

gallery

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#40 wet and wild

big fish

we talk food with the Marco Pierre White.

letters from London

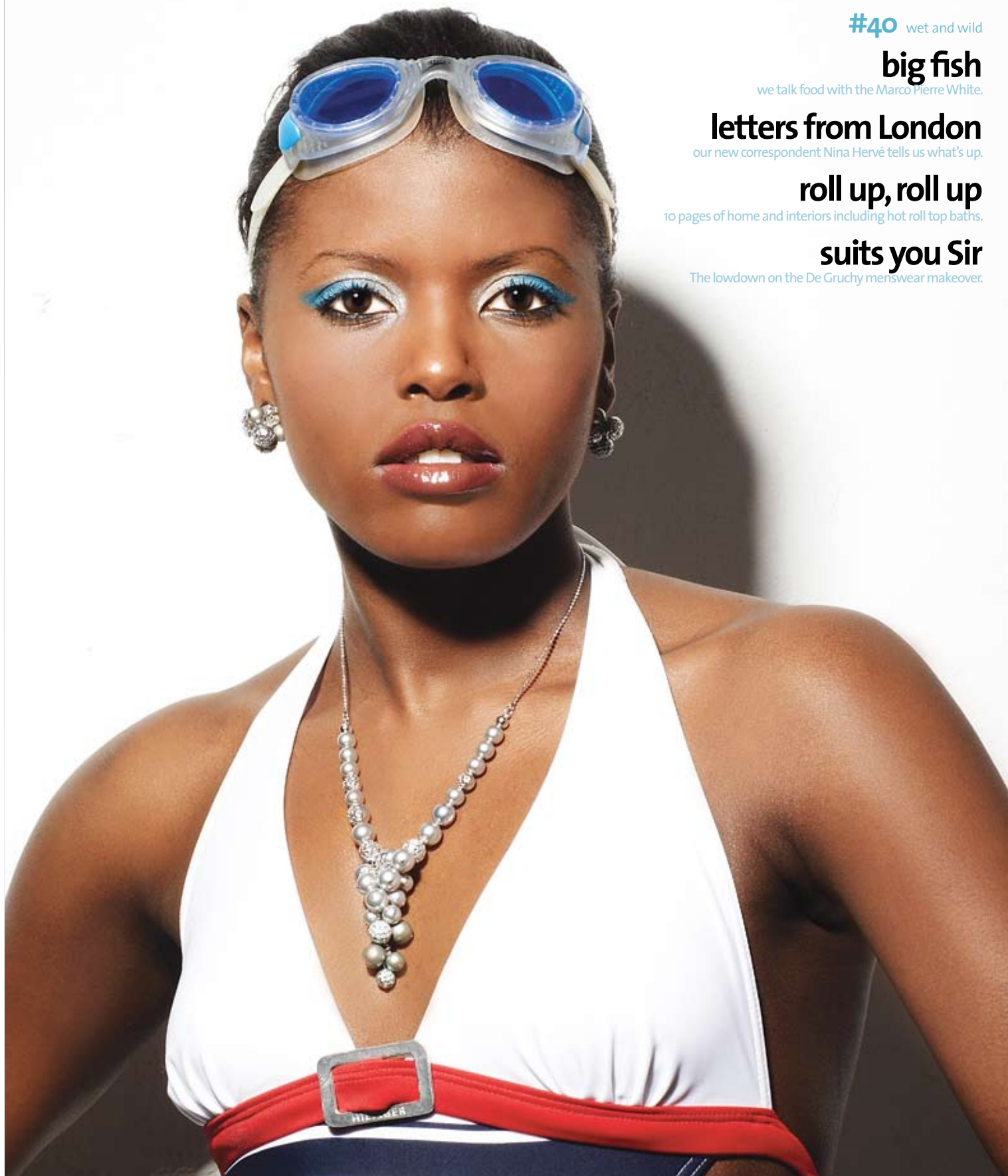
our new correspondent Nina Hervé tells us what's up.

roll up, roll up

10 pages of home and interiors including hot roll top baths.

suits you Sir

The lowdown on the De Gruchy menswear makeover.







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THIS
MONTHS
THEME IS
WET AND
WILD



gallery

CREDITS&CONTACTS

people

publisher
Ben Davies
ben@gallerymagazine.co.uk

creative director
Alana Mann
alana@gallerymagazine.co.uk

design
Russ Atkinson
russ@gallerymagazine.co.uk

beauty / events / sport editor
Ceri Milner
ceri@gallerymagazine.co.uk

fashion / culture / motoring editor
Claire Campbell
claire@gallerymagazine.co.uk

food / interiors editor
Vicky Fawcett
vicky@gallerymagazine.co.uk

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

big smoke correspondent
Nina Hervé
nina@gallerymagazine.co.uk

photographers
Danny Evans
www.snapper.je
Ceri Milner

contributing writers

Sarah Mansell
Zara Palmer Watkinson
Vicky Fawcett
Ben Wheaton
Advocate X
Arnie
Katie Summers
Claire Wilby
Steve Longstaffe

contact us

If you want to get in touch with us, whether it's to find out more about Gallery or talk favourite diving locations, try these methods;

by email
generic but self explanatory

Editorial
@gallerymagazine.co.uk

Advertising
@gallerymagazine.co.uk

Distribution
@gallerymagazine.co.uk

by phone
01534 811100

on the magic internet
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with postcards and stamps
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Jersey JE3 1BA

Cover credits _



Bayile - White and blue striped
Tommy Hilfiger cut-out swimsuit
£55 Voisins / Extreme earrings
£85.25 / Extreme necklace £165.95
both from Swarovski / goggles
stylists own



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person-that-reads-small-print facts of the month

Men are 6 times more likely to be struck by lightning than women.

More Monopoly money is printed in a year than real money printed throughout the world.

The man who played the voice of Bugs Bunny was allergic to carrots.

Dolly Parton once lost a Dolly Parton look-alike contest.

Thomas Edison was afraid of the dark.

GALLERY MAGAZINE

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Gallery is published eleven times a year as a fresh yet discerning guide to all that happens on the Island and beyond, not too artyarty superior or too serious,

written by Islanders, for Islanders.
(sounds chessey, but it's true)

Get Featured

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.

editorial@gallerymagazine.co.uk

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GET IN TOUCH!

EDITORIAL@
GALLERYMAGAZINE.CO.UK



We planned the theme of the April Issue as 'Wet and Wild' back in January. I feel so guilty. Obviously all the concentration we were putting into thinking of features that in some way reflected the theme brought forth the wrath of Neptune. Good though, wasn't it? Yes, there are some big stones to put back in place along Victoria Avenue and a few carpets are going to smell of mildew and seaweed. There was actually a wheelie bin half submerged in the sand in the middle of St Aubins bay like an art installation for a few days. To me though, it was worth it. Yes, my house almost flooded and yes, the nice cabin at La Haule had it's newly built outside area washed away but what about those waves eh people?! Good weren't they? Crazy big!

There's something about the power of nature that gets me every time. I marvel at man's accomplishments but you have to show respect for what the earth can do when it puts its physics to it. Whenever I see news reports of 'natural disasters' it does make me feel that the description is incorrect. They are acts of nature. They're only usually disastrous because man has chosen to built his house / village / city in a place where the Earth likes to make big waves, lava flows or have an earthquake once in a while. We can't begrudge it that, can we?! In Jersey the Earth likes to make big waves every 20 years and I say good on it. If I can't have the sun, I'll take a storm every time.

BD

springforward?

If you're moving your career forward this season, make sure you remember www.jobs.co.je the recruitment website from Park Personnel. We update vacancies every day so make sure you check us out. Or, if you like a friendly face, you can always pop into one of our two offices at Bel Royal House, Hilgrove Street and 19 The Esplanade.

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Indulge in the ultimate Fanta-Sea

Spa Sirène at The Royal Yacht has a brand new massage treatment to help you prepare for summer and indulge your inner siren.

Fanta-Sea is a luxurious full body massage which takes you on a journey of detoxification, calming your inner ocean! Embracing unique and powerful lymph drainage movements, your body will be cleansed from the inside out, while warmed, unique elixirs help you to emerge completely re-energised with skin that feels silky soft, firmed and hydrated.

Suitable for anyone who wants inner peace and outer bliss!

This massage uses Tresor des Mer (Treasures of the Sea) developed by Phytomer in St Malo from coastal trace elements and minerals. Phytomer products form the basis of all Spa Sirène products and are based on extensive research into the benefits of natural coastal and oceanic ingredients. The ultra-nourishing body cream used in the treatment is enriched with precious marine oils and helps hydrate and firm skin.

To make an appointment

T: 615425

E: +44 (0)1534 615426 E: reception@spasirene.com
www.spasirene.com

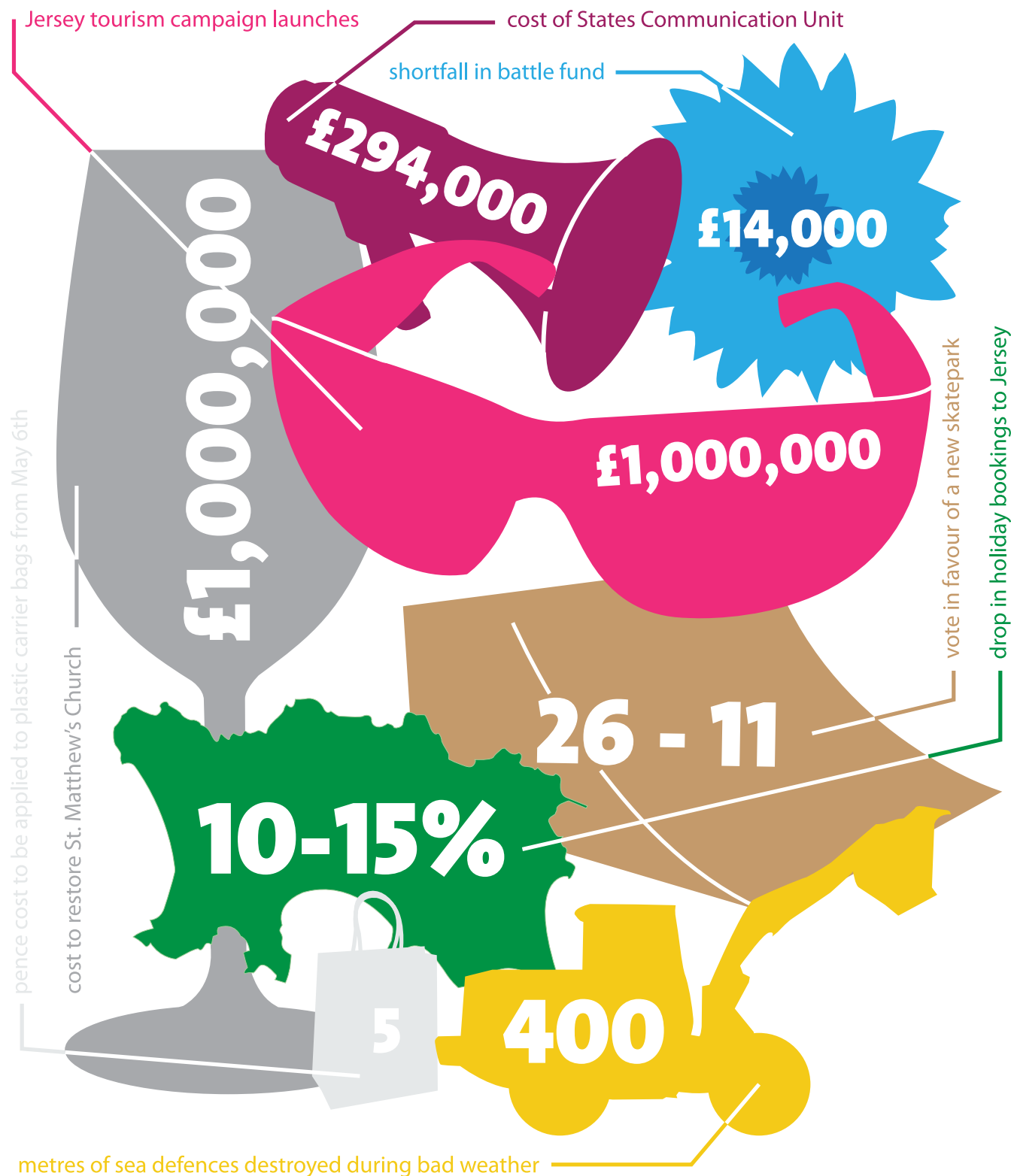
Special April Offer

This month we are offering this decadent treatment for £95.00 including a pot of Tresor des Mer body moisturizer worth £37.00



Jersey: The month in numbers

A number of numbers taken from news stories from the past month for your visual pleasure.





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about property in Jersey
and she'll always send
you to the same address.

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Kate Westwater
Conveyancer. Joined Ogier in January 2007,
specialising in residential sales and purchases.

www.ogierproperty.com



Selected

This month Gallery loves...



Bamboo

These supersoft bamboo tees from local company Little Green Rock drape like a dream and channel cashmere perfectly. Just the thing for a surfer with a sensitive side. Claire checks out their eco-credentials on page 31, but you can pick up a few for yourself at Earth, Wind & Water or Cloud 9 or online at Little Green Rock's website.

From £21.99 at www.littlegreenrock.com.



Melissa

About as far away as you can get from those battered jelly shoes you wore when you were 6, Brazilian brand Melissa teams iconic designers like Vivienne Westwood and architect Zaha Hadid with their concept PVC material. The result is fabulous plastic shoes that are fashion-forward and, errr... waterproof!

Fetish, £60 at [Manna](#)



Pre-GST prices

Ever the materialists, this month Gallery says 'Spend, spend spend!'. It's the last chance to shop GST-free – the 3% tax will hit the island's tills on May 1st. Try telling yourself it's the perfect opportunity to tick off everything on your wish list, and if all else fails, keep repeating "buy now, avoid paying GST later". It works for us.



Archipelago Surfboards

If you battered your board trying to surf along the cycle path during last month's freak floods, Archipelago have the answer with a whole range of boards from thrusters to cruisers. They're ethical too - just check out their new range made using organic resin. Custom orders available.

Prices start from £320. www.archipelagosurf.com



Psycho II

The Psycho II is the perfect fit for our 'Wet & Wild' issue - and if you're searching for a new suit, you couldn't do better than this bestselling design from O'Neill. With a revolutionary liquid weld seam designed to keep you warm without compromising on flexibility, it's the wetsuit of choice for surfers in the know.

Psycho II Zen Zip 3/2 - £225 at [Freedom Surf Shop, Quennevais Precinct, St Brelade](#). Tel: 744601



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JERSEY'S STYLE MAGAZINE

gallery 13

SOS!

Last year RNLI lifeboats rescued more than 8,000 people nationwide, with an average of 40 calls per year from St Helier alone. Each of those calls costs approximately £5,000, taking into consideration the costs of fuel, maintenance and training.

On an island surrounded by water, it's easy to see how the RNLI have become an important and essential service for our shores since the first boat was stationed at Havre Des Pas in 1861.

The backbone of the service relies as much on the hard work and dedication of the crew members as the work of The Ladies' Lifeboat Guild who help raise funds, charitable donations, and legacies left to them. The 23 voluntary crew members come from all types of professional backgrounds including finance, fishermen, engineers, tradesmen, drivers, and coastguards. The longest serving crew member Les Le Ruez, has been on the St Helier crew for 20 years, and the newest edition for several weeks. That's not to forget the 3 ladies who volunteer and the youngest member at 26 years old. Each of them have a pager and are on call 24/7, dropping everything at a moment's notice in order to launch the boat and be out of the harbour within 10 minutes of being called.

At present, there are 2 boats at the St Helier station; the 20 year old all weather Tyne Class, Alexander Coutanche, which runs at 17 knots (20 miles per hour) and holds 6 crew, and the inshore lifeboat B class, Atlantic 85 David Page, which runs at 35 knots (40 miles per hour) and holds 4 crew. The latter has a weather limitation of a force 6 wind, and is better used for calmer conditions and for getting in closer to the shore.

Now, as the Tyne Class is coming to the end of its frontline life, the RNLI are replacing this with a Tamar at a cost of £2.6 million, due to the electronics and quality materials needed to build the vessel. The Tamar will be safer for crew members with a new suspension seat design, have a Y class inflatable boat held in the stern, will be faster at 25 knots, and have a larger casualty carrying capacity. There are already 6 on station in the UK and ours is now in production with £1.3 million still to be raised. The station coxswain Andy Hibbs states that, 'to meet the increasing and ever diverse demands on our services it is vital that we have a new Tamar class lifeboat. This will allow us to respond to some incidents quicker while keeping the crew safe'.

Although the Jersey RNLI are undergoing constant fund raising, this is focused on the new lifeboat appeal at present and with a target to reach by spring 2009, this is as important as ever. Saturday the 26th April sees a spectacular lifeboat appeal ball at the Hotel de France, with the entire proceeds of the event going toward the new St Helier lifeboat. A free family open day on Saturday 31st May will give the public a unique opportunity to go down and meet the crew, check out the station and jump aboard the lifeboats at St Helier. Something everyone can get involved in, is the breakfast pyramid at the Pomme d'Or, whereby you pay £12 with £5 going to the Tamar lifeboat appeal. You can book your table at the restaurant - just let them know you want a breakfast for the appeal.

If you wish to donate please send your donation to St Helier Lifeboat Appeal, Lifeboat Station, Albert Pier, St Helier, Jersey CI, JE2 3NE or ring 0800 543 210 or log into www.rnli.org.uk/sthelierappeal

RNLI SEA Check

This service is an important part of the Lifeboat service as a whole and provides free, friendly and confidential onboard advice about safety equipment suitable for your boat and its type of use. It's the best way to ensure that your boat and the equipment you carry is suitable when it comes to staying safe on the water. It's not a pass or fail, just a help in saving lives at sea.

Top Tips :

1. WEAR A LIFEJACKET ; Boating can be extremely unpredictable. If you find yourself in the water, a correctly fitted lifejacket could be your lifesaver!
2. ENGINE AND FUEL CHECKS; When was your engine last serviced? Are you sure it'll get you home? Always check you have enough fuel for the trip and always carry reserve fuel.
3. TELL OTHERS WHERE YOU'RE GOING; Tell someone where you're going and when you'll be back, they'll raise the alarm if you're overdue.
4. CALLING FOR HELP; VHF is best because you are broadcasting to many others on the water who may be listening to your call. Mobile phones are an option but you may not get adequate reception at sea. Flares are essential too.
5. WEATHER AND TIDES; Before you head out, always check weather forecasts and tide times to make sure it's safe to go.
6. MAN OVER BOARD! Would you know what to do?

Call your local Lifeboat Sea Safety Officer to arrange your SEA Check 07797 717033



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JERSEY

What's on in April

If you have any listings or events for next month's magazine, send them to listings@gallerymagazine.co.uk by 12th April

Music

Wednesday 2nd

Flour Power

Watch our bakers hard at work kneading dough for our famous Jersey cabbage loaves. Sample the delicious hot bread straight out of the brick oven.

Jersey Heritage Trust (633300)

Friday 4th

Flash Day - Dressing Up

Discover what clothes, shoes and jewellery people have worn throughout the ages. Make your own costume, masks and jewellery. Raid our dressing up box and see who you can become!

10am to 4pm, Jersey Museum

Friday 7th

Jersey Symphony Orchestra Easter Concert

Conducted by Philip Ellis, with soloist Gerard Le Feuvre (cello). Works include Russian Easter Festival Overture by Rimsky-Korsakov; Symphony No. 10 by Shostakovich. From £10 to £25, Fort Regent

Friday 11th

Flash Day - Flower Power

Hamptonne is a beautiful place to visit in springtime, so pop in and learn about Spring. Learn about everything from the magic of flowers and plants to medicine and cooking. Take part in a flower trail and have a go at making your very own flowers.

10am to 4pm
Hamptonne

Saturday 12th

Jersey Green Room Club presents South Pacific

The last chance to see this much loved musical which is set on two tropical islands in the Pacific during World War 2. Ensign Nellie Forbush, a young nurse from Arkansas, falls in love with Frenchman Emile de Becque but finds her small town principles unable to accept his past and his mixed race children.

The comedy in the show is in the hands of the sailors, in particular Luther Billis who has clumsy ambitions to be a war profiteer. 'Some Enchanted Evening', 'Younger Than Springtime', 'Bali Ha'i' and 'There is nothing like a Dame' are just a few of the well known numbers which make up a truly great score.

Adults: Stalls & Dress Circle £16
Upper Circle £14
Senior Citizens & Students: Stalls & Dress Circle £13.50 Upper Circle £11.50
Children under 12: Stalls & Dress Circle £11.50 Upper Circle £9.50
2pm & 8pm
Jersey Opera House

Tuesday 15th

Jersey Electronic Organ Society

Enjoy a relaxing evening listening to a variety of music played on the electronic organ by visiting artists. 8pm £7.00 (including sweet treats)

Gardeners Tea Rooms at Ransoms

Tuesday 17th

Johnny Dickinson (Guitar)

Johnny Dickinson has a reputation as the most potent slide player in the UK, as well as being a truly talented singer and songwriter. His unique individual style blends Celtic flavours & American Blues. Johnny's music career began with the successful Northumbrian band 'Splitcrow.' In 1988, he became a founder member of 'The Kingsnakes,' who won many British and International Blues awards. After leaving 'The Kingsnakes,' Johnny embarked on a successful solo career and, in 2006, was nominated in the 'Best Musician' category for the BBC Radio 2 Folk Awards.

8pm £14 (£8 students)
Jersey Arts Centre

Friday 18th

Out From Animals (UK ORIGINALS BAND) supported by Banquet

A chance to go and see the latest band to take the North West music scene by storm - probably best known for reaching the final 7 unsigned acts in the UK for the reality TV show Mobile Act Unsigned. With an eclectic sound and a unique show, this band has an electronica/dance feel delivered with rock-rave excitement.

"It's not what you learn, It's how you learn"

11pm
Chambers



Saturday 19th

Swarovski Crystal Society

A special instore event for members of the Swarovski Crystal Society, with the opportunity to buy the 2008 Annual Edition Pandas, as well as special event pieces. Call 722904 or visit www.rivoli jewellers.com for further details.

Culture

Sunday 6th

Jersey Militia, 4th Regiment, 2nd Battalion

The Jersey Militia was among the regiments who defeated the invading force in 1781. Join them and their families for a thrilling display of artillery and Georgian life.
Jersey Heritage Trust (633300)

Activity

Wednesday 9th

Butterflies and Bees

Celebrate the arrival of spring in the delightful rural setting of Hamptonne. There will be art and craft activities making butterflies and bees, and an explanation of the vital role bees play.

10am to 4pm
Hamptonne

Monday 14th

The Page Turner (2006)

Don't miss this modern Hitchcock-style psychological drama by director Denis Dercourt. Set in France, this film stars Catherine Frot, Deborah Francois and Pascal Greggory.

8pm, tickets £5.00 to non members
Jersey Arts Centre

13th and 14th

**An Audience with:
Jonathan Miller**

Author, lecturer, television producer and presenter, theatre, opera and film director, Jonathan Miller originally studied natural sciences at St John's College, Cambridge, qualifying as a Doctor of Medicine in 1959.

Since his detour away from medicine, Miller has spent forty years directing theatre, opera and film for many of the most distinguished companies in London and New York, such as The National Theatre, The Royal Shakespeare Company, BBC Television, The Metropolitan Opera Company and many others.

A unique insight into this prolific and legendary intellectual as he discusses his life and career.

8pm, £16 (£9 students)
Jersey Arts centre

Monday 21st

Gabrielle Radiguet

Today sees the private view of the latest landscape based work from Gabrielle Radiguet. The exhibition continues for 2 weeks and shows a culmination of 6 months of work. Gabrielle's work continues to align itself with the firm aesthetic trends that can be found where landscape painting and abstract expressionism meet. This will be her fifth solo show at Studio 18.

For more information visit
www.gabrielleradiguet.com

FREE
Studio 18



Must see

Friday 25th

**S'Wonderful!
It's De-Lovely!**

Elaine Delmar
A Channel Islands Music Council Tour

Elaine Delmer presents a joyous evening of songs by two of the most prolific and popular composers of the twentieth century, George Gershwin and Cole Porter. Daughter of legendary jazz trumpeter and singer, Leslie 'Jiver' Hutchinson, Elaine is one of Britain's most popular jazz and blues singers. With a career that has embraced the stage, silver screen, concert hall and jazz club, Elaine has made numerous radio and television broadcasts.

Elaine will be accompanied by pianist Brian Dee and guitarist Jim Mullen.

8pm, £14 (£8 students)
St James'

Monday 28th

Esma's Secret (2006)

Go and watch this award-winning film by director Jasmila Zbanic. Set in Grbavica, Sarajevo, the story tells a tale of the accomplishment of war, the state of the country now and the relationship between a mother and daughter. The film won the prestigious Golden Bear award at the 2006 Berlin Film Festival.

8pm, tickets £5.00 to non members
Jersey Arts Centre

Film

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

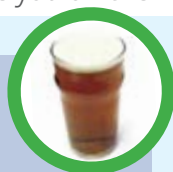
Watersporty

Wondering which watersport to go for this summer? Gallery's put together a handy guide aimed at getting you matched up with the sport that suits you. See you on the water!

If you own a motorbike like Jack Wills
work in a finance graduate scheme
hate Chris Moyles
your favourite internet activity is editing your own YouTube series
and you're most likely to be found talking about 'The Next Big Thing'
and your name may be Jack, Ben, Charlie or Matt



If you own an iPhone
like pub quizzes
work in IT
hate shopping
your favourite internet activity is online gaming
you're most likely to be found down the pub
and your name may be Stuart, Rob, Gary or Phil



If you own GHDs
Like Duffy
Work in HR
Hate Marmite
Your favourite internet activity is updating your profile on Facebook
You're most likely to be found grabbing an after-work drink in the Drift
and your name may be Louise, Nicola, Claire or Melanie



Your perfect watersport is...

Kite-surfing

Fast, furious and addictive – finally a sport that matches how you like to think of yourself. For chick-appeal, cutting an arc through the surf is hard to beat – and don't forget the great upper body definition you'll get too.

Contact: Kite School Jersey
Tel: 01534 638888
Email: info@kiteschooljersey.com
Website: www.kiteschooljersey.com



Your perfect watersport is...

Coasteering

Pitch yourselves against your mates as you see who can traverse Jersey's rocky coastline the fastest, cliff jumping, and swimming into caves. Just go easy on the beers the night before....

Contact: Pure Adventure
Tel: + 44 (0) 1534 769165 / 07797 721050
Email: info@pureJERSEY.com
Website: www.pureJERSEY.com

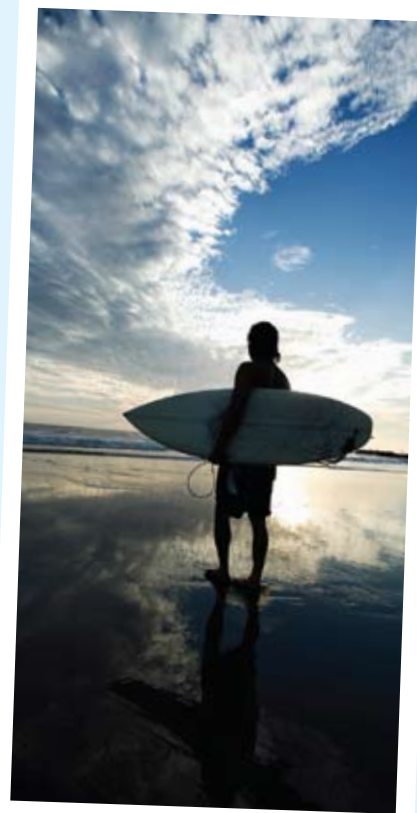


Your perfect watersport is...

Surfing

Start now and you could have a seriously toned body in time for summer. And just think of all those photos you'll be able to put on your page of you with bronzed surfers. Your friends will be so jealous....

Contact: Jersey Surf School
Surf Shak, Watersplash, St Ouen's Bay
Tel: + 44 (0) 1534 484005
Website: www.cisurf.com



If you own a PS3, Wii & the latest games console straight from Japan
Like Blondes
Work as an estate agent or in a law firm
Hate Celine Dion
Your favourite internet activity is watching a series of hilarious YouTube clips edited by someone in Jersey
You're most likely to be found being thrown out of Liquid and your name may be James, Alex, Nick or Richard



If you own a new Mini / Ford Ka
Like Heat!
Work as a Trust Administrator
Hate your boss
Your favourite internet activity is eBay
You're most likely to be found late-night shopping at Checkers
And your name may be Sharon, Liz, Samantha or Jackie



If you own a snowboard
Like the weekend
Work in design or media
Hate people who work in the finance industry
Your favourite internet activity is Browsing MySpace
You're most likely to be found hanging out with your band
And your name may be Tom, Jonny, Ed or Josh



Your perfect watersport is...

Jetskiing

The louder the better for you – and if anyone thinks jetskis are brash and annoying, well they just haven't felt the wind and salt spray in their face. The perfect way to rip it up – jetskis are easy to get the hang of and amazing fun.

Contact: Jersey Sea Sport Centre
La Haule, St Aubin's Bay
Tel: + 44 (0)7797 738180
Website: www.jerseyseasport.com

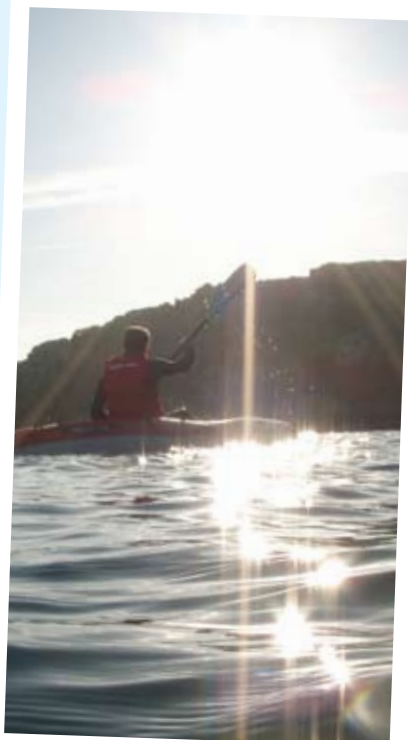


Your perfect watersport is...

Kayaking

At last a watersport where you don't (often) have to get your hair wet. Paddling around secluded bays and into caves, and watching the sun go down on the water, kayaking is a wonderful way to see parts of the island you'd never know existed.

Contact: Surf and Sun Watersports
St Brelade's Bay.
Tel: +44 (0)7797736411
Email: info@surfandsun.co.uk
Website: www.surfandsun.co.uk



Your perfect watersport is...

Wakeboarding

It's the answer to what to do when the snowboarding season is over – you can try out all your tricks on a wakeboard and get a great tan at the same time. There's plenty of ramps, jumps and slips to keep things interesting...

Contact: Jersey Sea Sport Centre
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Tel: + 44 (0)7797 738180
Website: www.jerseyseasport.com



Wakeboarding & Jetski pictures courtesy of Jersey Sea Sport.
Kayaking picture courtesy of Surf and Sun Watersports. Coasteering picture courtesy of Natalie Mayer / Pure Adventure

Global News

We're not China, therefore we feel it's our duty at Gallery to keep you up to date with important stories from world news last month.

Basil Brush racist?

Basil Brush is at the centre of a police investigation after an allegation that an episode of the programme was racist to gypsies.

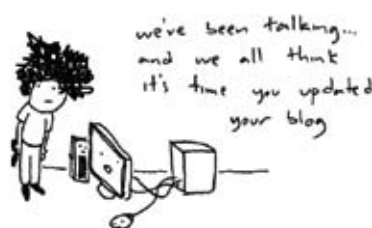
A complaint was made after an episode of the BBC show featured a gypsy character selling pegs and lucky heather and a joke about a fortune teller stealing Basil's wallet.



Gypsies reported the show to Northamptonshire Police alleging that the storyline is racist towards their community and way of life Joseph Jones, vice-chairman of the Southern England Romany, Gypsy and Irish Traveller Network, called on the BBC to pull the episode and give travellers the same protection and respect they give to other ethnic minorities.

"They need to realise that gypsies and travellers are a recognised ethnic minority in this country and deserve the same treatment as any other group," he said. "To perpetuate this myth about gypsies and travellers is wrong. Attitudes like this belong 20 or 30 years ago, we are supposed to have moved on since then. "If they are going to keep showing this then I look forward to them bringing back the likes of Alf Garnett to the screen."

The BBC refused to comment on the situation, with a spokesman saying the matter was now in the hands of the police. A spokesman for Northamptonshire Police said: "We can confirm we have received a complaint about a TV show featuring Basil Brush from a member of the public. "The complaint was logged as an incident of a racist nature and we are now investigating."



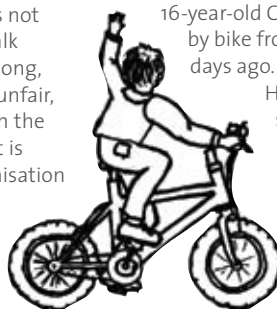
Blogging secret agents

Israeli secret agents are writing blogs about their lives in a bid to boost recruitment. Shin Beth, Israel's equivalent of MI5, is allowing four agents to write blogs about their daily routines. The bloggers will also respond to messages from members of the public, reports the Daily Telegraph.

The four agents, whose names are replaced by a single initial, appear in black silhouette on the site's home page. Much of Shin Beth's work concerns the fight against Palestinian militants and it routinely uses informants and double agents. But a blog entry attributed to a female agent calling herself 'H' concerned itself more with how her work allowed her to spend plenty of time with her family. "A friend told me about the opportunity to work for the Shin Beth," wrote Agent H. "I was looking for a place that offers interest and stability, while leaving time for me to spend with my family."

Another blogger, Agent Y, agreed that the working hours in the Shin Beth were not too demanding: "You never work overtime, unless you really have to," he writes. "I rarely get home after 6:30pm."

Agent A, a software engineer, wrote: "I don't wear uniform, the office is not located underground. I don't walk around with an earplug all day long, and although this is extremely unfair, I do not get to place lightbars on the roof of my car." The new project is part of an attempt by the organisation to attract more high-tech workers to its ranks. The bloggers all work on the technological side of the Shin Beth's operations rather than in the field.



The £100,000 cornflake

Bidding for a cornflake resembling the US state of Illinois has reached more than £100,000 on eBay.



Two sisters listed 'The Great Illinois Corn Flake' on the auction site, promising it had undergone no cosmetic alterations. Emily McIntire, a 15 year-old said she was grabbing

fistfuls of cereal on her way to class when she found the flake.

"It was almost to my mouth, it didn't look like Illinois at first because it was held the wrong way," she said. But then she noticed the resemblance and said: "Oh my goodness, it's Illinois."

Her 23-year-old sister, Melissa, said their parents suggested selling it for fun. They're offering free shipping, providing the buyer is in Illinois. "At the moment it's residing in a fine jewellery box with a lot of cotton wrapped around it to keep it safe," said Melissa. The McIntire sisters say they've decided to use the proceeds from the eBay sale to buy more boxes of Frosted Flakes. "We've got to replace the one we've already sold," Melissa said. "We like cereal."

Runaway boy cycled 600 miles

A teenage Dutch boy who ran away from home and headed to China with just £6 and a bag of crisps has finally been caught in Poland. Cops have been searching for 16-year-old Collin Baker since he set out by bike from his home in Holland six days ago.

He had pedalled unstopped some 600 miles from his home, into Germany and across Poland with only a book, a map, some crisps and a bottle of mineral water.

Residents in Przemkow, a town of 7,000 inhabitants in south west Poland, phoned the local police after discovering a boy who 'looked lost', and spoke no Polish, at a bus stop. "It turned out that the boy had been cycling for six days and had covered 600 miles cycling along small country roads," police spokesperson Daria Solinska said.

Collin told the police he had left home for China because he did not like his mother's new husband. He had only £6 with him, but said he was still determined to get to China by bike. "I want to go there, because I've never been there," he said.

Police have taken him to a care centre for minors before deciding what to do with him.

Website of the month

www.arnoldspeaks.com

Someone with a lot of time on their hands has decided to present Arnie's view of the world in a series of animations. With some amusing politically incorrect humour, these are sure to entertain. We particularly like 'Arnold Could Do Many Different Jobs'.

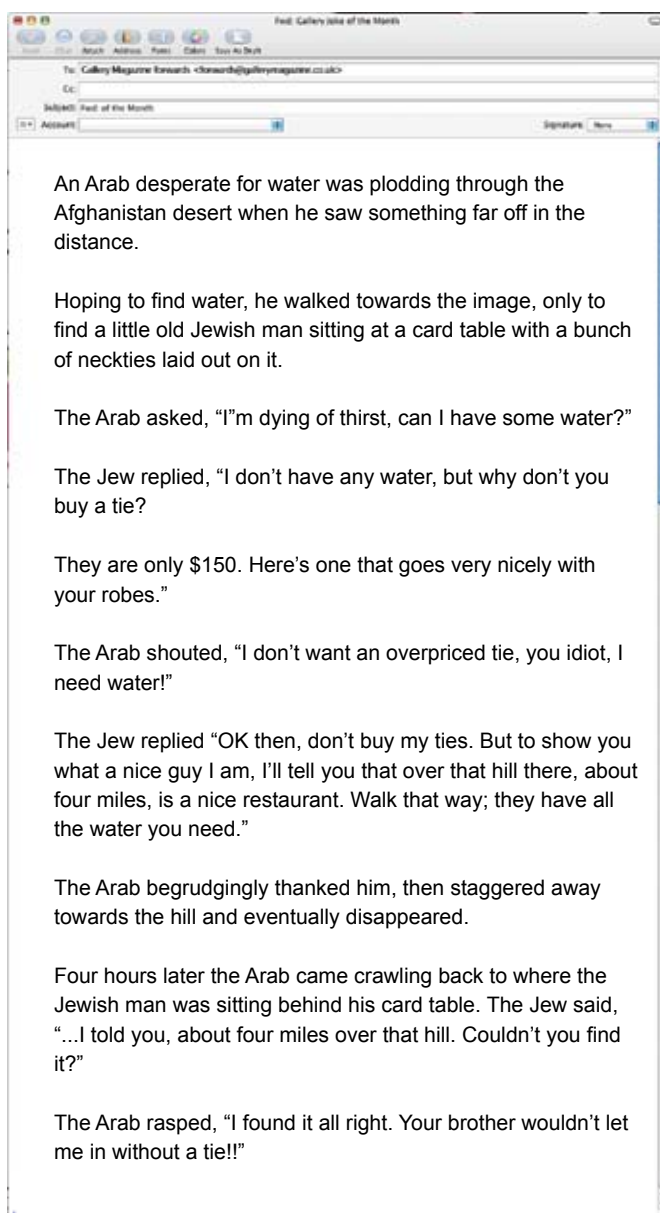


Picture of the month



bad day to try and cycle to work....

Joke of the month



got a funny one?

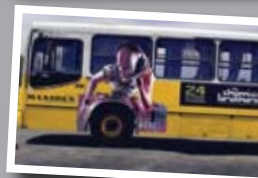
forward it to us at forwards@gallerymagazine.co.uk

If we print it, you can say it's yours and people will be...
er....well, excited for you. Go on, do it..we dare you.

amusing photo corner

public transport

is so the shizzle these days. Look at what they can do to bland old buses with the help of a LOT of sticky-back vinyl...



bag

...was not only an excellent skate magazine produced by our staff photographer but also is the word for things that hold other things for you to carry around.... Amazing! Last month we featured some innovative advertising concepts based on the bag as a canvas. Here are a few more. And remember, use them again and again and if you must use plastic ones, recycle them as bin bags. Reduce your environmental impact. It's all about feeling good about yourself and less guilty that you (yes, you) are destroying the world. (just kidding).





ready to wear

De Gruchy Men's Fashion launches

Since the purchase of De Gruchy by Ulster Stores in November 2006, we've seen an array of changes as the store has undergone a huge transformation into the modern department store we see today. The refurbishment of the Arcade was completed in August 2007; something clearly their customers have welcomed and most recently the Footwear department and Luggage have undergone a makeover. This all comes as part of a master plan that is set to guide the store over the next 5 years.

The Menswear Department has been a long-time favourite for locals and visitors looking for quality brands, good advice and great after sales service. But as time has passed, it's fair to say the department was in

need of an overhaul to keep up with competition and fit in with the overall plans for the store as a whole.

Last month saw the latest successful few months of hard work with the opening of the new menswear department 'Pieretoni' at De Gruchy. With a huge refurbishment, this is set to become the largest concessionaire in the store. In excess of £1 million, the Pieretoni expansion has been fronted by the Collections Group and its partner Nick Herman resulting in ten percent of de Gruchy, the largest retail outlet in the Channel Islands, dedicated solely to menswear under the Pieretoni banner.

The department is now 80% bigger than before, with a look and feel that both old and new customers should be comfortable with. Commenting on the changes, Richard Clews, Managing Director of Collections Group, said: "This significant investment is designed to bring a fresher, more modern look to menswear in the store and to make it easier for shoppers to navigate, but will importantly remain sympathetic to the store's integrity. With over 18 years'

The department is now 80% bigger than before, with a look and feel that both old and new customers should be comfortable with.





experience in menswear at De Gruchy, Nick is ideally placed to manage the expansion”.

As for the future, De Gruchy have just completed an extensive survey of their customer base as further re-fit plans are in the pipeline for the first floor fashion area

As well as adding some great new brands such as Hugo Boss and Polo Ralph Lauren, they have kept some of the customer favourite brands such as Gant, Paul & Shark, Ted Baker, as well as formal suits, classic and casual wear. Whilst the store aims to gain new customers with these brands their existing customers have not been forgotten.



With a clean and modern layout the department has a much brighter and professional feel to it. This perhaps reflects the high-end brands and quality service they are continuing to provide. With the removal of Sweet William flower shop, the area they once occupied has now been dedicated to designer Ralph Lauren. With a look and feel of its own, this section has taken on a much more classic, American and somewhat nautical style; something also reflected in the style of clothes from Ralph Lauren.

As for the future, De Gruchy have just completed an extensive survey of their customer base as further re-fit plans are in the pipeline for the first floor fashion area – a crucial part of the store and one which De Gruchy feel they must ‘get right’. Along with all of this, they are also working on plans to expand the store into New Street, ultimately giving substantially more space to Homewares. So it looks like there are plenty more exciting changes to come!



The Brands

Gant Men

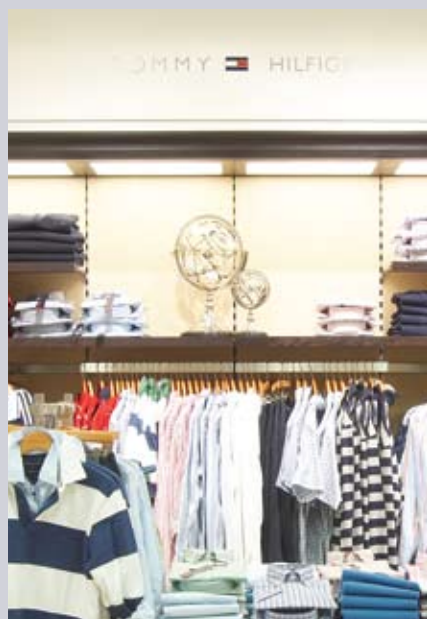
Gant's casual, relaxed American style has kept it popular since it began in 1914. It's very much an East Coast state of mind. The new Spring/Summer collection presents a preppy sporting style with a mixture of classic pieces with a modern twist.

The G.N.H range holds archival pieces like blazers, button-down shirts, and rugby shirts, in darker classic colours mixed with white. Bold primary colors, bright whites, and graphic lettering decorate American football-inspired items like the varsity nylon jacket and collegiate cardigan. Tennis-style shorts with stripes and cardigans also have a college feel, and preppy pastels provide an elegance to wearing casualwear with chinos in linen and cotton. Combine with everyday pieces such as twill jeans and Oxford shirts for a wearable look.



The Rugger collection is full of American references, taking inspiration from a coast-to-coast road trip. Think relaxed LA styling meets bandana prints, western checks, and southern workwear. Mix these with a range of denim worn either in a retro style or use fitted shirt sleeve shirts for a vintage preppy look.

Elliot Gant has an air of uptown preppy. With a combination of luxurious sportswear essentials it's all about high-end materials and a sophisticated monochromatic color palette that reflects a style of European elegance. The relaxed summer weight suit and v-neck jumper are key wardrobe items from this collection.



Tommy Hilfiger Sportswear

Tommy Hilfiger pays homage to America this season, introducing its Men's Sportswear Collection to De Gruchy with four brand 'stories'.

American Icon is hugely inspired by the red, white, and blue of the American flag. The look is classic Hilfiger collegiate with a refined take. Key pieces include Oxford shirts, chinos and rugby shirts in cottons and soft twills.

Dramatic Chic is heavily inspired by legendary landscape photographer Ansel Adams, whose black and white images reflect the real American Southwest. This collection is made up of a palette of black, white and beige tones, soft silhouettes and linens.

The house created above a waterfall in a forest by architect Frank Lloyd Wright has influenced the **Falling Water** range. Washed linens and garment dyed cottons with functional details complete the earthy, organic look with a creamy white and strong orange red palette.

Mojito Sky is all about a Florida summer with pastel tones, offset by faded oranges and blues, bright pinks and soft greens. Linen and lightweight simple t-shirts, polos, Bermudas and cargo shorts make up this collection.

Hugo Boss

The latest collection; **BOSS Black**, interprets a dynamic cosmopolitan attitude with powerful New Modern style. It's about a more formal way of dressing up with informal sportswear influences.

There is a huge attention to cuts and subtle detailing which makes the timeless pieces so up to date. The suit is a key item to ensure style with slimline cuts and two- and three-button blazers with soft shoulders very much in vogue. The fabrics are light and luxurious using summer-weight wools, and wool/silk blends.

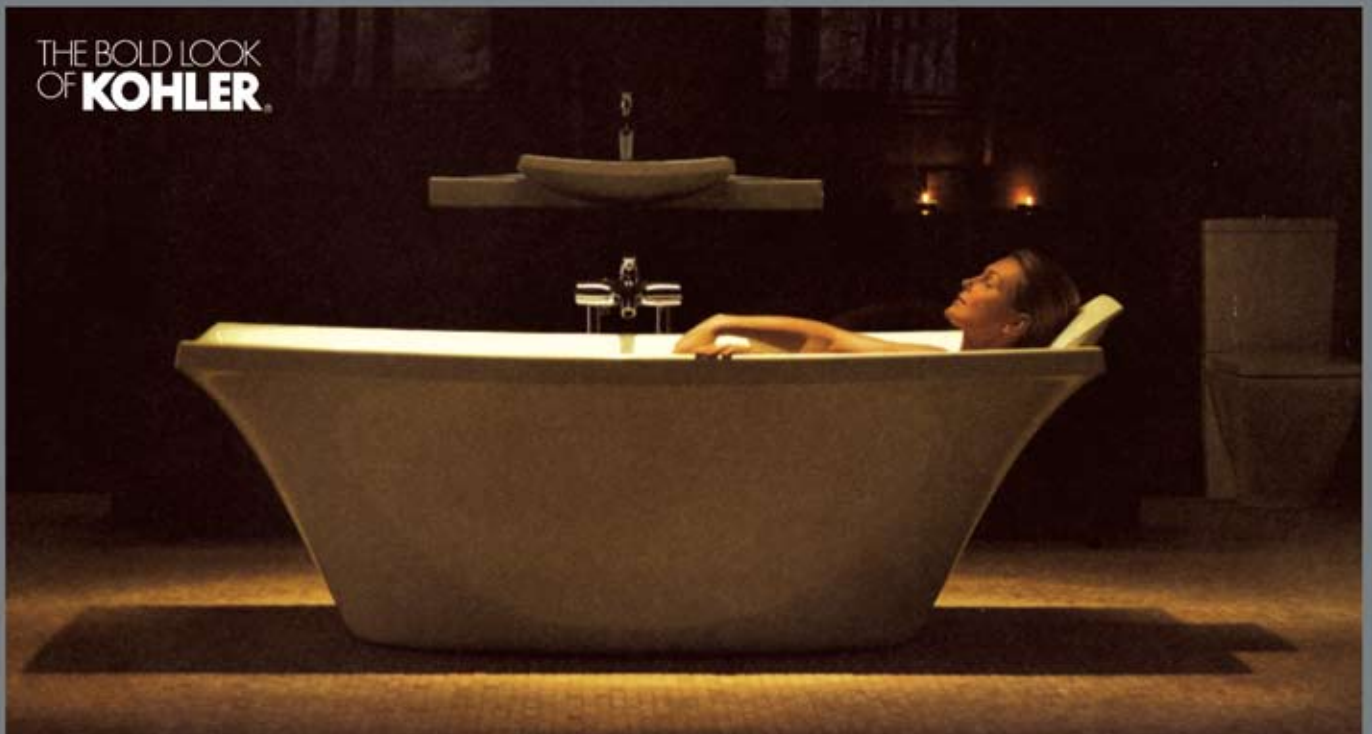
For a more relaxed look, blazers are fitted and shorter this season, with short-sleeve shirts, and cardigans in cotton/silk blends. Choose from a range of blue and brown colours with shades of grey and black. A new addition of organic cotton jeans with interchangeable buttons in a variety of colors, will help change your look in seconds.



The Launch

The whole of the brilliant new department was buzzing with excited shoppers. There were goody bags, free men's trial fragrances, competitions and a DJ to keep the crowds entertained. The launch party was a great chance to check out all the new brands and clothes, which they have on offer. Dominic Bosley, Manager of Hugo Boss and Tailoring said "the overall re-branding of the department seems to be a huge success. There has been such a good reception to the new look."

If you haven't already, make sure you pop in and check it out.



OPENING HOURS

Monday to Thursday 8.30am to 5.00pm
Friday 8.30am to 4.30pm
Saturday 9.00am to 1.00pm
Five Oaks St Saviour Tel 883400

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KITCHEN & BATHROOM SHOWROOMS

openings and events

openings and events ceri milner

Gallery Rally Launch Party

We don't really need an excuse to party but since the Rally is getting closer we thought we'd throw a little soirée so that all the competitors could get to know each other. Stunning hors d'oeuvres and endless jugs of Pimms were circling amongst the smart and savvy guests. Rally pro Chip Somers gave a pep talk about the rally itself which set everyone off chattering excitedly about the fun to come!

The rally, which is in aid of Jersey Hospice Care, will be from Jersey to Monaco, May 9th – 12th. Find more information at www.gallerymagazine.co.uk/rally

the gallery magazine
monacorally

in aid of



May 9th - 12th 2008

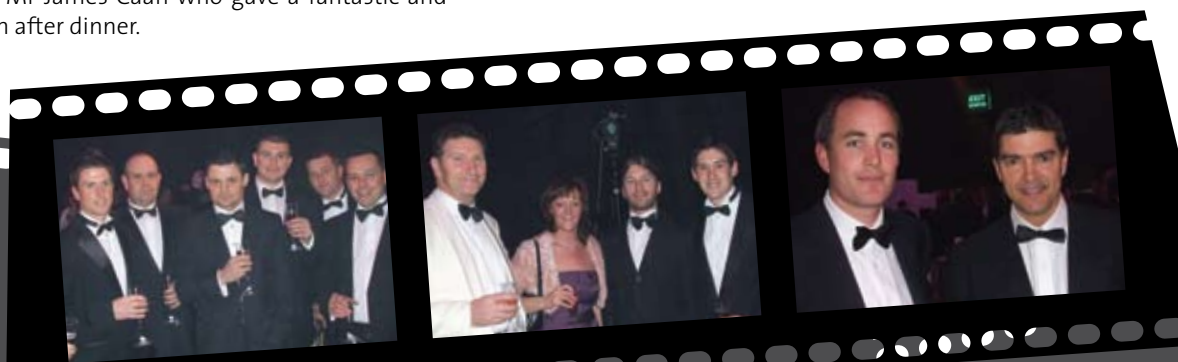
Jersey Hospice Care



Jersey Enterprise Awards

A staggering 800 people attended the evening in Fort Regent's Queen's Hall. The event was hosted by Karen Rankine who stole the stage in a stunning red gown. The highlight of the evening was guest speaker Mr James Caan who gave a fantastic and entertaining speech after dinner.

Connex were the big winners of the night scooping the 'Play.com Large Business of the Year Award' as well as the prestigious 'Jersey Telecom Business of the Year Award.'



Grace Trust Partner's Awareness Dinner

This dinner, at the l'Horizon, was an opportunity to support the work of Grace Trust whilst discovering its impact on our local community. Grace Trust is a Jersey based Charitable Trust, which embraces Christian principles. They provide both practical and personal help to some of the most vulnerable and needy in Jersey. It was a fantastic meal with a presentation provided by the Trust's Chairman, David Capps.

The General Manager's Assistant, Neil Fowler said "Everyone on the night proved very happy and enjoyed a relaxed and interesting evening with much profile raised for the Trust. We hope to see an increase in volunteers throughout the work of the Trust". For more information on the Grace Trust visit their website www.gracetrust.com



Imaginary Summer Premiere

Jersey's Cineworld was transformed into a glamorous red-carpeted venue for the premiere of this locally shot film. The champagne was flowing and there were camera crews and photographers swarming amongst the smartly dressed guests; which all added to the feeling of excitement that was running through the party.

After the film everyone descended on the Radisson for nibbles, more champagne and to mingle with the stars of the movie.



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KITCHEN & BATHROOM SHOWROOMS



Gallery 3rd Birthday Party

Painted models, cracking canapés, balloon animal hats, UV lights, neon glasses, flashing badges, an open bar., a rammed dance floor and and.... well that's about all I can remember actually. We hope all of you that made it had a great time.. We'll see you for another one in the summer. Watch this space





small miracles

To be honest, we're always a bit disappointed when we go to events and they serve canapes so when the Royal Yacht said they were doing us some really special ones we didn't really appreciate how good they would be. It's amazing the quality and production that the chefs can present in these micro morcels. If you've having a bash in the near future, consider these. They're amazing.



rojo

ALFRESCO

WE CAN NOW BRING ROJO TO YOU!

A CARBON COPY OF THE LEGENDARY ROJO COCKTAIL BAR ON WHEELS. TAKE A LITTLE PIECE OF ROJO ANYWHERE YOU WANT... TOTALLY UNIQUE TO JERSEY!

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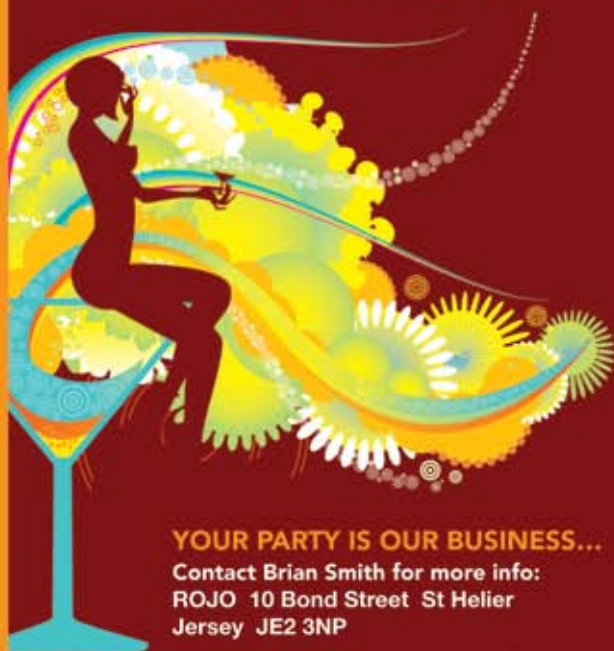
The bar service will be tailored to suit you and then you can really sit back, relax and leave all the arrangements for your cocktail party to us.

Run by our smart, professional mixologists, we can bring the Rojo Al Fresco bar to you or set up a temporary bar at the premises of your choice.

WHERE?

Whether its a marquee, conference centre or outdoor event, our bespoke bar can be tailored to suit your requirements.

Our equipment can be used to extend existing facilities or you can use our comprehensive service to provide a pay bar, a pre-paid free bar, a voucher scheme or other options to suit your needs.



YOUR PARTY IS OUR BUSINESS...

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ROJO 10 Bond Street St Helier
Jersey JE2 3NP

729904 / 07797790005 or brian@rojo.co.je

last of the big spenders

As consumer debt and rising credit costs turn us into a nation unable to spend, Katie Summers asks – is it time to turn over a new leaf?

Think back to a couple of years ago, and most of us were blowing our monthly wage packet on massive spending sprees. Even if you couldn't afford to splurge at Net-a-Porter, or DABS most of us had regular packages arriving from Asos or Amazon. And it wasn't if you could afford the latest 'it' bag or gadget, it was when you could get your name on the waiting list.

High on cheap credit, and bolstered by booming house prices we could buy anything we wanted – whether or not we could afford it. But thanks to the yo-yo interest rate changes, credit card companies aren't quite as keen as they used to be to dish out those tempting deals. And recent polls in the UK show we're spending more of our salary on mortgage repayments or rent, with less left over for impulse buys. And when GST hits the island's tills on the 1st May, we're all going to be feeling the pinch.

Bling-bling spending has had its day – the latest thing to boast about at dinner parties is the amazing bargain you picked up on eBay. And if you don't fancy spending any money whatsoever, Freecycle is the thing for you. Their mission is to 'build a worldwide gifting movement that reduces waste, saves precious resources and eases the burden on our landfills'. So now you can feel good about getting free stuff – and you never know what's going to turn up on the Jersey Freecycle group's site, there's been everything from cars to Wedgewood crockery over the last few months. The JEP is also keen to save our island from being swamped with unwanted goods – their Ecycle page appears every Tuesday and Saturday, and it's ideal if you want to make sure your unwanted clutter goes to a new home.

Jersey Hospice Care's huge warehouse is chock-full of unwanted household items, but as fast as boxes are being dropped off to the waiting helpers outside, trolley-loads of second-hand furniture, clothes and toys are being bought up by Jersey residents. Katrina Bell, Fundraising Manager for Jersey Hospice Care says the charity's been absolutely delighted with the support of the Jersey public. "We're keen to recycle almost anything, to both help the environment and raise funds in the process. Our two shops are packed full of every kind of second-hand goods imaginable, and are a vital source of income". Charity really does feel good – not only are you raising money for a worthy cause, but you're saving landfill sites as well.



You see that's been the problem with our-out-of control spending. We've turned into a nation of shoppers, stocking up on cut-price cashmere even though deep down in our fake Ugg boots we knew someone was paying the price for our impossibly cheap designer rip-offs, and it was probably an 8-year old Indian child working in a sweatshop. And that's before we've even considered the damage our resource-greedy lifestyle is doing to the environment.

Bling-bling spending has had its day – the latest thing to boast about at dinner parties is the amazing bargain you picked up on eBay.

Everyone agrees – reduce, re-use and recycle is the way forward. After the swing towards all things green that happened last year, we're finally beginning to realise that stocking up on lots of eco-friendly products isn't really the answer. Going green might be the fashionable thing to do, but cutting our spending, reusing and reducing the amount of resources we use will, in the long term, do the planet far more good than buying a few bottles of organic shampoo.

Small ways to make a big difference

- ♻️ Read the 'Selfsufficient-ish Bible' by Britain's 'green twins' Andy and Dave Hamilton, (Hodder & Stoughton) – 70's mullet and flares optional...
- ♻️ Take old mobile phones to Jersey Hospice Care who'll recycle them for you
- ♻️ Use rechargeable batteries – for every 500 charges you'll save 499 batteries being thrown away.
- ♻️ Pick up a couple of those eco-friendly 'bags for life' and take them shopping with you – say no to plastic bags.
- ♻️ Try to avoid unnecessary packaging. About 16% of what you spend on a product pays for the packaging – money that normally ends up straight in the bin.
- ♻️ Choose durable goods rather than disposable alternatives. Avoid disposable razors, plastic cups and pens. Take a packed lunch to work or school in a reusable plastic container.



Thrifty – the new chic

After years of excess, the prospect of turning a bit thrifty seems almost edgy.

I hate to admit it, but there's something appealing about the old-fashioned values of making do. Grandma-chic is back in fashion, with articles everywhere telling us to grow our own herbs, set up a larder, make our own cakes – you'd think we'd been transported back to a time when flowery aprons and Formica were all the rage. But if it helps combat our culture of waste – we throw away a third of the food we buy – it's got to be a good thing. So we'll all be dusting off the Tupperware, as recipes that tell us how to use up leftovers make a comeback. Don't knock it though, I've got a collection of windowsill pots of herbs grown from seeds last year that have been a fabulous addition to my cooking. Not only do they look lovely – all leafy and green, but I've felt very Nigella-ish, snipping fresh basil over supermarket pizza, and chopped coriander over my tikka masala, all without buying those packs of herbs from Checkers that wither within a few days.

You don't have to look very far along the bookshelves of Waterstones to see that there's been a resurgence in home cooking. Every chef everywhere seems to be singing the praises of authentic slow cooked meals, with Jamie Oliver channelling 'The Good Life' vibe with his 70's style 'Jamie at Home', urging us all to get out in the garden and grow our own veg. And – heaven forbid – it might even be time to learn how to darn. Making and mending could be the way forward, and with 'Stitch n'Bitch' groups setting up all over the place, it certainly seems that knitting isn't just for your nan. If your knitting needles are on the rusty side, a new group at the Harbour Gallery called 'Knit n'Natter, Crochet & Chatter' could be just the thing for you. Elizabeth Le Gal runs the group, and is on hand to sort out your purl from your plain stitch. Start now and everyone could be getting hand-knitted creations from you by Christmas!

Bring it, don't bin it!

More recycling facilities have just been launched island-wide – here's where to recycle your paper, cans and plastic bottles.



St Martin	Public Hall Car Park
Trinity	Durrell Car Park
St Mary	Community Centre Car Park
St Ouen	Parish Depot
St Peter	Goose Green Car Park NEW
Grouville	Holme Grown
St Brelade	Les Quennevais Shopping Precinct (Lower Car Park)
St Lawrence	Sports Field Car Park
St Clement	Parish Hall Car Park NEW
St Saviour	Parish Depot
	Grainville School Car Park NEW
St Helier	Esplanade Car Park

Feel My Bamboo

When you hear the words eco-friendly clothing you may just be picturing a long bearded hippie wearing a hessian sack and hemp. But you would be wrong; This month we discovered Little Green Rock, a cool little business based in Jersey producing eco-friendly bamboo clothing, boards and other stuff for planet-conscious, palm tree-hugging beach bums. We thought you should know about them too.

Debbie and her husband Butter wanted to create a new local brand for people who love to play hard or just hang out on the beach, but they were determined to do it by pushing eco-friendly clothing beyond the realm of organic cotton t-shirts. Because of this, they discovered new ways of producing clothes and hardware which have the least negative impact on the environment. Motivated by a love for the Great Outdoors and a deep respect for the ocean and earth, all the clothes are made from ecologically sound fabrics, including bamboo. Bamboo? Yes, the woody grass that the pandas munch on. It is one of the world's most plentiful renewable resources and once it is cut down – it grows back quickly. A 60-foot bamboo tree cut down for market will renew itself in 59 days. Cut down a regular 60-foot tree for market and it'll take 60 years to replace with a replacement tree being planted.

As well as bamboo being used for food, framing houses, furniture, and paper, bamboo fabric feels as soft as silk. This incredible fabric dries quickly, will wick your sweat away, is breathable and antibacterial. That means not only will you stay cool when it's hot (it's almost like an air conditioning unit), and keep warm when you're cold, but you can also toss your wet stuff in the back of your van, and it won't smell when you find it a few days later!

Little Green Rock is starting out with a small range of clothing for men and women including tees, long sleeve tees, vests and hoodies available from Cloud 9 and Earth Wind & Water. The inspiration behind their clothing has been from the colours of the Caribbean (where they used to live), together with top quality, simple bold designs. This summer they will be introducing bamboo skateboards, and three fantastic balsa surfboards, to include the most gorgeous Mall. September will see the launch of their whole comprehensive range of eco-friendly clothing, including bamboo trousers, shorts, hats and children's clothes. Not content to stop there, an exciting range of organic performance gear is also in the pipeline.

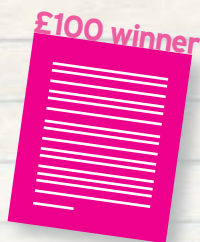
So if you still want to look cool but make an environmentally responsible choice – then Little Green Rock is the way forward! For more information check out their website at:

www.littlegreenrock.com



grass is greener

Leah Martini



He sat down and looked at his life. She had asked him to and now he found himself sitting with nothing else to do. He was surrounded by extreme silence, her letter and his thoughts were his only company.

A monk came out of the room and looked at him kindly. 'Would you like a cup of tea?' He shook his head and stared at his hands. He heard the monk walk away.

What was he doing here? He was thousands of miles away from his life. Yet through the window he could see his wife sitting cross-legged and she was forcing him to rethink. Her note beseeched him to. It had taken him years to find her and he couldn't understand why she found more fulfillment looking like a freak with her hair shorn, wearing nun's robes, sitting with her eyes closed. He couldn't make sense of it. This woman couldn't be the same laughing happy bride on the day of their wedding, especially not the woman who lured him on their wedding night...

Sweat trickled down his back and his clothes clung to his body. He could smell the hormones evaporating off his skin and he traced the silvery salt trails on his arms. His toenails had started to brown at the tip, collecting the dust and mud that danced in the air. He could see veins popping up around his knuckles and his skin starting to wrinkle on his hand.

He looked at her again. She didn't move one centimeter. Her spine was straight yet she looked relaxed, her face free from stress. The spikes on her head accentuated her cheekbones and nose, she looked Eastern European. She sat as if there was nothing else to do in the world. Yet since the day she left, all he had wanted to do is find her, his wife. Now he knew he had already lost her. In his mourning, he wondered if he had lost himself too. Her letter was clear, her actions profound and her stillness deep. She was seeking the ultimate release from suffering. He realised he was flotsam on her ocean. He tried to dive in to her world but he was in need of air. He was just human, who was he in comparison to this divine world she sought?

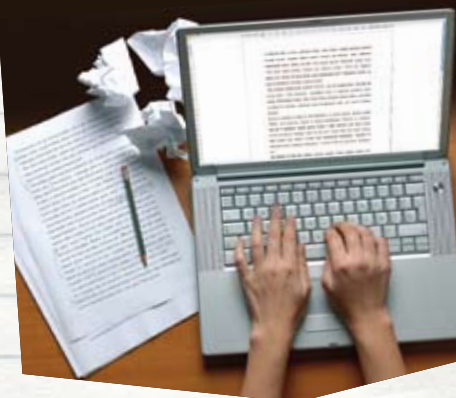
She opened her eyes, saw him and smiled.

And he found himself smiling back.



Gallery/ Bean Around The World contributing writer of the month

Have you got something to say? A short story, a rant, a profile, a statement? From next month we're dedicating a page in each issue to you, Mr or Mrs Amateur Writer. We want you to shoot from the hip with a 400 word article that you think our readers should take note of. **In return we'll reward you with £100 and a coffee every day that month from The Bean.** Just email your piece to: iwanttobeheard@gallerymagazine.co.uk



Cultural Hunger

we've spent our last three years promoting the arts in Jersey and we launched these two new initiatives to get local creative juices flowing onto our pages. If you're a writer or photographer that would like to show us what you can do and be rewarded using praise, coverage, money and coffee, get in touch!

the monthly upload

if you're a budding photographer or artist, you can get your work published each month with Gallery. We're always after new exciting people to feature. Even better, from this month you can be part of a brand new spread of images we've called 'upload'. Just visit www.gallerymagazine.co.uk/upload to send us your photo or illustration. Not only will we be collaging and crediting each upload every month, we'll be giving one lucky person selected at random from those featured £100 for their trouble.

£100 winner



Tom Clarke



Tom Clarke



David Elgie



Claire Campbell



Scott Ashton



Brad O'Connor

Extreme?

What's the attraction? Sarah Mansell takes a look

There is a new extreme sport born almost every week, each seemingly more bizarre and dangerous than the last. But the question is.... why do people keep doing them? How can the 'extreme sport' industry thrive at such a level, when everyone knows the dangers?

Extreme sports have their roots in the 1960's countercultural movements, and have been growing since the late 1980's. Research carried out in America found that extreme sports have been increasing at the expense of traditional sports. For example, snowboarding participation went up by 30 per cent between 1998 and 2004 while paint balling increased by 63 per cent (with 9.6million participants). By contrast, the number of baseball players fell by 28 per cent declining to 10.9million players. So why, all of a sudden is there this thirst for danger?

Some who enjoy extreme sports repudiate the stereotypical "adrenaline junkie" tag, seeing it as tired and stale, saying instead that they do it to push themselves to their full mental and physical ability and perhaps escape from the mundane rigors of day-to-day life. Bob Drury, a paragliding pilot says, "We do these things not to escape life, but to prevent life escaping us."

Extreme sports have marked out a new type of game play. Whilst traditional sports encourage teamwork, people participate in extreme sports as a personal challenge. So while people used to play sport as a sort of bonding exercise, people now participate in extreme sports to push themselves to the limit. With the huge culture for all things "sea" in Jersey you hardly have to look beyond your own back garden to feel like others are pushing themselves harder than you. "Since when did our neighbour have a windsurf and a surf kayak?!"



We do these things not to escape life, but to prevent life escaping us.

Bethany Hamilton, the 13-year-old pro surfer who lost her arm in a shark attack whilst surfing claims that when the accident happened, she loved the sport too much to stop so continued to surf with one arm. "Not being able to surf went through my mind maybe once but I wasn't going to dwell on it". Now that is bravery. When you have grown up in a culture that sees water-sports as a popular pastime, such as Jersey, it would be hard to imagine life without the activities you have grown so used to. Hamilton started surfing before she was three, so not even a shark attack was going to stop her.

In some circumstances, extreme sports can enable you to confront your fears. Some cliff jumpers for example are scared of heights, but will perform complicated leaps off high cliff tops. They steel their minds before the jump, and overcome the part of them that wants to back out. This isn't about taking risks for the sake of it; instead it's the calculated judgment of the sportsman. One young kite surfer from Jersey says: 'It's a way to confront fears, refresh things and keep the mind awake. You have plenty of time to think about yourself, and your life.'

A recent extreme sport to emerge is the 'kite tubing' phenomena. When tubes being towed on water reach high speeds, they begin to take flight and because most tubes are not designed for flight, the rider often has no control over a tube after it takes to the air. Since 2007, 39 injuries and two deaths from kite tubing have been reported. Injuries have included a broken neck, a punctured lung, cracked ribs and a concussion. But you can be sure, that come summer, speedboats will be ripping up St Brelade's Bay with a kite tube trailing behind. Dangerous? Maybe. Fun? Certainly.

With the hype that now surrounds extreme sports, the whole idea of 'living on the edge' is a consumer product. Watching the Extreme Sports channel, talking to your friends, or simply heading down to St Ouen's on a sunny afternoon makes us all feel, deep down, that we should be pushing ourselves a bit more. The extreme sports industry sells the image of aspiration and we buy it.

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Jersey ten times bigger than thought

Cartographer Claims '90% of Island' Remains Undiscovered

OXFORD - Scientists from National Geographic using advanced imaging technology have discovered that up to 90% of Jersey remains unexplored. Heinrich Overland, a member of the project team and former island inhabitant explained; 'The self-governing Bailiwick, situated in the English Channel 14km from the north coast of France, was previously thought to be a vaguely rectangular shape covering 45 square miles but we have discovered an adjacent land mass almost ten times that size.'

The newly discovered peninsula, connected to the north east of the island is thought to have lain undiscovered for thousands of years despite being plainly visible. 'We can only speculate that somehow the local mapmakers simply missed a trick. At present it seems that areas such as St Helier and St Brelade are fairly well mapped', a representative of National Geographic told reporters. The scale of the new land has shocked local inhabitants and property developers alike 'Up to 500 square miles of territory remains uncharted, apparently remaining unnoticed by the indigenous inhabitants for centuries', remarked Cambridge University's Len Frankweiner, head of the project.

horny

Jersey In The World's Focus Again As Hordes Of Rhinos Sighted At Plemont Bay

STOUEN - Local residents have been reporting rhino sightings around Jersey's Plemont Bay for the past 20 years, but it wasn't until photographer Daniel Sebastian captured an image of the massive herbivores (above) migrating to Portelet that anyone had been able to gather any proof.

'I was busy smoking a fag when I noticed some rustling in the bushes', he told reporters animatedly. 'All of a sudden, SHIT, f*cking bang loads of f*cking rhinos legging it!' the photographer explained, clutching a can of Red Bull in his hand. 'I just relied on my training and banged a few shots out. Bam! Bam! Bam! Job done.'

The discovery of rhinos in the tiny Bailiwick has caused huge excitement in the scientific community. 'It's possibly the most incredible discovery of the past 50 years', stated biologist Tim Curran from Cambridge University's Biological Research Department. 'For odd-toed ungulates to be found on a nine by five mile island in northern Europe is really incredible - good God!' the old duffer exclaimed. 'From the imagery I have seen, I would have to say that they are Javan Rhinoceros'. Given that only 60 or so were thought to remain in the wild before this discovery, we may be witnessing a species being brought back from the brink'.

'I just relied on my training and banged a few shots out. Bam! Bam! Bam! Job done.'

Not everyone is so happy with the discovery though. Although the tourist industry expects to double visitor numbers to 146, local farmers are none too pleased, with seven rhinos having been found dead already. Most had suffered extensive shotgun wounds and pitchfork related injuries. Local police and international rhino protection agencies are said to be monitoring the situation closely.

Fort Regeneration

Arab To Buy Fort Regent

KABUL - Little known Arab Osama Bin Laden is reported to be interested in buying Fort Regent in a bid to gentrify the area, turning it into a religious training camp for highly religious youths that hate Western values. 'I would fully support any efforts to restore Fort Regent whether they be funded by fundamentalist Islamic terrorists or private investors from the City', a local high level politician remarked to reporters. 'I got with bang loads of birds there and sussed the Fort guys by climbing round that dodgy fence up the stairs in my day, so the place has a load of memories for me'.

Bin Laden commented that the metre thick granite walls were perfect for resisting advanced American 'bunker busting' missiles and that the location would enable his friends and associates easy transport links to the UK thanks to the introduction of low-cost airline flights.

Nothing

Teenager Discovers There is F*ck All To Do On Jersey

ST HELIER - Patrick Bateman, a 16 year old from St Helier, Jersey, recently discovered that there is nothing to do on the island. 'I'd just left my house and was walking to the Spar on Snow Hill when I suddenly realised that there was f*ck all to do. It just hit me. F*ck all.'

The fifth form student from Jersey went on to remark, 'I mean dick all. Literally not a f*cking thing. Nothing.'

Other locals have since confirmed that there is indeed f*ck all to do on the island. 'Ah yes mon vie, he's right thet boy, there's feck all to do on Jersey eh' said Enid Le Sueur, a local resident.

Visiting tourists and teenagers have been saying the same thing for literally decades. 'F*ck all', retired cross dresser, Harry Ramp, told reporters. Although efforts were made to contact officials, none were available for comment.

'To be honest we can't believe it has taken this long for someone to notice'.

States officials have been unavailable for official comment but one source close to the Ministers did tell Gallery that this had been known to the officials for some time but that they were 'trying to keep it quiet'. 'To be honest we can't believe it has taken this long for someone to notice', she remarked.

Independent experts have since conducted several experiments which all confirmed that there is indeed f*ck all to do on the island..

COMPETITION



This month one lucky reader will WIN...

A pair of tickets to La Bohème at 2.30pm on Saturday 19th April.

Just visit www.gallerymagazine.co.uk/competitions before 12th April to enter

JERSEY OPERA HOUSE



Norah Bryan

This month sees an opportunity to enjoy an exhibition of paintings by local artist Norah Bryan. This will be her fourth solo exhibition following three successful ones and shared group exhibitions in London, Jersey and New Zealand.

Probably most well known for her work as a picture restorer and conservator of works of art, her change of course into painting has made her equally as well known. Norah has experience in many branches of art, having studied on the Arts Council, becoming a founding member of the Public Sculpture Trust, and been commissioned to produce a stamp issue to celebrate trees for life and also the cover of the Jersey telephone directory.

She dislikes a lot of the nonsense and media hype about contemporary painting and does not subscribe to any particular theories, but tries to express the beauty and interest in everyday objects and subjects. Traveling frequently, she always carries watercolours and pastel but uses oil colours in the studio, where spills and splashes are not so important. She still finds it difficult to welcome the restrictions of working in other artists' brush strokes and if necessary using minute quantities of paint; squeezing large amount of colour onto the palette and painting in a more exuberant fashion is something that still has to be overcome. The exhibition is a great opportunity to see a wide range of art mediums from a well known and popular Jersey artist.

Place: White Space Gallery, Jersey Pottery
Date: 14th – 24th April 2008
Private View: Monday 14th April @ 5.30pm



Congratulations

The final Award for this year's Jersey Eisteddfod Deutsche Bank Festival of the Creative Arts 'Visitors Choice' Award has been presented to Paul Anderson for his piece 'Dressing Mirror', based on nominations from visitors to the exhibition. It was presented to Mr Anderson by the former Dean of Jersey, Canon Seaford.

Apologies..

Hautlieu? Highlands? Hautlieu? Highlands? Hautlieu? Highlands? Hautlieu? Highlands? Sorry, we got it wrong! They're next to each other AND they both begin with H - this often confuses us. Last month's page of work created under the guidance of local artist Nick Socrates was in fact created by students at Hautlieu, NOT Highlands. You can see their work on page 43 of the March magazine.

showing

at the Jersey Opera House this April

Raymond Gubbay presents
The Russian State Opera of Siberia
Madam Butterfly

Monday 14th – Wednesday 16th April

Puccini's tragic masterpiece is a magnificent tale of the doomed love of an American naval lieutenant and his young Japanese bride. Set to a ravishing score, it features some of the most famous arias in all Italian opera as the story moves from tender moments of unbridled love to its ultimate powerful & tragic conclusion.



La Traviata

Thursday 17th April

The tragic tale of ill-fated courtesan Violetta and her love for nobleman Alfredo inspired one of Verdi's most exquisite scores. From the exuberant drinking song to her poignant final aria, Violetta's transition from a colourful life of revelry to one of self-sacrifice is powerfully evoked in this sumptuous, fully-staged production.



La Boheme – Sponsored by Heritage Group
Friday 18th & Saturday 19th April

No opera can equal the enchanting romance and heartfelt emotion of La Boheme. From the celebrations in the Café Momus to the intimacy of the artisans' garret and the final tragic moments of Mimi's death, Puccini's emotionally charged score never fails to captivate audiences whenever it is performed. The gelida manina, Si mi chiamano Mimi and the tender love duet O soave fanciulla are just some of the many glorious moments that bring this fully staged production to life.



Elkie Brooks

Saturday 26th April

Performing some of her classic hits, blues, jazz and perhaps a song or two from her forthcoming album, an electric evening with Elkie is guaranteed to leave you begging for more.



Hayley Westenra

Friday 2nd & Saturday 3rd May

Poised, angelic and breathtakingly beautiful, Hayley Westenra's voice has won the hearts of millions and she will perform a selection of her favourite classics.



JERSEY OPERA HOUSE

Don't forget to check out the rest of our season - call the Box Office on 01534 511115 or go to our website www.jerseyoperahouse.co.uk

My Name is Glyn Burton

My job is 3 days Highlands School of Art, 3 days glassworker

The best job in the world would be 4 days glassworker, 1 day lecturer

My worst habit is greed laziness indecision - I think

If I could change one thing in my life it would be more money

If I had to only eat one kind of food for the rest of my life it would be fresh

This is a self-portrait of myself:

I don't do images
of my self, look
at some work
much more interesting



In bed I wear a frown

If I could be a celebrity for a day, it would be tadious

The best time of year is summer

All is fair in love and war. True or false? false

The best advice I've ever been given is never mix plaster in suede

shoes - check your flies before entering a class

If I could ^{have} one question answered in the world it would be Why does the

cat leave so much fur on the stairs?

The 3 most important things in life are my wife, my work, my cat

This is a picture of my dream house:

I can dream.



Letters from London

We have a new section this month about all things cultural outside of Jersey which you may not otherwise be aware of. Predominantly about things happening in the nation's capital, our London-based insider Nina Hervé guides you through the cultural highlights taking place around the hotspots in the city.

Jersey publishers go!

Beat Happening



Chris Bell was born and educated in Jersey. He left the island in 2002 to study English at Bristol UWE and quickly discovered that having a choice of a million bands to go and watch every night was far better than watching the same three bands each week in a place where you just couldn't be anonymous if you tried. I caught up with the ex-Victoria College student and budding journalist and had a little chat about his new music magazine, Beat Happening set to launch in London on 7th April.

How did Beat Happening start?

It started in Brighton when I decided I'd had enough of the existing magazines on the market, with the likes of NME achieving the remarkable: managing to be insipid, fascist, pretentious and sycophantic all in one go. I decided to take matters into my own hands, so that I could give exposure to the bands and artists that I thought deserved it. With the help from a designer from Jersey, Ian McCoy, we brought out six issues in Brighton, interviewing the likes of Devo, The Horrors, Art Brut, Billy Childish and James Last, and establishing ourselves as the most popular fanzine in Brighton.

Why the move to London?

I was aiming for a fresh start, and a new challenge. London's widely considered the cultural capital of the world, and to make my own impression on it would be amazing. I plan to go national with the magazine, and I think that the magazine is better off establishing itself in London before we start to distribute to the rest of the UK.

How's the magazine changed?

It's all on a much bigger scale than in Brighton. Whilst in Brighton, we never released more than 1,500 issues - this time around, we have a distribution of 10,000, and 60 confirmed outlets. Added to this, there is a bi-monthly club night, to coincide with the release of each issue. Jersey favourites, Velofax will be playing at the first one. I guess the biggest change has been that I consider Beat Happening to be a viable business, as opposed to an expensive hobby. Now that I have registered the company, Beat Media Ltd, I still feel like that young upstart trying to blag his way into gigs to get a scoop with a band, but I also feel like a professional - which I don't think I've ever felt before!

What have been the highlights?

There have been a lot; interviewing the artist/poet/musician Billy Childish was amazing; he's been a bit of a hero for a long time, and he's one of the wisest, most switched-on people I've ever met. The Great Escape festival in Brighton last year was hilarious - three days of running around the town trying to catch ten different gigs in ten different venues, plus three days of booze, nearly ruined my internal organs. Oh, and getting in a row with Johnny Borrell's brother at a Razorlight after-party, for writing an article slagging the band off, that was fairly amusing.

www.beathappening.co.uk



Bubblegum Psychadelic Monsterism

Art and music go hand in hand. This statement couldn't be more apt for the latest exhibition by Pete Fowler. Famous for his artwork for Welsh band Super Furry Animals and brother/sister band The Magic Numbers, this freelance illustrator and 'monster creator' describes his latest body of work as pieces that "look good enough to eat or at least lick", although he wouldn't recommend it. The exhibition was on display at Stolenspace, Brick Lane and was an absolute joy to the eye. The show included paintings using a candy coloured palette, pen and ink pieces, doodles from his sketchbook plus the latest range from his Monsterism Island vinyl figures 'Pets & Owners'.

More can be seen at www.stolenspace.com and vinyl figures can be bought from www.playbeast.com



Banksy strikes again...

Notorious graffiti artist Banksy appears to have joined the campaign to ban plastic bags if his latest work is anything to go by. Appearing overnight on the wall of my local pharmacy on Essex Road, Islington, the guerrilla artist is said to be responsible for a painting depicting a group of children pledging allegiance to a Tesco plastic carrier bag in place of a flag. The owner of the pharmacy is thrilled after hearing how much his works

go for and the piece has now been protected with a screen.

Meanwhile, the Hammersmith and Fulham council have sadly removed another Banksy piece that was seen at the Shepherd's Bush roundabout. The piece was reportedly described as an 'eyesore' by said council and has now been replaced with a white wall. Perhaps the Council should have taken a leaf out of the book of entrepreneur Luti Fagbenle who, when a new Banksy piece appeared on the wall of his media company office near Notting Hill earlier this year, promptly sold the wall on eBay for a cool £200,000!

One of the biggest collections of the artist's original canvases in commercial hands were on display during the month of March at The Andipa Gallery in Knightsbridge. Prices of items for sale started from £28,000 with the most expensive pieces fetching £450,000.

Lights, Camera, Chocolate?

Yummy chocolatiers Lindt and The London Eye teamed up to raise money for Childline with a light show story created by renowned Swiss light projection artist Gerry Hofstetter based on a story written by children's author Mimi Thebo. The best views were obviously from The London Eye where the show was projected onto the Southbank's Shell Building each night up until Easter Monday. A great way to of bring awareness to a worthy cause and a good excuse to eat some chocolate!



Branchage Film Festival



Branchage
Jersey International
Film Festival

Late September sees a new festival hitting the shores of our fair isle. Branchage – Jersey International Film Festival will take place over a long weekend commencing on Thursday 25th September until Sunday 28th September.

This boutique festival will host an array of diverse and raucously entertaining films, dazzling special events, talks, exhibitions, training and education. The festival will gather films by some of the world's most talented directors and

hunt out the freshest new talent to bring a selection of now and then, long and short, true and false.

The name Branchage is taken from Jersey's traditional language, Jèrriais, and comes from the word la branque (the branch). Branchage is the custom of cutting back the hedgerows, which must be done by law. Officials will inspect the parish in July and September during the Visites du Branchage and those found guilty of not having cut back the branches on their property to the correct height will be fined.

So naming the film festival after this Jersey tradition is not only a fond reference to our rural history but also the meaning is relevant: to clear the branches – cutting things back to give people visibility to see what's ahead – just as a filmmaker would when making and cutting a film.

Branchage promises to be a banquet for all with comedy, live music, weirdly wonderful venues, parties and an entourage of filmmakers, visiting and homegrown.

Film submissions are now open. Any budding filmmakers based in the Channel Islands have the chance to enter the Islanders Film Award where top prize is £10,000. For all relevant information about submissions, deadlines and awards check out the festival website.

www.branchagefestival.com

www.myspace.com/branchagefestival

Niki de Saint Phalle

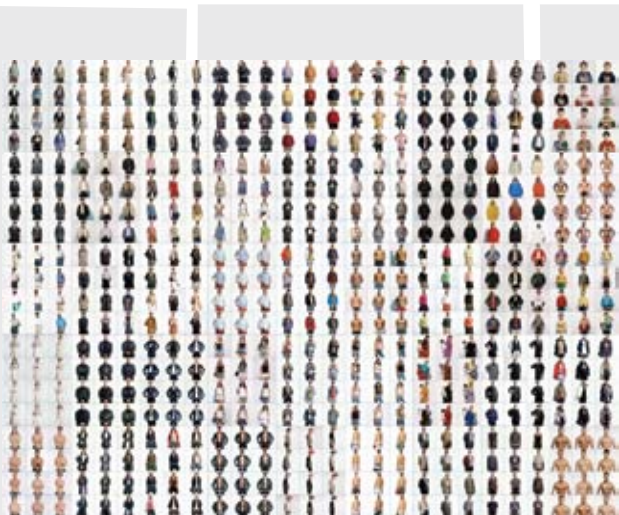
French-American painter-sculptor Niki de Saint Phalle burst upon the art world in the 1960s as a beautiful, provocative and independent female artist whose life and work were equally flamboyant. An exhibition of her work currently on display at Tate Liverpool spans her entire career and reveals consistent preoccupations in her work including femininity, mythology and fairytales, violence, personal anxiety and politics.

Like the female Mexican artist Frida Kahlo before her, Niki de Saint Phalle was self-taught and her work was shockingly autobiographical. Abused by her French aristocratic father, she suffered a nervous breakdown in the early 1950's that led her to take up art to overcome this crisis. Her work begins naïvely in style, depicting figures, imaginary landscapes and mythical creatures leading onto her assemblages which were described as Death Landscapes evocative of the desolation and darkness she was experiencing at the time. Soon after this the Shooting Paintings emerged. Embedding pockets filled with paint in thick layers of plaster on canvas to be shot at to make them bleed. This led to collaborations with the likes of Jasper Johns and Robert Rauschenberg and an invitation by the art critic Pierre Restany to become a member of the Nouveau Réalisme movement.

As time progressed Saint Phalle became more focused on the female form. Firstly her Brides and Monsters series represented femininity in a more vulgar way than Nanas, the later series of female form inspired by the pregnancy of friend Clarice Rivers. The large scale and brightly coloured sculptures of voluptuous, goddess-like women were powerful representations of femininity and maternity.

Throughout Niki de Saint Phalle's life her work and performances achieved critical acclaim, and brought an equality with fellow male artists, which is something she strove to maintain until she died. In 1979 she began her lifelong ambition to create a garden based upon the Tarot. The Tarot Garden can be seen in Garavicchio in Tuscany, Italy and was opened to the public in 1988. Never following trends and remaining true to her own style, she let her imagination guide her, giving her freedom from the constraints she had felt so early in life.

If you're taking a trip to Liverpool, Europe's City of Culture 2008, this exhibition is highly recommended and is on display at Tate Liverpool, Albert Dock until 2nd May.



Exactitudes

Rotterdam based photographer Ari Versluis and stylist Ellie Uyttenbroek have worked together since 1994. Their Exactitudes project (a contraction of Exact and Attitude) is an on-going exploration of the striking dress codes of various social groups, and the way clothing and fashion can be used to fit into and stand out from the crowd. An exhibition of their photographs is on display in the Ultralounge, lower ground floor of Selfridges until 20th April.

The duo are scouring Selfridges and Oxford Street for subjects for new works, so if you're in the big smoke during this time, go in, be part of the art in making and find out what 'fashion tribe' you belong to.

Exactitudes in collaboration with The Photographers Gallery is on display until 20th April, Ultralounge, Selfridges, London.

www.exactitudes.com

Alex Chase White

Brought up in Jersey, 20 year-old Alex Chase White has been studying photography for 3 years including his A-Level at Hautlieu, a year foundation diploma with which he received distinction and is currently undertaking a BA in photography at Kingston University.

We discovered him back in 2006 when a joint exhibition of his work was held at White Space, and more recently his work has been exhibited at the Waterloo Gallery in London. His work doesn't stop there. He has been involved in many projects, most recently including designing exhibition invites for 'Salon des Arts Barnes' and other exhibitions, Aid relief in Kenya, co-ordinating group exhibitions, and a project with Kingston Hospital and Canon, to set up a large photographic wall display consisting of 42 images in the GUM department of the hospital.

A mixture of influences in Alex's life are reflected in his work from a religious upbringing, working in the fishing industry, and growing up as a teenager in Jersey to everyday encounters. When asked about his influences, Alex commented, 'I discovered self-portraiture and developed my own style. My subject matter is around events in my life and is heavily influenced by relationships. The works of Czech photographer Jan Saudek have inspired me. A lot of the work was taken in Jersey in my garage, late at night when it was quiet. The work is self reflective, involves areas of performance art and spontaneous actions at times, but a lot has a background story to it which I prefer to keep to myself. A lot of the work is untitled'.

It seems that collaboration with other artists, mainly mature, is something Alex enjoys. These include his girlfriend Zsi Chimera, from Hungry who he works very closely with, Stevie McGarrity Alderdice, who is present in much of his work and performance artists Aaron Williams and Dickon Stone. To view more of Alex's work and what he's been up to in the UK, visit http://www.saatchi-gallery.co.uk/stuart/StudentArt/ast_id/24778. We foresee a very bright future ahead for this talented young photographer.



Toujours Tingo!

This month: **On a slippery road..**

Alcohol is wet. Consuming it often makes people wild. Combined, they are this month's theme and so quite fittingly, here are some expressions for being drunk:

sternhagelvoll (German)

Full of stars and hail

rangi-shangi (Nepalese)

Slightly too multi-coloured

redlös (Swedish)

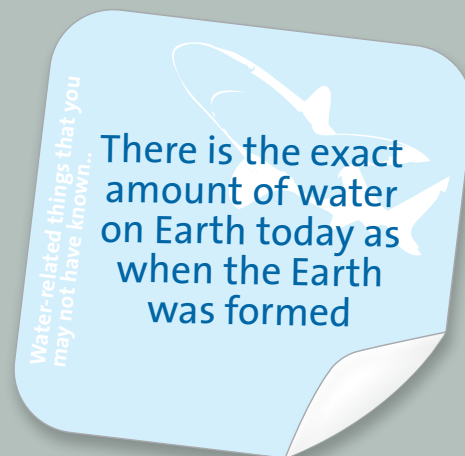
ride free

ne govori ou samoi muzh piatnisa (Russian)

A shrug of understanding when sharing someone else's problems (literally, no need to explain - my husband is a drunk)



Having researched 300 dictionaries and 140 websites, Adam Jacot de Boinod has identified bizarre and brilliant words or expressions with meanings that only exist in certain languages. We're going to feature a category each month.



IMAGINE...

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aligator



FUNNY GAMES

DIRECTED BY: MICHAEL HANEKE

STARRING: NAOMI WATTS, BRADY CORBETT, MICHAEL PITT

RELEASE DATE: 04/04/2008

Witness the harrowing events of one night when two white-gloved sociopaths break into a family's holiday retreat home and hold them hostage for an evening of sick and twisted "entertainment".

Middle-class housewife Anna (Naomi Watts), her husband George and his 10-year-old son, are subjected to horrendous, brutal acts of mental and physical torture. To survive, the family are forced to gamble with life and death by partaking in a series of sadistic games and bets; ones that are impossible to win. But lose, and they will be horrifically punished.

As the panic and dread instilled in the victims escalates, it becomes obvious that there is no way out alive.

This disturbing story is an English language remake of Haneke's original German language film of the same title, which was first released in 1997. It takes a controversial look at how modern day culture diversity can affect the level of violence in our society, with shocking and distressing outcomes.



FORGETTING SARAH MARSHALL

DIRECTED BY: NICHOLAS STOLLER

STARRING: JASON SEGEL, KRISTEN BELL, MILA KUNIS, RUSSELL BRAND

RELEASE DATE: 25/04/2008

A unique comedy from the producers of "The 40 Year Old Virgin" and "Knocked Up", follows the emotional journey of musician Peter Bretter (Jason Segel), who is struggling to bounce back after being dumped by his girlfriend of six years, beautiful and successful actress Sarah Marshall (Kristen Bell).

After years of comfortably playing second fiddle at awards ceremonies and fading into the background of paparazzi frenzies, Peter suddenly finds himself heartbroken and lonely, forcing him into re-evaluating his life. After weighing up his Getting-Over-Sarah options, Peter tries out a spot of womanizing; having realised that this perhaps wasn't the brightest idea, and after an embarrassing nervous break-down at work, Peter flees to Oahu in a last ditch attempt to recover his dignity and his sanity. Bad move – coincidentally, ex-girlfriend Sarah and her painfully cool new beau (Russell Brand) are also visiting Hawaii, resulting in a relapse of the worst form.

Highly disconcerted by Peter's hysterical behaviour, staff at the Hawaiian resort take drastic measures to pull him from the depths of despair, involving him in pig-slaughtering, binge-drinking benders and "after hours activities" with beautiful hotel receptionist Rachel (Mila Kunis)...

Far from being another tragically predictable romantic comedy, "Forgetting Sarah Marshall" is a quirky and original account of a nightmare break-up, supported by timely banter and hilarious one-liners.



21

DIRECTED BY: ROBERT LUKETIC

STARRING: JIM STURGESS, KEVIN SPACEY, KATE BOSWORTH, LAURENCE FISHBURNE

RELEASE DATE: 11/04/2008

This Columbia Pictures drama is a film adaptation of Ben Mezrich's best-selling novel, "Bringing Down The House". It tells the story of Ben Campbell (Jim Sturgess), a timid but intellectually gifted Massachusetts Institute of Technology (MIT) student who is struggling to fund his way through college.

Campbell may have stumbled across an answer to his troubles when a group of the most intelligent students at MIT select him to join them in a venture into the world of Las Vegas's casinos.

With their combined mountain of knowledge, wit and tact, the group set out to swindle the casinos out of millions.

Lead by their nonconformist but genius math tutor, Micky Rosa (Kevin Spacey), it's not long before the students are counting cards in Vegas every weekend. Manipulating everyone and everything with their own complex system of codes, the group are soon well on top of the casinos.

Campbell rapidly becomes dangerously addicted to the adrenalin rush of winning, drawn in by the glitzy and glamorous world of Vegas, and seduced by the charms of his gorgeous team mate, Jill Taylor (Kate Bosworth) – provoking him to push the boundaries into obscurity. Despite the flop of "Ocean's 12", "21" has successfully salvaged the reputation of heist films – sharp, clever and exciting.

WET AND WILD DVDs

get with the theme and rent out these babies

THE RIVER WILD

The entire cast in this film, most notably Kevin Bacon and Meryl Streep deliver believable and entertaining performances that make this a very watchable family thriller. The action is not typical for this genre and the novelty value of it makes it seem more interesting. The film looks good and it is tense enough to do the job while the plot gets past a slow start to deliver an interesting set up.

IMDB: 6.1

FREE WILLY

Everyone's favourite Whale was famous for his role in this extremely popular family drama. If Willy didn't charm you then surely Jessie, the loveable run away was reason enough to watch this over and over again. Its credibility was ruined slightly by its dull follow ups but this film really shows how friendship can go a long way. Even if it is with a whale.

IMDB: 5.2

MARCH OF THE PENGUINS

In this awe inspiring documentary film about a penguin's life cycle you cannot help but think that their habitat is in-fact, as the director describes it, "The harshest place on earth". Morgan Freeman narrates the film beautifully and the footage captures the rare moments of a penguin's life on film in an original and charming way. This is not only visually stunning but also emotionally moving.

IMDB: 7.8

WINTER

LOCAL MOVIE NEWS!



IMAGINARY SUMMER

SCREENPLAY BY: REBECCA COLEY

DIRECTED BY: REBECCA COLEY AND RICHARD HALL

CO-PRODUCERS: SPINKY FILMS AND HALL TV

STARRING (AND INCLUDING A LOT OF JERSEY FACES):

CAMERON COLE, GARETH THOMAS, SHIRLEY HAFEY, BRODIE TRAIN

RELEASE DATE: SHOWING AT VARIOUS FILM FESTIVALS DURING 2008

This is a touching, sweet and sincere-yet-funny story about an eleven year-old boy called Jimmy (Cameron Cole), who was sent to live with his grandparents in Jersey, after his mother tried to commit suicide in their London council flat. Jimmy's grandparents Arthur (Gareth Thomas) and Shirley (Shirley Hafey) had been estranged from his mother, Annie (Brodie Train), for years and had no idea that Jimmy existed until now. Shirley is delighted about the surprise addition to the family and quickly adjusts to Jimmy's arrival, but Arthur isn't so welcoming of his grandson.

All Jimmy wants is to find happiness and security, but he struggles to bond with his grandfather at the same time as settling into his new life and school. But the truth behind Arthur's cold exterior begins to unfold, as family secrets that have been kept since the German Occupation start to resurface, causing family feuds and more disruption for poor Jimmy.

This is a true "Jersey" film, which not only showcases our local talent fantastically (exceptional performances all round), but really does the island's beauty justice. Many Jersey traditions, events and places are featured throughout the film, including our infamous beaches, the German Underground tunnels, the Battle of Britain Air Display, St Lawrence School, and Arthur's local, The Old Court House! And the amazingly professional opening sequence of the island's coast and cliff tops is absolutely stunning!

This is Jersey girl Rebecca Coley's first feature film and is definitely one to be incredibly proud of – I think everyone would agree that the most inspiring talent of all is undoubtedly Rebecca.

FILM CLUB AT THE GRAND

GET DOWN THERE FOR FRIDAY DINNER OR SUNDAY LUNCH AND CATCH A CLASSIC

Fancy watching a classic and having a top class meal? The Grand have started shown classic movies in their 36-seater cinema and packaging them with a top class meal for a movie-foodie night out. This month catch:

Moulin Rouge (Fri 4th/Sun 6th)

Elizabeth (Fri 11th / Sun 13th)

Casanova (Fri 18th / Sun 20th)

Funny Face (Fri 25th/ Sun 27th)

Packages include either a 2 course meal on Friday evenings or a three course Sunday lunch, both in the refurbished Victorias. Both are £22 including meal and film. Sounds good to us.

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Play



Cinema Shine a Light

A music documentary by Martin Scorsese captures the Rolling Stones during their A Bigger Bang world tour. Filmed over two nights at New York's historic Beacon Theater in the autumn of 2006, the band's powers show no signs of waning. And with an all-star cast including Christina Aguilera and The Rolling Stones themselves, this is not to be missed.

Out: 11th April 2008

Music The Kooks: Konk

The hotly awaited album from the reigning kings of indie pop is "Konk". Their new single "Always where I need to be" has given the public a taste of what is to come, and if their sell out UK tour is anything to go by, people seemed to like it. Luke Pritchard of the Kooks has said "The greatest records in the world can be put on in any situation: you can put them on at a party and they're going to sound great, you could listen to them in bed. And that's how I like to think of this album." We'll just have to wait and see.

Out: 14/04/2008



Game Grand Theft Auto 4

In what promises to be the "biggest and best video game ever" Niko Bellic, fresh off the boat from Europe, hopes he can escape his past. And his cousin has the vision that together they can find fortune in Liberty City, gateway to the land of opportunity. As they slip into debt and are dragged into a criminal underworld by a series of thieves and sociopaths, they discover that the reality is very different from the dream in a city that worships money and status, and is heaven for those who have them and a living nightmare for those who don't.

Out: 29/04/2008

Book Ocean by Philip Plisson

In this lavish collection of photographs by Philip Plisson, the immensely popular marine photographer widens his lens to provide a more global focus on the ocean and the humans who depend on it for survival. This magnificent volume includes nearly 200 new images of the five oceans around the world, seen close to the surface or from the air. This book will simply highlight the sheer ecological importance of the world's oceans.

Out: now



Event Roni Size and Dynamite MC

After the success of some huge club nights at Liquid in the past couple of months, including Groove Armada and Erol Alkan, Terminology is bringing these massive Drum and Base DJ's to our shores. Along with these well-known names, many more drum and bass and breakbeat DJ's will be playing and Jersey's very own "The Author" will be performing in the live room.

Where: Liquid When: 19/04/2008

Gallery asks:

Elkie Brooks

Do you prefer being on land or in the water?

Land I think. I love walking the local countryside and I feel sure of myself on land. My husband is an extremely strong swimmer and is very much at peace in the water.

Nature in the wild or in the zoo?

The wild. I am strongly against animals being caged and any other form of cruelty towards them.

Are you a wild party animal or a civilised socialiser?

Well I suppose I tick both boxes here. I used to be a wild party animal in the 1970's and can still be on occasion. I now enjoy village life here in Devon and take an active part in the community, however the old Elk is still here.

Water fight or food fight?

Food fight! My other passion is food, I love cooking and eating. On the road we tend to visit the local Thai and Italian restaurants which is always a treat, but when at home it is my cooking all the way. If I had not become a singer then I would have become a domestic science teacher.

Steam room or sauna room?

Steam room. The moisture is wonderful for the throat though the sauna would be too dry. I do enjoy a relax in the steam room when I have been swimming.

Sounds of the ocean or sounds of the wild?

Both. I live near the sea and wake up to the sound of the waves everyday and the sounds of the wild never fail to fascinate me.



APRIL AT THE JERSEY OPERA HOUSE

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JERSEY OPERA HOUSE

Mud Morganfield



After one sold out UK tour already under his belt, Mud Morganfield the eldest son of Muddy Waters, perhaps the most famous Blues legend, will be flying in to Jersey from Chicago for a series of four exclusive gigs at the beginning of May.

Following the release of his his new Album "Fall Waters Fall" on April the 4th (His dad's birthday). A hugely charismatic performer, Mud's command of the stage and the audience alike have left Blues clubs spellbound and have earned him rave reviews in all of the UK's top Blues magazines. Mud will perform some of his father's most famous songs at the gigs, as well as a selection of his own original material. He will be backed at all gigs by Jersey's premier Blues band The Dirty Aces, and led by Harmonica player Giles Robson.

The Hotel Revere, Kensington Place will be presenting Mud on Thursday 8th of May, with a special Cajun menu followed by Mud's set. On Friday 11th he will be playing a unique acoustic gig at Food In The Frame at the Harbour Gallery, St Aubin. Chef Danny Moisan will be preparing a selection of Mud's father's favourite dishes. On the Saturday 10th Mud will play The Blue Note Bar, St Helier, which has been home to Jersey Blues for so many years. The grande finale of this very exciting set of Blues gigs will take place at The Drift Bar at The Royal Yacht Hotel on Sunday the 11th, with a special themed evening.

Places for the Revere performance including the special Cajun menu will cost £27.50 each, and need to be booked and paid for in advance of the night. Please phone The Revere on 01534 611111 to reserve your seats/tables. Friday at Food In The Frame is ticket only and priced at £30.00, to include both the meal and the performance. Tickets will be available to buy from Food In The Frame, call: 01534 483419. The Saturday show at the Blue Note will be ticket only at £10.00 each and limited to around fifty places. Tickets will be available from the bar The "Grande Finale" on the Sunday at the Royal Yacht will be free admission to all. All tickets will be on sale from the 1st of April onwards.



Guernsey Live Festival 2008

There has been talk of a Guernsey Live circulating for some time but it looks like this year could be the year it actually becomes a reality. Following the success of Jersey Live over the past 4 years, Wave Telecom and Positiv have now teamed up to launch the 1st Guernsey Live Festival on Saturday 3rd and Sunday 4th of May, over the bank holiday weekend. Subject to Licence, the huge main stage & sound system from Glastonbury and dance tent will play to host artists such as Editors, Pete Doherty, CSS, The Futureheads, Robots in Disguise, Pete & The Pirates, Coldcut, Krafty Kuts, Leeroy Prodigy, Simian Mobile Disco, The Author, Princess Superstar with many more still to be announced. There are huge attractions including LIBJAM (200ft BMX park), a food village, craft stalls, and camping.

Promotional tickets are set to go on sale at Wave Telecom through various offers starting on Thursday 20th March. The on-line ticket release will then be available to the general public on 29th March via www.positiv.org.uk.

A Single Day Ticket excluding booking fees starts at £38.50, a Weekend Ticket is £65, And a Weekend Ticket with camping will be £80. Just like Jersey Live, 12yrs & under go free accompanied by an adult/guardian. It will be a great chance to go and spend the weekend on our neighboring island whilst watching some of the best artists on the music scene today.



COMPETITION



This month one lucky reader will **WIN...**

Benefit cosmetics:

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Gallery have teamed up with Voisins for the year to get our readers the best beauty products money can buy - ABSOLUTELY FREE!

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or visit the Voisins Beauty Hall & fill out a questionnaire**

Voisins
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Get up to date with the latest brand news

It seems that everyone is going crazy over new jewellery and so are we. Bright bold colours are back in and so too are delicate pieces with intricate detailing.

Pilgrim @ De Gruchy

De Gruchy are now stocking Pilgrim jewellery. With trendy designs and creative detail, their pieces stand out from the crowd and with a huge mix of classic favourites and simple elegant designs there are loads to choose from.



Katherine Brie @ Letto's

Letto's have recently introduced original hand-crafted jewellery pieces from British designer Katherine Brie. We predict these are going to sell like hot cakes, with semi-precious stones in a mixture of summer colours, sterling and gold-plated silver. It's the strong shapes, that have got our heads turning. She also makes items to order if you want a customised piece of jewellery from this London based designer.



Avenues of Light @ Swarovski

The new Avenues of Light collection at Swarovski is a stunning array of pieces influenced by the colours and landscapes of US cities like Miami, Las Vegas and LA. Two of our favourites are the Erika and Elvis pendant from £114.96. On long necklaces, these cute 3D pendants with moving arms and legs will make you smile every time you spot them sparkling around your neck.



Handcrafted Designer Jewellery by Parisma

Check out Parisma's collection of handcrafted, designer bracelets. Each colourful bracelet is made up of hand painted, ceramic and glass baubles, with Good Luck silver oxide charms from **£14.99 each**.



Toywatch @ Roulette

Milan-based designer and wrist-watch fanatic Marco Mavilla has created these ultimate 'it' watches. The lightweight and oversized plastic watches were inspired by high design timepieces but at much more affordable prices. They come in a variety of styles, colours and different faces for both men and women at Roulette.

Prices range from £115



Softclox @ Marc2 Shoes

Marc 2 are introducing these great new soft leather shoes this season in variety of bright colours. The Softclox are a wooden style mule with a huge difference. The untreated alder wood they are made of maintains a balanced foot temperature, has an antibacterial effect, and is reclaimable, therefore environmentally-friendly. They have a rubber insert in the sole unit which makes them flexible and soft to walk in, which ensures ultimate comfort and support for your feet! They also come in a combination of heights so you can wear them as high or low as you like.

Prices range from £49.99.



Tara Jarmon@ Nautilus

Nautilus are now stocking the stunning spring/summer collection from French designer Tara Jarmon. The pieces are smart and sexy yet comfortable, in luxurious fabrics such as silky materials: muslin, cotton, satin, velvet.



Claudio Feruchi @ De Gruchy

De Gruchy are now stocking the new season "No Courage, No Glory" collection from Claudio Feruchi. These beautiful super large bags come in a variety of leathers and are available in red and black from £144.30.



Website of the month

www.feetfairies.com

We love these cute ballet pumps that fold up into a 6" lightweight pouch so you can carry them around at anytime. They are made of 100% PVC and are rainproof - fantastic for those April showers. Available only on this website at £9.99.



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de Gruchy

The Islands' Store of Choice

Competition!!!

De Gruchy and Gallery Magazine have teamed up to offer you the chance to **WIN** some gorgeous swimwear for this summer from either Seafolly or Moontide!

To **WIN** a swimwear set from either brand worth £75.00, simply pop into the Lingerie Department located on the first floor and fill out an entry form and pop it in the competition box provided. What are you waiting for? Come in and enter for your chance to **WIN!!!**



de Gruchy

The Islands' Store of Choice

Blue and White Samurai Billabong Andy Iron
Signature Boardshorts £49.99 SDS Men's

Green Lobster Print Ted Baker
Swimshorts £33 De Gruchy

Red Hawaiiin Polo Ralph Lauren Swim
Trunks £33 Voisins

Red, White and Grey Flower Print Animal
boardshorts £29.99 SDS Men's

Brown and Green Blue Harbour Board
Shorts £18.92 Marks and Spencer



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Ladies & Gents Street and beach gear... Make it your life

Fashion Update

Since we are getting all wet and wild this month, we thought we would take a look at the latest trends inspired by a thirst for water and a love of the sea.

Ship Mate

Back again is this nautically inspired trend from the sea. A mix of navy, red and stripes on luxury fabrics give a glamorous take on this French looking style. Look out for gold trims and shiny buttons on blazers and anchors on bags and accessories.



Blue & White Malene Birger dress **£157 Manna**



White and Blue Striped jacket **£50 Topshop**



Jean Paul Gaultier

Blue knit Polo Ralph Lauren cardigan - **£219 De Gruchy Menswear**



Blue & White horizontal striped Marc by Marc Jacobs cardigan **£245 Manna**



Gant

Salvatore Ferragamo



White Polo Ralph Lauren polo shirt **£53** / White & blue striped Polo Ralph Lauren babydoll knit top **£63 both Voisins**



Grey, white and blue striped Lyle & Scott jumper **£70 AxleMan**

Swimwear

Whether you prefer getting wet in one piece swimsuits, tiny bikinis or something to look sexy in while you lounge by the pool, there is a style out there for everyone.



All in one white and flower print Aubade costume **£99 Adorne**



Floral Prints Moontide available from De Gruchy

The Cut Out Costume DSQUARED



Two piece bikini

Tip: Penache in De Gruchy are now doing swimwear for the bigger bust so you can wear fashionable swimwear and still look good.

Came in - the water's lovely

gallery fashion 0408

Photography: danny evans

creative direction: alana mann

stylist assistants: claire campbell & chelsea

models: tabi and bayile

Bayile - White and
blue striped Tommy
Hilfiger cut-out
swimsuit £55 Voisins
/ Extreme earrings
£85.25 / Extreme
necklace £165.95 both
from Swarovski







Bayile - Yellow Billabong bikini £46.99 SDS Ladies / Katherine Bree necklace with serpentine, amazonite, amethyst, peridot, pearl and blue lace agate, £156 Letto's / Goggles, stylist's own

Tabi - Brown white and yellow retro print bikini, Silver by Gottex £89 Plums / White Roseau charm bracelet £14.99 Parisma / Links of London friendship bracelets £80 each / Silver Tianguis Jackson necklace £165 both from Letto's

Tabi - Black and cream cut-out rasurel swimsuit £72.90 Adorne / Black Mazzy Nixon Watch £100 SDS Ladies / Silver bangles, £22 each Nautilus / Charcoal grey Casa Di Stella black flower swimming cap £12.90 Adorne



Bayile - White one shoulder
Calvin Klein Swimsuit £69
Voisins / Chunky turquoise
and synthetic silver retco
verso necklace £99.45 /
Chunky turquoise necklace
£152.95 both Aqua Pearl /
Boreal bracelet Swarovski
£195.75

Bayile - Red polka dot Roxy
bikini £41.99 SDS Ladies
/ Purple & petrol tinted
freshwater pearl necklace
£70 / Petrol freshwater pearl
necklace £135 Jersey Pearl
/ Extreme bangle £195.75
Swarovski

Tabi - -Brown and pink
adjustable strap swimsuit
£28.62 Marks & Spencer /
Wooden branch B=bangles
From £18 each / Gold twisted
Lara Bohnic bracelet £130 /
Amethyst Lily Katherine Bree
earrings with serpentine
beads £59 all from Letto's /
Straw hat and hoops both
stylist's own





Bayile - Green and gold
Moontide bikini top £19.80
briefs £19.80 both from De
Gruchy / Delight headband
£68.25 from Swarovski /
dragonfly Tianguis Jackson
bangle £92 Letto's

Tabi - Brown and white trim
Seafolly bikini top £29.70
briefs £29.70 De Gruchy /
Straw Helen Kaminski visor
£59 Nautilus / Pink ceramic
waterproof Jubilee Sinatra
Rado watch with diamonds
£1,725 / Deco Katherine Bree
cuff bracelet with amethyst,
mother-of-pearl, turquoise,
amazonite, aventurine and
fluorite £84 both from Letto's
/ Sun pendant £195.75 / Chic
mint ring £123.50 both from
Swarovski / Small green &
turquoise hoop earrings
£43.45 Aqua Pearl

Tabi - Black fish print
strapless Pain De Sucre bikini
£99 / Roseau multi-coloured
charm bracelet £14.99
Parisma

Black Patent and Suede Rebecca Sanver Wedge
£119 Hi- Heels and Handbags



Red and Grey Nine West Wooden Wedge
£58.50 De Gruchy



Metallic Red Pablo Fuster Wedge
£199 Hi-Heels and Handbags



Purple Carvella Low Wedge
£65 Voisins



Silver Melissa scar-fun wedge
£50 Manna



Grey and Dark Wood Ashitalia Wedge
£97 Nautilus



Tan Carvella Wooden Wedge
£80 Voisins



Mustard Yellow Arche Wedge
£124.99 Marc2



Royal Blue and Wood Unisa Wedge
£59 Nautilus



Lime Green summer Melissa Wedge
£45 Roulette



Blue T-Bar Bertie Wedge
£63 De Gruchy




Electric Pink and Purple Terry De Havilland
Peep Toe Wedge £375 Roulette



Metallic Lisa Tucci Gladiator Wedge
£89.99 Marc2




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Beauty News Flash

Bringing you the latest beauty updates

Juliette Has A Gun

These brilliant and beautifully packaged fragrances are new and exclusive to DeGruchy. Pop in to try them out.

Juliette has a Gun creates perfumes made out of the rose. Fragile but thorny, the romantic flower comes in different versions. Our favourite is the 'Classy and sophisticated' "Lady Vengeance", which uses an elegant but thorny Bulgarian Rose with Patchouli and Vanilla. £51.00



Radisson

Sarah Jones is the Managing Director of the new You... Spa in the Radisson. Her philosophy is to restore health and wellbeing by awakening the beneficial 'healing energy' that resides within therapies to nourish the body, emotions and soul. "You..... Spa is fulfilling one of my dreams of bringing together the perfect combination of integrated spa treatments, signature therapies and workshops – where our sole purpose is You..... My last ten years have been driven with this vision in mind where our whole philosophy can

honour the express needs of your spa treatments with integrated emotional, physical and soul awareness." Visit their website for more information www.jusyou.com and check out our Guinea Pig review of their amazing Thai Massage.



Celebrity pick of the month ...

Beyonce Knowles is a big fan of the Nailtiques range. Try the Nailtiques Nail Moisturiser: A non-greasy, fortified conditioning nail creme enriched with soluble plant collagen to restore moisture and promote nail flexibility, plus jojoba and aloe to nourish and condition the nail. Perfect for getting your talons in superstar condition!

Available at the Nail Lounge, £14.90



Emilio Pucci Vivara To Go

This green floral fragrance contains hints of the Italian Riviera. Dazzling notes of sun-drenched almond amaretto, floral sambac jasmine, narcissus, and a touch of orange blossom remind you of the aromatic fragrances of the Mediterranean and sweep you away on imaginary journeys.

This radiant, lively fragrance is now available exclusively at Voisins in a portable roll-on dispenser for easy application. £20.50

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Wet & Wild Beauty

All these fantastic products have elements of water to quench your thirsty skin ...

Phytomer SEA Tonic £28.50

This stretch mark reducing cream helps regenerate cells responsible for restructuring the conjunctive tissue and helps to prevent new stretch marks from appearing.



Clinique WATER Therapy Whipped Body Cream £17.00

Special active-water boosts the skin's moisture reserves. Use daily for pampering hydration.



Lancôme AQUA Fusion – Continuously Infusing Moisture Cream-Gel £25.10

Lancôme skincare experts have developed an ideal moisture complex, a perfect balance of 16 essential elements found naturally in skin at its best.



Aromatherapy Associates Renew Rose Skin TONIC £20.00

Damask Rose Water tones and revitalises the skin.



Estée Lauder HYDRA Complete Moisture Gel Mask £22.00

A long, refreshing drink of pure moisture for your skin. This deeply hydrating moisture gel mask completely satisfies your skin's thirst!



M.A.C Fix+ SPRITZ £9.00

This is an aqua-spritz of vitamin and minerals, infused with Green Tea and Camomile. Adds radiance and finishes makeup.



April Glamour at Voisins Beauty Hall

M.A.C

M.A.C is bringing an exciting new face to the M.A.C Viva Glam portfolio! This fabulous personality will join Eye and Dita to introduce the special edition Viva Glam VI lipglass inspired by the spirit of what it truly means to be beautiful. Artist, enchantress, provocateur - we know we've got the right girl to keep M.A.C's commitment to fundraising for men, women and children with HIV and AIDS alive and well and stronger than ever. We're proud and honoured to have these three great, glamorous, and ineffably unique ladies with us. Watch for the unveiling come April!

Benefit

New this April is the ERASE PASTE, a brightening camouflage for eyes and face, a cream formula which flawlessly helps to conceal and brighten discolourations and imperfections. Come in and let Emma show you "how-to".

Chanel

Chanel is introducing the new Hydramax + Active. The range consists of three products, catering for all skin types. Also new is the Hydramax + Active Teinté - Active Moisture Tinted Lotion for normal to dry skin. 6 new shades of the luxurious and very popular Rouge Allure Lipstick and a new colour lip pencil. Come in and let Jan or Lynne show you the new colours and treat you to a mini makeover.

Clarins

Clarins has created the most delicious self-tanning cream for the body to give you a sun kissed tan, whatever the weather! It's got a subtle fruity fragrance and its "chocolately" colour helps give you a mistake-proof application without tinting. Also new to Clarins sun-range is the After Sun Care, the intensively hydrating formula soothes and repairs the skin.

Clinique

This April, Clinique launches one of the most advanced powder foundations in the world. New Almost Powder Make-up SPF15 contains a blend of advanced technologies that helps skin look flawlessly beautiful, while imparting an exceptionally lightweight and comfortable feel. It's moisture balancing properties make it appropriate for all skin types; dry skins will find it is non-drying while oilier skins will find it reduces oil and shine breakthrough. With a swipe of the sponge, skin is evened and imperfections are camouflaged. It also creates an unbelievably natural-looking finish, while helping to eliminate blotchiness and redness. It is sweat and high-humidity resistant. For a more sheer finish, use Clinique's New Powder Foundation Brush.

Dior

J'Adore for every moment is the beautiful new bath & body range this month along with the J'Adore Le Jasmin limited edition scent for Spring. New Dior Bronze make-up collection with a new bronzing powder with an SPF of 20, luminizer pen, super-fine bronzing mist and a bronze blush. New Hydra-action deep hydration skin tint leaves your skin ultra-hydrated, tinted with light and visibly glows with beauty.

Estee lauder

Estee Lauder is introducing Double Wear Light Stay-In-Place Make up, a lightweight make-up that truly lasts. It offers 15-hour staying power in a lightweight foundation for a natural finish. It has an SPF10 protection and anti-oxidants to protect you against harmful environmental elements. We also give away a 2-week supply moisturiser FREE with any Estee Lauder Foundation purchase.

Guerlain

Introducing the new Terracotta range of bronzing powders and colours. New additions include Pearly Sun Powder in 3 shades as well as our Express Self-Tanning spray and the "must-have" product for this Spring and Summer: The Terracotta Bronzing Brush. Book an appointment with Anna or Kathy to learn how to get that sun-kissed look.

Lancôme

Skin is now smoother and wrinkles appear less visible with Renergie Refill, boosting the 5 main types of collagen in the skin. From 24 hours after application the texture of the skin is more even and regains its elasticity and suppleness. Within 4 weeks wrinkles appear reduced, skin feels firmer and skin looks visibly younger. Come and talk to Paula about how Renergie Refill could be the perfect solution for your concerns.

YSL

This April, buy any two YSL products, (one to be skincare), and receive our best gift yet containing your favourite make-up and skincare products, all presented in a stunning pouch.

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Be A Natural Beauty

Not only will these fantastic brands and products help your skin but they'll also ease your conscience. Caring about the environment and making a positive step to support these companies will help you be beautiful inside and out.

L'Occitane

- Uses authentic ingredients and harvesting techniques with the greatest respect for man and the environment.
- They use environmentally friendly packaging which features Braille

We Love Their Hand Cream in Cherry Blossom £12.75

Miessence

- All Miessence products are made with premium, natural and organic plant based ingredients. 100% free of any synthetic fragrances, colorants or preservatives.
- Miessence is the only skin care manufacturer in the world with USDA Organic Certification for Skin Care

We Love Their Garnet Exfoliant £14.00

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- Aveda's 2008 Earth Month Campaign helps provide clean water to those people most in need around the world.
- 'Light the Way' sheds light on the importance of ingredient traceability from soil to bottle.

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We Love Their Limited Edition Candle £10.00

Spiezia Organics

- No chemicals, parabens, additives or any other nasties are added to any of their entirely organic and natural products.
- Every choice Spiezia make has the environment in mind, they believe in pure, organic, ethical skincare that makes you feel fantastic inside & out

We love Their Lemongrass and Marigold Body Scrub £35.00

Barefoot Botanicals

- New and exclusive to De Gruchy
- The company's name was inspired by the ancient Chinese tradition of barefoot doctors who travelled from village to village without shoes, dispensing wisdom and remedies.
- They combine the best of cutting-edge science with a thousand years of herbal wisdom.

We Love Their Hourglass Lifting and firming Body Lotion £21.95

Korres Natural Products

- Set up in 1996 with the aim to utilise its extensive scientific resources for the creation of beneficial and safe products,
- A team of experienced scientists worked closely to make this happen, sharing common goals and values.

We Love Their Cinnamon & Echinacea Cream Gel £16.00



Cowshed

- ❁ Cowshed believe in genuinely therapeutic products handmade using the finest natural ingredients.
- ❁ Their pure essential oils and other active extracts are stringently selected from around the world for their premium quality and maximum therapeutic effects.
- ❁ 100% vegetarian – Their products contain no animal products other than organic beeswax and wild flower honey.
- ❁ Cowshed use a delicate infusion of herbs handpicked from the house's Victorian walled garden to scent each product
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We Love Their Lazy Cow soothing soap Bar £9.00



Aromatherapy Associates

- ❁ Their mission is to share with people the amazing results that they have seen and experienced through using essential oils in their products and treatments over the last 30 years.
- ❁ They select their ingredients by sharing in a pool of expert knowledge going back nearly 40 years.
- ❁ Their essential oils are derived from organically grown plants where possible using traditional methods thereby avoiding the use of chemical pesticides or herbicides.

We Love Their Supersensitive Facial Oil £28.50

Exclusively available in de Gruchy Cosmetics Department located on the ground floor.

de Gruchy
The Islands' Store of Choice

Juliette Has a Gun

Competition!!!

De Gruchy and Gallery Magazine have teamed up to offer to readers the chance to **WIN** the exclusive new fragrance, Juliette Has A Gun. To **WIN** either a fragrance for him, or a fragrance for her, simply pop into the Cosmetics Department located on the ground floor and fill out an entry form and pop it in the competition box provided. Come in and enter for your chance to **WIN!!!**

de Gruchy
The Islands' Store of Choice

Long Lasting Make Up

There is NO excuse for patchy lipstick, slipped foundation, chipped nail varnish or unintentionally smudgy eyes! The look you create in the morning should last you all day. Be more demanding of your makeup, make sure it does exactly what you want. Its time to take charge! Here are some of our favourite long lasting beauty products.



Rimmel Lasting Finish transfer resistant breathable makeup £4.99
The Rimmel unique 'colourhold' formula means make up stays fresh all day

Urban Decay Matte Eyeshadow Illegal and Naked £11.00
By popular demand, Urban Decay have created new longlasting matte eyeshadows that are sexy, sophisticated, and never dull.

Lancôme L'Extrême Waterproof Lengthening Mascara £16.60
This is an instant lash extension! Can lengthen up to 60% and lasts for up to 24 hours.

Only long lasting nail varnish £7.50
Only nail varnishes come in a fantastic range of new Spring colours which will last up to 14 weeks

Too Faced Shadow Insurance £11.00 approx
The silicone based eyeshadow primer locks colour down perfectly until you take it off!

Estée Lauder Double Wear Light £18.00
It's got the coverage of a tinted moisturizer (meaning sheer to light) but it goes one step further; it stays on all day!

Korres Mango Butter Lipstick SPF to £15.00
This lipstick has a rich, intense colour for a brilliant long lasting high shine. Contains mango butter which leaves lips smooth and moisturised.

Darphin Concealer Pencil £14.50
This is handy to simply slick on over any blemishes, and it will keep them hidden all day!

iD BareMinerals SPF 15 Foundation £22.50
It looks like a powder, feels like a cream and buffs on like silk, giving skin a natural luminosity. Free of preservatives, talc, oil, waxes, fragrances, and other chemicals that can irritate skin and cause breakouts, its ideal for all skin types. Also BareMinerals is the best-selling mineral make-up brand in the world!

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Water-related things that you may not have known:

A healthy person can drink about three gallons (48 cups) of water per day

Water-related things that you may not have known:

Soft drinks, coffee & tea, while made up almost entirely of water, also contain caffeine, which acts as a mild diuretic, preventing water travel around the body

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You... at the Radisson SAS

Gallery guinea pig tests a Thai Massage - £85, 85 minutes

Thai massage originated in India and is based on Ayurveda and Yoga, it then made its way to Ancient Siam, now known as Thailand. It is believed to have originated over 2500 years ago, and was developed by the Physician to Buddha; and if it is good enough for Buddha it is good enough for me!

I arrived at the new Radisson SAS Hotel on the waterfront not knowing what to expect from a Thai Massage. When I went into my lovely Thai Influenced treatment room overlooking St Aubin's Bay I was asked to change into some black silk pyjamas, so already this was completely different to any massage I have had before, where I normally have to remove my clothes! My therapist Chariya then asked me to lie on the mat on the floor and she immediately got to work starting at my feet. I tried keep my body relaxed so that Chariya could manipulate me into all the necessary yoga-like positions.

Chariya used her hands, knees, legs and feet to move and stretch my body. As well as moving me about, Chariya performed muscle compression, joint mobilization and acupressure during the treatment. It was methodical rhythmic pressing and stretching of my entire body – It was firm and rigorous with my fingers and toes being cracked and pulled. At points it was very sore, (but Chariya has pre-warned me about this), and at other times, when my pressure points were being massaged, it was utterly divine. This treatment is a must for any Yoga enthusiasts. It made me much more aware of my entire body and it felt like a powerful body purification and is meant to be a great entire body detox.

Call 01534 671160 to find out more or to book an appointment



Andrew Barton Straight Answer Frizz Protection Conditioner & Shampoo (£3.95 each)

Andrew Barton, who has worked with the gorgeous model and wife of Rod Stewart Penny Lancaster, won the British Hairdresser of the Year Award and appears on Channel 4's 'Ten Years Younger' as the celebrity stylist. Andrew says that "there are few things more lovely than a woman with a great smile and shiny happy hair... the smile naturally comes from you and I know my hair products will help create the happiness for your hair"

Shiny Happy Hair is a collection of no fuss, no nonsense hair products that work. The conditioner is your knight in shining armour to boldly protect your hair from blow dryers, irons and life's adventures! The shampoo banishes fuzzy, frizzy and even dizzy hair, it contains fabulous natural proteins and oils help to boost natural shine and give you lustrous sleek locks.

L'Oreal Intense Repair Shampoo.

This formula enriches and repairs dry hair. It is also a really good detangler, and leaves hair soft and manageable. £7.25

L'Oreal Intense Repair Masque For Dry Hair. This product treats and repairs very dry hair. It contains revitalising vitamin B6, ceramide, active proteins and amino acids – this cocktail of goodies leaves your hair soft and nourished. £10.50





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restaurant review through the looking glass

Brasserie de Verres en Vers
Radisson SAS Waterfront Hotel

Never go out with a linguist, every sentence becomes a grammatical exercise. Remember the Greek father in *My Big Fat Greek Wedding*? ("Give me a word – any word and I will tell you how it comes from the Greek..."). Well that's just like my French teacher friend Jean-Pierre. Perhaps in retrospect ("Aha! 'Retro' is backwards and 'spect' comes from spectacles. You see!") I shouldn't have gone out with him to the restaurant at the new Radisson SAS, but I thought he'd appreciate the modern take on classic brasserie food. And then there's the name, the fabulously-asonanced Verres en Vers. I thought it would be right up his *rue*. And it was. Jean-Pierre explained it all, how the name translates as "poetry in a glass", and how there's also a play on words – suggesting 'behind the glass' in a sort of 'through the looking glass' way. Phew. Glad J-P cleared that up for me. My GCSE French had left me thinking it was something about worms in my water glass (no, you're thinking of *vers de terre*, groaned Jean-Pierre).

'Modern brasserie' versus 'classic brasserie' normally divides people into two camps. There are people who believe brasserie-style should be rustic, steaming-hot and a little quirky. Think perching at a rickety table at Les Deux Magots, slurping choucroute and arguing existentialism with a scarf-wrapped intellectual. Or, somewhere in *la campagne profonde*, stumbling into a dark village restaurant with red velvet curtains and an odd musty smell, which serves things like tripe and veal. If you're a traditional brasserie-ist, believing that offal isn't awful, and the mustier the better – then perhaps Verres

en Vers isn't for you. But if you prefer your brasseries light, bright and ethically correct, then you'll be right at home. Verres en Vers is brasserie-lite. Brasserie without the brass.

Things started well when a bottle of Belu arrived after we asked for water. Good on the Radisson. Belu is top of the ethical water list. It's the caring man's water, the non-profit making, third-world helping water that – just by drinking it – you're helping to save the planet. The Verres en Vers menu sounded delicious, full of brasserie classics like onion soup, coq au vin, steak au poivre and chocolate mousse. It's in French but with translations underneath so you don't find yourself eating something alarming like pig's trotters. So far so good. I started with chicken liver parfait with spiced fig chutney and crusty toast, and Jean-Pierre had the charcuterie. The chicken liver parfait comes in a terrine, with a layer of fat protecting plenty of rich velvety parfait to spread on your toast. Too much in fact –

I ran out of bread long before I'd finished the parfait and the delicious fig chutney. Personally though, I prefer parfaits and pâtés at room temperature; this one was fridge-cold - too chilled for my liking. The charcuterie plate was a bit disappointing. A small amount of meat (surprising for a starter that costs nearly £10) and a few tart-tasting pickled vegetables left Jean-Pierre raiding the bread basket.

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Our waitress Karen was charming, knew what was local on the menu, and recommended a nice glass of crisp Muscadet from the extensive wine list to match J-P's *moules marinière*. The mussels come in a huge pot with a 'garlic, white wine and fresh thyme sauce', which wasn't quite *fort* enough to satisfy my French companion. They come with only a few chips (a dozen at the most), so carb-fiends might have to order another portion. I'd ordered the special – a paupiette of Brill stuffed with crab mousse. This was a slice of Brill wrapped around a crab and fennel mousse, baked together and served with leeks and mushrooms. It was impressive looking, had a fantastic aroma, and in theory should have been great, but the fennel gave the crab a rather aniseed tang.

We were tempted by the 'chariot de fromages' – it sounds so much more racy





than its English equivalent 'cheese trolley', but in the end we went for the profiteroles and the crème brûlée. Considering the adherence to the French theme, it would have been nice to have had profiteroles that were freshly made, but ours were suspiciously chiller-cabinet cold. My crème brûlée (which tradition dictates should be served cold or at room temperature) was surprisingly warm – bordering on the hot. But it tasted very nice.

Every restaurant deserves a settling-in period, Brasserie de Verres en Vers has only been open since November, so perhaps this is just indicative of the restaurant finding its feet. After all, 'modern brasserie' can be a difficult niche to fill. Overall, the Radisson has good intentions. The marina views will be stunning on summer evenings – all sunsets and Sunseekers. The staff are trying hard, and it's popular – the Friday night we were there it was over three-quarters full. And the water's ethical. That's always a good sign.

Our meal came to £60 for the two of us, excluding wine. Sunday brunch, including seafood, classic French dishes and Sunday roast is £29.50 per person.

Brasserie de Verres en Vers

Radisson SAS Waterfront Hotel
Rue de l'Etai
St Helier
Tel: 671100
Open all day
Our meal cost us around £30 each, excluding wine.

THIS MONTH'S RATINGS

location	★ ★ ★ ★
food	★ ★ ★
service	★ ★ ★ ★
value for money	★ ★
date potential	★ ★ ★

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food bites

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24-27 April 2008
Earls Court 1, London

Passionate
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Free boat

Jamie and Hugh have opened our eyes to the plight of the intensively farmed chicken and hen. We know that free range makes sense in our weekly shop but what happens when we eat out? How do we know that the chicken in our korma isn't from Thailand or Hungary because it's cheapest?

Now the Boathouse are putting their menus where their mouth is and only using free range chicken and eggs. It's part of their philosophy of using the freshest ingredients and sourcing locally where possible. They have gone into partnership with a range of passionate and dedicated local producers and growers like Vienna Bakery, Homefield, Fungi Delecti and Jersey Lavender to both develop menus and to raise the profile of these local heroes.

Enterprising food

Congratulations to Cooper's Coffee and Holme Grown who were runners up in the Small Business and Medium Business of the Year at the Jersey Enterprise Awards.

Best in the West

By the time you read this, the Atlantique should have opened its large concertina doors in West's Centre. Hopefully, too, Spring will be on its way and the idea of fruits de mer and a glass of chilled white with the brown cows will be too good to pass up. The popular seafood eatery has outgrown the fish market and is moving to the bigger and better venue. Owner, Sammy Jones said, "We were driven by a real need to get alfresco and to extend the choice of eating out in town". It'll complete the revitalisation of the east side of the square and make it a top destination for lunch and dinner or a spot of well-earned tapas after work.

Jersey in London

Five of our local producers are off to the Real Food Festival at Earls Court at the end of the month. Jersey Oysters, La Mare Vineyard, Cooper's Coffee, GJ (Pepper) Growers and the Dairy will join 500 passionate producers in this huge farmers' market on 24th-27th April. Uniquely, this gathering of foodies (er, what would that be, a munch?) is by invitation only, with organisers travelling the length and breadth of UK to select, and sponsor, lesser known and smaller producers, many of whom are exhibiting for the first time. Philip Lowery, director of the event, praised Jersey Tourism and Economic Development, when he was on the Island last month, for "joined up thinking" in sponsoring the Genuine Jersey crew to be



among some of the world's best small food and drink producers. It'll be an excellent way for them to explore possible markets in the UK and to show off Jersey as a gastrodestination. Along with the endless grazing, this gastronomic nirvana will have workshops and restaurants - chefs are falling over themselves to take part - with legend Raymond Blanc and Ashley Palmer-Watts from The Fat Duck cooking up a storm in the Chefs' Theatre.

If all this gets your juices flowing, the Real Food Festival is offering Gallery readers the chance to tantalise their taste buds for less with £5 off the ticket price. Visit realfoodfestival.co.uk and enter the code JERSRF when you book.

Menu de Terroir

Hardly seems that we have finished the Winter Warmers and the Menu de Terroir is on the horizon again. What is unique about this event is that it celebrates local produce and each dish on the menu has to have at least 80% of their ingredients from within these shores. Genuine Jersey are asking restaurants to come forward for the fifth year of this event. Last year 30 venues took part and there was stiff competition amongst restaurants, pubs and tearooms across the Island.

Grand new chef

Tassili at the Grand has a new head chef. Richard Allen is 33 and comes direct from Le Gavroche, Albert Roux's famous London restaurant. Richard will be working in partnership with the great man and incorporating the Island's best produce into dishes to showcase both his menus and these ingredients. His CV looks respectable, as one might expect, with stints at Michelin-starred Bath Priory and the Moody Goose and head chef of the Cavendish at Dukes Hotel where he gained 3 AA Rosettes. Richard is aiming for a further rosette for Tasilli and will be influential in the Grand's transition to a 5-star hotel.





If you can't stand the heat

Catholic guilt is a strange and uncomfortable thing. Can you sit comfortably, without an ounce of remorse, sipping champagne, nibbling amuse bouches and watching others slaving over a hot stove? Can you take pleasure in what you see without the niggling feeling that you really should get up and lend a hand?

Nowhere is hard graft and civilised pleasure so starkly juxtaposed as in the new chef's table in the kitchen at Bohemia. It is the hot seat of the moment and reservations are much in demand. It is an experience like no other. You can watch head chef, Michelin-starred Shaun Rankin bent over a warm plate, slipping three tight twists of linguine from the tines of a fork, neatly topping each with a lightly poached oyster. Waiting staff whisk it to the table and present the creation to you, like you deserve it.

The table has a cleverly designed, curved bench that seats six and is raised up to give a good view of the stainless steel beyond. Extraction is good - for both smells and noise - and there is also a spotless, low, glass partition, to separate the working chefs from the idle diners. Shaun is attentive of the diners and comes to the table to explain the dishes, and service is smooth and seamless. If you have only seen the inside of a commercial kitchen first hand when mistaking it for the loos, it makes for remarkable viewing. We are totally at home with the Kitchen Nightmare scenario but mercifully Bohemia is the model of restraint and order. You can observe the deft professionalism of the brigade as they move together towards the well-practised, perfected end product of each plate.

It is fascinating to be allowed a behind-the-scenes look at how the exquisitely created dishes come together under the pressure of a busy service. Once the famous desserts have passed through the swing doors and and you are sitting over your brandies, the kitchen starts its twice daily clean and the guilt returns afresh. Time to pull on the marigolds.

The chef's table is available for dinner from Wednesdays to Saturdays with a full waiting lists for upcoming weekends. Perfect for those free from Catholic guilt.



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at 12 Market Street
(opposite Market Tea Rooms)**

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12 Market Street, St. Helier - t: 01534 736449

Big Deal

Vicky Fawcett



On a chain around his neck, Marco Pierre White wears a silver meat cleaver, a discreet size smaller than gangsta. It is an apt choice of jewellery: a symbol of his trade, with a meaningful hint of menace or perhaps a lucky talisman. Marco's huge 6'4" frame is by turns intense, intimidating and charismatic.

If you thought Gordon Ramsey had the monopoly on bad chef behaviour then think again, Gordon (Marco's most famous protégé) is a mere minnow to the Great White. Still, food is far more important than egos and Marco knows more about this subject than any mortal. His bio reads like a culinary Who's Who. At 33, he was the youngest chef - and the only Englishman - to get three Michelin stars, (that is huge, there are no more stars than that.) Marco worked under Albert Roux at Le Gavroche and Raymond Blanc at his famous Manoir. From there he set up Harvey's - London's most talked about restaurant of the 80's (cue Ramsey).

Currently he has six successful London restaurants and a smart pub in Highclere. Dandara have got MPW on board during these early stages of development at Castle Quay. He is consulting on the whole mix of restaurants there, and

has plans to open a couple of his own. It's a pretty shrewd move by Dandara, to link themselves with a serious food heavyweight, and for Marco to challenge the standard of cuisine on the Island.

"I want to feed a lot of people at a price point in glamorous surroundings".

On creating lucrative restaurants, Marco says, "I want to feed a lot of people at a price point in glamorous surroundings." Rock on. It's extremely exciting for all of us to think that the Waterfront might be offering real, world-class food. Good restaurants will be the barometer of this new area, they will attract visitors and residents and make the Waterfront a gastroadestination rather than the wind tunnel of KFC wrappers. Marco admits to being "turned on by produce" and has started to forge partnerships with local producers on the Island. He is returning this month as part of a new TV series on "the Best of British" to be broadcast in the summer. So we will be seeing more of this culinary behemoth on our shores as he adds his creative and innovative style to Jersey. Just easy with the chopper.



THE BOAT HOUSE

JERSEY



Fine Dining with a view to savour...



The Boat House combines a contemporary restaurant in a clean and simple style, and a ground floor bar with food, both serving the freshest local cuisine, and enjoying breath-taking views of St Aubin's picturesque harbour.

The ground floor Quay Bar is open from 11am to 11pm each day serving good food. The terraces are open daily for cocktails, food and drinks. The first floor Sails Brasserie opens from Monday to Sunday 6pm until 9.15pm for dinner and on Sunday from 12 noon until 2.30pm for lunch. (May to September inclusive, for winter opening hours please contact us for further information) Enjoy the stunning harbour views whilst you dine.

THE BOAT HOUSE, ONE NORTH QUAY,
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T: 00 44 1534 744 226
email: enquiries@jerseyboathouse.com
www.jerseyboathouse.com



Spring Spudlike

April is the time when the seed potatoes that were planted in the cold January soil are now ready to be dug, yielding up handfuls of tiny, new spuds. Our hearts can thrill with pride that our island produces the world's most desired tuber, the Brad Pitt of the potato world, the holy Jersey Royal.

Know your Spuds

Do you know your vrac from your cōtil? Are you passionate about your patates? Jersey soil is fabulously light and free draining making it a spot like no other to grow potatoes. Much contention rages about whose are the best spuds, but allegedly the crème de la crème are those grown on steep slopes for maximum drainage and fertilized with seaweed to add unique wet and wild flavour. The Jersey Royal now has a PDO (Protected Designation of Origin) - an official recognition granted by the EU to protect

the product as it is produced in its country of origin. Like Champagne, that can only come from the region in France, only Jersey can produce the sacred Jersey Royal.

Unsurprisingly, over 70% of the Island's agricultural turnover comes from spuds. We produce around 45,000 tonnes of which 99% is exported to the UK. Spare a thought for those who toil the soil, this is a very labour-intensive process. Potatoes have to be planted by hand and those on the cotils are also dug by hand as labourers work twelve hour shifts in order to meet demand.

In terms of taste, there's nothing like a freshly dug JR. Not only that, but they are a brilliant source of vitamin C and fibre. Wash off the soil and plunge into boiling water with a sprig of fresh mint and a pinch of salt and cook for 5-10 mins, depending on size. Don't overcook. Serve with a knob of yellow, melting butter. Delicious.

Potato Parcel

Delight your friends and family in the UK by sending potatoes. Imagine their delight as they open a box of perfect, tiny spuds, wrapped up with a sprig of mint and whizzed in record time from field to their door. These are the delicious spuds from Woodlands Farm and the Potato Shack on the St John's road but are being dispatched by Holme Grown in Fauvic, who will send to any address in the UK and Europe from £9.95.

Check out holmegrown.com and click on Buy Online for more info and how to order.



potatoes to go anyone!?

gloat at our potato superiority and give a gift at the same time.

Slow Food for Thought

Slow Food is a philosophy. A state of mind, pocket and stomach to approach our everyday eating. It was dreamt up over a long Italian lunch by Carlo Petrini in 1989 as a reaction to McDonald's coming to Rome. It is the antidote to fast food and fast life, set up to counteract the disappearance of local food traditions and a general pleasurable enjoyment of food.

Slow Food is a non-profit organisation with over 80,000 members in various convivia (sort of like Hell's Angels' chapters) across the globe and here in Jersey. The Slow Food belief is that all food should be 'good, clean and fair'. 'Good' in that it should taste, look and feel pleasurable (vital, of course, not just for the Italians); 'clean' meaning that it is produced respecting the environment and the local eco-systems and finally 'fair', to all those people involved in the chain from field to

plate. It makes perfect sense. Take this to its logical conclusion and we are no longer consumers, merrily munching away between shop and bin. Rather we should be co-producers, being better informed of how and by whom our food is produced. The second Jersey Slow Food Conference took place last month at La Mare. Speakers from the UK were invited to talk on meaty matters. Colin Tudge's premise is that "feeding people is easy". It is, he claims, entirely possible to feed the expanding planet if we take a different approach to food.

The key to this is agriculture. Until it is designed to feed people rather than driving for higher yields and maximum profit, we are doomed to be a world jammed packed with the starving and the obese. Tudge says we should be eating, "lots of plants, not much meat and maximum variety"

Good for our waist lines, our taste buds, the local economy and the planet. Graeme

Kidd is the head of Slow Town (or CittaSlow) UK, a movement to put urban living back on a human scale. When he was mayor of the Shropshire market town, Ludlow, he embarked on an inspiring community-based project, the ethos of which could be easily applied to improve St Helier with some will and people power. Barney Haughton is 'a real food hero' and the chef proprietor of Bordeaux Quay - a restaurant, brasserie, bar, bakery and cookery school in Bristol. He spoke about his passionate belief in the power of good, sustainable food. The conference provided plenty to chew over. The upshot is that we should, "pay more for our food, eat less and eat better". If you are hungry to know more, check out slowfood.com and cittaslow.org.uk.

If you are interested in finding out more about Slow Food Jersey, email [Alasdair Crosby](mailto:Alasdair.Crosby@jerseymail.co.uk) on crosbyas@jerseymail.co.uk.



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In for a soaking

Vicky Fawcett

A free-standing bath is more expensive to buy and install, and demands more space, but there's no denying it certainly looks the business. If you aren't swimming in cash but want to create impact, spending a large part of your budget on a feature bath will transform your bathroom - or your bedroom - into a sanctuary of pure indulgence.

taking a stand

Cast in solid, marine grade aluminium, with a bonded acrylic liner for maximum heat retention, this beautiful, hand polished bath has a traditional shape with a great contemporary slant. The reflective exterior lightens the form and makes your floor look good. Also available with claw feet.

Excelsior from bcdesigns from £1950 On Tapp



free fitted

This is a smart take on the free-standing bath. The walnut panels create a cool, fitted island that is neat and stylish. The warmth of the wood is offset with a white gloss drawer unit that looks great and maximises on storage. Also, it solves the problem of where to put the soap.

Definity by Utopia £1255 On Tapp



bubble bath

Conran-designed and with a pleasing organic form, this is a bath that will turn heads. It maxes, too, on comfort with the body-hugging shape and high back supporting the spine and neck. Unusually, it is one of the few free-standing baths that can be fitted as a spa as all the technical bits can be hidden in the outer shell.

Aveo by Villeroy and Boch £3171 Romerils



Top tips: free-standing baths

taps

Consider what sort you want early on. With a free-standing bath, you'll need to keep the plumbing tidy with water supply pipes coming up through the floor to the taps, plus drainage for waste.

hot water

Free-standing baths are usually quite deep and can hold as much as 250 litres of water, so make sure your hot water system can cope.

floor

The last thing you want is your bath falling through the floor. Cast iron or stone is extremely heavy and a floor that previously supported a bath against a wall may not be strong enough to take the weight. Especially if you are bathing with a friend.

on a roll

This traditional claw foot bath looks great. It is made of a resin composite with ground stone, making it stronger than acrylic and pleasantly warm to the touch. The Flow comes primed and ready for painting so you can add your own splash of colour.

Flow by Fired Earth £731.70 David Hick Interiors



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bath essentials



Nothing can beat a relaxing soak in a beautiful bath, but with so many different designs to choose from, just where do you start? As a bathroom is one of the most difficult rooms to design, it's important you take the time to really think about the space you have and how you want to use it.

1. Start by writing a list detailing who uses the bathroom and what for - washing children (or dogs), long luxurious soaks for one or two?

Next, think about what sort of look or mood you'd like to create.

2. Start a file for tear sheets from magazines, brochures, websites and samples so you can begin to get a clear style in your mind.

3. Don't forget to think about storage. Sleek is great but you do need to have somewhere to store your mountain of toiletries.

4. Draw up a basic floorplan yourself, to scale on squared paper, (1:20 is good). On a separate piece of paper, draw your new fittings to the same scale - you can get the tech spec online or from the brochure. Cut them out and position them on your plan.

5. Consider where your existing water and waste pipes are. Moving these will make a hole in your budget.



water proofed

Clean, upward sweeping lines make this Kohler bath sleek and elegant. Inspired by the form of a sail in the wind, it has a minimalist calm. Good design will make it as timeless as it is unashamedly contemporary. Crave the zen.

Escale by Kohler £1517 NSpace

homefront

win



Win king size bed linen set from Monsoon worth £385

This gorgeous linen will look fabulous in your boudoir. It's up for grabs in a competition exclusively at De Gruchy. A king size duvet cover, a pair of Oxford pillow cases, a pair of standard pillow cases, two boudoirs plus a bedspread and cushions are ready for one lucky winner. To win, readers need to fill in an entry form and post it in the competition box at the Linens Department on the first floor.

Central Scandinavia

The new Linnea shop opened its doors in Market Street at Easter and should do a roaring trade out of their new, central location opposite the Market Tearooms. Owner Tracey Matthews said, "We love this street, it has a bustling European feel to it and it's great to be right next to the Market which is the hub of town". Linnea has brightened up the street with their smart grey and white frontage and big shop windows. The interior is clean, white tongue-and-groove to show off their excellent palette and their ranges of Scandinavian furniture, homeware, cushions, candles and fabrics. It's an easy style - some useful storage, a bit of something floral, add a stylish lamp or some charming decorative bits and it all works together in a relaxed style that's not overly girly. Linnea had a loyal following in James Street but with this roomier, central site, more of you will be tempted to go in for a browse.



water - it works.

We all know the importance of drinking more water. Two litres a day is what we should be downing to be fully hydrated. If you are a bottle water buyer, spare a thought for all those plastic bottles. The carbon footprint doesn't look good - shipping all that weight and then dumping in landfill is madness. Simplify your life with cleaner, clearer, great tasting water without the waste. This stylish jug is Britta's first foray into glass and is half price at £19.95 from De Gruchy. Stop the waste and recycle the cartridges in the supermarkets.

£19.95 (UK RRP £39.95) De Gruchy



a weakness for teak

Teak is a beautiful hard wood that comes from ancient rain forests in the Far East, many of whom are seriously under threat by the western demand for cheap furniture. Belgian furniture company, Old Java, uses old, reclaimed teak and new wood from sustainable plantations. They start with a passion for the conservation of the Indonesian rain forests, manufacture using modern methods in light airy workshops and hand finished according to traditional methods. The results range from the more traditional to this more contemporary grey wash collection, now featuring at Morton and Morton. The range includes tables, chairs, beds and cupboards. The shapes are clean and the wood is soft and warm. Furniture that looks great in both a contemporary or more traditional space.

**Now featuring at
Morton and Morton**



shining halo

One company with a history of affordable and attractive furniture is Halo. Good at wood and tasty with the leather, they have a range of home and office pieces. A family business that was started over 30 years ago, Halo hails from the north west. This oak table is a winner both in terms of style and value. It can either be 5ft to seat six or you can extend it to 8ft, with a leaf that is neatly hidden within the table. It offers flexible dining and best possible use of space. The leather is aniline - the naked, non-coloured kind. This allows the hide to breathe better, making the leather more comfortable in both hot and cold weather. **Exclusive to Homemaker, there is a good range of limed oak which does the seaside look very well.**



food for chairs!

Jersey Pottery have the novelty eco-friendly and cost-saving idea of allowing people to have their very own chair in the new Spinnakers café by donating it for use. The potteries are "hoping for an eclectic mix to add local character to the café". For each chair donated, Jersey Pottery will give the donor a free meal at the new Spinnakers café once it opens its doors in June. The chairs need to be sturdy enough to hold all shapes and sizes for up to ten hours a day! Plans are also in place to create tables out of old floorboards with the help of a local furniture maker. Floorboards are also being eagerly sought after, and will be rewarded similarly to the chairs. **For those with chairs or floorboards to donate, please send a photo in the first instance to admin@jerseypottery.com . If they pass the 'beach-bum test' they can be delivered to Jersey Pottery in Gorey, or collections can be arranged by calling 850850.**



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Splash

It's midday, 32 degrees, and you're stuck in a hot stuffy car trying desperately to escape town. All you can think about is the thought of plunging into a cool refreshing swimming pool.

Living on such an affluent island with arguably the best weather in the UK, the percentage of people with swimming pools is relatively high. The chances are, if you don't have one yourself, you know at least one person that does. It seems as though you can never have too many swimming pools!

Although I believe it's possible, I have never come across any two the same, and in terms of aesthetically pleasing design, infinity style pools are a firm favourite. It is fair to say that swimming pools have come a long way in terms of experimenting with audacious and innovative designs. Along with new designs, and landscaping, so too comes pioneering ways to maintain your pool.

Using the sun

As we are fast becoming an eco-conscious nation, one of the most popular trends for swimming pool technology has been the use of solar power. It is a cost-effective, environmentally conscious, highly reliable and minimal maintenance way to heat a swimming pool and extend your swimming season. And let's face it, Jersey isn't hot enough to go without it. It seems that the days of expensive gas or oil heaters have long gone, and electric heaters are also becoming more green and co-efficient. Price varies on the size of the pool and other site-specific installation conditions. If solar systems are installed in order to reduce or eliminate fuel or electricity consumption, they generally pay for themselves in energy compared to oil heaters. You might be paying for the equipment, but the sun comes for free, even on dull days.

Grant Solar thermal technology, with all technical jargon aside, involves roof mounted solar collectors which heat up coil cylinders containing a special glucol/water solution. A pump then circulates heated fluid from the panel to the cylinder where heat is transferred to the stored water. And there you have it, a pool warm enough to swim in all year round (well almost).



An Alligator in your pool

If you want take the expression getting back to nature one step further, alligator have developed a swimming pool water purification system hailed as producing 'swimming pool water you can drink'. What began as a technology to eliminate Legionnaire's disease in still drinking water in South Africa, has resulted in an ionic water treatment for swimming pools and other water tanks and systems. By harmlessly charging ions in the water, a disinfectant is created throughout the whole pool, eliminating most viruses. The alligator programmes itself and continues to monitor the electrodes in the pool, giving you a crystal clear water. It's a much cheaper way than normal chemical maintenance and reduces the need for them by up to 75%. And it seems like a whole lot less hassle. It's far more environmentally friendly than standard methods and if you're trying to go green it's another step in the right direction. Alligator is available exclusively to Florida Pools in Jersey.



this kind of alligator does not purify water.
It would have your leg off though.

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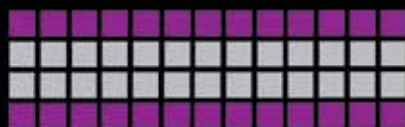
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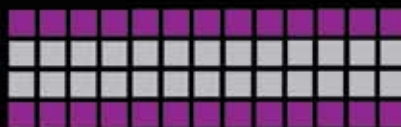
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Durrell evolves

"We get coach-loads of tourists come to look at the monkeys," says architect Bill Dunster, still amazed that six years after it was built his futuristic eco-village in Surrey - and the people that live and work in it - continue to attract such public interest.

Dunster's designs elicit such interest because they combine both style and substance: eye-catching building features are blended with a commitment to 100 per cent sustainability.

So it seems appropriate that Dunster's ZEDfactory (the ZED stands for zero energy development) is one of three architect firms chosen to redesign the facilities at the Durrell Wildlife and Conservation Trust in Jersey as part of a £47 million redevelopment of the historic zoo.

Launched in February, the vision for the future of Durrell draws heavily on using environmentally-friendly technologies to create a sustainable attraction in the long-term. Once funding is secured it is envisaged that the two-stage redevelopment will take five years to be completed. ZEDfactory has been earmarked to develop the new Durrell visitor centre.

The centre would combine under a solar-panelled roof all aspects of visitor reception and care, including purpose-built education facilities, a café and restaurant and shop. It would also incorporate information on the Trust and Gerald Durrell, an orientation on how to get the best out of a visit and a "Hall of Fame" showcasing the Trust's achievements and its key personnel.

The redevelopment also includes plans for new enclosures for Durrell's gorillas, fruit bats, amphibians and reptiles; new training and conservation facilities; and eco-friendly holiday accommodation.

Although the finer details of the Durrell redevelopment are still to be finalised, the building techniques used to construct the new facilities and the sustainable features they will



incorporate have been used in many of Dunster's previous projects, including the Surrey eco-village.

Known as BedZED, the terraced houses, made largely of recycled materials, have been designed to harness renewable energy sources. They are south facing to maximize heat gain from the sun and are backed by north facing offices, where minimal solar gain reduces the need to use air conditioning.

Solar panels provide electricity for use in the home and to power electric cars, a small-scale on-site power plant that burns wood waste fuels heating and hot water while unusual looking roof funnels – the development's most iconic image – channel air into the building that can cool during the summer and warm in the winter. Waste water is recycled and insulation made of natural materials is of the highest standard.



For most of us, these features are hard to comprehend. Dunster says that's because large house builders have been reluctant to incorporate the measures into their designs due to the tight margins in building costs.

"This is a grass roots upwards movement – that's one of the reasons it doesn't get support from Government or funding from big business," he adds.

But Dunster expects many of these features to be commonplace in all new homes within a decade. In the meantime, he says individuals are leading the green revolution by adapting their own homes to reduce their carbon footprint.

"unusual looking roof funnels channel air into the building that can cool during the summer and warm in the winter"

Cheaper equipment – solar heated water panels that cost £2,500 a few years ago can now be bought for as little as £500 – and improved reliability – they can now last for up to 40 years - are driving this change, he adds. A flood of enquiries from individuals keen to do it themselves has prompted ZEDfactory to develop a range of carbon-neutral 'kit homes'. For around £100,000, these homes are constructed to the highest energy efficiency standards and fitted with a full range of sustainable energy devices (see box).

The buildings, aimed at self builders and small family builders, can be adapted to a single or up to three-story design, offer flexible internal living space (three bedrooms is common) and fit within urban or rural settings. Around 80 are planned in the UK over the coming year.

And Dunster says with the Channel Islands being one of the sunniest places in the UK it is well placed to take advantage of the improvement in green technology.



Simple carbon neutral features for the home:

- external shutters reduce heat loss in the winter and keep buildings cool in the summer
- good quality insulation preferably made of 300mm sheep's wool in lofts and wall cavities
- heat recovery ventilation: cool air naturally gathered is used to provide heating
- draft proofing: the energy lost from a 3mm gap 1 metre long is equivalent to the output of a 1kw radiator
- solar thermal collectors: roof-top solar panels can collect enough energy to heat the hot water for an average household for half the year
- solar electric panels – a 1.66kw peak photovoltaic installation can supply all the annual electric demand on an energy efficient 2 person home. Allow 0.8 kw peak installed electric capacity/person.





market news



finance

in need of clear guidance

At the moment you would be forgiven for being confused when it comes to mortgages and the markets. What with news of mortgage lenders increasing available facilities to 100% and others reducing back to 85%, being bombarded by credit crunch reports yet banks /lenders still making huge profits, reports of increasing UK inflation, high local inflation, increasing UK repossessions and base rate reductions you would definitely be forgiven for being confused and potentially disheartened when it comes to buying a new property.

It need not be so.....the key is to seek advice and financial guidance from confident qualified independent financial/ mortgage advisers who not only understand mortgages but also the markets. Savills Private Finance benefit from both a UK and Channel Islands presence and are privileged to be exposed to ongoing market analysis through our numerous relationships which we are more than happy to share with clients. Seeking independent advice will save hours of meetings with lenders (bearing in mind 3 lenders are off island) and time comparing offers. An independent broker such as Savills Private Finance will know almost instantly who will provide the mortgage best suited to you and your property. I hear myself saying on numerous occasions, "the finance is easy for us to arrange, finding the right property is the more difficult part and you need to focus on that."

Re-mortgaging availability also needs an independent view to assess the added extras that most remortgage packages offer - free rate fees, no valuation costs, cash back availability and paid lawyers costs. Over the last few years re-mortgaging has become cheaper with the removal of stamp duty on the amount transferred from one lender to the next.

Upon re-mortgaging lower rates and better facilities are usually available due to the lower outstanding mortgage balance and higher property value. The opportunities can be discussed in a quick phone call. Also don't delay re-mortgaging if thinking of moving in the not to distant future as all Jersey mortgages are portable and the full situation will be taken into account so as not to disadvantage you upon moving.



legal

cosy nights in

the life of the first time buyer

In times of ever rising house prices, first time buyers are finding it increasingly hard to get on the property ladder. This has been exasperated by the credit crunch and the effect this has had on mortgage offers. In Jersey, there are other issues to consider - especially if you are unmarried, buying with a partner and one party does not have housing qualifications.



Only the partner with housing qualifications can own freehold property (the situation in respect of share transfer properties is slightly different in that each partner can own the shares but only the qualified partner is entitled to occupy the property). However, it is usual for both parties to be borrowers for the purposes of the mortgage.

Under the current Housing Law, the partner without housing qualifications will not be able to enjoy the benefits of owning freehold property, such as benefiting in any increase in value of the home. However, entering into an equity agreement will help to protect the parties' positions as far as possible.

An Agreement means that:

- if the couple separate, either one can force the other to sell the property;
- the unqualified partner is repaid their contribution towards the initial deposit, legal fees, stamp duty and other such payments, but not any increase in value;
- the qualified partner must either sell the property and thereby effect repayment of any mortgage taken out in the joint names, or re-finance the loan in their sole name; and
- upon the unqualified partner gaining their housing qualifications, or upon the marriage of the couple, the home is conveyed into joint names.

In addition to the equity agreement, wills should be prepared. The partner with housing qualifications should leave the house to the unqualified party who would then be entitled to live in the property on inheritance.

And with these formalities out of the way, you can then relax and enjoy cosy nights together in your new home.



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it could be worse

You can't help but be interested in the property market. Unless you're a Russian Oligarch with a fetish for superyachts or space flight, a property is probably going to be the biggest purchase of your life.

You can't escape property, it's all around you and all over the media. A reasonably stable economy coupled with the proliferation of TV shows that promote buying, improving, decorating and profiting from property has meant the nation is crazier about bricks and mortar than ever.

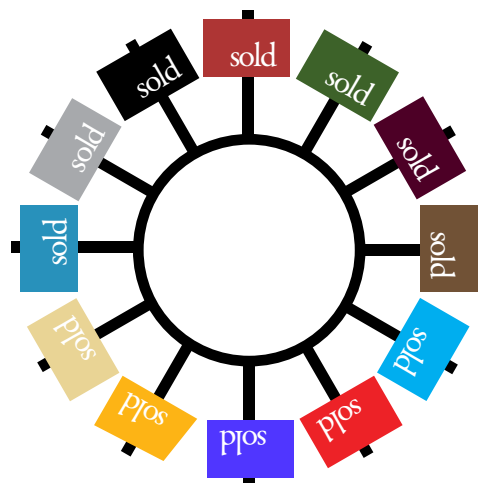
From *Homes Under the Hammer* convincing the viewing public that all you need to vault up the property ladder is some ballsy bidding and a bit of magnolia to *Grand Designs* making you feel your life is empty without an infinity pool, it's no wonder that talk of buying and selling property is now as much bar talk as it is dinner table conversation.

So, it's easy... right? Find the house you want and buy it. Oh, if it were that simple. When competition for decent property heats up, it's a seller's market and prices rise. The media in Jersey has been keen to publicise the increasing cost of property of late. With the average house at £435,000 at the end of last year, it's not the cheapest place in the world to buy but, for the majority, mustering the funds to buy is a darn site better in the long run than paying someone else rent.

Average House Prices - how do we compare....?*

Kensington And Chelsea	£1,118,429
City Of Westminster	£688,467
Camden	£549,583
Hammersmith And Fulham	£539,736
Richmond Upon Thames	£518,874
City Of London	£458,943
Wandsworth	£458,708
Islington	£453,617
Jersey	£435,000
(and we get sea views)	

*yes, yes.. you could say what about the rest of the UK? Well, we figure to earn Jersey money there's a good chance you're going to have to live somewhere like London so therefore London is a good basis for comparison.



agents of change

2008 is going to be an interesting year for estate agents. There are currently 29 estate agents in Jersey from one man bands (not literally) right up to large firms with up to 15 agents working on their behalf. It's certainly a business that receives a lot of negative press and, if you believe the portrayal in the recent sitcom *Sold*, unscrupulous practice seems to be par for the course. Fortunately, this means that, more than ever, agents are having to provide a superior level of care. All the better for the consumer.

This year has also shown some movement in the way agents conduct their business. One such move is the advent of homefinders in Jersey, who act for the buyer and charge for hunting out property. Providers like *abode* (www.abode.je) and *Edge* (www.edgeproperties.co.uk) will take your brief and go out hunting for property for you. Quite important if you're busy and don't fancy travelling around all the agents (or their websites) house hunting. It's a new approach but will no doubt be popular if people start having the perfect place found for them and telling their friends.

2008 also sees a big new player entering the Jersey market. Anyone that reads a quality paper will no doubt already be familiar with the *Savills* (www.savills.je) brand. Well established as a quality global agency, Savills should raise the bar for Jersey. Any estate agent that has an accreditation process for the photographers they use (Savills do) certainly shows that they care about the standard of service they provide. With strong links back into their UK and global network it's going to mean some all important connections for marketing top end properties.



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Fundraising



JT go hippy for chaaaaarity

JT have a history of sending us some pretty crazy images of their staff getting involved in local charity and promotional activity. How could we not put in a photo called 'JT Hippies'!?



Martin de la Haye, who works as a Storekeeper at the Engineering Centre at Five Oaks organised a "Hippies for Hospice" motorbike ride around the Island which raised over a thousand pounds for Jersey Hospice. This was just one of a number of initiatives undertaken by staff in 2007.

One of the most successful initiatives involved Jersey Telecom staff members donating one hour of their pay to the charity. As a result of this, almost £4,000 was raised, which the company agreed to match in order to bring the total to over £7,600.

Two members of staff, Sarah Lister and Ricky Davey took matters into their own hands and participated in the Vietnam Challenges for Jersey Hospice. Ricky cycled over 700km in eight days, whilst Sarah took part in a nine day trek. Although the money they raised does not form part of the total donated by Jersey Telecom staff, all of their effort was worthwhile as their exertions raised thousands for the Hospice.

In other initiatives, Bob Lawrence, Jersey Telecom's Managing Director gave up his parking space so it could be auctioned off to raise funds. It was an excellent year for Jersey Telecom staff fundraising efforts as the company's employees managed to raise £16,027.00 for Jersey Hospice, the company's chosen charity for 2007. The money is the amount needed to maintain Jersey Hospice's services for approximately three days.

to boldly go....

The Jersey Enterprise Awards 2008.



The Jersey awards for Enterprise and the CIM (Chartered Institute of Marketing) Awards seem to vie each year for the title of most entertaining business awards show. This year the stops had been well and truly pulled out with an incredibly impressive central stage making Fort Regent look spectacular (yes, I know it's a bit of a big word to use). James Caan, of Dragons Den Fame, was the guest speaker who gave an inspiring and motivating talk about how he 'made it' that left us feeling like trying to take over the world. Awards won on the night reflected success from companies across a wide range of business areas, each having shown the judges they've made a true success of their business over the last year. No matter what industry you're in, this night is definitely one to add to the calendar next year.

Winners & Shortlisted Entrants

NatWest Small Business of the Year

Corefocus

Cooper & Co

Jersey Surf School

UBS Medium Business of the Year

Thompson Estates

Foreshore

Holme-Grown

Play.com Large Business of the Year

Connex

Camerons

Standard Chartered

Sandpiper CI Training in Business

Le Rocquier School

Jersey Cadet Scheme

The Prince's Trust

Garenne Community Award

Jane & John Werrin

Alice Huelin

Brian Curtis

Guilton Ambassador of the Year

Royal Jersey Agricultural & Horticultural Society

IndigoLighthouse Entrepreneur of the Year

Phil Balderson - Webreality

Andrew Scott-Miller - Funky Puffin

James Baker - Grafters

Jersey Telecom Business of the Year

Connex





OK, so this was London. but Liverpool's got loads of beatles stuff too!!

EasyJet takes off in Jersey

Cheap getaways to the UK in the big orange planes

EasyJet is by the time you're reading this, ferrying folks to and from both Liverpool and Luton from Jersey. The daily service to London Luton Airport is available from just £21.99 one way (£37.98 return) including tax, and a second route, to Liverpool's John Lennon Airport, will follow on 31 March.

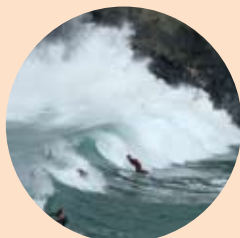
Carly Brear, easyJet's UK Commercial Manager, said: "These new flights will also bring visitors to Jersey, boosting the local economy and helping businesses to thrive as they will have greater access not only to the London, but also to Liverpool, the European Capital of culture 2008 as well as a gateway to the North West of England." These new flights from Jersey are not only expected to be popular with both business and leisure passengers alike taking advantage of easyJet's unique brand of low-cost with care and convenience, but will also boost tourism to the Island as Londoners and Liverpudlians take advantage of these new direct services. The airline expects to carry close to 200,000 passengers on these two new routes over the next 12 months.

This is how Airport Director, Julian Green sees it: "The introduction of these new services is great news for the Island. Jersey Airport will continue to work with easyJet to make the routes a success and I am confident that this marks the start of a new and flourishing era in tourism and business opportunities for Jersey"

Route	Frequency	One way	Return
Jersey to Luton	Daily from Thursday 20 March	£21.99	£37.98
Jersey to Liverpool	Daily from Monday 31 March	£21.99	£37.98

Flybe - Paris and beyond...

Paris, Newquay and Isle of Man are the latest additions to Flybe Network



Paris, Newquay, IOM: Don't miss the Buddha Bar, Rocking Surf and Lunatics on Motorbikes respectively.

Flybe has announced the addition of three new routes for Jersey passengers to its existing timetable. The reinstatement of the year-round six days a week service to Paris, will commence on Monday 28 April and will open up a direct link between the Island and Charles de Gaulle Airport, located just 14 miles northeast of the city. It's an awful airport but the gateway to a great city! One way fares start from as little as £29.99, including taxes and can be booked online now at flybe.com

Two new Flybe destinations have been announced for summer 2008. A weekly Saturday service to Newquay in Cornwall and the Isle of Man will commence on 24 May and run through until 27 September. Just in time for the TT in the Isle of Man. Make sure you book hotels early though, they fill up! One way fares from Newquay start from £34.99, whilst the Isle of Man fares start from £44.99. Fares include taxes and are available to book online now at flybe.com

Route	Frequency	One way	Return
Jersey to Paris	Daily from Thursday 20 March	£29.99	N/A
Jersey to Newquay	Daily from Monday 31 March	£34.99	N/A
Jersey to I.O.M	Daily from Monday 31 March	£44.99	N/A

newsbits



Not a Jackson in sight: The Moonwalk team.

Michael Jackson eat your heart out.

Aztec team get ready for the London MoonWalk

Nine members of the Aztec Group will be taking part in the 2008 Walk the Walk's Playtex MoonWalk around London on Saturday 17th May. Employees in both the Jersey and Guernsey offices have pledged to do the 26.2 mile walk raising money for breast cancer research and cancer care. This years MoonWalk, which was fully subscribed in 90 minutes of being opened for online registration, involves walkers taking on the course at night dressed in brightly coloured bras starting off from Hyde Park. The Aztec Group team is already working on their specialist attire and hope to raise over £5,000 between them, completing the course in 7 to 8 hours.

The team is getting all Aztec Group staff involved in raising money and supporting their training for the event. They have had their first Jersey office cake sales raising £119 and undertake regular training sessions making a point of asking anyone who wants to join in to walk with them! The event raised over £8 million in 2007 with 15,000 people power walking the course around London. Walkers, young and old, will be pounding the streets for this years 11th Anniversary Moonwalk setting the streets of London ablaze with sequins and feathers galore.

If you would like to sponsor the team they have set up a page on the Just Giving website where you can donate directly, the address is www.justgiving.com/aztecgrou or contact Charlotte Bentley on 01534 833000. All donations very welcome.



Better Banking Benefits for Employees Courtesy of Lloyds TSB in Jersey.

Employers can now offer their employees better banking and mortgage benefits alongside their normal salary package.

When companies sign up to Lloyds TSB's Employee Benefits scheme in Jersey, their employees can obtain preferential terms on the Lloyds TSB Island Premier Banking Service, Island Gold Account and Tracker Mortgages.

The preferential terms mean that employees of subscribing companies are able to take up the advantages of both the Island Premier Banking Service and Gold Account at discounted rates: £10 per month reduced from £15 per month for the Island Premier Banking Service and £3.75 per month reduced from £7.50 for the Island Gold Account.

Additionally, there are special offers on tracker mortgages including fixed-term trackers at just 0.50% above base rate until June 2012 (0.60% over base rate for mortgages below £200,000) and full-term trackers for just 0.60 % over base rate (0.75% over base rate for mortgages below £200,000). Furthermore a fabulous re-mortgage package makes changing providers even easier.

Lloyds TSB visits the companies direct and provides employees with one contact point, giving them hassle-free access to financial services in their own workplace. This saves time not only for the company, but the employees as well, cutting out the need for them to go into a branch.

"We believe that these offers represent not only excellent employee benefits but help the Company build better relations with their staff. We have worked hard to ensure that an attractive banking package is available to employees", said Jason Lewis, Manager, Business Development, for International Banking at Lloyds TSB Offshore Limited. "The scheme has, so far, proved popular with local companies. Each month we are finding more and more companies are coming on board to take advantage of the offer", said Jason Lewis.

One such company is Mourant and Jacqui Audrain who is Head of HR Operations said: "Mourant introduced a flexible benefit programme seven years ago. Over time this has been extended to each of its locations and enables people to make selections about their benefits to suit their lifestyle – a married person with a family has a different set of priorities to a young single professional just setting out on their career. So it was with some delight that Mourant teamed up with Lloyds TSB two years ago to introduce preferential banking into its benefit suite.

"Now in our third year with Lloyds TSB, Mourant's new employees, at a number of times in the year, have the opportunity to attend a presentation given by Jason Lewis, Mourant's personal preferential banking consultant. He explains the

various preferential packages available and how they are designed to meet a range of financial situations, together with the facilities and services available. This is followed by the opportunity for individuals to meet with Jason to discuss the packages in detail and, if satisfied, make choices. This has proved to be an excellent service.

"The response has been very positive, from individual shareholder to recent graduate and the scheme has become a much appreciated part of the Mourant Benefit Scheme."



Jason Lewis,
Manager, Business Development,
Lloyds TSB Offshore Limited

Further information on the "Employees Benefits Scheme" can be obtained from Jason Lewis on **01534 845288** or **lewisj1@lloydstsb-offshore.com** or from branches of Lloyds TSB in Jersey.

Island Premier is available to employees who have an individual income of £60,000, joint income of £80,000, or who have savings and investments in excess of £100,000. The discounted fee is waived, if a balance of £5,000 or more is maintained in the current account.

A range of benefits are provided including a dedicated Island Premier Manager, worldwide travel insurance and a 20% discount on AA European Breakdown cover. Other features include 10% discount on building and contents insurance and health club membership and waiver of arrangement fees on mortgages plus £250 towards legal/valuation costs.

The Island Gold Account is also available at a discount for employees.

Benefits of Island Gold include a named Personal Banking Manager, worldwide travel insurance, reduced mortgage arrangement fees, 10% discount on building and contents insurance and health club membership and preferential rates on personal loans. £150 is also offered towards mortgage valuation fees.

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Beat the Rush

Easter, despite its holiday focus, is not necessarily a quiet time for job hunting. In fact, it can be an 'egg-cellent' opportunity for you to get on the front foot before the flood of CVs and applications hit companies' desks in the summer - so get 'cracking'.

Six reasons to work in Jersey's finance industry

A career in finance opens up a world of opportunities. Finance related roles are available in a variety of different sectors, with a wide range of employers also having offices in countries right across the globe.

1. A Choice of Roles and Career Progression

There are a huge number of specialist areas and roles within the finance industry, so you're sure to find something to suit, excite and challenge you. Moreover, most firms will offer you the chance to progress in your career through training, qualifications and structured professional development schemes.

2. Earning Potential

Jersey's finance industry contributes over 60% of the Island's annual revenue and is enjoying growth and buoyancy across its various sectors. As a result, there are some very attractive benefits and rewards packages available from a range of employers.

3. International Prospects

Jersey's finance industry offers truly global careers, working with clients and colleagues around the world. There is also the opportunity to undertake secondments in different major financial centres of the world.

4. Transferable Skills

Roles within the finance industry enable you gain transferable skills - such as teamwork and communication skills - which are highly valued by employers and make you very marketable for your future career.

5. A Rapidly Evolving Industry

Due to the rapidly changing nature of the finance industry, a job in one of Jersey's financial services firms will often involve working at the cutting edge of international business issues, with new markets, products, laws and legislation.

6. Work with Forward-Thinking People

The fact that there are so many different roles within the finance industry means that you have the opportunity to work with and be mentored by internationally experienced highly motivated, dynamic individuals.

Wherever you come from, whatever your background and whether you are a graduate or not, employers in Jersey want to hear from you.

Working in Jersey: Fast Facts

12,660

Total engaged in the Financial Services sector: (23% of workforce)

55,140

Total labour force: (full/part time)

£770

Average weekly wage for Financial Services sector: annual equivalent to £40,040 (as at June 2007)

Did you know?

There is a wide range of firms in Jersey spanning the different sectors of the finance industry. They include:

45

Accountancy Firms

47

Banks - all global top 500

28

Law Firms

447

Fund Services

116

Investment Managers/ Advisers/ Stockbrokers

296

Insurance Firms (including general insurance and mediation business)

185

Trust Companies

University Life:

Seize Those Opportunities

As well as working towards a degree, being at university can offer you some really good opportunities to get a step ahead of everyone else, and help you develop into an ideal candidate for a top employer. Whilst at university, make sure you grab those opportunities.

SKILLS: think about the skills you have and how you might develop them. Employers who recruit you for vacation work, and perhaps eventually for a permanent job, will look at your abilities to solve problems, communicate effectively and work as a team. A good way to develop these kinds of skills can be by joining a society, club or sports team.

COMMERCIAL AWARENESS IS IMPORTANT:

be aware of business issues and develop your skills to demonstrate your awareness. Think about how your business skills can add value to any organisation that you are connected with, whether it's getting sponsorship for your club, selling tickets for an event or simply smiling at customers when you are serving drinks at a bar.

BROAD HORIZONS: being at university enables you to meet people from all over the world and learn more about their cultures. This can give you some really good global contacts for the future. In today's international business world, this can be a real advantage and your employer will certainly find this an attractive asset. It can be good for future holidays too!



Yes, OK, spend time watching it, but not so much that you end up on the show.



Jargon Busting

We're here to help. The world of finance is full of words, acronyms and other jargon that often needs explaining. To help you along we have put together this 'Jargon Buster' section to help unravel the words of finance.

This month: 'skills' on CVs and application forms

A CV or an application form is a chance to show an employer what you've got and persuade them that they should employ you. They are your first chance to impress a future employer, so it's important to make sure yours stands out for all the right reasons.

You might well want to use the following terms when putting together your CV or completing your application form, so make sure you're comfortable with them all:

ACTION PLANNING

A plan to implement an effective course of action, organise time effectively, prepare contingency plans and monitor and evaluate progress against specific objectives.

TEAMWORK

The ability to be a team player, with skills in management, meetings, networking, negotiation and presentation.

GENERALIST

To have general business skills and knowledge, such as basic accounting or problem solving.

NEGOTIATION

The ability to negotiate with positive outcomes and reach 'win/win' agreements.

NETWORKING

The ability to develop and maintain a useful list of contacts for advice and information.

POLITICAL AWARENESS

An ability to locate and understand the hidden tensions and power struggles within organisations.

SELF-AWARENESS

Able to clearly identify your own skills, values, interests and core strengths, actively seek feedback from others and identify areas for personal development.

SELF-CONFIDENCE

An underlying confidence in your own abilities, based on past success.

SELF-PROMOTION

The ability to identify 'customer needs' and define and promote your own strengths in a convincing way.

SELF-RELIANT

The ability to work alone as well as with others.

SPECIALIST

An expert in a specific and niche area, such as tax accounting or family law.

TRANSFERABLE SKILLS

Able to apply skills you might already have to new contexts.

Find more jargon busting on our website, www.jerseyfinance.je. You can also download our Industry Snapshots from the website for a detailed low-down on banking, trusts, funds, accountancy, law and insurance. Go to 'Careers', then click on 'Student Centre'.

Finding the right finance career for you.

Choosing a career can be a daunting prospect but breaking down the process can make life a lot easier. You need to consider your options carefully, to make sure you end up in the best job for you.

You need to know what you are looking for, where to look, avoid information overload, develop your plan and act on it. The following is a good place to start:

1.

Consider:

- *What are you looking for?
- *What are you good at or do you enjoy doing?
- *Researching employers and jobs and vacancies being advertised.
- *Speculative applications to unadvertised vacancies.
- *Putting together an action plan.

2.

When you have identified and obtained the information you need about employers and the demands of occupations that interest you, the next step is to develop your application.

You need to know exactly what employers want – they will want to see how your skills, personal qualities and working manner match the attributes and competences they are looking for.

For each employer you can draw up two lists:
A: Tasks they will want you to do and the skills required to do them.
B: Personal qualities or temperament you think they are looking for.

3.

Decide and note down what evidence you can use from any studies you have undertaken, work experience or social interests that demonstrate what the employer wants.

Find out more!

To explore your career options further, visit the 'careers in Finance' section at www.jerseyfinance.je.

The Business movers and shakers



Legal Eagles



Crill Canavan unveils new Conveyancing Team

Following twelve months of development, Crill Canavan has unveiled its new conveyancing team. The six-strong team of conveyancers brings over a century of experience to the Crill Canavan property department, enhancing the firm's reputation as specialists in Jersey property law. The team will work alongside Crill Canavan's five property lawyers, delivering an expert service for both commercial and residential property transactions.



BakerPlatt appoint former Mourant partner

BakerPlatt has appointed Advocate David Wilson as a partner of its law firm. He joins from Mourant, where he was a partner in the disputes resolution team. A specialist commercial litigator recommended by the Legal 500, his expertise includes banking, trust and funds disputes, regulatory investigations, asset recovery, insolvency, professional negligence and partnership and shareholder disputes. A keen skier and rugby player, he completed the London Marathon in 2005.



Viberts strengthens its litigation team

Viberts has strengthened its litigation team with the appointment of Advocate Christina Hall. Christina was educated at Beaulieu School and obtained her law degree at Kingston University before qualifying as a Jersey Advocate in 2001. For the first few years Post qualification, Christina mainly practised local commercial law gaining particular experience in the trust and fund areas. She then decided to broaden her horizons before becoming too set in her ways, and she spent some three years travelling around the world, spending much time in South and Central America. When she returned to the Island

in 2007, it was with renewed vigour and a renewed enthusiasm for Jersey law; not for commercial work, but rather for the demands of civil and criminal litigation.

New moves



Mark Taylor moves to head up compliance

Mark Taylor has been promoted to the position of Head of Compliance for Europe and the Middle East by Standard Bank. Having joined the Bank in 2006 as Head of Compliance for the Offshore Group, Mark who is based in Jersey, will be responsible for managing compliance issues across continental Europe, the United Arab Emirates as well as the Offshore Group. A specialist in anti-money laundering, Mark worked for a significant period in Hong Kong, managing a range of regulatory issues and developing compliance frameworks across the Asia Pacific region. His current brief includes asset management, corporate, custody, funds, fiduciary and banking.



Ernst & Young appoints new partner to Channel Islands team

Ernst and Young has appointed Stuart Phillips as an audit partner within the Channel Islands firm. He joins with a wealth of experience of the emerging markets and real estate sectors, having spent a number of years in Russia and Kazakhstan. Mr Phillips joined the rapidly expanding professional services firm at the beginning of the year and will be focusing on the asset management industry. Relocating to the Channel Islands was an obvious choice for both Mr Phillips and his young family. Mr Phillips completed his Chartered Accountancy training (ICAEW) in Liverpool and headed off to Kazakhstan for four years, before the country began opening up to international trading. From there he moved to Seattle and gained an American Certified Accountancy qualification (CPA) before transferring to Moscow.



Zaman & Beal set-up new investment management business.

We meant to include this news last month but it slipped through the net. Darren Zaman and Simon Beal have recently set-up DPZ Capital Limited. The business will focus on providing Investment Management and Advisory services to private clients, trustees, family offices, charities and institutions. DPZ Capital will provide investment solutions for individuals and families by producing superior risk adjusted returns via actively managed multi-asset class portfolios with an emphasis on capital preservation. They will be delivering a personal service based on a thorough approach to investment management and an outstanding level of service.

Both were previously at Le Masurier James & Chinn Limited, the Islands oldest stockbroker that was acquired by the HSBC Group in 2004 when they merged with Bank of Bermuda. Darren Zaman was previously the Managing Director at Le Masurier James and Chinn and latterly Managing Director of the international investment management business of HSBC Investments with responsibility for teams based in Jersey and London and a globally diverse client base. Congratulations to them both and we wish them the best for their new business.

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



Job notices..

COMPLIANCE OFFICER - £HIGH

Do you hold or are studying towards a compliance qualification? Our new dynamic client is seeking to recruit an ambitious Compliance Officer to join its fast growing investments firm. Contact toni@selectrecruitment.je or call 88 88 66.

Select
recruitment

ACCOUNTANTS

Qualified or studying? Put your talent to use! Imagine a future of new challenges for the experienced or training for the junior. Competitive salary to match your skills. Call Sue / Kelly - 727 323

Top Personnel
and Temp Centre

TRUST / FUNDS

Top Clients seeking professionals for all levels from Admin to Senior Managers. Small independent firms to global banks – whatever you're looking for we're sure to have it. Contact Sue or Kelly. 727 323

Top Personnel
and Temp Centre

BOOKKEEPER / ACCOUNT PREPARER - £EXCELLENT

A small established local accountancy practice requires a permanent bookkeeper / accounts preparer to join its friendly team. Contact toni@selectrecruitment.je or call 88 88 66.

Select
recruitment

HEDGE FUND ANALYST 8838

Our client is looking to hire a Trainee Analyst to work in the Hedge Fund Research Team based in Jersey. The analyst will learn about all the various hedge fund strategies, working alongside more senior analysts. Call us on 871666 or email jobs@jobs.co.je

park
personnel

TRAINEE ACCOUNTANCY 9309

2.1 Graduates sought for supportive and professional Accountancy firm. If you are looking to begin ACCA study and are very driven, this could be the role for you. Call us on 871666 or email jobs@jobs.co.je

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personnel

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BRING GALLERY TO THE MASSES
Get our magazine where it needs to be and keep it there for the month. 15-20 hours per week average. £7.50 p/h plus petrol allowance. Get in touch with Ben on 81100 or ben@gallerymagazine.co.uk

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jersey's style magazine

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MAKE US ORGANISED
We're in need of a developer to help us on a project basis with building a hosted CRM solution. Ideally in php/mysql with some nice ajax! Get in touch with Ben on 81100 or ben@gallerymagazine.co.uk

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jersey's style magazine

GENERAL MANAGER

CAFÉ BAR – JERSEY ARTS CENTRE
The successful candidate will have
• A proven track record within the hospitality industry preferably with experience in the kitchen, behind the bar and on the floor. Apply by e-mail to Mr George Robertson at mail@cafejac.co.uk

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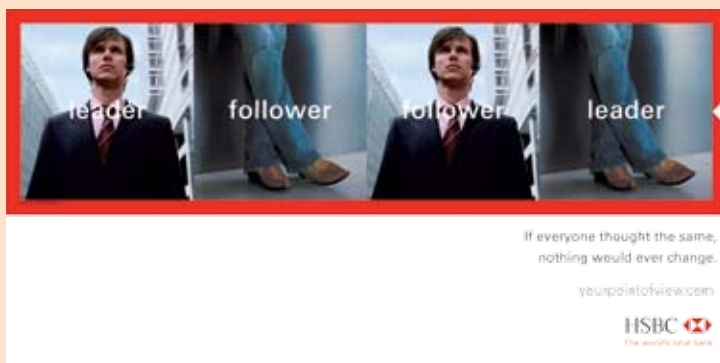
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email: info@onestudytraining.co.uk
call us: 729 729

one study training

our bank's a winner!

St Brelade Named Branch Team of the Year at HSBC National Awards



An example of HSBC's great 'your point of view' campaign. We're more into the cowboy boots.

Ordinarily a 'Branch Team of the Year' competition wouldn't really make us stand up and take notice but this happens to be the branch that we at Gallery use, which makes us feel all warm and fuzzy inside and proud of the guys at the branch. The St Brelade branch of HSBC has been named 'Branch Team of The Year' at a recent national awards ceremony held by the Bank. Competing against 1,000 other HSBC branches around the British Isles, it was the St Brelade branch in Jersey which received the award at the Bank's annual 'SHINE All Stars Annual Awards Celebration', held at the Battersea Evolution Arena last month.

A number of criteria were considered in judging the award. Of particular note was the positive feedback received by customers using the branch, who felt they had received excellent service. We're one of them and we're pretty happy too. The glitzy ceremony, which was attended by over 1,200 guests, was hosted by Denise van Outen. She was joined by Dyfrig John, UK Chief Executive Officer of HSBC, to present the 14 awards to the Bank's top performing teams of 2007.

Dave Hellen, Regional Director of HSBC in the Channel Islands and Isle of Man said:

"This is a brilliant result for the team at our St Brelade branch. Although only a relatively small team, they all work incredibly well together to deliver excellent service and this award serves as recognition of that. I am immensely proud of their achievement, which also reflects the very high standards we set here in Jersey."



Gallery's six month management course.

If there's one thing the business world needs it's consultants. The more the merrier in fact. Even if you've already got a fair rosta we thought we'd share our own form of management consultancy with you and save you the £200 an hour. Using real world situations we'll be discussing important business concepts each month.



Lesson Five : Getting to the top

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy."

"Well, why don't you nibble on some of my droppings?" replied the bull. They're packed with nutrients." The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch. Finally after a fourth night, the turkey was proudly perched at the top of the tree. He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story:

Bullshit might get you to the top, but it won't keep you there.

newsbits



Speakers corner: Francesca Duncan.

HAUTLIEU STUDENT WINS PUBLIC SPEAKING COMPETITION

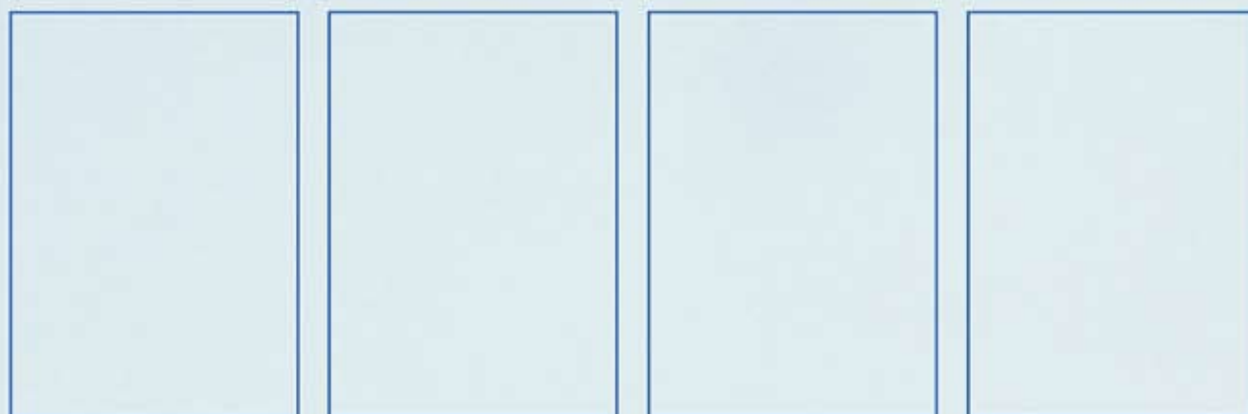
It's good to talk, or at least BT used to say so. Francesca Duncan (17) a year 12 Haut-lieu student obviously thinks so as she has won the prestigious White Knight Public Speaking Challenge Trophy. Learning to hold yourself on a subject and confidently present your argument in public is a good skill to take into the world of work.

Competing against 14 other students, Francesca was a clear winner, awarded 9 points more than her nearest rival. Speaking on the subject of Reality TV, Francesca was awarded a gold certificate, the White Knight Public Speaking Trophy which she keeps for a year, and a personal portable DVD player as her prize.

Competition Judge Simone Garton commented, "Francesca had excellent stage presence. She connected well with the audience and convinced us with a well-presented argument".

Also speaking on the subject of Reality TV, De La Salle student James Rondel (17) was awarded a gold certificate and second place overall, with Jersey College for Girls student Hannah Cadby (17) speaking on the obesity epidemic also awarded a gold certificate and third place overall. James and Hannah were each awarded a trophy to keep and a personal iPod MP3 player as their prizes.

Head of Public Relations for White Knight Jersey, Lindy Mackenzie MBE said, "The standard of competitor was very high. All of the students are very courageous, and they all did extremely well. This is a life long skill, and I hope that they can all build on this positive experience for the future. These young people are inspirational. They are bright, challenging and humorous. Working with them all has been a very uplifting experience for everyone involved."



Let's talk.

Opportunities for Trainee Accountants

Are you: Graduating this year or next? Taking A Levels this year or next? Looking for a career change?

Do you want to: 'Work for a global organisation that is dedicated to investing in you, your career and supporting our local communities'.

'If so let's talk!'

KPMG are hosting an Open Day, all day Friday 4th April from 8am to 7pm in our offices at 5 St Andrews Place, Charing Cross, St Helier.

Refreshments will be provided at the following times:

8am to 10am Breakfast
12pm to 2pm Lunch
5pm to 7pm Drinks

To register your interest and find out more talk to Nikki Fryer, HR Officer on 01534 608410 or Email nfryer@kpmg.jersey.je

www.kpmg.jersey.je



AUDIT • TAX • ADVISORY

KPMG

DOLLY PARTON EAT YOUR HEART OUT

Death of the 9 to 5

Did you know that only one-third of the workforce still work "standard" hours of 9 to 5, Monday to Friday? There are more women working, more casual and part-time workers, and more home-based businesses than ever before. Fewer people now hold a job for life, and most people now change careers several times during their working lives. Get your creative juices flowing and explore ways to make these trends work for you.

The world of work is changing. Globalisation, technology and the blurring of lines between home and work are transforming the workplace. Well, for some. A report from Britain's Equal Opportunities Commission says we are now moving into the third generation of flexible work. The first generation was about time flexibility and the second about time flexibility combined with working from home.

According to the report, we are now seeing the third generation, where there is greater control and choice between employers and employees over how and where work is done. The report says four types of flexible workers have emerged:

Timelords

people such as writers, researchers and "mumtrepreneurs" who more or less control their hours and location of work. They can work anywhere, any time.

Shift-shapers

workers such as nurses with shift patterns who work in peaks and troughs, 24/7.

Time-stretchers

employees such as travel agents and decorators who can control their hours but whose work depends on them meeting clients or accessing equipment on site.

Remote-controllers

workers who have set hours because of customers and technology but who have greater choice over where they work. In some cases, they don't even have a central office.

There is a kernel of truth in these descriptions but they're not true for everyone. Most people still have fixed hours of work. Worse still, getting some sort of flexibility can be a problem because people who opt for flexitime and part-time options are often regarded as slackers. Not so! Surely a productive workforce is the one that empathises with their employee's need for a work/life balance. This month we asked a few people to tell us about their working days.....



Delivering Gallery is the most fun you can have with your clothes on.

OK, so we're exaggerating, but we do need a delivery person. Someone that knows how to be nice to people, drive a car, carry some big boxes and organise themselves.

The role would suit someone looking for a flexible job 15 - 20 hours a week. In return we'll make you tea now and again, give you nice stickers to stop traffic wardens ticketing you and praise you unreservedly when you do a good job. Oh, and pay you £750 p/h.

If you'd like join a team full of penguins and monkeys, give us a call on 811100 or email deliverysuperstar@gallerymagazine.co.uk

gallery
Jersey's style magazine

ADMIN/ HUMAN RESOURCES ASSISTANT

The Grand Jersey is now entering a new and exciting era following its refurbishment to make it Jersey's finest luxury destination resort hotel. We are now looking to recruit a highly organised Admin/HR Assistant.

You will be responsible for all aspects of the Human Resource administrative function, including giving admin support & PA duties to the General Manager. The ideal candidate will have worked in a service focused environment, possess excellent interpersonal & communication. Previous HR experience will be a clear advantage as well as holding an Administration Qualification.

In return we offer competitive rates of pay commensurate with experience and excellent working conditions in a 4 star luxury resort hotel. We are flexible with working hours and offer this post either part-time, with a minimum of 25 hours per week up to full-time depending on the applicant.

Please send your CV and covering letter to: - Kevin McAlpine General Manager, Grand Jersey The Esplanade St. Helier JE4 8WD

EVENTS SALES/RESERVATIONS

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SCREAM IF YOU WANT TO GO FASTER.

get the skills you need with a Fast Track programme.



Not sure if a career in finance is for you? Maybe the Fast Track To Finance will help guide you in the right direction.

Park Personnel teamed up with one of Jersey's leading training providers to design the Fast Track To Finance course as an intensive full time programme. It is aimed at providing people like you with the skills to start work in Jersey's finance industry.

Kelly Barden from Park Personnel works with trainees and Graduates to find employment opportunities, here she answers some questions about Fast Track.....

A delegate from the February 2008 course said.....

'The Fast Track fully met my goal. I believe that I walked away with a better understanding of what makes up the finance sector in Jersey. I also have a better understanding of the roles of legislator (States of Jersey), regulator (JFSC) and the association promoting Jersey Finance plus the association that look out for each sector.'

Q: What is the 'Fast Track To Finance' course?

A: It is literally a 'fast track' induction programme offering a choice of one, two or three weeks of full time study in a professional classroom environment. The aim is for you to come away after a very short period with a comprehensive understanding and knowledge of relevant terminologies and practices involved in trust and fund administration.

Topics include:

Jersey as an Offshore Centre

What Career Routes Exist?

What is a Trust?

Investing in the Fund

Q: What is involved in the course?

A: Depending on which direction you intend taking your career there are three parts to the course to choose from:

- **Induction: Overview of finance in Jersey includes understanding Investment and Funds, Trust and Company and Bookkeeping**
- **Option 1: A focus on and Introduction to Trust & Company Administration and understanding the legislation**
- **Option 2: A focus on and Introduction to Fund Management**

Q: Who delivers the course?

A: Industry professionals and trainers from BPP Professional Education.

Q: What are the requirements?

A: Good communication and numeracy skills are essentials, as is a sound educational background. The key skills you need to demonstrate are:

- **A working knowledge of MS Office**
- **Interest and ambition to join the finance industry**
- **Good presentation and a 'can do' attitude**

Q: Why is it a fast track?

A: This comprehensive Fast Track programme is an excellent shortcut to professional examinations such as the Institute of Chartered Secretaries & Administrators (ICSA) and other professional training courses that relate to the fields of Bookkeeping and Investment Administration.

Q: Do employers recognise the course?

A: Yes a number of companies from Accountancy and Law Firms to Trust companies have placed their trainees and Graduates on the Fast Track to give them a basic knowledge in preparation for joining their business.

Q: Is there a mark at the end of the course?

A: To date the pass rate has been high with all delegates getting at least 60% All those who attend the course are presented with certificates.

Q: When is the next course?

A: June and September, for bookings and further information contact Kelly on 871666 or email kelly.barden@jobs.co.je

Do you want a Fast Track To Finance?

Gain the knowledge and skills to move into the finance industry with the Park Personnel Fast Track Induction Course, bring with you good communication, numerical and IT skills and a CAN DO attitude

Bookings being taken now for 2008 courses starting in June & September

An intensive full time course giving you the necessary skills to work in Trust or Funds Administration

Professional trainers will demystify the finance industry and offer you practical tips and helpful advice to Fast Track your career

park
personnel

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871666
www.jobs.co.je

GRADU8

JOANNA GIERSEWSICA

DELOITTE & TOUCHE LLP, AUDIT ASSOCIATE

TELL US ABOUT YOUR WORKING DAY

BREAKFAST

Breakfast is the important meal of the day, as ahead of me there is a long day, full of attractions. I love the fact that my position offers a career with abundance of opportunities. I like challenges and my role will always provide new and exciting projects. In addition, it is highly rewarding, satisfying and enjoyable. Deloitte has a history of excellence and its worldwide prominent presence was all important to me.

The only one constant factor in this job is change. If you search for routine this job is not for you - every day is different from the previous one. Audit offers a fantastic chance to meet a lot of new people, as we work in a variety of different businesses. As an auditor I get the rare opportunity to work in a number of different client environments. For any young person it is an eye opening experience. Jersey is a unique place where we have world class companies within walking distance. This makes auditing work in Jersey so exceptional.

BRIEFING

Auditing is a long process, divided into several stages. Preparation work is conducted prior to visiting the client's office. At the beginning of the process senior managers/directors brief all team members and allocate work. This depends on a lot of factors - but as a trainee I do not have to worry

about this responsibility! Lengths of audits can vary, but usually last for a week or two. At the beginning I was petrified with the scale of work to do, but with the help of my colleagues I soon settled in and feel that I can now contribute to the team effort.

EXCEPTIONAL TEAMWORK

Cooperation is a key word in progression of the work, success of the company and personal development. Members of the team change on every job - so I will work with most of the go local Deloitte's individuals. My first impression of Deloitte (from the interview!) was that it is a very friendly environment. First impression lasts long - and here there are helpful hands around. The Firm provides all possible assistance for improvement and shows genuine interest in people development. I have received a lot of support and inspiration from everyone.

There is lively social club and frequent charity events. Since joining in January I haven't managed to explore all options yet (there are so many!) but I am going to get more involved. I have even baked cakes to support our chosen charity of the year.

Work at Deloitte is busy but an exciting journey, which provides me with a firm foundation for life.

FACTS:

AGE

(blank mind)

UNI ATTENDED?

I attended Uni in Poland; it is called Adam Mickiewicz University

COURSE UNDERTAKEN?

Sociology

WHAT DID YOU WANT TO BE WHERE YOU WERE 8?

I always wanted to travel (my job ticks this box!)

FAVOURITE WATERSPORT?

Jet Ski!!!

FAVOURITE PLACE FOR SUNDAY BREAKFAST?

After a hard week's work: Big Vern's in St. Ouen Bay



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GRADU8

LOUISE MURPHY:

PRICEWATERHOUSECOOPERS CI LLP / ASSISTANT TAX MANAGER

FACTS:

AGE?
24

UNI ATTENDED?
Dublin Institute of Technology

COURSE UNDERTAKEN?
BSc Management (Business Studies)

WHAT DID YOU WANT TO BE WHERE YOU WERE 8?
Teacher

FAVOURITE WATERSPORT?
Eek!! I'm not too good with watersports, but I have attempted (much to the amusement of friends and colleagues) surfing lessons. Unfortunately I've yet to be able to stand up on a board!!

FAVOURITE PLACE FOR SUNDAY BREAKFAST?
The Wayside Café, St Brelade

TELL US ABOUT YOUR WORKING DAY

Each day begins with identifying any upcoming deadline for my clients. These usually fall into one of the following three categories:

- 1.General tax compliance – this includes calculating clients tax liabilities, liaising with the relevant tax authorities on behalf of my clients and ensuring all statutory deadlines, for payment of tax and for submission of tax returns, are met.
- 2.Audit of tax – this involves working with assurance colleagues to assist in forming an audit opinion on the tax status of the financial statements of a company.
- 3.Consultancy projects – this is probably the most interesting and challenging part of my work. It can involve anything from participating in a once off tax due diligence for a purchaser of a group of companies, or a query from another worldwide PwC office relating who have a client who would like to set up a Jersey operation.

Lunch each day is different. Some days it's a case of 'lunch and learn', like today when our team had lunch together whilst watching the UK budget speech. Other days I go out to lunch with colleagues, or take a break to do some shopping or run errands. Lunch times are quite flexible so that you can take the lunch hour that suits your needs.

After lunch there is usually a catch up time, assessing any new tasks and reassessing priorities. Today it's all hands on deck looking at the UK budget to assess its impact on the Channel Islands and in particular my clients. Other days there may be a query from the New York office regarding a mutual client waiting in my inbox regarding their tax compliance. Whatever the issue, it's about focusing on client needs and trying to identifying their needs before they do!



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PRICEWATERHOUSECOOPERS 

Bring the outdoors indoors

Equipment Rental Finance's Client Relationship Manager, Georgina Diniz explains how investing in your home could suggest a more affordable solution to moving ...

Jersey's housing market is booming. Recent reports in the JEP confirmed that an average three-bedroom house in Jersey costs £435,000. It is becoming increasingly difficult for first time buyers or young couples with families to get a foot on the property ladder as buying a house becomes less and less achievable. Equally for those who are lucky enough to already own a property of their own, the rise in house prices may have earned them equity, but to move to somewhere bigger or better would be just as difficult to afford.

More and more people are looking at ways to increase the value of their homes further by carrying out home improvements or developing the size or scope of their properties. There are still changes you can make to your property without Planning or Building permission – the Planning & Building (General Development) (Jersey Order 2007) offers a comprehensive guide on what alterations, additions, repairs, and improvements can be made to your home without permission, or if in doubt contact the Planning Department for further advice.

One sound investment could be to extend your home and build a conservatory. Subject to permissions and available space, a conservatory can add significant value to your home. Whether you're looking to create a sun room, garden room or even the grandeur of an orangery – a conservatory can help transform your home.

Conservatories are an excellent way to extend the size of your home and use the new living area as an extension for entertaining i.e. creating a dining or breakfast room. For families or those with children on the way, this extra room could also provide valuable space as a children's play room.

Although a conservatory may sound costly, it is likely to be a much cheaper alternative to moving somewhere that offers more living space. Having that 'extra room' could add a further £50,000 to the cost of your search and that's not including legal fees and stamp duty. What's more when you move house you would probably want to decorate to a style that suits you and your family's personality and that would add to the cost of the move even further.

Why not finance your conservatory?

If you were purchasing a new home, you would naturally turn to your bank or mortgage advisor to find the best deal, yet building a conservatory can also be regarded as a costly purchase, so you should consider the finance route as a more affordable solution to realising your dream. The cost of a conservatory can be anything from £10,000 to £50,000 and even more for larger builds! So with such a large investment; it makes sense to spread the cost with finance.

Rather than pay with your hard-earned savings, why not consider the option of finance? Equipment Rental Finance (EQR) specialises in offering personal loans and secured lending for a variety of purposes including finance to help homeowners purchase the conservatory of their dreams.

If you have an idea of how much you would like to spend, talk to us and we can calculate an affordable monthly repayment schedule that enables you to afford something a bit more special. What's more you could even borrow a little more to furnish it with some stylish furniture or add shade with custom-designed blinds.

Long-term investment

Spending money on your home today by building a conservatory could add value to your property in the future, so it's important to view it as an investment. An impressive conservatory can really give your home the wow factor, and if you plan to sell in the future, estate agents will tell you that a well-designed conservatory can often clinch the deal.

Getting finance just got easier

Many finance companies offer personal loans, but make sure to shop around to find a loan that suits your needs. The lowest interest rate may not necessarily be the best deal as there are other factors



to consider. For example, if you decide to repay the loan before the final date, early repayment charges may apply (some lenders charge up to nine months interest penalty!), so it's important to ask about this when you get a quote.

Easy application

Applying for a loan is very easy to arrange. Ask for a quote; it's free and you're under no obligation to proceed. If you do decide to take the finance route, you'll need to provide contact details, proof of identity and address (a driving licence, passport and bank statement should suffice) along with confirmation of income – to prove your ability to repay. If you decide to borrow to build a conservatory, you'll also need to provide a copy of the quotation from the conservatory supplier, a property valuation and recent mortgage statement.

Quick response

Subject to you providing all the necessary information, you should receive a quick response, so it won't hold up any negotiations or slow down your order. You can decide whether you receive the cash or you can ask us to pay the conservatory supplier direct.

The benefits of finance

You can decide how much you wish to borrow (EQR lends from £300 upwards) and you can choose over what term you wish to repay (EQR offer a range of flexible repayment terms to fit your budget from 6 to 84 months). So if you're thinking about transforming your home, talk to the experts and let us help you realise your dreams.

EQR Finance is a local lending company that specialises in personal loans for Jersey residents and funding for businesses operating locally. Their offices are conveniently located in the heart of St Helier, with a friendly and qualified team who are happy to discuss any of your financial needs. They offer personal loans for virtually anything including home improvements, consolidation of debts, motor finance, holidays, house/flat deposits, legal fees and much more. Telephone: (01534) 737341, Email: enquiries@eqrfinance.com

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city slicker or mountain ranger?

the new VW Tiguan



The name of a new species of Volkswagen has its origins in the tiger and the iguana. With a pairing that would have intrigued Charles Darwin, the Tiguan is a crossbreed that combines the DNA signatures of an estate car, a hatchback and an off roadcapable compact SUV.

Designed to bear a clear resemblance to its much bigger brother, the mighty Touareg, the 4MOTION all wheel-drive Tiguan comes late to a sector in which the Toyota RAV4 and Honda CR-V are firmly established. But VW regards that as no bad thing because the Tiguan offers a special off-road version called the Escape.

The very first thing I noticed was the drive height (5ft 6in) offering very good visibility as I drove to various photographic points in the island. The second thing I noticed were the looks from other motorists on the road, obviously picking up on the new model from VW, the eye catching chrome trimmed radiator grille, distinctive headlights and sporty 18 inch Sierra alloys wheels, standard on the sport.

From launch, two engines are available – a smooth 1.4 litre 150 PS petrol engine that has a supercharger and turbocharger designed to provide the performance of a 1.8 litre, but with relatively modest economy and CO2 emissions and a 2.0-litre TDI 140 PS diesel. Four trim levels are on offer, S, SE, Sport and Escape, and all have standard 4MOTION four-wheel drive ensuring maximum traction from rest whatever the weather. Once on the move it transfers 90% of the power to the front wheels if conditions are clement, this being the more economical arrangement. After all, how many mothers need thirsty four wheel drives for the school run? Escape models differentiate themselves from the rest of the range thanks to a front end treatment which is biased towards off-road applications, as well as a number of other features suited to venturing off the beaten track.

About 85 per cent of Tiguans will be bought with a diesel engine. The introductory unit is a 2.0litre with 138bhp and a useful 320Nm of torque from 1,750rpm. Maximum Tiguan trailer weight is up to 2,500kg (2 1/2 tonnes - that's more than any other car in its class!) – a typical Rice trailer with a couple of 16-hands high horses on board. A 168bhp version and 198bhp will be available next year. Hill starting couldn't be simpler, even if you are towing a heavy load, thanks to the electronic parking brake with auto hold function. Fitted as standard this useful feature holds the Tiguan in position at the touch of a button and is released only when you apply the accelerator.

Standard equipment levels are high across the range, with all models featuring alloy wheels, air conditioning, MP3 compatible stereo and CD player, ABS and ESP, plus twin front and side airbags and a curtain airbag system designed to protect all occupants from a side impact.

It has a massive dashboard, finished with the highest quality materials, efficiently

shaped seats and a number of innovative options offered on the Tiguan, including Volkswagen's new RNS 510 full colour touch screen satellite navigation and audio system which incorporates a 30GB hard drive to record not only the owner's favourite audio and video files and navigation mapping, but also waypoints and routes off-road where digital mapping does not exist! This option also includes a rear view camera which allows you to judge and view obstacles obscured from view behind your vehicle.

For the limited parking available in Jersey it might be worth considering the optional £380 "Park assist", an automatic sensor controlled steering aid parallel parking system. When considering a parking space, simply drive past the space at up to 19mph, press the park assist button whilst indicating, this will allow the system to detect if the space is sufficient to park in as you drive past, if so, it notifies you via the multifunctional display. The driver just operates the pedals, not the steering, as the car reverses into a space after selecting reverse gear. Parallel parking has never been so easy!

Once free of the town, the Tiguan's capability could be better appreciated. The ride is firm, but comfortable, the car went very quickly and with thorough competence on winding roads, and its 4MOTION system ensured lots of grip through tight corners. In fact, handling is almost Golflike in the vehicle's quick responses and predictability. The Tiguan is based on a mix of Golf and Passat chassis technology.

There is plenty of room for five adults in the Tiguan and Volkswagen describes the interior as having the variability of a van. The rear seat, slightly higher than those in front, is divided 60:40 with a centre section that can also be folded down. The seat can be adjusted longitudinally more than six inches. The seat back is tilt adjustable. Load area with the seat in place is 470 litres, 1,510 litres folded.

Safety includes extensive chassis electronics, plenty of airbags and a five-star Euro NCAP rating. An attractive £676 opening panorama roof is on the options list which was fitted to the model I drove and I have to say a really nice extra on a sunny St Ouen's day and even when the weather doesn't allow it creates a very spacious airy light feel.

The new Tiguan may be more pussycat than tiger and – with its off-road agility – more gecko than iguana, but a VW Cateko or Geckat? Not even on Darwin's list of possibilities!

The Tiguan offers buyers high levels of interior space, comfort and specification, as well as value for money, and is set to become a very popular compact 4x4 choice in my opinion with prices starting at £15,859 for the S 1.4-litre TSI manual. It's sure to give the Honda CRV, Toyota Rav and Freelander a run for their money.

For further details, a brochure or to book a test drive you should call Vinnie Gallacher at Jacksons on 01534 497777.

MOTOR BRAND NEWS



Porsche Boxster

The Boxster combines power, agility, economy & cleanliness, developing 245 horsepower from its 2.7 litre flat six powerplant. On the inside, the interior is totally focused around the driver to create an ideal environment in which to explore each car's potential. Porsche's Stability Management system comes as standard. Prices for the Porsche Boxster start from £31,800.



Jacksons Airport
La Grande Route, De St Pierre, St. Peters
497777 | www.porsche.co.uk



Volkswagen Tiguan

With its agile, dynamic handling the Tiguan is designed for those who are always on the move. Robust, but nimble and adaptable, Tiguan is as comfortable on city streets as it is on rocky roads. Prices on the road start from £17,800 for the stunning looking Tiguan which comes in both manual & automatic transmissions. It's an ideal car for Jersey with its compactness & versatility.



Jacksons Airport
La Grande Route, De St Pierre, St. Peters
497777 | www.volkswagen.co.uk



Suzuki Splash

The new Suzuki Splash has arrived at Motor Mall. It's a stylish mini-MPV with a bit of everything. Replacing the Wagon-R, it builds on Suzuki's reputation for reliability and value for money.

The range starts from only £8,999 and if you book a test drive before 1st June, you could win a City Break worth £500.



Motor Mall
La Grande Route de St Jean, JE1 3US
635566 | www.suzuki.co.uk



Let's get wet with

Gadgets

Since it's our wet and wild issue we thought we would take a look at those gadgets which are so much more enjoyable with the presence of water.

Waterproof Video Cameras



Panasonic SW-20EB-S Waterproof Camcorder

Probably the most exciting lifestyle product for a while. You can literally take it anywhere. This small lightweight product gives a new purpose to camcorders. Waterproof up to 1.5 metres, and shockproof - it can be used on an everyday basis, or for whatever takes your fancy. We predict this gadget is going to be flying off the shelves ready for summer!

£249.95 at Camera Corner

Oregon Scientific Compatible Video Camera

This great little Mac and PC compatible video camera stores footage on a SD card and it's waterproof for up to 3 metres. Perfect for putting on the end of your surf board providing you don't get dragged under by a 25ft wave.

£85 at iQ



Waterproof Digital Cameras



Olympus Mju 790

This tough 7.1 megapixel camera is shockproof and waterproof up to 3 metres. As well as looking pretty smart in blue, it's the perfect partner for those adrenaline junkies out there with 23 scene settings to choose from.

£199 at NSEW

Olympus Mju 1030 SW

It's waterproof up to a deeper 10 metres, shockproof, crushproof (up to 100kg) and freezeproof. With 10 megapixels for poster size prints, the quality is high and the 3.6 wide optical zoom from 28mm – 102mm allows for great landscapes and portraits. It's a really robust go anywhere camera, as tough as your lifestyle!

£202.47 at www.fotosounddirect.co.uk



Coach Yourself

This great new MiCoach has been developed by Adidas and Samsung in competition to Nike+iPod. It's a phone, heart-rate monitor, a stride sensor chip to fit all Adidas running footwear, compatible Adidas apparel, and a web site for creating specifically tailored training programs. It has a 2-inch screen, 1 GB of memory, a 2-megapixel camera, and USB/Bluetooth interfaces to play with. If you are a fitness fanatic then your going to love this!

There will be a limited supply available in April, or ask in store to order one.

Pop into Sure Mobile on King Street



More watery fun...



Making a splash!

Fancy making bath time a bit more interesting? We love these quirky little ducks, go and check out the orange space duck - complete with space helmet!

£5.95 at Goat and Pencil



Aqua Glider Inflatable Sea Scooter

An inflatable jet ski with re-chargeable batteries - great for the kids or trying to act like one yourself. When packed, it is small enough to take on holiday with you and can be used in both swimming pools and in the sea.

£99 at Fotosound



Praktica 10 x 26 Waterproof Binoculars

These compact high quality optics give great imaging. Ideal for travelling and outdoor enthusiasts.

£39.97 at Fotosound



Diving Watches by Citizen

These Citizen Eco-drive watches are made for diving. They are water resistant up to 300m and made of the ultimate metal titanium.

300m £182.95 at De Gruchy



The 51-30 by Nixon

This watch was named 'best of adventure gear' in National Geographic's year-end 'best of' special issue. They are up to 300m water resistant and made with stainless steel and hardened mineral crystal, external rotating bezel with countdown timer and an easy to read tide subdial.

£325 at SDS



The Murf by Nixon £299 at SDS



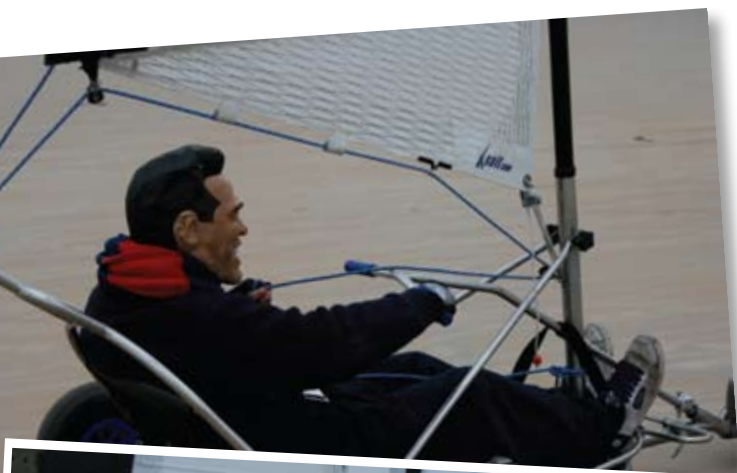
ARNIE INVESTIGATES: BLO-KARTING

He's back. Arnold Schwarzenegger has been waiting for a windy day this month so he could get blown off down at St Brelade's bay whilst trying his hand at Blo-karting.

Okay, so maybe not 'Blo-karting' as such – just to clear this up, Blo-kart is a brand name associated with the sport 'land yachting' and the land-yacht used for the purposes of this investigation was an 'X-Sail'.

My stay in Jersey was a little longer this time, having arrived earlier in the week to begin my investigation but being told that there was bad wind. Nobody likes bad wind. So when I finally got the chance to get down to St Brelade's Bay to try this out I was more than just a little eager. But Arnie, what IS a blo-kart? I hear you say... Imagine a three-wheeled buggy / windsurfer hybrid. Or just look at the pictures on this page if you're not too imaginative.

Slightly ominously, one of the karts blew over in the wind whilst we were being briefed just as Chester, our instructor showed us the course set-out and explained where we would most likely tip if we weren't careful. Although a little apprehensive, with a swift push I was on my way.



'Pull the cord tighter if you want to go faster, let it out for the corners or if you lift a wheel and just ride the wind' we were told, so feeling particularly macho I tugged on the rope between my legs as hard as I could – these things pick up fast! Heading swiftly toward the sea and with no brakes I steered in for the first corner, the front wheel sliding out, the wind leaving the sails and bam. Nothing. This isn't so easy after all.

After realising that letting the sail out to catch the wind is the key (my sailing skills are as good as non-existent and the mention of 'tacking' during the briefing did cause concern) the wind gusted and started the wheels rolling once again. It's all too easy to pull too tightly on the cord and end up stopping if the wind isn't on your side but after a few laps you learn to overcome this – it really is that easy to get the hang of.

After a while it becomes a game to see how far you can travel on only two wheels and how fast you can slide around the corners. Inevitably I managed to tip over but with a little help was back on three wheels in no time with no injuries even though my curiously oversized head was too large for a helmet. Why wear one anyway, I'm the terminator.

A lot less complicated than sailing and far easier to pick up, Blo-karting comes highly recommended and at £15 for half an hour it won't hurt your wallet either – **get yourself down to Surf & Sun Watersports in St. Brelade's bay or call Chester Mackey on 07797 736411 to find out more.**

Governator verdict:
4 1/2 AK-47s



"Get into ze
blo-kart"

Arnie.

Das Gallery magazine
Midbeach House
St. Lawrence
Old Jersey





diet Supplement your Health

It's coming close to that time when you start to show a bit more skin and the prospect of wearing swimwear is looming. It's fair to say we've become a much more body-conscious nation with a countless number of diets and strange methods to try and get that 'perfect body'.

Whilst many are trying to shed those pounds and tone up their muscles, there are also those who just want to bulk up. Enter; the bodybuilder, those who eat more and train heavier in order to gain muscle weight.

Like everything, there is a right way and a wrong way to do things. For example eating everything in sight will not help, in order to gain quality weight, the nutrients taken in have to be of a high quality nature. Whilst some lucky people have a fast metabolism, others may not and these are the people who benefit from taking their nutrients as food supplements. Research informs us that for bulking up, the basic supplements that need to be taken are a Multiple Vitamin and Mineral formula, Chromium Picolinate, and essential fatty acids. For convenience purposes a good weight gainer or protein powder are a great way to add valuable calories and nutrients to your diet. Also Creatine and Glutamine offer many of the same properties as anabolic without the side effects.

Similarly taking nutrient supplements as part of a balanced diet of quality protein, complex carbohydrates, vegetables and healthy fats may help you loose weight. The CNP Fat Loss Stack available at The Supplement Store has been designed to further assist in reducing unwanted body fat. Different diets and plans are going to work differently for various people; food supplements are another way of approaching exercise programmes, whether you want to loose weight or add muscle.

For more information on supplementing your diet head to The Supplement Store at Fort Regent

exercise Pilates

Are you spending long hours working at a desk? Do you have back pain or headaches by the end of the day? Moving on from my physiotherapy with Lisa, I had my assessment this month for my modified pilates class with her husband, Nigel.

Nigel is the only fully certified Modified Pilates trained chartered physiotherapist in Jersey. As clinical professionals, physiotherapists have an in depth understanding of movement, posture and injury rehabilitation. Nigel sat me down and discussed my injuries and we then went through a series of assessment exercises. It transpires that my core posture is far from ideal.

I went on to have my first class (I should be having one a week but deadline didn't allow this week!) last week, and enjoyed what was a surprisingly active and relaxing experience. Although the movements you make are simple, you can really feel your body working to maintain your posture and stability. However, the atmosphere of the class and concentration required to undertake the exercise correctly makes you block other things out of your mind which subsequently has a calming effect.

Modified Pilates teaches and restores correct posture, breathing patterns and movements of the body. Modified Pilates uses the deep "core" muscles of the trunk to provide a solid base for movements to originate from.

Key benefits of Modified Pilates:

- **Flattens, tones and strengthens stomach muscles**
- **Improves muscle definition**
- **Improves posture and body awareness**
- **Balances strength with flexibility**
- **Relieves tension and stress**
- **Improves mental clarity**

Nigel's classes are run as either 1:1's or in small groups (max 12). The next courses start from 21st April.

For more information call Nigel on 07700 700024 or visit www.physiojersey.com/Modified-Pilates

fitness Springtime Shakedown

Welcome back, I hope everyone who went to the mountains, had as much fun as I did. However we have to try and settle back in our exercise routines, now that the ski season has come to an end. It is often difficult to focus on training straight after a holiday, as that goal has been taken away.

Although it will not be many months until the summer is here (hopefully), so let's begin with some fitness and toning moves that we can build upon to get us in shape for the summer months.

Press up with Twist

This is a great exercise for working both the chest and core muscles. After the press up, lift one arm so it is pointing directly at the ceiling. To make it more difficult, hold dumbbells. Keep abdominal muscles engaged at all times. (3x20 reps)

Single Leg Step squat

To begin place your back toes on the step behind you, then with or without weights squat slowly up and down using only the front leg. Looking forwards will help you with your balance. (3x15 reps)

Swiss Ball Twist and Punch

(Upper back and core workout)

Lying with the swiss ball between your shoulder blades, start by having one arm pointing up and the other arm waiting to punch up. Then punch up and roll up onto the elbow of the arm that was originally in the air. Keep stomach muscles engaged. (3x20 reps)

Squat Jump over Step

Lastly a real power move, that will get the heart and lungs working, as well as really using the leg muscles. Start in a squat position on one side of the step, then push up and jump landing in a compressed squat position on the other side of the step. (3x12 reps)

For any free consultations, call Steve Longstaffe on 07997886575

Ben Girdwood trials biker

What is it?

'Trials Biking' is a bike discipline which at its very basic form involves the rider to overcome obstacles just using the bike and their body. Timing of the brakes, timing of short powerful rotation of the pedals and body co-ordination are key factors in Trials Biking.

Who are you?

I'm 16 at the moment currently studying Sociology, Sports Science and Biology at De La Salle. I began riding mountain bikes when I was about 12. But for my 13th birthday I bought my first Trials Bike with all my birthday money - a bike specially designed to be stronger than your average mountain bike.

Recently I was placed 1st in the 'Expert red route' of the Hampshire Trial, and I also placed 2nd in North Yorkshire and 5th in a British National competition.

What's in your future?

This year I aim to enter a lot more competitions and gain a higher status in the UK competition scene as well as



becoming more recognised in terms of 'street' (man made) riding though the use of videos on websites such as YouTube. My first 2008 video is out on YouTube called 'Gu Le - Jan 08 Days' (search Ben Girdwood, and then select that title) for anyone wanting to see what great entertainment and fun Trials Biking is!

At present I am not sponsored, so anyone out there interested in me advertising their company or product please get in touch - Biker_Benjamin@hotmail.com .

Get Involved

My tips for anyone wanting to give Trials a go would be to have a mountain bike with a medium to low frame height, put your seat to its lowest point and use a low gear for good acceleration. If anyone wants any advice on converting their mountain bike into a Trials Bike; I work at Lawrence De Gruchy Bike shop on Saturdays so call in and ask for Ben and I'd be happy to help!



RUGBY

KERN YATES

Captain of Jersey 1st Rugby Team

What have been the Wettest and Worst conditions you've played rugby in?

The worst conditions I ever played in was in Hong Kong. The pitch had so much standing water on it, when I was on the bottom of a pile up and my face was in water, I couldn't breathe. It was scary.

What is the Wildest injury you've ever had?

My worst injury has to be a fracture and displacement of the ankle. My foot was facing backwards. I'm fully recovered but you should here my ankle crack now every time I walk up stairs.

What is happening next for Rugby 1st team?

Jersey 1st team lost the big game against Haywards Heath for the Championship, however we will be in the playoff on the 26th April for promotion to London Div 1. It will be played in Jersey due to the points difference.

Sporting fact - how did the rugby ball get its shape?

A shoemaker, whose shop was next door to the famous Rugby School where the game was invented, made the first rugby ball out of stitched leather casing and an inflated pig's bladder! When inflated, the bladders became plum-shaped, and the leather casing was made to fit. This is where the oval shape comes from.



SPORT JERSEY

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Jersey Yacht Racing - Wet & Wild!

Throughout the Summer there will be frequent races to the other Channel Islands and to the French Coast which means scenic and interesting racing, as well as some brilliant Après-Racing in French bars!

If you learn to sail in Jersey, with its many rocks, strong currents and high tides; you would be able to feel confident sailing virtually anywhere else in the world.

To learn to sail, or to offer to help crew on a competing Yacht, visit either the St Helier Yacht Club or Royal Channel Island Yacht Club websites:
www.shyc.je & www.rciyc.org



featured sport

Indoor Golf Studio Lesson £45

I booked myself in for a Golf Lesson, so that I could get back in to the 'swing' of things for all those hot lazy summer days that lie ahead. If there is one thing better than playing a game of golf on a gorgeous day, its playing a 'great' game of golf on a gorgeous day.

The lesson was given by Andrew Chamberlain a fully qualified PGA professional in his studio, which is equipped with the world's first indoor radar system that shows clients a 3D image of each and every shot they take!

First Andrew assessed my swing to see what level I was at and he then used the four cameras surrounding me to capture every angle of me taking a swing at the ball. It was absolutely fantastic to be able to see exactly what I was doing, and as a teaching tool it was invaluable. Immediately it was clear why the Trackman Radar System is used by the best players in the world.

I could see exactly how far, high, left or right my shot had gone and with the camera system it was easy for Andrew to show me how to improve. And improve I did! By the end of the hour lesson I had my grip in the right place, my foot positioning was corrected and I was working on the length of my back swing.

At the end of the session Andrew created a DVD re-capping my lesson, so I could work on what I had learnt. For anyone interested in golf or for anyone wanting to improve their game this is a must! TO BOOK CALL 01534 497012



5 minutes: Phil Sharp

What are you up to now?

Currently I'm training towards the Figaro Transat, the big event in France's premier league of offshore sailing. This is an Atlantic race from Concarneau to St Bart's in the Caribbean and it'll be my first one double-handed. The previous two have been solo, so it'll be pretty nice to race with someone else for a change - we are both very competitive so will push each other hard when the going gets tough, and the off-watch can feed the helmsman copious amounts of tea when the weather's cold. We've definitely got our work cut out for a top result since some French guys have been sailing the boats for 10 years, as opposed to 10 days for us, but we'll race hard and fast and see what happens!

What is in the pipeline?

This current race I'm doing is really training towards the Open 60ft race circuit, the F1 in sailing, which is the class I hope to step up to early next year. These boats are just awesome: they can pull 500 miles a day off nature alone, and skippers can fulfill some of the most extreme and arduous adventures in the world today. Every four years Open 60 skippers can compete in a race called the Vendee Globe, a race non-stop, around the world, solo, which involves being on your own in the hostile Southern Ocean for 2 months in freezing conditions and pushing the boat to its limit. My aim is to compete in the 2012 edition and be the first skipper to beat the French! Of course a campaign of this magnitude is heavily reliant on sponsorship (you're well into the millions for this), so around the racing I'm looking for the right sponsors to come onboard for next year. All go!



Welcome to Sport Jersey. We are here to help you co-ordinate sporting visits to Jersey. Whether organising a small private group of sports men/women or a large team tournament, Sport Jersey can take care of all travel, accommodation and catering requirements for visiting teams.

For more information visit www.sportjersey.co.uk or for bookings and enquiries please email active@sportjersey.co.uk or call Maggie on (0)1534 751620. We look forward to hearing from you.

Call (0)1534 751620 or email active@sportjersey.co.uk

SEYMOUR HOTELS
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Nightlife

FuzzBox @ Club:Lounge Present Parker

Its mix of vintage Soul, nu-school production, guest vocalists and driving grooves, has marked the Bristol native out as a rising star in the UK beats scene.

Pre-release hype from the likes of Radio 1, BBC 6Music, DJ Andy Smith, The Cuban Brothers, Massive Attack's Daddy G, Richard X and Bill Brewster, has seen the first single 'Sugar Coated/Old Time Sermon' get into the right record boxes, and the most esteemed radio play lists.

The single, featuring vocalist Sarah Scott, was heavily rotated on MTV, thanks to Fatboy Slim-directing Steve Glashier's superb video, featuring meercat-headed stars and love story narrative.

For the second release, 'Western Soul', Parker's unique brand of dance floor production has been taken up another notch. This collaboration with legendary West Coast rapper Rasco sees the accomplished MC rhyme over his best in over ten years, and duly raise his game to make it a track that's already turning heads and igniting dancing feet.

The release date is set for May and comes packaged with killer remixes by Aphrodite, DJ Beethoven and Kidda, bringing the Drum and Bass and Funk respectively.

Support by:
Colin Moore & Joe Pope

D: 12.04.08
T: 2200-0230
£: 6 on the door

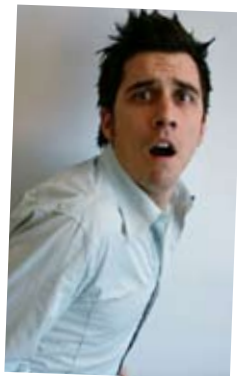


Chambers Comedy Courtroom

It took Russell Kane ten years to muster the courage (and Imodium supply) to walk out on stage and perform the ego equivalent of a bungee jump. He finally exploded onto the scene in autumn 2003 and has enjoyed a meteoric introduction to the London and national comedy scene.

Audience members have described his act as "electric hilarity", "breath-taking", "scary-funny", and "phenomenal to watch" - one Japanese punter said it was like watching a twisted human cartoon.

Comedians:
Russell Kane, Neil McFarlane & Adrian Poynton
D: 07.04.08
T: 1900-2230
£: 5 OTD



Audio @ Pure Present Chris Lake

Hailing from Scotland and globally recognised as one of the most exciting young producers and DJs to come from the scene in recent years, Chris Lake has made the DJ elite sit up and take notice. His innovative productions are backed by the likes of Sasha, Kleinberg and Fanciulli while his dynamic and energetic DJ performances have given Chris a major platform on which to proclaim his new found status. 2005 was a landmark year for Chris. His collaborations with Rhythm Code under various guises received the right kind of attention from journalists and clubbers alike; however it was his solo productions which provided Chris with a new level of exposure.

Support by:
Stuart King & Mikey Ashford
Paul Mack & Dan Sharpe

D: 19.04.08
T: 2200-0230
£: 5 B4 11pm, 7 After



Radisson SAS
WATERFRONT HOTEL
JERSEY

cocktail of the month



Raspberry Truffle Martini

1 1/2 part Stolichnaya Razberi Vodka
1 part White Crème de Cacao Marie Brizard
3/4 part Cream
1/2 part Chambord Liqueur
Garnish: raspberries or maraschino cherry

to make

Mix all ingredients in a cocktail shaker with ice.
Strain into a chilled martini glass.
Garnish with raspberries or maraschino cherry.

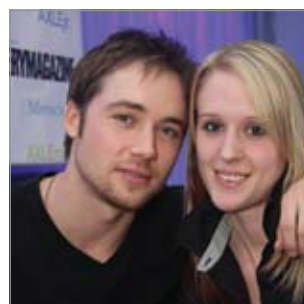
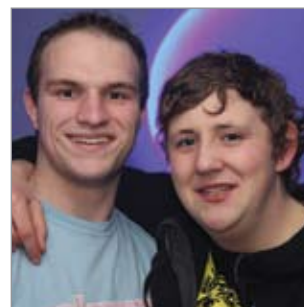
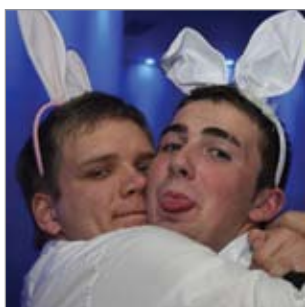
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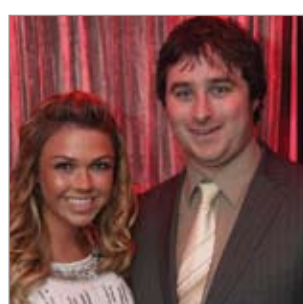
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Hustle Present.. DJ Lottie @ Pure

Hustle is back with yet another great female headliner Lottie. Lottie has graced the shores of the Island's club scene in the past but this time returns to play at a night which has a bit of a female twist. Lottie was first spotted firstly by the promoters of one of London's longest leading nights The Gallery back in 1996. It was there that she became their weekly resident and planted her foot firmly on the dance scene. From The Gallery Lottie went on to become a regular face at the following top spots around the UK: Basics in Leeds, Shindig in Newcastle, The Bomb Nottingham & Cream Liverpool to name a few. Another legendary club in Liverpool who set their eyes on this talented lady was Bugged Out, Lottie became their "first lady". Lottie is also a big internationally respected artist and has toured worldwide from Paris to Ibiza to Miami to Serbia. Lottie's sound is often described as deep, dark twisted house and now has taken up more of an electronic sound.

Support by:
Suze Rosser
Jimmy Graham

D: 12.04.08
T: 2200-0230
£: 8 (Ladies 5 B4 2300)



Sub:Factory @ Club:Lounge

On Saturday 5th April Subfactory once again touches down in the Club:Lounge for another rolling night of Liquid Drum and Bass. Manning the controls will be DJ's Spim and Terminalstate both with many years DJing and producing under their belts. Record bags bulging with the latest Liquid sounds. Loads of hot promos. New releases and exclusive tracks all queued up ready to drop just for you. Joining them this month will be special guest DJ. Mikey B. A regular guest of DJ Spim on the Subfactory Radio Show and a talented scratch DJ.

Don't forget you can catch the Subfactory Radio Show every 2nd and 4th Monday of the month from 8-10pm on bassdrive.com (14th april, 28th april). A two hour live mix of the Subfactory sound hosted by DJ Spim with Doogstar controlling the chat room banter. The show pulls in over 1300 listeners from all around the world all helping the Subfactory crew continue on their mission to spread the soulful side of Drum and Bass to music lovers near and far.

D: 05.04.08 / **T:** 2200-0230 / **£:** 3 B4 2300, 5 Thereafter



Terminology @ Liquid Envy

Roni Size

Roni has been busy re editing and remixing most of his classics ready to go back on the road with Reprazents tour with his band with the classic re-release of their Mercury Award winning album....

Bristol native Roni Size is one of the UK jungle scene's most respected names, with production credits spanning dozens of labels, projects and releases. Although not as quick to rise to acclaim (either critical or popular) as peers such as Goldie or LTJ Bukem, Size's influence as a producer, label owner, and committed underground magnate figured him as one of the emerging sound's true pioneers. The breakout success of his debut album New Forms (including Britain's prestigious Mercury Award) finally confirmed his stature and vaulted him to a greater degree of popularity than any other drum'n'bass producer.

Dynamite MC

Initially harbouring ambitions to be a DJ, Dynamite discovered he couldn't afford early a set of turntables and opted for the next best thing. A natural on the mic, he was already a jobbing MC when he met Roni and Krust in a club in '93. Impressed by the way in which Dynamite captured the attention of the crowd, Size asked him to accompany some early DJ sets spreading the Full Cycle word and Dynamite rapidly became a regular with the Full Cycle DJs on their nocturnal turntable exploits. Immediately convincing as a front man, he slipped into the mix like a third turntable, hyping the crowds.

Roni Size & Dynamite MC / CTRL-Z / Breakfastaz

Support by:
Terminal State / J Breakz / L Duffy / DJ Spim / Audiologist / DJ Drift / Sean Farrell
And Many More!

D: 19.04.08
T: 2200-0230
£: TBC



The Beat @ The Drift

One tempestuous weekend in March 1979 was not only the date of the Three Mile Island nuclear incident, but also, in Birmingham, England, the very first show by a nascent band known as The Beat.

Introduced as "the hottest thing since the Pennsylvania meltdown", the band had a sense that the next few years could well be explosive! The Beat hailed from working class, industrial Birmingham, England. When The Beat rushed on to the music scene in 1979, it was a time of social, political and musical upheaval. Into this storm came The Beat, trying to calm the waters with their simple message of love and unity set to a great dance beat.

Support By: DJ Nelson

D: 10.04.08



Water-related things that you may not have known...
The elephant can smell water up to 3 miles away!

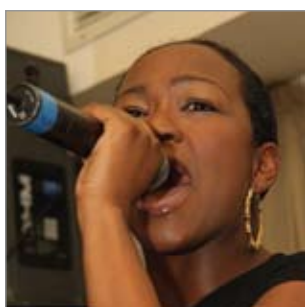


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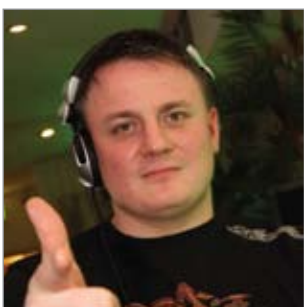
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fashion & beauty



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tel. 766090

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GOAT&PENCIL

Lomo cameras are genius, quirky, imperfect, plastic and wonky. Great photographs come from the unexpected. We stock Pop9 (see above), Fisheye, Pinhole, Holga, Actionsampler and all the others. They all use real film. Latest arrivals: Youdoodolls, Ugly dolls (bit of a theme here), Sex Pistols & Clash stuff.

Goat & Pencil

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home & interiors



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Born from the surf-rich culture of Jersey, inspired by the colours of the Caribbean, Little Green Rock brings you clothing with a unique combination of funky artwork and simple designs. Motivated by respect for the ocean and earth, the clothes are made from eco-friendly fabrics, mainly bamboo. Why bamboo?

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the gallery directory

sport and fitness



THE Fitness AGENCY

The Fitness Agency

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

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



The Channel Islands Premier Cycle & Triathlon Shop

We cater for all levels of cyclists, from children's bikes to the finest custom built 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 Helier



Get out there with Surf & Sun Watersports!

Jersey's favourite watersports and adventure centre, based in the popular St Brelades Bay. Turn your world upside down and see the coast from a different angle with a wakeboard strapped to your feet! Jump on a banana ride or get a sugar rush on a donut ride. Enjoy the serenity of a sunset kayak tour. Try coaststeering – an exciting, unique way to experience Jersey's scenic coast. If that doesn't blow your mind, why not try blokarting.

St Brelade's Bay
07797 736411
www.surfandsun.co.uk

food and drink



COOPER & CO

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57 Halkett Place, St Helier
Tel: 733352 or on the web @ www.cooper.co.je



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 and 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, canapés to boardroom selections. For a healthier alternative that is tailor-made & delivered fresh to your work, home or hang-out!

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



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.

Open 7 Days
Monday - Friday 7.30am - 7.00pm
Saturday & Sunday 7.30am - 6.00pm
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!

Open 7 Days
8.30am - 5.00pm Daily
Holme Grown, Fauvic Nurseries
Rue au Long Fauvic, Grouville
Tel 858826
Web www.holmegrown.com



Real Food

With over 80 local suppliers, Rondels lead the way in fresh fruit and vegetables, organic, natural and specialist food, real ready meals and fresh breads and cakes.

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Open Mon-Sat 8am-7pm
Sun 8.30am-6pm
Tel 863566



Salty Dog Bar & Bistro

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The "SALTY SET EXPRESS" Menu only £15.00 or £18.00 ~ Available mid week between 6.00 & 7.00pm for April.. Sensational food, IRRESISTIBLE PRICE ! Book now or take a chance and walk in. See you soon.

For Reservations Tel: 742760
email info@saltydogbistro.com
Le Boulevard, St. Aubin's Harbour Village.

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. Tel: 743044

motoring



Motorama

New for 2007 - new bikes, new clothing, new accessories. Official dealers for Yamaha, Gilleria, Aprilia, Moto Guzzi, Moto Morini, and Sym Scooters. Stylish bike clothing from Tucano Urbano, Helmets from Davida, Momo, Vemar. Plus lots more! Sales, service, scooter hire and friendly advice on all of your biking needs.

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

TRIUMPH



BOB'S

Motorcycle Sales & Service.

Official dealers for Triumph, Kymco, Husqvarna, PGO, Rieju, Hyosung Motorcycles. Latest motorcycles and scooters always in stock. Huge range of clothing and accessories, Shoei, Airoh, Spada, Spyke and Sidi helmets. Leathers, wet weather gear, luggage. Everything for your biking needs.

Bob's Motorcycles

9-11 Devonshire Place.

St Helier tel. 01534 758255

services



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gadgets



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At nsew we live and breathe lifestyle technology whether it's computers, phones, cameras, sound, vision, satnav and so on. We are in-town on King Street and out-of-town next to M&S in St Peter with bags of free parking.

In Town: 57 King Street St Helier (Opposite De Gruchy)

Out of Town with Parking: Centenary House, St Peter (Beside M&S)

Tel 01534 630334

Call 07781 156743 if you need help



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...conservatory



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PO Box 483, Conway House, Conway Street, St Helier, JERSEY, JE4 5JR

3 questions

1. How green are you (not the colour)?
2. What do you think of Speedo's?
3. What is your favourite water activity?



Lesley
Make-up artist, MAC

1. Very - with MAC we recycle all our containers. If they had more recycling facilities in Jersey I would do more.
2. Horrific -they should be banned
3. Lying on a lilo



Gary
Millet's branch manager

1. I recycle my bottles and give them to artists and use the provided bins for metals and plastics
2. Ban them
3. Water ski-ing



Donna
No 7 consultant

1. Not very - I do try and re-use bags though
2. I don't really like them
3. Swimming - especially when the sun's out

boardom

SCORES ON THE BOARD FOR THE FOLLOWING QUESTION:

What is the wildest thing you've ever done?



Chester, water sports instructor



Debbie, Little Green Rock



Ryan, lingerie specialist



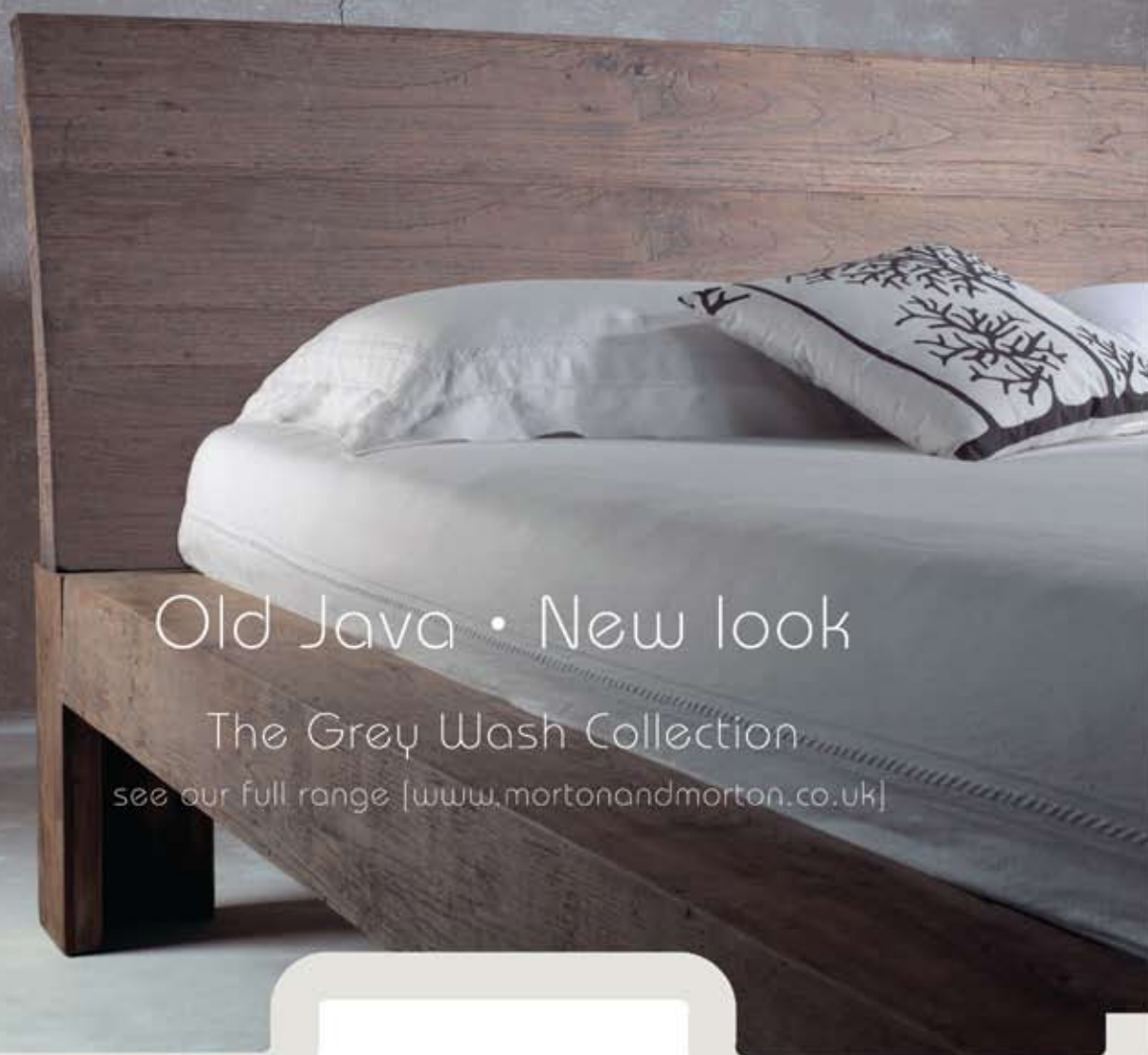
Josie, I specialise in feet



Arnold Schwarzenegger,
Governator of California



Colin, civil servant



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