2-3-4 Records, Gigwise and Artrocker. The band even secured a support slot on a UK tour with Norwegian superstars Datarock. Velofax also made time to play two gigs in Jersey, the first at Devil's Hole and the second at The Watersplash with a Mystery Jets DJ set.

After securing a record deal with new indie label Maven Records, Velofax hit Intimate Studios in East London earlier this year to record their forthcoming self-titled album. Intimate Studios has been used by various luminaries from David Gilmour of Pink Floyd to The White Stripes, and Brighton popsters The Kooks are in there at the moment recording demos. Working in this musically enriched environment obviously worked wonders for the band.

Reviews of their new material couldn't be better with DrownedInSound.com selecting the debut single 'Let's Talk It Over' as their pick of the week, beating the likes of Babyshambles to the post. Artrocker Magazine gave the single another top class review and a recent article/interview in The London Paper, which was sub-titled "hot new band alert", says that "Velofax are a rare thing an exceptional band from Jersey"! This all bodes well for their showcase gig at Bush Hall in West London on Friday 26th October.

The single 'Let's Talk It Over' is available to download now from digital outlets including iTunes, HMV Digital, Virgin Digital, 7Digital and EMusic. The album 'Velofax' will be released on Monday 8th October Go and support these local boys by placing your orders for the album and downloading the new single right away.

For more information on upcoming gigs, video clips or to simply join the mailing list log on to www.myspace.com/velofax

fashion&beauty ▶

have you got your ticket?!

AXLE Autumn Winter Fashion Party

Exclusive guest DJ and special live PA!

Liquid & Envy. Friday 19th October 2007

Watch out for news at www.axleclothing.com/events

Tickets are limited and just £10. Pick yours up from any Axle store.





THE CUFF

Cuffs have been around for centuries, and although they may just look like gorgeous arm decorations to us, across the world they hold cultural, social and religious significance. In India, they are a symbol of marriage amongst most women, and early images of women and goddesses such as the bronze figure in Indus Valley Civilisation is shown with bangles on her whole arm.

Much like many fashion fads which began in history, the cuff has infiltrated the fashion world for both men and women now. The wrist is a prominent area of focus for jewellery, and ever since three-quarter and elbow length sleeves became fashionable – so too did the cuff. Stacked bangles up the forearm create their own look, and wide cuffs worn high on your upper arm create a superior statement. If you're going to invest in any item of jewellery this season, make sure it's a cuff!

This page:

Azuni £61 (below)

Tuiangi Jackson (above) £108 (available with a choice of coloured stones) both available from Letto's.

Right page:

Stott & Willgrass commissioned a one of a kind cuff to be made by designer Graser Gioielli who lives just outside Venice. This bespoke 45ct diamond and 18ct white gold cuff took over a month to handcraft and a further two full weeks to painstakingly set the stunning specifically chosen diamonds which make









THE SEASON OF THE COAT

With the weather turning colder, there is no doubt that the coat is the key essential trend this Autumn Winter 2007/8. Coats have come a long way since their first beginnings - metal ringed coats of mail in battles. Medieval coats share a few similarities with those worn today; midlength, sleeved, fitted to the waist and buttoned up the front, with a full skirt, and by the 18th century coats had begun to replace capes and cloaks as outer wear. By the 20th century the term jacket became used for a short coat, and today our wardrobes are filled with a mixture of the two. Expect to buy at least one coat or jacket this season, or several for every occasion.



The Topcoat

There is no point in wearing a nice suit if the topcoat looks like a bin bag. If you invest in one coat this season, make sure it's a topcoat that's trim, reaches just above the knee and is the same size as the suit you wear. Dark single breasted ones are a fail safe, or if you are daring enough, try a camel-hair, or camel coloured topcoat. They come in a variery of fabrics and are sure to get you noticed in a sea of black and grey.

Bugatti £275 with removable lining de Gruchy







The Everyday jacket

Everyone needs a jacket to wear on a day to day basis, whether it's to the pub or to watch the football. It's got to be short, trendy and most probably hooded. Olive green, grey and black colourations will be the most prominent. Another way to look undoubtedly cool this season will be in leather – both knee high and bomber styles. Look for different materials and reptilian effects.

Brendon Black jacket from Luke £135 Roulette



The Blazer

Nautically-inspired jackets for men and women make a come back this season to dress up jeans or any casual outfit. Look for sharp tailored detailing, and different textured material including herringbone, corduroy and velvet. Milan based designer Neil Barrett makes a mean suit, available exclusively from

Neil Barrett Stretch Herringbone jacket in grey £567

Massimo







The Military Jacket

Back in its ultra strong glory is the military jacket. This autumn sees the strong fitted jacket emerge once again; inspired from the latest army or naval fashion trends and defined by double breasted styling, and plain buttons for an urban look. For something a bit edgier try looking for those with more elaborate fastenings and trims (think Napoleon!). Black Hugo Boss £321

Axle







The Duffel Coat

Made from duffle, a coarse, thick, woollen material, the duffel jacket is a traditional Bristish garment, dating from 1890. The most common style includes a hood, buttonable neck strap, four front wooden toggle fastenings, large outside pockets, and is usually three-quarter length. Although often accossiated with Paddington Bear, these coats reflect true traditional British style and more often than not you'll see your favourite rock star sporting one.

Thomas Burberry Duffel Coat £259 Voisins



bold and colourful

As the weather starts to cool down, fashion starts to hot up. And we don't just mean wrapping up in your biggest, cosiest jumpers. What's hot hot hot right now is found in bold, block colour and sumptuous texture. Warm up your wardrobe with brazen brights but be careful to stay away from last season's obession with neon. Experiment with fabric. It's the hottest new accessory don't you know? words: Anna Hafsteinsson



Paintbox blocks

Call it an 80's revival if you will but if you ask us, colour has never looked so bang up to date. Astroturf green, canary yellow and tango orange hit all the right notes, particularly when teamed with black. The way to wear it is in paintbox blocks which make a bold statement. If you're afraid you can't pull off a whole outift, then add a cheeky splash with your shoes or bag.



Fabric is the new decoration.

Look for feathers, quilting and leather. Whether it's beaded, quilted or studded just make sure you indulge in it. Fabrics that scream 'touch me!' are everywhere. The fabric of an outfit can take it from ordinary to extraordinary. If you're not a beanpole, however, all this gorgeous texture can look bulky so retain your shape by clinching in the waist with a simple belt.

The Hottest Accessory

This autumn, throw down the gauntlet. Gloves are not just handy for keeping frosty fingers warm. They're becoming a fashion must with designers sending out bolder, brighter and more brilliant designs. Get your hands in some now!



axle's

Kidswear A/Wo7

The new season has kicked off and now that the kids are back to school, you can catch up with what's hot for A/Wo7. So grab a cup of coffee and read on:

SHINY:

Metallic and high gloss

- 1. Gold, silver and copper tones for shearling jackets, coats and boots.
- 2. Lycra tops and leggings in Quality Street rainbow colurs.
- 3. Lame quilting and Lurex woven into tweed and wool knits.

As seen at: Ralph Lauren, Fornarina, Diesel.

CRAFT:

Hand-finished details

- 1. Pom poms decorating hats, scarves, bags and boots.
- 2. Crocheted handmade-looking skirts, dresses and waistcoats.
- 3. Thick wool floral embroideries on skirts, dresses and coats.

As seen at: Mayoral, Miss Sixty

WOODSTOCK:

Hippy styling from the cusp of the 70's.

- 1. Floral prints in 70's colours topped with chunky knit cardigans.
- 2. Plaid checks for boy's wool jackets and shirts, dresses for girls.
- 3. Retro fur and faux fur dyed in deep forest shades
- 4. Also wool and leather capes.

As seen at: Timberland, Elle, Mayoral, Gant

Key items for the season:

- 1. Gilet
- 2. Knitted cardigan
- 3. Tank tops
- 4. Floral dress
- 5. Checked shirts

Rebecca Jones

Ladies/Childrenswear buyer



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





15 Beresford Street St Helier JE2 4WN 01534 733658 | www.rouletteclothing.co.uk







This is an exclusive collection of jeans and tops designed by sexy Black Eyed Peas vocalist, Fergie. Great attention has been paid to fit and detail making the range raw and seducing. If it's always a difficult task finding an outfit for a night on the town, then this collection could hit the nail on the head! Available at De Gruchy

Jewellery

Divine Destiny is the latest stunning collection, specialising in contemporary bridal jewellery, from Hong-Kong born designer Fennie Leung. The series of sultry and head-turning designs use polished lava stone, dyed black fresh water pearl, Swarovski crystal and oxidised sterling silver, highlighted with a touch gold. of Handcrafted the to highest standard to create perfect accessories for your big day.



BECA LM VAL LM

Juicy for Men

If you thought that Juicy Couture only did those rather nice velour tracksuits, then take another look. The 'Juicy for Men' collection, in at Roulette Men, has certainly surprised and impressed us as well as a host of celebrity followers who wear it oh so well. The collection is stylish without looking like it has tried too hard. Get your stylish male key pieces for their wardrobe such as this cosy-looking cardie which we think looks just smashing. Especially on Anton Yelchin.

Hi- Heels and Handbags

Gorgeous Dimoni handbags are now in at Hi- Heels and Handbags. The beautifully feminine bags, which are made in Spain, are great quality and just so versatile you'd be mad not to grab one!

Soft as Silk

Cuba have got some deliciously decadent silk dresses to add to their fabulous range. As the weather cools down, team yours with a pair of soft, woolly tights and some Melissa pumps, also from Cuba- a cute and cosy look to take you through autumn!

Money, Money Money

Money is the hot new brand at Massimo. Stocked only in limited numbers at high-end stores, the British based label has been producing exclusive streetwear since 2001. Unique is most definitely the word to match this label. It's a dynamic combination incorporating fanatical Japanese attention to detail, an Italian obsession with quality and an English sense of anarchy and wit.

Tasty Stuff

Yumi is a colourful new collection in at De Gruchy's whose signature is an eclectic look that combines vintage and current trend inspirations to create a fabulous, fun and stylish statement that has even impressed the selective tastes of Sienna Miller.





for him

for her

available exclusively at







DKNY, Hand knit hat, £23 // Nicole Farhi, Necklace, £52// Odd Molly, fingerless glove, £29, all from Nautilus. D&G, gold sequin dress, £203, from Axle. Temperley bag, £529, from Renaissance. Tissot, Gold Watch, £135// Chris Lewis, Necklace, £81, all from de Gruchy. Sukie Lau, heart pendant from Letto's. Melissa, Ultraflock Wedge, £52, from Manna. Sukie Lau, Heart, £18, from Letto's.



GALLERY MAGAZINE FASHION OCTOBER 2007

tão hot to trot

PHOTOGRAPHY DANNY EVANS, CREATIVE DIRECTION ALANA MANN, MAKE-UP TAMMY YSL COUNTER DE GRUCHY MODELS KELLY





Beauty Code, Black all in one, £25 from Voisins // Jackie Brazil, Pebble necklace £43.75, from Shades of Time in Voisin. Dents, Brown arm warmers, £13.00, and faux sheepskin hat, £17.10 both from de Gruchy. Stoned and Waisted, Brown Belt, £165, from Renaissance. Diesel, blue suede bag, £122, from Axle. Rebeca Sanver, brown mock-croc boot £199, from Hi-Heels & handbags. Sukie Lau, Bangle, £25, from Letto's.



Vivian Westwood, Tailored jacket, £345, from Roulette Ladies. Playful Promises, Zodiac Knickers, £9// Colcci, Thunder Blue Shoes, £79 all from Nautilus. Burlington, Socks, £8.10// Chris Lewis, Necklace, £270// Chris Lewis, Bracelet, £189// Radley, Black bag £96, all from De Gruchy. Dimion, quilted bag, £145, Hi-Heels & Handbags.



Pablo Fuster, Patent boot, £169, from Hi-Heels & Handbags. Divine Destiny, Lava Stones Necklace, £110// Lava Stones bracelet, £100// Sukie Lau, resin ring, £15// Sukie Lau, black ring, £58// Rado, Watch, £620, all from Letto's. By Malene Birger, Headband, £38// Rutzou, Waistcoat, £126, both from Manna. Playfull pants, £10// DKNY, Black knit hand sleeve, £23, both from Nautilus





Gipsy, Softshine tights, £1.89// Dents, leather gloves, £53.10// Jonathan Aston, Leg warmer, £11.40// Little Earth, Number plate bag, £195, all from de Gruchy. Melissa, neon red shoes, £52// Hoss, Shrug top, £104 both from Manna Playful Promises, Zodiac pants, £9// English Eccentrics, Scarf, £69 both from Nautilus. Sukie Lau, ring, £18 from Letto's. Adele Marie, necklace, £50 from Shades of Time in Voisins.





Twenty 8 Twelve, grey leather jacket, £269, from Roulette Woman. Dents, Black driving glove, £31.50// Pia Rossini, polka dot cap, £10// Stephe Collins, Leather belt, £40.50// Kasusi, red bead necklace, £30, all from De Gruchy. DKNY, Brown knit leg warmer, £20, from Nautilus. Diesel, grey bodysuit, £36// D&G, large patent bag, £52 both from Axle Woman. Marc Jacobs, Clutch, £115 from Manna. Audley, suede taupe boots, £114.99, from Marc. Sukie Lau, Resin Bracelet, £15, from Letto's. Jackie Brazil, red assortment necklace, £43.75, from Shades of Time in Voisins.







ith the huge success of the Roulette stores over the past year, it was no surprise to see a new improved ladies' store recently open up its doors on Beresford Street; directly opposite Roulette menswear. In an attempt to bring both stores on the same level in terms of brands, location, shop fit and quality, the ladies' shop has been designed to give a feeling of boho chic with a contemporary twist. David Cullen, owner, wanted the new ladies' store to mirror the men's but in a feminine way, a vision through which he has succeeded with luxurious fabrics, a plush colour scheme, and a mixture of modern chrome and glass.

With continuing focus on the quality of products, David wanted his main aim to "ensure the clothes speak for themselves and that the brand listing reflects the company's direction and ambition as a whole".

With a broadened market appeal, and larger ranges of styles, Roulette offers a complete fashion service, providing a full outfit for every occasion and also to cater for those customers wanting one off, unique pieces with individual style. Some items to look out for this season include stunning dresses ideal for Christmas parties, and sharp trendy pieces from designer Alexander McQueen. Maria Dahlback, manager and buyer, is 'excited about the move to the bigger store, with the new brands and a friendly sales team, "we cannot wait to provide both our potential and existing loyal customers with that little bit extra."





The Brands

Roulette Ladies already showcases popular cult brands such as Evil, Religion and Kitson, and now they are adding mid to high-end fashion brands such as *Twenty8Twelve* (by sisters Sienna and Savanna Miller), *Alexander McQueen* and *Vivienne Westwood*. Ex-All Saints designer *Bolongaro Trevor* will also have items in store from his sharp, clean and modern collections inspired by rebellion and life in the East End of London. Each garment is well considered, creating sleek looks; only the best retailers stock his designs.

Exclusive Footwear

Roulette have extended their footwear range to include the flirty French label Paul and Joe Sister, and Shofolk – which has unique design and detailing.

They have also got in Terry de Havilland -the king of the wedge! Ladies' highend trainers will also be available with the beautiful Y₃ Yohji Yamamoto/ Adidas collaboration and Adidas originals taking the spotlight.

Accessories

The new Roulette store has created a larger accessory section including Alexander McQueen cashmere scarves for winter, Vivienne Westwood unique jewellery and signature tartan bags as well as the brilliant 'Lie down I think I love you' bags which have beautiful changeable scarves.

Trend Predictions

"I'm finding it hard to pick out a particular trend for this season as we have so many diverse looks in ladieswear. However if I have to pick one brand it would have to be Twenty8Twelve. There are some great key pieces within the collection, it's bang on trend and it is great that the press are loving it. Its not like any other celebrity-endorsed brand, Savanna Miller is a great designer and has worked with some of the best designers around and Sienna looks simply stunning in the collection."

•

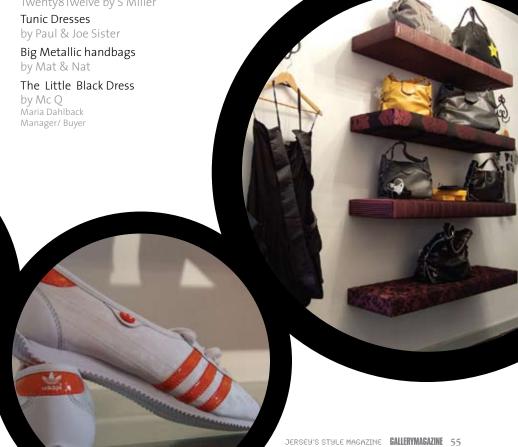
Key Pieces

"The "Midi" skirt by Vivienne Westwood

Cropped leather jacket Twenty8Twelve by S Miller

Denims

The ever popular trendy denim brands Joe's Jeans and Blue Blood, as seen on every starlet in LA will still be exclusive to Roulette. As well as these brands, Roulette now stocks the new popular denim brand DVB (designed by Victoria Beckham), which embodies all the qualities that a fantastic pair of jeans should have. By going back to basics, these jeans are elegant and tailored, and transcend through all ages.





Fancy a new fragrance?

Why not try out one of these hot scents for Autumn

SEAN JOHN UNFORGIVABLE WOMAN £41.00

The top notes of Unforgivable Woman include a sophisticated, elegant and chic blend of bergamot, pina colada, orange, grapefruit and apple-rose illuminated by a decadent cassis.

ACOUA DI PARMA COLONIA INTENSA £54.00

This is a multi-faceted fragrance with a distinct strong character. It immediately captures the senses with its citrus top notes of Calabrian and Sicilian lemon. Colonia Intensa also has a unique leather note making the cologne vibrant and fiery.

HUGO XX WOMAN £36.80

This scent is floral and woody. It has a lychee top note, which is very delicate and feminine. The basmati rice and jasmine sambac notes give a soft texture to the fragrance. It is a lovely autumn fragrance which is just perfect for day time.

OPIUM LEGENDES DE CHINE YSL £48.45

At its launch, thirty years ago, Opium revolutionized the world of fragrance. Today it remains eternally contemporary and still has an amazing evocative power. The scent is very spicy with warm notes of vanilla - great for a fun night out.

SARAH JESSICA PARKER COVET £33.20

The actress described this as a "more aggressive" fragrance than her previous "well-behaved" Lovely fragrance. Covet has top notes of geranium leaves and chocolate; a heart of honeysuckle and bottom notes of teakwood and amber. It's simple and delicious!

INTIMATELY BECKHAM NIGHT MEN £22.25

This has a modern, heady mix of bergamot, grapefruit, nutmeg and sandalwood. Night is a spiced up, woody harmony for men who want to play hard.



Thinking about a nip or a tuck?

More of us are, it seems, succumbing to the lure of changing the way we look and now there is more choice than ever in Jersey.



Two experienced Consultant Plastic Surgeons, Raj Ragoowansi and Jonathan Britto, come over from their Harley Street clinic to carry out regular consultations and advise each patient on the

best procedures to achieve the look they want. Working under the name of Millimetre Perfect, they have all the qualifications you could wish for and offer the full range of aesthetic (or cosmetic) surgery, using safe, contemporary, up-to-date techniques. Over here, lovely Susan Hollick, with 16 years nursing experience, is their Patient Adviser and Counsellor and just the person to do the hand-holding and give plenty of advice and reassurance where needed. She

arranges consultations at Indigo House, coordinates all the pre- and post-operative care and arranges all the logistics of the surgery in the UK. Raj and Jonathan are practised in the latest techniques that seek to minimise intrusion and scarring and so allow for a quicker recovery. Here are some

She arranges consultations at Indigo House, coordinates all the pre- and post-operative care and arranges all the logistics of the surgery in the UK.

of the new developments that Raj and Jonathan are offering: Smartlipo which is laser-assisted and can be done under local anaesthetic, tummy tuck techniques that aim for the shortest scar to achieve a flat stomach; facelifts using minimal access techniques which limit the scar length to reduce bruising and swelling. If it's perkier breasts you're after, they do naturallyshaped implants that are more Liz Hurley than Victoria Beckham. And if you'd rather not be Johnny Vegas, they are experienced in reductions which, apparently were extremely popular ahead of last month's London Fashion Week.

If you want to have a chat with Susan and arrange a complementary consultation, give her a ring on 490624 or email susahjhollick@yahoo.co.uk



gallery guinea pig_

we go and experience things and give you the scoop! this month we sent our guinea pig for botox!



Stop frowning!!

Life takes its toll on your face, and mine was no exception. I'm a 36-year-old busy working mum and my simple frown lines had got out of control, and turned into heavy and permanently-in-a-bad-mood-lines. After a few weeks of deep thought (bad for the frown lines) I made the decision to go for it and reclaim my forehead while I still could.

The technical bit

As a cosmetic treatment Botox®, or Dysport® (more commonly used in the UK) is used in small quantities and it works by freezing nerve impulses. This means the muscles that we use to frown, squint or smile are temporarily paralyzed and any existing lines are smoothed out. The aim is to break the habit of frowning and to re-educate the facial muscles.

Where did I go?

I chose Dr Terry who works as a GP at Indigo House, Oxford Road, St Helier, (just near Gas Place car park). It's the perfect location, as it is a GP's surgery so no-one knows what you are there for!

The consultation

I was pretty apprehensive beforehand, but Dr Terry quickly put me at ease. He explained in detail what it would feel like, any side effects and most importantly how quickly I would see the results. After pulling a few funny faces to show my frown lines at their worst, Dr Terry decided where needed injecting. It took just a few minutes and only stung slightly. The whole consultation took a very unhurried 20 minutes

When could I see the results?

I was advised that I could expect to see the results anytime between three days and two weeks. Dr Terry follows a less-is-more approach to avoid creating that expressionless freshly-Botoxed look. He offers a free follow-up consultation after two weeks, so a top-up can be given if needed.

After a few days I could see some improvement, the lines looked plumped out, but there were still some wrinkles putting up a fight! I went back two weeks later and this time the results were amazing. Within a week the frown lines had completely gone. The truly brilliant part is that I still have facial expression, and feeling, but I look and feel like me again. Several people have commented that I look well and very relaxed and asked if I have been on holiday. If only they knew!

How long does it last?

The average time between treatments is around 3 months, although Dr Terry said that after the first year most people only need top-ups every 4-6 months.

What did it cost?

Dr Terry charges £90 for the first area to be treated, £80 for the second and £70 for the third, and he will advise you honestly where he recommends you have treatment.

Will I go back for more?

Definitely. I'd got to a stage where I hated looking in the mirror, I was aware that my frown lines were making me look grumpy. After having my wrinkles blitzed I feel like me again - five years ago - and who wouldn't want that?

For further information or to book a consultation, contact Dr Terry on 730541 / 07700 700987. Don't forget to tell him you saw him in Gallery!

DO YOU KNOW THE SECRET?

TRADESECRET SUPPLY PROFESSIONAL PRODUCTS FOR HAIRCARE, BEAUTY, NAILS, ELECTRICAL, SELF TAN AND COSTUME JEWELLERY.







How to get our cover girl's signature Autumn Look!

One of the best products we discovered was the YSL Lisse Expert Advanced, which the top YSL make up girl Tammy at de Gruchy raves about! This is an intensive serum that is rapidly absorbed into the skin. Any fine lines and wrinkles appeared significantly reduced and the skin appeared much smoother and more radiant.



You apply the Lisse Expert before foundation and it makes the Touche Eclat last three times longer, making it brilliant for those of us who just don't have time to do makeup top ups!

To achieve our cover girl Kelly's stunning look we used all YSL makeup from the new range available at deGruchy:

Perfect Touch no.7 £23.80 Lisse Expert Advanced £27.40 Touche Eclat £19.10 Couture Palette no.2 £28.85 Couture Palette no.1 £28.85 Eye Pencil Black £12.35 Eye Pencil Silver £12.35 Blush no.16 £21.25 Luxurious Mascara Black £16.15 23 Rouge Pure Shine Lipstick £14.00





MILLIMETRE PERFECT

AESTHETIC SURGERY

IN PURSUIT OF FLAWLESS RESULTS

In our second article unravelling the complexities of plastic and cosmetic surgery, we ask cosmetic plastic surgeons Raj Ragoowansi and Jonathan Britto of The London Chambers of Plastic and Cosmetic Surgery (LCPCS) to discuss...

Cosmetic Surgical Enhancement of the Eyelids

If the eyes are the windows of the soul, what can be done to improve the view?!

LCPCS: Great question! Eyelid tucks are done for a variety of reasons, including changing the upward sweep of the eyelids, and are not always to do with ageing.

What causes eyebags?

LCPCS: Lower lid eyebags can result from a variety of causes. In younger men and women, fat from below the eyeball may push out against the lids from behind, causing bulges in the lid skin. The term 'eyebags' is also applied to hanging loose skin and muscle in older people - which we call 'festoons'.

What about eyelid wrinkles?

LCPCS: Fine wrinkles in the eyelids are treated by non surgical techniques such as laser resurfacing. Courser wrinkles are caused by skin and muscle and respond to a finely judged resection of muscle with redraping of the skin envelope to restore a smooth surface from the eyelash line to the cheek!

What advice do you give about time in hospital and time off work?

LCPCS: For upper lid blepharoplasty, three/four days recovery time is enough for lower lids, or four - lid surgery, we recommend 10-14 days recovery period, and the surgery can be done under local or general anaesthesia.

Well, thanks, is there any advice you would further give to men and women seeking eyelid reshaping?

LCPCS: I would say to do the research and go to a reputable surgeon who is or has been an NHS consultant.

Mr Raj Ragoowansi Msc MB FRCS FRCS (Plast) and Mr Jonathan Britto BSc(Hons) MB MD FRCS FRCS (Plast) make regular visits to Jersey and see patients at Indigo House Medical Practice.

For an unhurried consultation that is free and with no obligation, contact Personal Adviser & Counsellor,
Susan Hollick on 490624 or susanjhollick@yahoo.co.uk





Thalgo

Pure Radiance Exfoliant Cream 50 ml

Removes dead skin cells and impurities leaving the skin supple, refreshed and invigorated. £22.m

....

Decleor

Soothing Concentrate 15 ml

100% pure and natural essential ails specially formulated for the daily care of sensitive, reactive skin.

Thanks to its natural affinity with the skin, this unique and special skincare product: penetrates skin upon application for soothing, healthy results, offers immediate softness and reduces irritation.





Yon Ka

Elastine Jour (Anti-wrinkle day cream) 50ml

deeply rejuvenating and nourishing that helps reduce signs of ageing and fatigue, includes essential amino acids. For all skin types, £38.00



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BREAST CANCER AWARENESS

Throughout October - as part of Breast Cancer Awareness Month - Breast Cancer Care is asking everyone across the UK to get In the Pink and raise money for people affected by breast cancer. Breast cancer is now the most common cancer in the UK with over 44,000 people newly diagnosed each year. Whether it is face to face, over the telephone or online, many Breast Cancer charities are there for people diagnosed with breast cancer as well as their friends and family when they need it most. For more information on Breast Cancer Care please visit www.breastcancercare.org.uk



Here is an update on what some of our favourite brands will be doing to support this excellent cause:

Missoni

For the month of October, a donation of £25 from the sale of each Missoni Eau de Toilette will go to the Breast Cancer Research Foundation's research programme at the UK's Royal Marsden Institute of Cancer Research. The Missoni EDT allows the senses to experience all the colours and sensations of the Missoni family's garden, with heightened floral notes of peony, magnolia and rose.

Prescriptives_

Have released a Limited Edition Colorscope Eyecolour called Pink Ahead containing shimmering shades pressed into one pan designed to highlight, define and contour the eyes. Supporting the cause never looked - or felt - so good: during the month of October, £5 from every purchase of Pink Ahead Colorscope Eye Colour (RRP £12) will be donated to the UK's Royal Marsden Institute of Cancer Research.

Clinique

Have released Cosmic Pink Glosswear for lips. This waterproof gloss will sooth and moisturise lips with aloe vera and linoleic acid. It also helps protect against environmental damage with antioxidants including Vitamin E and BHT. The gloss costs £10, £2 of which will be donated to charity. £1 of this will go to The Breast Cancer Research Foundation's programme at the UK's Royal Marsden Institute of Cancer Research and the other £1 will be donated by Boots to Breast Cancer Care.

Estee Lauder

Fourteen years ago Evelyn Lauder, Senior Corporate Vice President of Estée Lauder Companies, launched Breast Cancer Awareness Month in the UK and in 1993 she founded the Breast Cancer Research Foundation. Since its launch the charity has raised more than £84 million pounds worldwide for Breast Cancer Research. Estée Lauder have introduced the Pink Ribbon Collection in support of Breast Cancer Awareness Month. The collection includes a beautiful jewelled Compact and Brush Set with Bronze Goddess Soft Matte bronzer - £50 (£10 from each purchase will be donated to the Breast Cancer Research Foundation).

Urban Retreat at Harrods_

Their philosophy of 'time, space and comfort' is all the more poignant for those suffering from ill health and undergoing medical treatment.



With the launch of the Vicki Ullah Wig Boudoir, Urban Retreat at Harrods is offering necessity clients who purchase a wig from the Wig Boudoir a Nurture Card. The card entitles them to one complimentary Crème De La Mer Facial and a range of discounted services at Urban Retreat. A goody bag will also be included with the Nurture Card, including a luxury experience-sized Guerlain Orchidée Imperial Moisturiser.

Opi

The Opi Nail Kit is perfect to pamper your pinkies and £3 of every sale is donated to the Breast Cancer Campaign

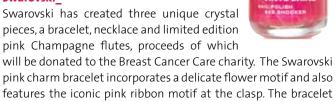


Rimmel

Pick up the Rimmel Pink nail varnish from Lloyds Pharmacy for a donation of £1 or more. You are encouraged to paint just one nail pink to represent that one in five women will suffer in some way from Breast Cancer. This is a brilliant idea, supported by the gorgeous model Abigail Clancy and money raised will go to the Genesis Foundation.

Swarovski

Swarovski has created three unique crystal pieces, a bracelet, necklace and limited edition pink Champagne flutes, proceeds of which



pink charm bracelet incorporates a delicate flower motif and also features the iconic pink ribbon motif at the clasp. The bracelet will be available from Swarovski at 21 King Street priced at £23, of which £10 will be donated to Breast Cancer Care.

Swarovski Champagne flutes have also been produced exclusively for Breast Cancer Awareness month with pink crystals in each stem. Offered in a limited edition of 50, this musthave is destined to become a collector's item of the future. The flutes are available online only. To apply to purchase them, visit



www.swarovski.com/breastcancercare from 1st to 31st October.

BEAUTY NEWS BITES

Discounts at Bliss for Readers!

For the month of October Gallery readers will receive 10 % off all treatments@ Bliss. Also available on special offer at the moment at Bliss is a 21st century facial, which can assess your skin for UVA and UVB damage.

and browse through the site to find lots of great brands such as Susan Posnick products. Bliss, La Motte Street, St. Helier. Tel: 789911





Lavender Man!

The new cologne is apparently 'fresh, light and natural with a background of lavender notes'. The guys in the office were a bit sceptical about smelling of lavender but apparently it can be good for you. Alastair Christie, Jersey Lavender Farm's Director says

"Lavender is also known to have relaxing properties so this cologne can be the perfect antidote for somebody in a stressful job. This is a classic scent that suits all types and makes a great present for a man who cares about his grooming and could do with lowering his blood pressure!"





BRIGHT OUTSTANDING UPS

At the Autumn/Winter o7 catwalk shows, makeup has taken a 360° turn. Before it was all about achieveing the natural look, but now the emphasis is on 'striking'. An easy way to achieve this difficult look is to focus on this lips! Be daring and go for a bright red à la the Olsen twins or why not try a really dark cherry or purple colour for a show stopping look!

Mavala Lipstick in 518 Rubis_ £8.51

This is a very rich pink colour not for the faint hearted! The skin on the lips, unlike that on the rest of our bodies, are deprived of sebaceous glands and keratinized layers which protect the epidermis. They therefore can quickly become dry, and sensitive. Lips need special protection, and Mavala know this. By using ingrediants such as aloe vera, shea butter and vitamin E your lips will stay soft smooth and silky!





The Body Shop Lipstick in 22_ approx £8.50

Cheap and Cherry Red. This is a great little lipstick that's perfect to throw in the bottom of your handbag for when you have an emergency event to attend and need to wow-up your look. By apply a dash of this bright cherry lipstick you get instant glamour.



Guerlain Kiss Kiss in 531 Fabulous Rouge_£13.60

As with most Guerlain products this lipstick comes in very lovely packaging, and will look fab in your makeup case. We think that this is the perfect shade of red, bright and vibrant without being OTT. This lipstick is a great tool for achieving that bee stung lip pout; just place a little bit lightly in the middle of your lips and smudge around, this will give the desirable allusion of depth.



Rimmel London Full Volume Liquid Lipcolour in o8o Parade_ £5.49

This is a darker more poisionous-apple sort of red. You have to be really comitted when using these sorts of colours as it's essential to keep your coverage even and perfect at all times. This is a high maintenance one.

PLUMPING UP YOUR POUT:

Luscious full lips are the main aim for every girl. We all know that you can entrance men with your eyes, but I am a firm believer that subconsciously men pay a lot of attention to our mouths (although they may bloody well not be listening!). That is the part of you they want to be kissing (well at first anyway!) so that's what their subconscious notices most! So help draw his attention even more with these lovely plumping lip products.

Dior Addict Lip Maximizer £15.70

This essentai llittle piece of kit comes in beautiful feminie packaging. It contains a special collegen-enriched formula that leaves your lips looking plumped in an instant. The packaging also promises that in just 15 days your lips will feel 'rehydrated and restructured'.



This is a plumping and anti-aging lip balm. When used frequently it gives visible anti-aging and volumising effects. This product is used under lipstick.



beauty stockists

			ESTEE LAUDER	de Gruchy	818818	YSL	Voisins	837100
ACQUA DI PALMA	Voisins	837100	ESTEE LAUDER	Voisins	837100	YSL	de Gruchy	818818
CHRISTIAN DIOR	Voisins	837100	GUERLAIN	Voisins	837100	HUGO	de Gruchy	818818
CHRISTIAN DIOR	de Gruchy	818818	GUERLAIN	de Gruchy	818818	HUGO	Voisins	837100
COMFORT ZONE	Bliss	789911	KORRES	Leaders	871588	SJPARKER	Voisins	837100
COMFORT ZONE	The Club Spa	876500	MAC	Voisins	837100	BECKHAM	de Gruchy	818818
CLARINS	de Gruchy	818818	RIMMEL	www.rimmel	london.com	SEAN JOHN	Voisins	837100
CLINIQUE	Boots	730432	THE BODY SHOP	www.thebodysh	nopcouk	MALAVA	LloydsPharmacy	743301

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1 October - 11 November 2007







EXPRESS YOURSELF

Nowadays you don't have to venture out for great coffee. Affordable machines are waiting to hop onto your countertop and gurgle forth proper espresso. Vicky Fawcett checks out some cute little bods that deliver a powerful punch.

This espresso machine uses those small foil capsules that come in 12 varieties and pop in the back of the machine. Push the button, and ecco, a single shot of coffee. Great in fuschia and orange as well as lime and black.

Magimix Nespresso £84.99 Homemaker

This pleasingly retro machine would look good in any kitchen. It's got stylish switches and gauges that look very pro and a cute rack on top to warm your cups. Comes in red and silver as well as cream.

Kenwood Cafe Retro £141 Voisins



Gaggia is the management when it comes to coffee machines. They have been doing only that for over 50 years and their gleaming monsters can be seen in plenty of the world's best coffee shops. This stylish red number has all the bits it should, including a heavy duty filter holder and a milk frother.

Gaggia Evolution £161.96 De Gruchy

In for a roasting

It's the world's biggest commodity after oil and most of us can't get through the morning without our daily fix. But what happens before it gets to our cup? Two guys are passionate to the point of obsession to bring us better coffee. words: Vicky Fawcett, Photography James Bryant

Time was when all we wanted from our coffee was that it had froth. True, we still love to lick the lid, but as our appetite grows, our taste for coffee is becoming better educated and more discerning. Driving this are two local companies that source premium beans and roast them on the Island. They are fueled, not just by caffeine, but by a passion to source and supply the best quality coffee from all over the globe - Ethiopia, Costa Rica, Columbia and Kenya.

You will have inhaled the rich aroma that wafts from Halkett Street when Cooper & Co are roasting. It's all going on behind their small shop, with exotic hessian sacks full of green coffee beans piled high. David Warr supplies and blends coffee for most of the Islands hotels and coffee shops. Local institution, Bean Around the World, is well known for the quality of its coffee and they roast 24 different types of coffee to sample there or brew up at home

The landscape of coffee has changed dramatically over recent years. David Warr of Coopers says, "Five years ago we were sourcing from countries, now it is individual farms." When once it was

Brazilian coffee, nowadays it is Brazilian coffee from the Daterra Estate. This is more than bogus marketing, it is driven by identifying quality and taking it right back to its origin. The keyword nowadays is "traceability" - to ensure quality but also that it is ethically and sustainably produced (see box) - right down to the individual Nueva Granada farm, in Monteflora, Guatemala.

There is a huge chain of events from bean to cup: the grower, crop, soil, weather, harvest, storage, shipping, roasting, blending, packing, grinding, brewing and serving. It's a process that involves countless people and endless variables and roasters have started finding out about earlier stages of production. If you are selling a premium product then you have to be improving upon all stages of that process.

Dave Stokes from Bean Around the World explains:

"Each stage of the process dramatically shortens the life of the coffee: green beans can last from months to years; roasted coffee lasts from days to weeks, depending on storage; ground coffee lasts a day at most and an espresso needs to be drunk in 15 seconds to capture the volatile flavour."

All the more reason to be sourcing your beans locally.

There is so much passion and dedication from these guys in sourcing the best beans, roasting them and filling our coffee cups and they are constantly improving on what they are doing. With the refining of our tastes and the knowledge of what a



fairtrade

We are all well aware of Fairtrade. Guaranteeing growers in developing countries a fair price for their crops can only be good. However, Fairtrade can only be assigned to cooperatives. If there is a farm that produces and sells its own coffee, that coffee can't be Fairtrade. The experts are concerned with sustainable coffee. Coopers imports tonnes of coffee from Daterra, in Brazil who have huge plantations and manage their own grading and selling. It has another certification - the Rainforest Alliance. This mark is awarded to farms rather than products and it sets standards for protecting wildlife, land, workers' rights and local communities. The Bean buys much of its coffee from single estate farmers, many of whom despite operating ethically, have no accreditation. They are producing a premium crop that can net them between three and thirty times the commodity rate for coffee. Check out the excellent ecocommerce page on www.cooper. co.je for more info.



Island's hot coffee spots

Thanks to our growing obsession with coffee, there are now so many places that serve good shots of the real stuff. Thankfully, the dark days of rank, stewed filter coffee and filthy, instant cappuccinos are disappearing. It is disappointing that, with so many unique and quality homegrown coffee shops, we have to settle for Starbucks at the airport. Who wants bland global branding when you could have a coffee shop with soul? Here are our top three coffee shops for the best shots.

Where	What	Best for
Bean Around the World	24 different varieties of coffee, They roast twice a week and they grind as they go.	First class coffee, lovely people and of course the unrivalled vibe of the coolest coffee shop.
Mange Tout	The first coffee shop in Jersey to have their own unique house blend - from the Daterrra Estate in Brazil.	Consistently good cup of well made coffee, from espresso to latte.
Murray's	They have their own, Murray's blend and their thick white cups are always warm.	Ask for a murray's - a shot of espresso with hot milk poured carefully to keep a dark continental coffee rim. Like a good café crème.











Some like it hot

...and hotter. There is plenty of spice out there in our local eateries with Indian, Thai, Portuguese, Chinese and Italian restaurants working their own way with the chilli. Who better to take part in Gallery's Chilli Challenge than our very own Fire Department but were they men enough for the job or was there just lots of hot air?

Zara (hold on a second, this isn't right? All our brave boys were off fighting fires so Gallery's brave foodie Zara had to step into the breach) triedThai Dicq Shack, on the Slip			
The dishes?	Lamb Jungle Curry	Hot Green Chicken Curry with lots of cooling Jasmine rice	
The ingredients	Lamb, chilli, jungle and a liberal sprinkle of dry chilli, (it's a curry with no coconut)	Chicken, green curry paste, coconut milk, lemon grass, garlic, chilli, coriander	
Did it glow?	"Lip-scorching, eye-poppingly hot. Full of chilli seeds and only for the very brave"	"Hot but tasty."	
Did it deliver?	"Too far off the scale for me"	"The best green curry on the Island – lovely, aromatic and nicely presented."	
Rating 1-10	8 (clearly too hot for a girl)	Excellent, quality Dicq Shack, as usual	

James Hewlett triedEllies, La Pulente			
The dishes?	Murg Muckny	Garlic chilli king prawns	
The ingredients	Like a chicken tikka with coconut and tomatoes in a creamy sauce	Errr, garlic, chilli and king prawns?	
Did it glow?	"Spicy without being too hot, a nice kick with a good aftertaste"	"Excellent, even with a rogue whole chilli floating around. The sauce was hot, but not too much to cope with for a seasoned curry eater."	
Did it deliver?	"Plenty of flavour and heat."	"Well presented, good sized portions, excellent service and excellent food. I would not hesitate in going again or to recommend Ellies to anyone, whether they like hot curry or not."	
Rating 1-10	8	9	

Red Watch tried a takeaway fromFour Seasons, Waterloo Street			
The dishes?	Green-Lipped Mussels Szechuan Style and Singapore noodles	Chicken Curry with Spicy Fresh Chilli & Garlic Fried Rice	
The ingredients	Spices with the mussels, noodles with curry spices, roast pork and shrimps	Chef's secret recipe	
Did it glow?	"Nice, just a little tingle on the lips" "Spicy noodles were great"	"Rice is good, nice and fiery" "Chicken has a mild kick"	
Did it deliver?	"Good, could have been hotter" "Spicy for a Chinese"	"Not bad, I liked the rice"	
Rating 1-10	1	7	

Craig Channing triedCafé Spice, Kensington Place			
The dishes?	Chicken Pathia, served with pilau rice.	Gost Raj	
The ingredients	Bite-sized tender chicken sweet and sour with coconut, chilli and onions with pilau rice	Baby lamb marinaded overnight in garlic, red wine, coriander and shallots	
Did it glow?	"Not mega hot but you could taste the chillis"	"Nice and spicy – the red wine flavour very rich dish with a good kick.	
Did it deliver?	"Café Spice is more of a romantic setting, not just a lad's night out."	"Sam, the owner, chose this Bangladeshi dish for me and it was absolutely delicious"	
Rating 1-10	9.5	9.5 – the curry did it.	

John le Cornu triedPizza Express, St Brelade			
The dish?	Diavolo Pizza		
The ingredients	Spicy beef, pepperoni, onions and Tabasco, plus extra fire with hot green peppers or jalapenos (of course, John had the jalapenos with extra chilli oil)		
Did it glow?	"Very tasty. It was medium hot but the ingredients came through"		
Did it deliver?	"It was very good. I really enjoyed it and I don't usually go out for pizza"		
Rating 1-10	8.5		

Mick Heys tried	Mick Heys triedBarros Tropical Bistro, Bath Street			
The dish?	Frango (Chicken) Piri Piri served with big salad, chips, rice and milho frito - delicious deep-fried squares of semolina			
The ingredients	Chicken, paprika, garlic, sweet chillis, white wine black olives and bay leaves			
Did it glow?	"The first mouthful gave me tingling lips and more I ate the hotter it got but never too hot. For me, it was the perfect heat/ taste combo"			
Did it deliver?	"Don't think I could have wished for a better dish. It was beautifully presented, the service was good - everything was absolutely superb"			
Rating 1-10	9.5 – "I'll definitely be back"			



A final word from our fortune cookies, proving there is a lot of truth in a biscuit: "Courage is the hallmark of a warrior" Thanks to all those who took part in our Chilli Challenge.

Blowing Fire

Turns out Jersey is awash with fiery sauces. Two locals have enough heat in their kitchens to blow us clean out of the sea.

Local chilli aficionado, James Bedding, began this dangerous venture after his parents bought a bottle of Jersey Death Sauce back from the States. Quick to spot a niche in the market, Funky Pepper now has a range of 30 mild to wild products from chilli pepper sauces, to snacks and treats. (The chilli chocolate almonds are delicious and deliver a warm glow). There are lots of cool labels and comedy names, like Mad Dog Revenge, Dave's Gourmet Insanity and D'Bomb Ground Zero.

Gourmet Insanity and D'Bomb Ground Zero. Each sauce is scientifically rated for heat and they are absolutely not for amateurs. Go on, log on if you think you're hard enough.



T T A A V V V t t

'Pain is Good' Habanero Garlic Salsa

There is a point where pleasure and pain intersect. A doorway to a new dimension of sensual euphoria where fire both burns and soothes. This salsa that will take you beyond heat, it will engulf every neuron within you. Once the line is crossed, once the jar is opened, once it touches your lips, there is no going back!



Jersey Death Sauce

Made by the American cult saucers, Blair's, this is mentally hot and contains ingredients 750 times hotter than a jalapeno chilli so even the tiniest drop will blow your head off. It does exactly what it says on the bottle, how can it not be a hot hit over here?



Jersey Provender

Local chillis are coked up into magic potions in Melanie Drummond's kitchen, to her secret recipes.

Try her delicious Chilli Jam which is hot and sweet and great with cheese, sausages and cold meats. For something further up the scale, there is Maufant Madness. A fiery mix of scotch bonnets and habanero chillis with ginger, garlic, apple juice and sultanas. Jersey Provender is Genuine Jersey and can be found at Classic Farm Shop and from Melanie on 866767

What makes the pepper hot?

Capsaicin, a crystalline alkaloid is produced by the pepper and is responsible of the heat. Capsaicin is incredibly powerful and seemingly unaffected by heat or cold so it stays potent despite cooking or freezing. Because it is colorless and odorless, it can only be measured in a laboratory.

How is the heat in Peppers measured?

In 1912, Wilbur Scoville, a chemist, developed a unit to measure the head in chilli peppers that is still used today, the Scoville Heat Unit (SHU). His original test was a taste test where ground chilli peppers

are diluted in sugar water and tasted. More sugar is added until the heat can't be tasted. According to the Guinness Book of World Records, the Red Savina Habanero is the hottest pepper on Earth with a rating of 570,000 SHU. (see SHU table on the right)

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)	500 - 1000	Nov Morican
7	1000 - 2500	Ancho, Podlla
	2500 - 5000	Jakoero
1	5,000 - 15,000	de Artel
1	15,000 - 30,000	Carne + Borzo
	30,000 - 50,000	
	50,000 - 100,000	Chillepin
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160	200,000 - 577,000	Askevero
	IG Million	Rine Cappaiain





alaboard

Walking towards the Boat House on a mild autumn evening, it's hard not to fall for its good looks. All cutting-edge design, gleaming timber and glass frontage, it's the sort of place you can comfortably take your bonused-up City whizzkid friends to dazzle them with chic Jersey. The views are prize-winning any way you look – out to sea with Elizabeth Castle as a backdrop, or towards St Aubin with its twinkling lights strung out along the quayside. Check the tide times before you book - high tide is magical, when you can dine halyard-height amongst the yachts.

Inside the Boat House is all classic elegance, with the first floor restaurant a sophisticated blend of warm wood, glass ceilings and fabulous leather panels. There's a gleaming open kitchen with a whole team of well-behaved chefs, and everything is accessorised in the sort of chic neutral tones that only those people unafraid of dry cleaning bills wear. Tables line the front window with its sweeping vistas, and don't worry if you're terrified of heights - there's more intimate 'booth-style' seating towards the centre.

The service was excellent. It's always hard to strike the right professional balance – attentive without being intrusive, but the staff at the Boat House seem to have the formula down pat. The restaurant manager Maggie Blazejewska was charming, asking if she could make a few recommendations from the menu and suggesting a good wine. The wine list is extensive – more than 80 different wines ranging from affordable classics to exclusive vintages. Maggie recommended a light Chablis (J Moreau, 2005, £22.50 bottle, £5.65 glass) which was clean-cut, fruity and dry.

With such a gorgeous setting, you'd expect the food to be chic, sophisticated and well chosen. But don't expect anything too fussy. Executive chef Adrian Goldsborough may have trained with Raymond Blanc at Le Manoir and served his time in the kitchens of Longueville Manor and Bohemia, but his emphasis is on simple, unpretentious dishes that showcase the best of island produce. Kate ordered the foie gras with spiced plum chutney and toasted brioche. It was beautifully done – a big meaty slice of foie gras parfait sprinkled with sea salt and a deliciously tart chutney that cut through the buttery goosey taste. I'd gone with Maggie's recommendation, the shellfish soup with rouille and French crab – a real bistro classic. It was excellent – but do be warned, it comes with its own ritual. First to arrive is the empty soup dish with a tiny nouveau-cuisine dab of rouille in the middle. Don't (as I did) look at your companion and mouth, "Is that it?". Just wait. Your waitress will return with a jug of velvety coral-coloured fish soup, which she pours very carefully in a circular motion around the rouille. The flavours mingle while you inhale and enjoy. It was exquisite – peppery-hot and full of crab.





Another of Maggie's recommendations was the halibut with wild mushrooms and a tarragon cream sauce. This is real autumn comfort food – served with plenty of mash, broccoli and French beans and a rich, aromatic cream sauce. Halibut is a beautifully textured, full flavoured fish – my pan-fried fillet was deliciously flaky and melt-in-the-mouth - but some might find the cream and tarragon sauce too overpowering. The menu

Executive chef Adrian Goldsborough may have trained with Raymond Blanc at Le Manoir and served his time in the kitchens of Longueville Manor and Bohemia, but his emphasis is on simple, unpretentious dishes that showcase the best of island produce.

is full of local produce, with three different dishes featuring the Jersey classic; line-caught local sea bass. Kate went for the subtlest of the three, the light and fresh lemon-scented roast sea bass with couscous. It comes whole but the kitchen can remove the head for squeamish types - being able to make eye contact with your food can be a little off-putting.

Desserts are a straightforward span of chocolate, fruit and cheese options. The chocolate brownie cake with chocolate sauce was more chocolate pudding than brownie, but our favourite was the lemon and strawberry parfait with homemade crumbly shortbread. Deliciously tart, it came topped with fresh strawberries and cubes of strawberry jelly to soften the acidic tang. Yum.

So, compared to the new crop of chic restaurants – how does the Boat House shape up? Our meal came to around £75 with a half bottle of the Chablis – and with no extras like amuse-bouches or those witty palate cleansers, it's easy to feel that the Boat House comes in at the expensive end of the scale. But if a restaurant is a sum of all its parts, the Boat House scores highly on location, staff and presentation. And where else could you choose your new yacht between courses? Just so you know – mine's the classic 50's-style one with the red sail...

snap it up

Love seafood? Get yourself to the Boat House's first floor restaurant for this month's Seafood Feast – four courses for £24.95 throughout October.



The Boat House Restaurant
One North Quay
St Aubin
Tel: 744226
Open Thurs – Sun,
Dinner 7pm – 9.15pm
Sunday Lunch (£16.95 for 3 courses)
12pm – 2.3opm







THE WINE REGIONS OF FRANCE _ ERIC ROMBOUT

Burgundy (the reds)



urgundy is characterised by thousands of tiny domaines" (rather than "châteaux") making their own wines or selling grapes to négociants who buy grapes and finished wines for blending and bottling under their own label. Due to the many and miniscule vineyards, the Burgundians are the great believers in terroir. Roughly translated, it means the combination of soil, climate, aspect to the sun, proximity of roots to water, and geography which allows wine from adjoining fields to be completely different!

The great Burgundies, both red and white, are wines made from a single grape variety. For the majority of the reds this is the tricky and sensitive Pinot Noir, (with the exception of Beaujolais which is made with Gamay grapes). The red Burgundy grape, Pinot Noir, thrives on the cool limestone slopes of Burgundy, but is grown with only limited success when planted elsewhere in the world.

As with other regions in France there is a strictly administered Appellation system to ensure quality, however as there are literally thousands of growers, producing up to nine different appellations from an average of less than 13 acres each, it is difficult to be definitive without tasting!

AC Bourgogne is a generic classification covering wines which do not qualify for a higher classification. Regional Appellations cover groups of villages, such as AC Côte de Nuits-Villages. These are usually

good quality wines but not quite making it to the next level. Village ACs such as AC Pommard, and AC Vosne-Romanée are commonly known as "village wines". Bottles labelled as coming from a particular village should be of quite high quality though they will usually be blends from many different vineyards. Village Premiers Crus are usually blended from particularly good vineyards surrounding a village. Individual Vineyard Premiers Crus come from superior vineyards whose name is shown on the label.

Grands Crus are the élite of Burgundy. These wines come from the very best slopes and the label will bear only the name of the vineyard, not the name of any village. They are very expensive! As if selecting a wine from thousands of domaines each producing several different appellations was not hard enough; factor in the role of terroir, plus weather in the year of the vintage, and the petulance of the Pinot Noir grape itself! These factors, along with the question of terroir and the vast range of wines and domaines, mean that choosing red Burgundy has to be done carefully.

The Regions

The Côte de Nuits (which together with the Côte de Beaune is known as the Côte d'Or, or "Golden Slopes") produces the great red Burgundies and the vast majority of Grands Crus and Premiers Crus. Wines from here are expensive but should not disappoint. Look out for famous villages and wines such as Vosne-Romanée and Nuits St George. Further south the Côte de Beaune is

most famous for its whites, but there are also some good reds which, while they might lack the finesse of the best Côte de Nuits, are also a little cheaper. Corton is the only red Grand Cru of the Côte de Beaune, whilst Pommard and Beaune are its most famous reds.

Côte Chalonnaise has many fine midrange reds which will keep for 5 years or so. Top villages include Givry and Rully. The Mâconnais is the southern limit of Burgundy. Wines tend to be less expensive and made for drinking young but can be excellent value. Beaujolais is much further south. Though not part of Burgundy, it is usually included when we talk about burgundies and is home to light, fresh and fruity wines of Beaujolais Nouveau to the fine wines of the Beaujolais-Villages.

The best ten Villages have their own ACs and often the name "Beaujolais" doesn't appear on the label. These wines are known as the "Crus": Look out for Moulin a Vent, a personal favourite of mine which I prefer to Fleurie.

In conclusion, Burgundy is harder to understand, navigate and enjoy than Bordeaux but definitely worth the effort. Select your wine from trusted wine merchants and beware anything which sounds classy but is deceptively inexpensive!

Eric Rombaut is founder of French Imports Limited and markets a fine range of Burgundies which are available online, in the island's finest restaurants and retailed exclusively at Rondel's Farm Shop.

Here are Gallery's tried and tested Reds. A light tour of the region, with something for every occasion and pocket.



Mercurey 2004 Albert Bichot

One of the leading red wine villages of the Côte Chalonnaise, this is ripe, fruity and ready for drinking. If you are looking for an excellent value red to have with roast chicken, this is it. £8.70 Vins Direct



Beaune 1er Cru "Clos du Roi" 2004 Jean Gagnerot

This comes from Beaune, the capital of Burgundy. Its bouquet is sweet but pronounced with aromas of small fruits completed by musky nuances. The soil is composed of clay and limestone and is ideal for the Pinot Noir wine. Ideal served at cold room temperature (15°C) with roasted meats, red meat and light game. £101.40 per case of 6 (£16.90) frenchimports.biz

Pommard 1er Cru Chateau de Pommard 2003 "Cuvee Chateau"

Only the top third of the grapes will make it to become the "Cuvee Chateau"! The Feudal Estate of Pommard was established by privilege of Eudes the First, Duke of Burgundy in 1098. Perfection with game, well hung beef and strong casseroles.

£165.00 per case of 6 (£27.50) frenchimports.biz



The largest village in the Côte d'Or, Produced by one of Burgundy's largest and most credible producers, or négociants, and these full, potent reds can have strong tannic notes and need plenty of breathing. Could be laid down for 5+ years.

£20.80 Vins Direct

Volnay 1er Cru "Clos de 6o Ouvrees" 2000

Uncork this spicy blockbuster red, allow to breathe for an hour or two and pour a glass. Inhale deeply and you'll pick up expensive touches of aged leather pencil case. Ahhhh! This really is the best treat - structured and silky. An ideal gift, especially for someone who could wait for a year or two for it to get even better. £26.95 Relish

Bourgogne Pinot Noir "Les Senteurs" 2005

This young, fruity burgundy is perfect for easy drinking. Unoaked and aged in stainless steel vats, it is fresh, dry and light. Slips down nicely as an apéritif or a good all rounder with roast chicken, fish and seafood.

£7.70 Marks and Spencer













It's that time again

Our homegrown Autumn celebration of great value food is in it's tenth year. With loads of choice, you can dine out until mid November at cafes, bistros, gastropubs, and a huge range of restaurants ranging from Italian to Indian to Chinese.

As time has gone on, the dreaded inflation has eaten into the tenner of nine years ago, which now has an actual value in Jersey of £14.07 (according to the States of Jersey Statistics Unit) Therefore the Tennerfest, which now has menus starting at £10 but has the addition of menus at £12.50 and £15.00, represents even better value for money than ever! It is certainly guaranteed to get you out from in front of the telly this month.

This year once again demand from restaurants to take part has been high with 172 restaurants participating both in Jersey and over in Guernsey (great excuse for a day trip!). With over a quarter of a million special offer meals served up in 2006 it's easy to see why the appetite for this promotion - from both diners and participating restaurants-seems to grow and grow.

Tennerfest are keen for diners to share experiences. You can write an online review by following the links at Tennerfest.com. The top 5 reviews will win a new mobile phone worth up to £200 courtesy of Jersey Telecom. You will also be able to see all Tennerfest menus online via your WAP enabled mobile courtesy of Jersey Telecom just visit www. jerseyinsight.com





home&interiors ▶



Low Risers

More than somewhere to rest your latte, coffee tables are a focal point of your room. They connect areas to chat and chill and are a great opportunity to make a design statement. Words: Vicky Fawcett





Smoothly retro, with that 6o's formica feel and a good colour combo that are very now, this table would add a twist to your living space. Roma table. £249 Not Just Tables and Chairs at De Gruchy



Smart and pretty, this mirrored table will reflect your style well. It's great to maximise light and add that boudoir touch. Mirrored table £171 Moneywise



Add a touch of Mondrian to your space with this Rainbow table. With its primary colours and sharp lines, it would fit with a slick, contemporary interior. Rainbow table £249 Not Just Tables and Chairs at De Gruchy





This solid heavy table is made from green oak by local craftsman, Simon Bellwood. Nicely finished to show off the grain of the oak. Available at Romerils, Simon makes to order and up to 2.7m long. Contact him on 07797 888782. Lovely to have something living in your living room.

Jersey Oak table £295 Romerils



Morton and Morton's new collections are on the way

Tim and Jaana Morton have been on a punishing tour of Europe's best trade fairs to select pieces for their Autumn/Winter collections.

Maison et Object in Paris is the mecca for all creative new collections of furniture, lighting, everything interiors and Top Drawer in London, showcases all the best decorative bits and Christmas presents.

What's in their shopping basket? Lots of black, silver and crystal pieces to add sparkle and glamour to your home. Check out their store in St Peter as treasures start arriving.



LOCAL ARCHITECTURE

arcade fire



De Gruchy's hot new refurb blends Classical tradition with contemporary styling to open up the centre of the store.

ooking at the familiar facade from King's Street with its high classical archway that bridges the two buildings, it's not hard to imagine coaches and carriages passing through the Arcade, dispatching and collecting gloved and booted 19th and 20th century shoppers. Three years from now will be De Gruchy's 200th anniversary, making it one of the UK's oldest department stores and if you have ever been to the office on the first floor you can see the picture of those lofty founding fathers with their serious whiskers surrounded by their heavy leather ledgers. It was their canny retail know-how and inky checks and balances that helped make the store the institution that it is today.

The central Arcade was just fine as a route for cutting across town. It was essentially a corridor between, what felt like, two ostensibly separate shops. It had the high ceilings and a pleasantly faded grandeur but didn't deliver any real retail. It was always well used but so many of us nipped through without temptation to stray into the delights of the rest of the store. All that has now changed.

De Gruchy was bought by Ulster Stores 11 months ago, in part because they liked the heritage and the status the department

store has with locals and visitors. MD, Neville Moore, admits that he had a "tingle of excitement" the first time he walked down the Georgian Arcade. The company is investing £4m in the transformation of De Gruchy ahead of 2010. The brief is to enhance the history and tradition that make it unique and bring the whole store into the 21st century. Stage one of this



was the Arcade, which Moore sees as "the backbone of the building" and the logical place to start.

Moore brought in Devon-based architects, Jamieson Smith Associates, to design the full refurbishment because of their retail experience. Architect Steve Hemstock wanted to restore the original Georgian features of the Arcade but to choose finishes that give a modern twist. The interior moldings and decorative plaster work high up to the left and right have been carefully



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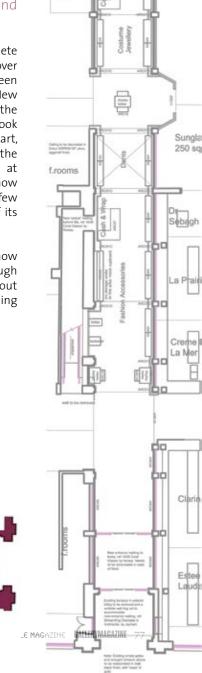
restored and are picked out in a palette of dark plum and aubergine. The glossy black chandeliers that run the length of the space create an opulence and integrate the Arcade into the store.

It's not just about tasty finishes. More significantly the Arcade has been opened up to link the two buildings and connect the huge fashion and accessories floor with beauty, shoes and luggage on the other side. These openings are wider and clearer, allowing for the free flow of happy shoppers and the creation of retail opportunities. At the King Street end, a wall has been demolished, clearly signaling the hot pink escalator and creating a smart lobby.

It's not just about tasty finishes. More significantly the Arcade has been opened up to link the two buildings and connect the huge fashion and accessories floor with beauty, shoes and luggage on the other side.

This £500,000 phase is complete and the next stage is the makeover of menswear and the space between the end of the Arcade and the New Street entrance. After that, it's the first floor which is starting to look very tired alongside such smart, shiny neighbours. That's always the downside of decorating. Looking at these new areas, reminds you just how far the store has come over the last few years as it approaches the start of its third century.

The new Arcade looks great but now you won't be able to dash through it, en route for elsewhere, without being lured left or right as something tempting catches your eye.

















paint the house red

The home: **A Victorian semi**

The space:

A kitchen transformed from drab to fab

Location: Stopford Road, St Helier

Cost: **£16,000** (not including building work)

t may be about to get cold outside, but step into Sue Annan's kitchen and there's an instant warm glow all year round. After years of living with a drab old-fashioned room, Sue took the bold step of dousing it with a generous splash of fiery red. In a time when most people are playing it safe with clean white or warm cream kitchens, Sue's brave move has more than paid off. She's ended up with a cool contemporary style which should stand the test of time.

It all started with the sight of ruby red granite worktops. "The minute I saw them in the showroom, I knew they were for me. Red has always been my favourite colour, and I've added a splash of it to most of the rooms in our house." But this was more than just putting up red curtains or buying a red vase. This was permanent. However, after 17 years of living with someone else's old-fashioned kitchen, Sue and husband Malcolm were more than happy for the change. "The kitchen was only 18 months old when we moved into our home, and mortgage rates were really soaring back then, so we felt we couldn't justify the money to rip it out and start again," says Sue.

She was also pregnant with daughter Cairistiona, now 18, and had given up work to have the baby, so they were reduced to a single income. The kitchen was chocolate brown with beige tiles – very fashionable for the time but not

to Sue's taste as a lover of bold, bright colours.

She explains: "I painted it forest green and decided to live with it for a while." A while turned into 17 years, as life took over and the family concentrated on the rest of their Victorian semi before finally turning their attention to the kitchen. "Even though we hated it, we were replacing a very high quality kitchen, and had to be sure of the right finish." The couple shopped around, before settling on the design talents of Howard Thompson at La Haute Cuisine in St John, who suggested a Zimmer Mira white kitchen, adding touches of Sue's favourite bright red on the worktops.

"I started out with a shopping list of what I thought I wanted – and came away with something much better, including touches I hadn't even considered." A corner of the kitchen was previously boxed off, to provide a side door to the house, making the room an awkward L-shape. Howard suggested knocking that out to square off the room, and putting in patio doors to the rear garden. Sue requested deep drawers and pull out racks, as she hated reaching into the back of cupboards. As well as the striking worktops, a vertical radiator in the same bold red made the otherwise white space really stand out.

But the piece de resistance for the Annans was the suggestion of an internally lit curved carousel in the corner of the kitchen, which complimented the curve of the worktops designed around the hob.

"The finished design just gave us so much storage space in what had previously been an incredibly cramped kitchen.

"The carousel uses a wasted area in a very attractive but practical way. It's great for storing large serving dishes and glassware that are too bulky to put anywhere else."

Sue wanted to keep her existing built-in oven, which was still in good condition, so matching appliances were chosen.

She explains: "I also like the fact the appliances are all in one area – the microwave above the oven and next to the hob. Before we redesigned the room, there were appliances in all four corners of the room."

Malcolm went to Normans for the solid oak flooring, as he wanted a mixture of old and new. "We hadn't counted on the months it would take for the granite worktops to be delivered to Jersey. We had to have a wooden template fitted and it felt like we were living with half a new kitchen. "But when they arrived, they were definitely worth the wait. "The whole effect has been a contemporary feel, which doesn't look completely out of place in a Victorian home."

Now the family enjoy spending time in the kitchen, and can enjoy Jersey's long hot summers by throwing open the patio doors to dine alfresco. But even in the winter, it doesn't feel cold. "It's no longer a room we rush in and out of," says Sue.

"It's warm and inviting, and we actually enjoy spending time in the kitchen. It's become the hub of the house."

Design: Howard Thompson at La Haute Cuisine, 6 Temple Court, St John 01534 860900

Worksurfaces: Ruby Gobi Crystal granite, approx £350 per linear m, PWS 01325 505555

Flooring: Solid country oak, from £32 per sq m, Normans 01534 883388

Radiator: Crea-Therm, £333, Bisque 01225 478500 Dining set: Jessamyn, £180, Ikon 01534 724600



careers&work ▶

We mean Business

WELCOME TO THE NEW GALLERY BUSINESS SECTION

What's Gallery doing with pages on business? Well... you work somewhere yes? And if you don't you're going to work somewhere?.... with me so far? Business is all around us. Jersey is an entrepreneurial place and we've met a lot of small businesses in Jersey over the last three years who appreciate a shout out to the public and other businesses about their products and services. The only business magazine we thought was any good was 'Enterprise' but that's defunct now, so we figured why not have a few pages in Gallery each month for businesses? What's happening, who's moving, who's re-branding, who's making a name for themselves, that kind of thing. **So, if you're an entrepreneur looking to tell everyone about your new start-up, a business that has some news or a PR agency with some gossip, throw it out way at thebusiness@gallerymagazine.co.uk**



Record 80 entries for 2007 marketing awards

The local branch of the Chartered Institute of Marketing (CIM) has received a record 80 entries for this year's prestigious Marketing Excellence Awards. The Awards, which will be presented at a Gala Dinner to be held at the Hotel de France on Friday, 2nd November, celebrate outstanding achievement across the full spectrum of marketing practice in the Island and are generally regarded as one of the best parties of the year, whether you're in the marketing department or not.



The event will be hosted by Sky TV presenter Lucy Alexander, who proved a great success when she hosted the CIM Awards in 2005.

Guests will also be entertained by one of the finalists from the hit TV show 'Britain's Got Talent' which, although sometimes seems an oxymoronic title for the show, should provide some great acts. The evening will be rounded off with music from top London

swing band, The Leo Green Experience. A high profile keynote speaker, sponsored by local marketing firm Direct Input, will be unveiled in the next few weeks.

Beverley Le Cuirot, branch Chairman said: "We are absolutely delighted to have received 80 entries for this year's Awards, up from 54 in 2006. Our Awards categories remain broadly unchanged from last year and this response shows the increasing importance of marketing to all Island businesses. The CIM Marketing Awards are firmly established as a highlight of the business calendar and this year they will be bigger and better than ever. With a record number of entries and a line up of first-class entertainment, we can promise our guests the best Awards Dinner yet!"

With five weeks to go, 45 of the maximum 50 tables have already been sold. Tables of 12 are available, with individual tickets priced at £75. The CIM has also negotiated a special B&B 'stay over' rate of £45pp with the Hotel de France. Tickets can be purchased from the CIM website at www.cim.je or by emailing events@jerseymail.co.uk



Jersey Telecom celebrate a prosperous year in their new shop

I'm guessing you've noticed it? the one with the big red flags? Yes, Jersey Telecom have been on Queen Street for a year now and results for this first year confirm that moving to the High Street was the right move to make. General sales in the shop have far exceeded targets with a 21% increase during the year and, despite increased competition, mobile sales have continued to rise.

JT say that more people moving from their pay-as-you-go service to a mobile contract has contributed to a 3% rise in new pay monthly subscriptions over the past year.

Those JerseyLive tickets must have helped a bit! The percentage of customers who pay a monthly subscription, as opposed to using pay-as-you-go, has risen from 49% during the first 6 months of 2006 to 56% in the first 6 months of 2007.

Yannick Filleul, Head of Home and Small Business Solutions at Jersey Telecom, said: "Moving the shop to Queen Street was definitely the right move in the face of increased competition. We are particularly pleased that the number of customers on a pay monthly mobile contract has continued to increase, showing that Islanders understand the value of our tariffs and are consistently happy with our customer service.



UBS Wealth Management raise £40,000 for local charities by sponsoring an Opera.

Record audiences helped celebrate the 20th anniversary of the Domaine des Vaux Opera Festival in July by raising over £40,000 for two Jersey charities. That'll look hot in the company report!

As a result of the success of this summer last month's festival, and the continued support of principal sponsor UBS Wealth Management, Durrell Wildlife Conservation Trust will receive £33,500 to help fund new purpose-built accommodation for its South American tamarins and marmosets. The money will also be used to improve integration between the recently introduced howler monkeys and the Andean bears, who co-exist naturally in the wild, and to build a revolutionary new home for Durrell's endangered frog population.

A further £6,500 will be donated to the local branch of St. John Ambulance, to assist with ongoing training and to help finance the organisation's Carers Support Programme for those caring for a loved one.

Festival director Anne Binney added: "We are extremely grateful to our wonderful audiences, and to our principal sponsor UBS Wealth Management, for their continued generosity and support. As well as our great friends at Diva Opera, we have many loyal supporters and helpers who return year after year and, yet again, they have helped make this year's opera festival a tremendous success." There is always some scrutiny over corporate sponsorships but when it supports the arts and supports a charity we're all for it!

hang on. Now if this is a business section shouldn't we be just using grey? that's the colour of business right? Well, look at the financial times. Well, we think PINK is THE colour of business so we're keeping it real with our new fuschia colour for the business section.



movers and shakers

The Business

movers and shakers

are you moving on up? why keep it to yourself? be proud and tell the world what you're up to. Email thebusiness@gallerymagazine.co.uk

Moving in new circles

Jo French moves Forward

Forward, the training division of BakerPlatt, has re-appointed Jo French to a full time training role with the company. As senior lecturer, she will deliver bespoke in-house training as well as contributing to the growing programme of public courses and professional qualifications that Forward offers, including ICSA.



Ms French has been lecturing and developing innovative training courses for over 15 years on a wide range of offshore subjects. Her clients have included some of the world's largest financial institutions as well as regulators, law enforcement agencies and individual students, a number of whom have achieved global recognition for academic excellence in their field of study.

In recognition of her work in developing the ICSA Certificate and Diploma in Offshore Administration, Ms French was made a Fellow of the Institute of Chartered Secretaries and Administrators in 2002. She subsequently obtained a First Class Law Degree (LLB) through the Open University.

Alex gets Spiked

Channel Island's production company Spike Productions has taken on Alex Bond as part of the technical team based in Jersey.



The 32 year old has more than eight years of experience in television and DVD production, having worked on a wide variety of broadcast programmes filmed all over the world and aired on the Travel Channel, UKTV, and most of the major regional ITV 1 stations.

Alex has also worked on numerous corporate projects for many blue chip clients and will continue to do so with Spike's ever growing portfolio of businesses requiring a range of recruitment films, internal communications and television commercials.

Alex will be using his skills in a variety of ways helping out on location, but primarily it is his considerable editing experience that will be used as Spike continues to experience high volumes of work in the local corporate DVD production market.

David Douglas joins Investec



Investec Bank (Channel Islands) has strengthened its existing Treasury team with the appointment of David Douglas. Working with Greg Ahne, David will provide high quality pricing and market knowledge to Investec's clients.

David has over 10 years' experience in the banking industry and brings with him considerable expertise of cash and Foreign Exchange markets, specifically derivative and capital protected products. He joins Investec from Anglo Irish Bank Corporation plc, where he was a manager in the Corporate Treasury Sales division. Prior to Anglo Irish, David held positions at HBOS, Bank of Scotland and Newton Investment Managers.

Going it alone

Online and Upwards for Robins



Matthew Robins, formerly Marketing Director at Mourant, moved to Webreality in May 2007 to become Joint MD with founder and co-owner Phil Balderson. Together they plan to accelerate the growth of Webreality locally and into the UK market.

Events with Hayley

Hayley Haigh was at Jersey Electricity in the Marketing department for 7 years but left in January 2007 and has set up as a Self - Employed Event Manager under the Company name of *Events with Hayley*. Hayley can cater for any type of event; weddings, corporate balls, seminars, team social events, personal parties and no doubt even more.







jobsin











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plenty of opportunities for progres-

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activity&leisure ▶













Main Workout for



After our lovely long hot summer, it is time to build ourselves up for those autumn months ahead, so this month we will be looking at techniques for building up your muscles. There are a number of techniques with dumbbells

that I like to use, and coming up are some of my favourites. The main advantages in using dumbbells are that they tend to be more difficult to hold stable, so you use your synergist muscles a lot more, these are your smaller muscles around joints that help promote stability.

Standard Pull ups (wide grip) (1)

Make sure when performing the pull up to lower yourself down as much as possible to give your muscles the full range of motion. 8-12 reps

Chest Press on a Swiss ball (2)

Form a good bridge with your back on the Swiss ball, then push up the dumbbells and steadily lower with reps between, 8-12

Horizontal Pull ups (3)

When performing the horizontal pull up it is important that your body is holding as ridged a bridge as possible as this will also benefit your core muscles. 8-12 reps

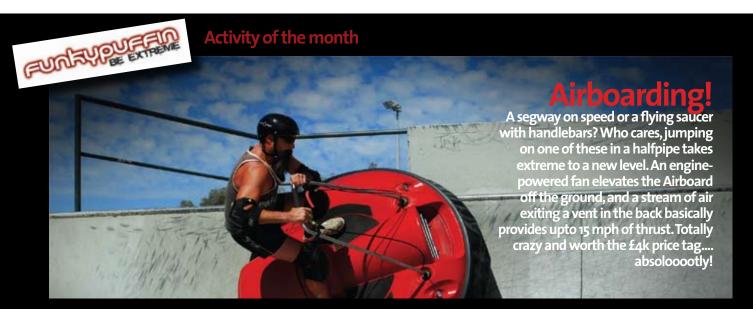
Shoulder Press on a bosu ball (4)

Great for your balance, stand shoulder width apart with your knees slightly bent on the bosu, and perform steady presses of between 8-12 reps.

Upper back cable pull (5)

Stand with your shoulders squarely facing the cable, and pull towards yourself keeping your elbow at shoulder height to work your upper back muscles. 8-12 reps

Drop in to see steve at fitness first and get your own programme!





ALL THAT'S HOT IN THE WORLD OF

gadgets Ceri Milner



The New iPod Nano **HOT** off the press

The new ipod Nano has changed shape and now supports video! The world's most popular digital music player now lets you enjoy movies, TV shows, and more on a two-inch display that's 65% brighter than before.

We love the Cover Flow feature which allows you to browse through your music and video collection by flipping through album art., you then select an album to turn it over and see the track list!

The new Nano now has an enhanced interface so you will experience a whole new way to browse and view your music and videos. It is also very sleek and comes with an anodized aluminium and polished stainless steel enclosure in a choice of five colours.

read as if this is a jingle iQ are proud to announce new pricing on all Apple products, meaning that we now match the incredibly low online ex- VAT price. £109.79 @ iO Applestore



The iPod Classic 16oGB

HOT new shape

The 'standard' iPod is now called iPod Classic and comes in 8oGb and 16oGb - it is slimmer and slightly more curvy (just how I like 'em).

The new iPod Classic has a new design. It is beautiful, durable, and sleeker than ever, and it now features an anodized aluminium and polished stainless steel enclosure with rounded edges.

With 160GB of storage and up to 40 hours of battery life, the new iPod classic lets you enjoy up to 40,000 songs or up to 200 hours of video (or any combination), which is just mind-blowing for such a small device.

£194.89 @ iQ Applestore

HP dv6527

HOT offer at NSEW

When you google this laptop almost all of the reviews start with saying just how good-looking this piece of kit is. In fact I've read the phrase 'flawless and stylish looks' about nine times in the half hour I've spent researching this laptop! But this laptop isn't just a pretty face; the HP dv6527 also offers an exciting entertainment experience, imaging, audio, durability and quality. You get the whole package with this one - HP have done very well.







Also when you buy the new HP dv6527,(or any of the other brilliant laptops at NSEW) you will receive a free laptop case, a free 2GB pen drive and a free cordless mouse! This excellent offer will continue through the whole of October and into November.

£459 @ NSEW





Wesco Scales and Clock

Retro Scales in HOT colours

They have a 4 kg / 8.8 lb capacity and combines kitchen scale & clock with a large stainless steel measuring bowl. It doesn't matter if you don't do much cooking, they just look so cool!

£24.99 @ Moneywise in the Arcade



Hot phone alert _ The BlackBerry Curve "Nothing does email better or makes it easier."

Drum roll please! The new BlackBerry Curve Smartphone is now available from Jersey Telecom! Why sit at your desk waiting for an email, when you can be off into town to meet your friends for lunch or after work drinks? Also on your way why not watch an episode of Lost (or whatever else you've downloaded) or listen to some music to get you in the mood. The Curve's memory card slot means you can take along as much entertainment as you need on microSD cards. Plus the phone's desktop media manager makes it incredibly easy to convert and transfer files to your device.

The Curve has a brilliant 2.0 megapixel digital camera with digital zoom and a fantastic built-in flash. Perfect for capturing anything and everything as you're on the go.

One of my favourite new additions (and there aren't actually that many) is the Curve's built-in spell check (Hazzarrr!) This is a huge benefit for me, as I always rush all my thoughts onto an e-mail and consequently they are riddled with mistakes. So now I can tap away, safe in the knowledge my errors are being highlighted for me! Also the Curve, like other BlackBerries, supports Instant Messaging (IM) which lets you sign into communities such as Yahoo Messenger and Google Talk, which I found great fun to play on.

It is a bit bigger than its predecessor, but still only weighs a very light 111g, so it'll still be fine in your pocket. Overall the Curve is an excellent phone, and it is unbeatable on e-mail.

£299.99 (handset only) @ Jersey Telecom

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test drive



words & images _ Nathan Robson

an you believe the original Boxster hit our roads back in 1996? And who could have predicted what a success it would be. This two-seater roadster occupies a special place in the heart of Porsche, having helped a struggling Stuttgart company back on the long road to recovery by setting the standard by which all other roadsters are judged. And what a recovery they have made. The story continues with the latest uprated Porsche Boxster roadsters.

Since the new shape was released in 2004, you would be forgiven if at a quick glance you struggled to tell the timid redesign apart from the old model. There is in fact however not a single body panel carried over from the previous model. When I first sat in the interior of the new Boxster a few years ago, I was amazed to see that it is pretty much identical to that of the more expensive 911. No doubt a surprise to the deeper

pocketed 911 driver, but that aside, the cabin is a very comfortable place to spend time, with excellent seat travel for the taller driver, a very adjustable steering wheel, thicker seats with substantial side support and excellent all round vision with the roof up or down. The roof in fact rivals a solid hard-top for refinement, excellently insulated to make the cabin surprisingly quiet, yet blended with a welcome engine growl to let you know we are still in business.

In terms of performance, I've always wondered if Porsche did ever create a more powerful Boxster, the car really is so good that the end result would most definitely be a fall in 911 sales. For this reason I am sure, Porsche originally made simple, but small, welcome tweaks to power and low-rev torque responses on the launch of new model. A few years on and still cemented at the top of its class, both the Boxster and

flagship Boxster S have been given that extra boost, almost like a friendly nudge to rivals, just to say I'm still the daddy. The 2.7-liter Boxster engine now develops an additional 5 horsepower, bringing peak output to 245 horsepower. The S now shares the same 3.4litre flat-six engine as the Cayman , developing 295 horsepower, 15 horsepower more than its predecessor and capable of catapulting its exquisite rump down the road at 169mph, hitting 60mph in 5.4 seconds en route.



A FEW YEARS ON AND STILL CEMENTED AT THE TOP OF ITS CLASS, BOTH THE BOXSTER AND FLAGSHIP BOXSTER S HAVE BEEN GIVEN THAT EXTRA BOOST, ALMOST LIKE A FRIENDLY NUDGE TO RIVALS, JUST TO SAY "I'M STILL THE DADDY."







The increased engine size has resulted in further improved torque response, and both engines are now equipped with Porsche's VarioCam Plus, which provides both variable intake valve timing and lift control. Thanks to this system, the Boxster and Boxster S engines have characteristically even stronger pulling power, combined with high peak-output and impressive fuel efficiency. Driving the S feels quicker because you need fewer downshifts to access the performance. Combine this with the mechanically precise, shortthrough action six speed box that can be found in the 911, the Boxster really is a joy to drive. It feels very accomplished on the road too. Available with Porsche Active Suspension Management (PASM), this suspension setting lowers the car 10mm and stiffens things up considerably. Place a glass of water between my legs with that on, and I'd get out of the car looking like I had got far too excited. This system, combined

with an amazingly neutral chassis balance, makes fast cornering feel secure and predictable, transmitting a believable, constantly changing picture of the road surface. You can lob it almost casually into quick corners and it lets you get away with it.

Driving the S feels quicker because you need fewer downshifts to access the performance. Combine this with the mechanically precise, short-through action six speed box that can be found in the 911, the Boxster really is a joy to drive.

For the first time also, both the Boxster and Boxster S are available with the 19-inch turbo forged alloy two-tone wheels that were originally developed exclusively for the new 911 Turbo. Icing on the cake in my opinion, and a definite must have!

So, can you really improve on perfection? In a nutshell, yes. She was a hottie before, but more power and more torque have simply made this car even more desirable. With all the curves in all the right places, the trademark styling remains and the expertly finished interior uninterfered with, reflected by the fact that Porsches selfishly hold on to their value more effectively than just about anything else on the market.

Admittedly though, start ticking a few boxes on the options list and the price starts to run away without you, heading directly for the Cayman price range, and coming close to that of the sensational 911. Being a Porsche however, it's not only beautifully made but also a sensational driving experience, and without doubt, the Boxster is a surprisingly practical "every-day-use" sports car package.



motoralia

Motoralia

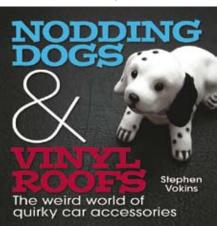


New sports specification for open air Audi A4

It has held it's own as one of the best looking drop tops for a while now and the latest edition is now getting beefed up with upgrades inside and out for the new A4 cabriolet 2.0 Tfsi s line special edition. The special version of the A4 cabriolet is powered by a 2.0 Turbo fsi 200ps engine - available to order now for first deliveries in December. Exceptional specifications include s line exterior styling, pearl nappa leather upholstery, Bose sound system with cd autochanger, acoustic parking and xenon headlamps. Performance figures are 200ps @ 5,100-6,000rpm, 280nm @ 1,800-5,000rpm, 0-62mph in 8.2 seconds (multitronic 8.1), Top speed 146mph (multitronic 144), combined mpg 34.0 (Multitronic 33.6), Co2 199g/km. What's stopping you?

Return of the nodding dog

Flared trousers, Dr Who, the Labour Party – everything makes a comeback. Next will be nodding dogs and vinyl roofs. There's now a book about them. The craze has begun. It will gather momentum and soon there may be a TV series. Meanwhile, Nodding Dogs & Vinyl Roofs by Haynes explains everything you need to know about quirky car accessories. Being knowledgeable about exhaust flamethrowers, tiger tails and bolt-on fins is an essential prerequisite of leading a fashion revival.



Author, Stephen Vokins, has trawled the weird world of motoring add-ons to produce a fantastic collection of everything from acetylene lamps to windscreen wiper kits – passing through gradient meters and pop-up spoilers.

Acetylene lamps are from a bygone age but advertising hubcaps are a recent invention. Cleverly, the centres do not rotate even when the vehicle is moving – so you can always read what they say. Boot luggage racks were a practical addition and, arguably, significantly raised the value of some of the rusty old sports cars to which they were fixed. Will they be popular again? Probably only with owners of rusty old sports cars.

Look out next month for a full book review! 'The weird world of quirky car accessories' by Stephen Vokins. It's out now and published by haynes Rrp: £7.99, Hardback, isbn: 978 - 1 84425 422 4

Volkswagen teams up with streetcar to trial bluemotion products

Volkswagen is set to launch one of the world's most fuel-efficient liquid-fuelled cars, the Polo Bluemotion, which returns a combined fuel consumption of 74.3 mpg and emits just 99 g/km of carbon dioxide.

To mark its launch, Streetcar, the UK's largest pay-as-you-go car club and Volkswagen customer and partner, will be trialling the Polo Bluemotion across 25 locations in London, creating a partnership between the most efficient car on the road and the most efficient way to drive.





Driving thrills from santa!

So what's the criteria for this year's most memorable christmas present? Adrenalin? Hair-raising? Thrill a second?

If you want to tick any of the above, how about offering a loved one the chance to strap themselves into one of the best handling cars in the world?

From just £99, you could treat them to an unforgettable experience behind the wheel of the legendary Caterham Seven at one of the carmaker's truly unique slalom, track or drift events. Visit www.caterham. co.uk And don't just think it's a treat for thrill-seeking boys; 30 percent of vouchers are sold for female recipients.

Although it has just celebrated its 50th anniversary, the Seven remains the closest thing to a racing car on the road. Stripped to the very basics, the two-seater made famous by cult 1960's TV show, The Prisoner, can accelerate to 60mph in less than 5 seconds, and can embarrass any Ferrari or Porsche on the track.

Venues for Caterham Motorsport Club events in the UK include Brands Hatch, Cadwell Park, Castle Coombe, Elvington, Oulton park and Silverstone.

Rolls-Royce convertible debuts in middle east

Rolls-Royce motor cars has just unveiled the new Phantom Drophead Coupé in Qatar, in the Middle East.

This two-door, four-seater convertible features several unique design options, like a stainless steel bonnet and teak decking - inspired by sailing yachts. Each car is individually built by highly skilled craftsmen and women at the company's world headquarters in Goodwood, on the south coast of England. Production of the Phantom Drophead Coupé at Goodwood is ramping up and first deliveries to customers in the Middle East have just begun.





Newsbits

October - tyre safety month

I've just had new tyres fitted to my car and the improvement is immediately noticeable. Handling is better especially in the wet, and fuel consumption is also improved. If you're thinking of changing your tyres it is also worth checking the characteristics of the tyres you are thinking of fitting – they vary. I especially wanted better wet weather grip as winter is coming so after searching on the internet for the tyre sizes I needed (written on the side of the tyre -e.G 205 60 r15) I chose Toyo tyres which are available from Taf in St Helier.

Eurotaxglass's launches Europe's biggest used car valuation websites

Trusted valuations now produced in just three steps, plus new services at www.glass.co.uk. Eurotaxglass's, publisher of Glass's Guide and the market-leading provider of utomotive intelligence, has added new vehicle data services as part of a pan-European initiative. In addition to used car valuations, the all-new site at www.glass.co.uk now features 'Car Comparator', enabling users to configure and compare models from different manufacturers. Before the end of 2007 the 'Residual Value Forecast' feature will be added, which predicts a vehicle's future value, and next year consumers will be able to use a 'Damage Estimator' option on the site to calculate the cost of minor vehicle repairs. The cost of downloading a valuation will be £3.50

Controversy over China's "automotive aldi"

There was controversy at the Frankfurt show as wildfire rumours suggested that one of the two Chinese exhibitors at the show was about to be thrown out, following objections by western car makers over allegations of design piracy. A media scrum ensued, though no eviction notice was served on China Automobile Deutschland, the German-based importer that is trying to turn itself into the "Aldi or Lidl of the car business"

At the centre of the storm were two car models, the Jonway Ufo and the Sheunghuang Ceo. The former looks like a clone of the Toyota Rav4; the latter bears more than a passing resemblance to the BMW x3. In China, this sort of "design piracy" is rife, but allowable. Watch this space.

Triumph launch limited edition Daytona 675

To commemorate winning Masterbike's Supersport title for the second year running, Triumph has produced a limited edition 'Masterbike' version of the groundbreaking Daytona 675. Exclusive to the UK, just 100 of these stylish machines have been produced.

The Graphite 675 comes complete with Masterbike 'Supersport winner 2006 & 2007' decals, a certificate of authentication and free carbon fibre accessories, including an exhaust heat shield, front mudguard and hugger, heel guard, chain guard and cockpit

Enquiries to Bob's Motorcycles, Devonshire Place





Fiat 500 appears at London Design Festival

The motor industry's style icon of the moment – the stunning Fiat 500 – is all set for its first appearance at the London Design Festival in the UK's capital. The new 500, which represents Fiat's manifesto for the future, has already set the motoring world alight, attracting critical acclaim from potential customers, enthusiasts and the media alike. And the London Design Festival, which runs until 25 September, will be a perfect backdrop to display the 500's amazing poise and style to a new group of interested onlookers.

Designed at the Fiat style centre in Turin, a pearl white example of the 500 will be the focal point at 'Tent London' – one of the festival's leading exhibitions, from 23-25 September. Based at the city's famous Truman Brewery, a reclaimed industrial site in London's Brick Lane, 'Tent London' will display a vast array of work including old and new design, art and architecture by emerging and established designers from around the world.

Friday 12th – Saturday 13th October

Jersey Rally
Lock up your pets, it is that time of year again, and apparently this year includes a visit by a unique Aston Martin rally car – should be a laugh....





Rocksteady Nöstan

With a bunch of high-profile releases to his name, British-German DJ/ producer Lars Moston is making a good deal of noise in Clubland. Apart from solo work, he is also one half of Moston & Malente and one third of The Killergroove Formula. Lars Moston's solo 12-inch "We Like This" (Hammarskjöld Rec.) is currently being hammered by Electro and Breaks jocks alike, with support coming from the likes of Etienne de Crecy and Mason.

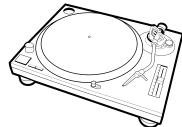
Moston & Malente have been big in the game ever since their first release "In the Sky" on Hamburg-based Moonbootique Rec. became a club hit that earned them no.4 in the German Club Chart (DCC), world-wide compilation deals and video airplay on music television. More recently, it was "The 2 & Only" on Manchester's high-rising Breaks imprint Splank! Rec. that made a name for Moston & Malente in the UK after it was crowned Record Of The Month in IDJ magazine. Remix duties for the likes of Ursula 1000 quickly followed

Boogie Army aka Captain Koma and Marten Hoerger first met back in 2000. After spending four years partying, DJ-ing and working together in the studio, they released their first record Boogie Army Busta/Hyperkrank on Berlin based label "Carepack Records" in 2004. The record became one of the best selling German breaks records.

Rocksteady Presents....

Lars Moston & Boogie Army supported by residents Ben & John @ Live Lounge 2200-0230 For more info, e-mail

rocksteadyjersey@hotmail.co.uk



Other nights this month

Every Monday @ Platinum European Night

Sweet & Sexy Music

Pole dancing competitions and prize auction. 2200-0230 Free before 12am with flyer

Every Friday @ Chicago Rock

Traffic Light Sticker Disco!

Green, Amber or Red?

Decide if you are Green, Amber or Red - This great game is back and will let everyone know if you are open for possibilities (Amber), ready for a good time (Green) or if you are a no-go area (Red)

Free admission all night

Friday 19th October @ Liquid

Carnival Freak Show

Axle Fashion Show Party

Axle are pulling out all the stops this season and making their fashion show a true party with a special guest Dj and live PA! Tickets are limited and £10 in advance Get yours from any Axle store!

Saturday 27th October @ Liquid Carnival Freak Show

Freaky Entertainment All Night!

Freaky entertainment along with the finest grooves for people who like to party in style. The latest mix of Dance and RnB, - remember where you heard your favourite choon - Liquid (over 18's) & Envy (over 25's). 1500 people can't be wrong!

2200-0230 £tbc

cocktail of the month

Bom ChickaWahWah!

JP's ultimate porn star martini! Be seen drinking one of these babies andall your friends will want to copy you.

Vanilla Vodka, Liqueur 43 Chambord raspberry liqueur

shaken perfectly with pineapple juice andtopped with a floating edible flower.

Served with a quarter bottle of Champagne.

Dirty Filthy Gorgeous!

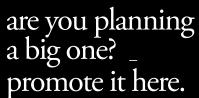




Rojo Boutique Cocktail Bar. 10 Bond Street. For table reservations call 729904

promoters?!

send us your nights for November. events@gallerymagazine.co.uk by the 17th October!





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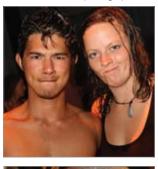






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The Cuban Brothers (MTV)

The Cuban Brothers are unique. Their fresh approach to live entertainment whips up a frenzy at every gig. Their legendary performance combines music, which evolves with every show, riotous comedy, both physical and observational, and sensational dancing.

MTV's The Cuban Brothers supported by resident Craig Alder at The Drift, The Royal Yacht Hotel 20th October 07 // £8 on the Door (Free before 8pm) For more info, please visit: www.theroyalyacht.com/Bars/The-Drift



Chinese Elvis

Paul Hyu has appeared in theatres up and down the UK, the West End shows Miss Saigon, The Wind in the Willows, The Wheel of Life as well as working in Hong Kong, Singapore, Germany, USA, Canada and Barbados. Now you can catch Chinese Elvis in Jersey at Jersey's newest late night spot in St Helier

The Drift Present.... Chinese Elvis - As Seen on GMTV supported by Blu Sway Shu @ The Drift // 4th October 07 // £5 on the Door (Free before 8pm) For more info, please visit: www.theroyalyacht.com/Bars/The-Drift

CL!QUE's Next Installment.... Jamie Jones

CL!QUE present one of electronic house music's hottest stars as they welcome the return of DJ/ Producer, Jamie Jones, who was arguably one of their best guests after his debut at Synergy last year. A year later, and Jamie's star is well on the rise, and he is now considered a main player on the global house scene and well respected by the likes of Sven Vath who included one of his tracks on his Cocoon Ibiza mix album, and also Damian Lazarus who invited Jamie to record a mix for the Crosstown Rebels compilation series 'Get Lost' earlier this year.

His DJ schedule has also taken off and with his enhanced reputation, he is now a regular at some of the coolest nights around Europe including Fabric, Monza, Below, Circo Loco & Superfreq to name a few. With CL!QUE's last couple of guest nights at the new and improved Pure being jam packed coupled with electric atmospheres, this is a night you surely dont want to miss!

CL!OUE Present.... Jamie Jones support by residents Carl Scott & Pete De Momme 6th October 07 // 2200-0230 // £6 on the Door For more info, please visit: www.myspace.com/cliquism

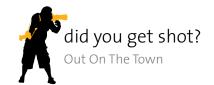


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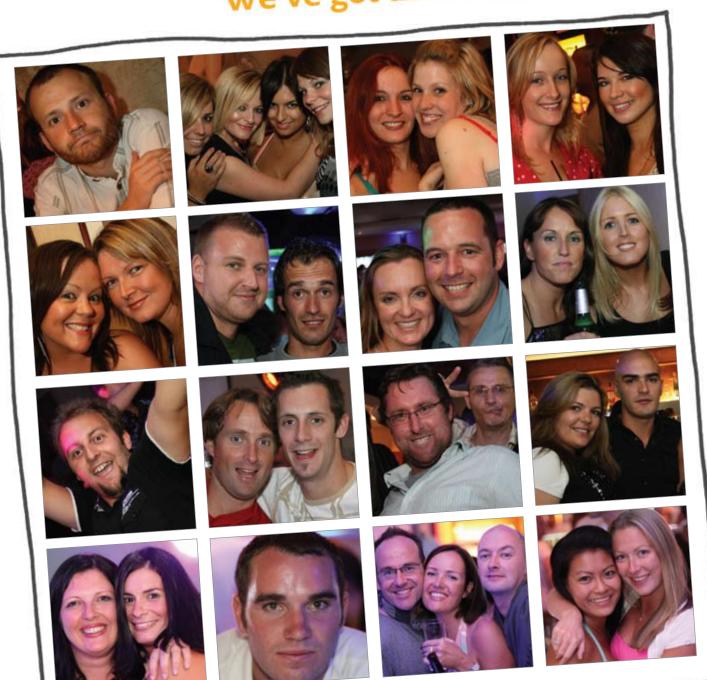




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We've got the island covered



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



What's on in October

If you have any listings or events for next month's magazine, send them to listings@gallerymagazine.co.uk by 14th October.

MONDAY 1st October (until Nov 12th) Tennerfest Delight in Jersey's sumptuous cuisine and attractive surroundings as you dine in style from as little as £10. MONDAY 1st (until Oct 14th)
JJ Fox Open Art Exhibition
This exhibition celebrates a
milestone of 25 years, in which JJ
Fox International have sponsored
the Open Art Competition
for Channel Islanders. The
exhibition shows the artwork as
selected by this years judge, Mick
O Dea, DHA.
Berni Gallery, Jersey Arts Centre,
Free Entry, Tel: 700444

TUESDAY 2nd Karaoke Classic Karaoke at



THURSDAY 4th (until Oct 6th) Moscow Ballet La Classique presents Sleeping Beauty. Fairytale characters abound alongside a King, a Queen, Good and Evil Fairies, Fairies of Gold, Silver, Diamonds and Sapphire plus the inevitable handsome Prince, all weaving their magic to present this timeless tale of Princess Aurora, The Sleeping Beauty. Beauty.

Jersey Opera House, 19:30 - 22:00,
Saturday matinee 14:30 - 16:30
£19:00 - £32:00

Tel: 511115 or visit www.jerseyoperahouse.co.uk

FRIDAY 5th FRIDAY 5th
The Kingdom released
Starring Jamie Foxx, Jennifer
Garner and Chris Cooper.
Jamie Foxx plays whip-smart
government special agent Ronald
Fleury, who has just received
the assignment of his career:
assemble an elite team and go
to Riyadh to hunt down and
capture a terrorist mastermind. capture a terrorist mastermind

SATURDAY 6th Jamie Jones at Pure CL!QUE proudly presents Jamie Jones (Fabric) at Pure Nightclub. Supported by residents Carl Scott & Peter de Momme 10:00pm - 02:30am £6.00 Entry visitwww.myspace.com/cliquism for more info

SATURDAY 6th The Companie of Duke's Leopards
Experience the flavour of 15th Century life and try your hand at calligraphy, weaving or embroidery.
Mont Orgueil Castle, Gorey.
10:00 - 16:00, £9.00, concessions
£8.20, under 6's free
visit www.jerseyheritagetrust.org



SUNDAY 7th Moto X Motorcyclists compete over a course full of jumps and tight corners. Spectators welcome. Special Headland, St. John. 10:00, visit www.jerseymotorsport.com

TUESDAY16th October (until Nov 3rd)
November Human Rights Photographic Exhibition
Photojournalist Richard Wainwright reports from the Sudanese refugee camps in Eastern Chad. After fleeing four years of conflict in Darfur, thousands now struggle to survive in one of the most inhospitable places on earth.

Berni Gallery, Jersey Arts Centre, 09:00 - 20:00 Free <u>Tel: 700444</u>

FRIDAY 19th (until oct 21st)

FRIDAY 19th (until oct 21st)
Discover Durrell Weekend
Become better acquainted with some of your breathtaking relatives and our
partnerships with conservation programmes worldwide and enjoy a brand
new My Family and Other Animals Family Weekend at Durrell, focusing on Primates, apes in particular.

Take part in this two day course packed with a combination of talks, films, meeting our species and hands on activities, an amazing way of acquiring new knowledge, new skills and meeting new, like minded people.

Durrell Wildlife Conservation Trust, La Profonde Rue, Trinity.
10:00 - 17:00

£75.00 per day visit www.durrell.org

FRIDAY 12th (until Oct 13th) FRIDAY 12th (until Oct 13th) jersey Rally Drivers and navigators skills are tested to the limit through the lanes of Jersey. Vehicles range from Min's to World Rally cars, all of them providing superb entertainment for the thousands of spectators attending each year. Starting from The Esplanade from 13:00 visitwww.jerseymotorsport.com

SUNDAY 14th SUNDAY 14th
Coastal Discoveries with The
National Trust for Jersey
Why not take the opportunity
to discover more about Jersey's
coastline with an illustrated talk.
Grève de Lecq Barracks, St Mary.
14:00 - 15:00 Free Tel: 483 | 93



Sport

Nightlife

Cinema

Activity

Recommended

SUNDAY 21st The John Kimble Experience Head down to Chambers for The John Kimble Experience

TUESDAY 23rd (until Oct 24th)
The Boat House Cookery School
Enjoy a one day course, giving
you a chance to experience
hands-on cooking, coupled with an
informative tutorial with Chef John
Benson-Smith in the first floor kitchen with breathtaking views of St Aubin's Bay. The Boathouse 10:30 - 16:30 £99.00

THURSDAY 25th (until oct 30th)
Gerald Durrell's My Family And Other Animals
Following a hugely successful première in February 2007, and a Theatrein-Education tour of the Channel Islands and the Ionian Island of Corfu,
this well-loved story of Gerald Durrell's youthful adventures is returning
to \$t. James, Durrell Wildlife Conservation Trust and the Jersey Arts

25th & 26th St James, St James Street, St Helier. 27th & 28th Durrell Wildlife Conservation Trust, 29th & 30th Jersey Arts Centre, 19:30 daily except Sunday, Saturday, Sunday, Monday & Tuesday matinees 14:00 £13.00 adults, £7.00 students

THURSDAY 25th (until Oct 27th) Black Butter Making

Black Butter Making
Another hugely popular Trust Event which continues to grow every year
- not only will you hardy folk be able to come along to peel apples or stir
the mixture in the bachin throughout the night and into the small hours.
Join your spirit guide on the Ghost Walk at midnight or stroll around the
organic garden during the day and there will be a Genuine Jersey Market
Day on Saturday morning sponsored by Jersey Tourism.
The Elms, La Chéve Rue, St Mary.
14:00 - 17:00 Thursday, from 10.00 on Friday and throughout the night
Free

visit www.nationaltrustjersey.org.je



The Jersey Film Society presents 5x2
A thirty-something couple, Gilles and Marion, are filmed in five crucial moments of their life together: first meeting, marriage, and birth of their first child, arguments and divorce. An evocative Italian song separates each moment while the whole series of each moment while the whole series of episodes poignantly explores the emotional texture of the everyday.

Jersey Arts Centre, 20:00, £5.00 adults, £3.00 students (Tickets only available on the door)

FRIDAY 26th Turning the Island Pink! Breakthrough is the UK's leading charity committed to fighting breast cancer through research. Breakthrough want everyone to turn pink on this day to raise awareness and funds for this brilliant cause.

SATURDAY 27th (until 15th Dec) Jersey Arts Centre Art Tutor Exhibition
An opportunity to view work from tutors of the Jersey Arts Centre including Gabrielle Radiguet, Chantal Quaeck, Ann Morgan, Linda Rose Parkes, Ron Weiss and Kevin Pallot.
Berni Gallery, Jersey Arts Centre Free Entry

SATURDAY 27th (until Oct La Fais'sie d'cidre (Cider

restival) Enjoy a traditional event where Jersey's rich heritage of apple growing and cider making is celebrated and all ages will find lots to see, do, learn and enjoy.

SATURDAY 27th Market Day at The Elms
Celebrate Jersey's agricultural
heritage within this beautiful
18th century farm complex.
The Elms, La Chéve Rue, St Mary.
10:00 - 13:00



MONDAY 29th Eisteddfod Celebration Concert Eistedardo Celebration Conce Enjoy an evening of music, speech and drama and French from the Eisteddfod. Free, with a retiring collection for a Church charity. Georgetown Methodist Church,



MONDAY 29th
Reach For The Stars
The Liz Robinson School of
Dance presents this musical dance
extravaganza with over one
hundred pupils performing.
Jersey Arts Centre
£5.00 - £12.00 Entry
For more information tel:
700444

WEDNESDAY 31st Live at Chambers
Suzy's Field will be playing live at
Chambers.This is the perfect way to relax after work, and break up the week a bit.

WEDNESDAY 31st WEDNESDAY 31st
Halloween Family Fright Night
Tricks and Treats await, as you
explore haunted passageways,
discover surprises lurking in the
dark, follow the ghouls on
their walks after dark and enjoy
some traditional Halloween stories
and games as you dine, shop,
explore and jump out of
your skin at this fun filled spooky
family night out. family night out.





the gallery directory

fashion & beauty



MAR@

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



H[&]

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



MANNA

Manna

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 and 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



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@



Get Blissed

jerseymail.co.uk

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 Tel: 789911



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 with 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 opposite the men's store on Beresford Street. Our brands cross the board and look after a wide range of customers. Feel free to pop in, the staff will provide expert advice on this season's 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 15 Beresford Street. tel 733658 ww.rouletteclothing.co.uk

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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 in calm and comfortable surroundings. All beauty treatments.

71 King St., St. Helier. Tel: 610082



RENAISSANCE

Renaissance

Renaissance has gained an envied reputation as the most exclusive store in Jersey. Offering only leading designer labels such as Moschino (Cheap and Chic), Temperly, Cavalli, Amanda Wakeley, Nanette Lepore, Brunello Cucinelli, Missoni and Theory. A modern, bright and airy shop with committed, knowledgable and enthusiastic staff, Renaissance has a hard earned reputation for being honest and forthright, offering outstanding customer service. 26 Halkett Street, St Helier. Tel 617386



Marc Cain Store

The Marc Cain Store is housed in a listed building on Hilgrove Street. Minimilistic and modern in design setting the scene perfectly for the Marc Cain collection. Marc Cain separates are innovative, diverse and versatile with an Italian edge which makes it a perfect co-ordinated collection for the fashion conscious and chic woman of today. Our enthusiastic, fully trained staff can assist in creating your perfect outfit. 26 Hilgrove Street, St Helier. Tel 873626



Ayurvedic Health Centre

Ayurveda, known as the science of life, is a complementary and alternative health system. Its aims are to maintain health in the healthy and improve health in the unhealthy. Ayurveda advises that each of us has a unique constitution; being a combination of three doshas, Vata, Pitta, and Kapha. Treatments include diet and lifestyle advice, herbal preparations and oil treatments. For more information call

The Ayurvedic Natural Health Centre Tel: 01534 744 111 / 07700



Cuba Womenswear

Cuba Womenswear is rapidly earning it's reputation as an essential destination in the fashion market place. Our brands Wal-G, TFNC, and Lipsy (as featured on WAGS BOUTIQUE) follow key trends throughout the season with new styles arriving weekly, complimented by must have fashion accessories. Most Importantly our prices reflect value for money without compromising on quality, design and selection.

30 Burrard Street Tel. 630920 www.myspace.com/cubaclothes

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 us on 811100



The Nail Lounge

Our specialist Nail Technicians target problematic areas, enabling your relaxation and overall nail health. To rectify peeling, splitting, weak or brittle nails, we use Nailtiques Treatments and guarantee results. 120 Orly Nail Polish colours are available, giving a glossy durable finish for up to 14 days on hands and 6 weeks on toes. Natural Magic Organic Aromatherapy candles now available £29.99. The Nail Lounge, 5 Eagle House, La Colomberie, St Helier, JE2 4QB Telephone 759590. info@thenaillounge.com



Four York Street

Discover the unexpected. 4 York Street's new exciting salon that boasts glamour and sophistication. Bright and spacious interior has a relaxing ambience yet quite a funky feel. Our friendly experienced team offer all aspects of ladies' and gentlemen's hairdressing. Our helpful staff will offer the best services including a fantastic product range to support your style. Гigi, GHD and St.Tropez

4YS, 4 York Street, 638000



••••••

G-room

Bringing a unique and refined grooming concept to the heart of St Helier. Offering a comprehensive range of hand-picked skincare products, tested grooming treatments and luxurious hair maintenance, in a sophisticated and truly masculine environment. From an invigorating hot towel shave to a refreshing pedicure. A place to recharge & emerge revitalised. Call us now for appointments on 880044 or pop in to see us at 4 Bath Street.



Plums

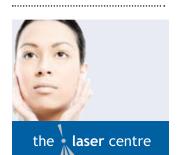
Beautiful lingerie shouldn't be kept for special occasions. A well fitting bra should be the staple of every woman's wardrobe and at Plums Lingerie you will get the best advice on what is right for you whether you are an A or an H cup. Featuring Prima Donna, Simone Pérèle, Marlies Dekkers, Madame V with exquisite nightwear from Marjolaine and Jonquil. Plums Lingerie, 7 Columberie. 731302 www.plumslingerie.com



Feel Unique

at The Club Hotel & Spa, Jersey's exclusive centrally located Spa. A gift certificate makes the perfect gift for a friend or loved one. Also, check out our online boutique at www.feelunique.com which stocks our exclusive beauty products online and delivers free of charge 10% off. for Gallery readers

The Club Hotel and Spa, Green Street. Bookings: 876500 email reervations@theclubjersey.com www.feelunique.com



Where beauty meets science

The Laser Centre is a nurse led clinic that focuses on the latest advancements in aesthetic skincare. We offer hair removal, tattoo removal, facial peels, blemish and vein removal, botox, dermal fillers. If you would like to learn more, call us today on 827888.

The Laser Centre Indigo House, 2-8 Oxford Road, St Helier, JE1 4HB. Telephone 827888

home & interiors



Le Quesne's 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



Linnea of Sweden

Linnea of Sweden offers a unique shopping experience with an extensive range of Cushions, Quilts, Fabrics, Pottery, Traditional Toys, Candles, Table Lamps and Furniture ... hand-picked from the best suppliers in Scandinavia. Linnea of Sweden, 9 James Street, St. Helier, JE2 4TT. Tel: 736449



The Gooseberry Bush

Want to be different? Then it has to be The Gooseberry Bush, with clothing from Companies like Oska, Jackpot and Ultimate Miks, and gifts and interiors from all over Europe you won't be disappointed .. For women who love life - their way

St Aubins Inner Road Tel 726224



Jersey Pottery

Imagine finding all your gift ideas under one roof. Welcome to Jersey Pottery, where you will find a whole array of tempting gift and home ideas. We have travelled far and worked hard to select inspirational pieces. You'll also be pleased to know that many of our products are exclusive to Jersey Pottery. From contemporary homeware to beautifully crafted ceramics, Jersey Pottery has something for all tastes. Located right in the centre of town be sure to come and visit us soon.

43 Halkett Place, St Helier 01534 725315 www.jerseypottery.com



Fest is a shop unique to the island, 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

sport and fitness



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

Tel 01534 633109 Mob 07797 747262 www.thefitnessagency.co.uk



the gallery directory





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.co.uk





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, watersking 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 738 180 www.jerseyseasport.com



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.pedalpowerjersey.com 57 Bath Street, St Heli

food and drink



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French Imports pride themselves on delivering fine French wines at sensible prices. Suppliers to all the top restaurants, they also supply private clients who wish to buy full cases at trade prices. They hold regular free tastings and have a full money back guarantee if anything fails to delight for any reason! Deliveries are free and up till 9pm. For more detail and 24 hour ordering, check out their excellent web site on www.frenchimports.biz









Health &

Leaders

Situated in The Arcade on Halkett St, our new revamped, fresh and spacious health store specialising in the finest range of natural, organic, whole food and supplementary health products. We pride ourselves on offering a unique choice of health products at good value.

Open: Monday - Saturday 9.00-5.30, Located at The Arcade, Halkett Street Tel 871588



JERSEY SUSHI

SUPPORTING A HEALTHIER APPETITE

Sushi / Sashimi / Juices / Smoothies

At Jersey Sushi we produce the highest quality sushi & sashimi, using the best of what's on offer from our local markets & 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 alternative that is tailor -made & delivered fresh to your work, home or hang-out!

Monday - Saturday, 9:00am - 2:30pm Telephone: 01534 616858 Website: www.jerseysushi.com

Holme

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

CYRANO'S The Art of Chisine

Party with a Difference

Invite your friends to your own private cooking demonstration; learn a few delicious recipes, drink some good wines and then party in the privacy of your own restaurant for the rest of the evening. The demo is £25.00 p.p. and includes a slap-up 3-course meal, a demonstration of each course, ½bottle of wine per person and your own restaurant to play in!

Web. www.cyranos.co.uk Tel. 611111 (functions dept) Email. functions@cyranos.co.uk

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galleries





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.
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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

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services



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photography



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or email directory@gallerymagazine.co.uk

misc bit at the back

Get on YouTube while you're at work and waste your boss's money and time...moo ha ha ha

"Justice d.a.n.c.e"

Justice are more famous for their collaboration with Simian to produce the song 'We Are Your Friends'. But this is the coolest music video out there, the t-shirts are awesome and it is very mesmerizing to watch!



"Very Funny Animated Gifs part 73"

A lot of this is pretty average in terms of being funny but watch it this until 0:52 seconds (yep, that wipeout was one of the worst we've ever seen too!) then forward to 3:02 and watch the pandas!



"Funny Catapult kid"

We are pretty divided at Gallery as to whether this is funny, or a terrifying insight to the world's worst parent; not only has she massively overfed her kid, but the insane laughing at his distress is definitely bad.



Essential Numbers

we've trawled through the new phone book so you don't have to.

118 345

For any number you could ever wish for.

72051

The Royal Yacht - Jersey's new hot spot

733291

Pizza Express - pizzzzza mmmmmm

612612

Police - hello Police?

876500

The Club Hotel and Spa - relax...

789431

The Bar Cafe - drink and check out the views

74158

Harbour View Guest Accomodation - friendly and

French

729904

Rojo - book a table for dinner and drinks

507990

Going Places Travel Agents - get a tan!

630700

Home James - Collects you and your car!

638010

Mandarin Room - yummers

448800

Jersey Tourism - they know everything

726681

Alcoholics Anonymous - it is bad

0800 735 0222

Brook Centre - for all you horny little monkeys

752400

Fitness First - become 'really really really good

looking'

616858

Jersey Sushi - yum yum yum.

484005

Jersey Surf School

832773

Bargain Balls - get fit

07797720828

Graham Taylor - Bowen Therapist

3(er...6) questions

1.Favourite HOT person?
2. Favourite HOT wheels?
3. Favourite HOT destination?
4. Favourite HOT drink?
5. Favourite HOT place to eat?
6. Favourite HOT band?













Aaron Gouveia, works in massimo

- 1. My friend's mum, Mrs Fumagalli
- 2. Convertable Transit
- 3. Hossegor in the South of France
- 4. Hot Chocolate
- 5. The Green Olive
- 6. The View & Blockparty

Maria Dahlback, manager of roulette ladies.

- 1. Wentworth Miller from Prison Break
- 2. Any pink car with a chauffeur cos I can't drive! 3.Gothenburg Sweden, my home town. And Roulette Ladies!
- 4. White Russian
- 5. Nobu in London

Nicky Le Masurier, dental nurse

- 1.My husband
- 2.Convertable BMW
- 3. The Caribbean
- 4. Champagne
- 5.La Taverne
- 6.Pink Floyd

boardom

SCORES ON THE BOARD FOR THE FOLLOWING QUESTION:

What's hot right now?



Edgar Dingle, 18, Safari Ranger to be!



Anita Bartosiewicz, Works in the Swarovski Store



John Davis, 24, Massimo



Bryan Corewyn, 24, Sign Maker



Kelly Fauvel, 24, Manageress at Earth Wind and Water



Chris Watson, 21, Spec Savers





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