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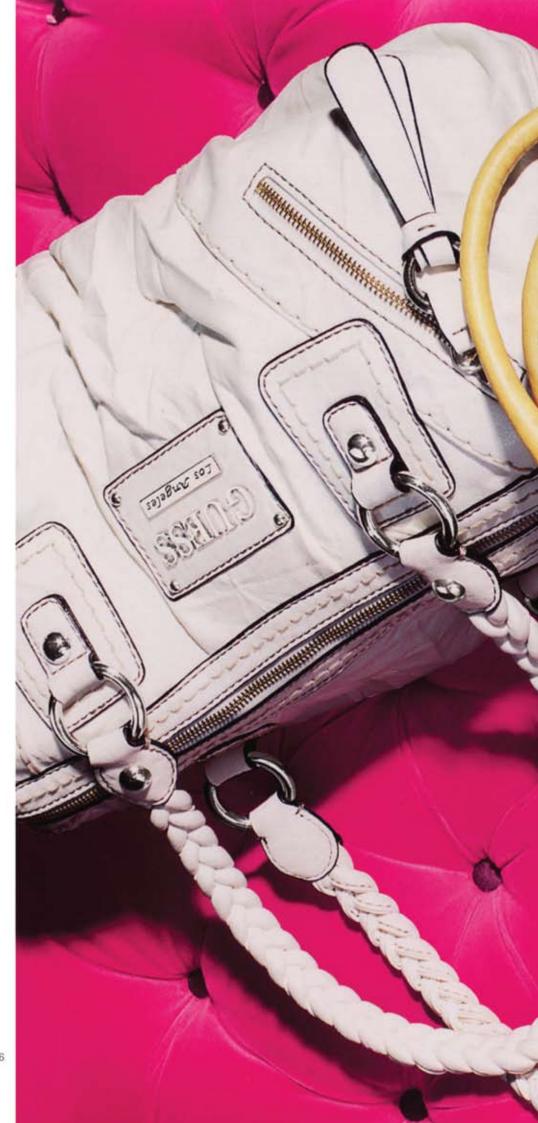
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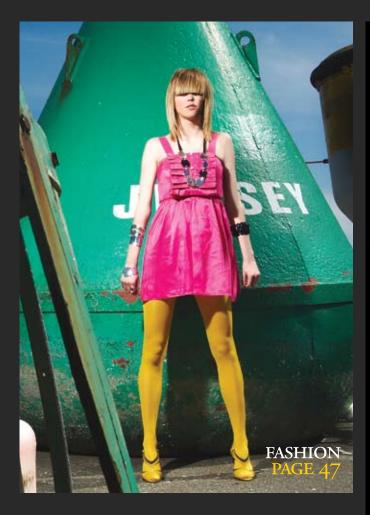


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THIS MONTH'S THEME IS: SUNSHINE



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Cover credits



Gabi wears yellow, green and blue necklace by No Tails £15 De Gruchy

Hair and make-up styled by Vicky at Elmina Lifestyle Salon & Spa

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

When snakes are born with two heads, they fight each other for food. \\

The average person makes about 1,140 telephone calls each year.

Charlie Brown's father was a barber.

You burn more calories sleeping than you do watching TV.

Duelling is legal in Paraguay as long as both parties are registered blood donors.

GALLERY MAGAZINE

IS FREE, LIKE A BIRD. LIKE JONATHAN LIVINGSTON SEAGULL. WHY? BECAUSE OUR ADVERTISERS LOVE YOU AND PAY THE £3 IT COSTS TO PRINT FOR YOU...... SO BUY THEIR LOVELY PRODUCTS AND KEEP IT THAT WAY!

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

written by Islanders, for Islanders. (sounds chessy, 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

Advertise

It's a swear word to some people but it's what ensures Gallery is free for readers each month. If you have a business to promote, call 01534 811100 or visit www.gallerymagazine.co.uk and download our media pack which should contain all the information you need. If not, give us a call. We're not pushy sales people and won't try and badger, coerce, harass or sell you something you don't want.

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Life changes, things move on. It's been all change at gallery this month. The larger than life Alana Mann, who's been our creative director since pretty much the beginning, has gone off to make her millions selling Ipanemas and Melissas to the UK(check out www.missflipflop.co.uk, she'd kill me if I didn't give her a plug). Fortunately we've all bunched up to fill the void and have had a great month putting Gallery together. In her honour, we've started the 'Pet of the Month' page (pg 29) that she'd always wanted us to do, albeit with our own dog to kick it off.

Talking of moving on (tentative link I know..) we'll be moving the gallery team down to Monaco this month, joining 31 other cars on the Gallery Monaco Rally, hoping to raise £50,000 for Jersey Hospice. You're going to be able to track progress on our website, Channel 103 and Channel TV so look out. It's going to be a fantastic achievement but as there are only limited places, we're going to be launching a new charity initiative this month that everyone can be involved in this summer. See if you can spot the subtle promotion over the coming pages.

As this month's theme is 'sunshine' I'm going to end this little note now and we're going to go and get some, three midnight finishes over the last few days means I think we deserve it.

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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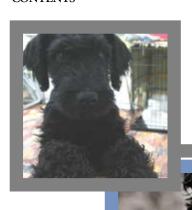
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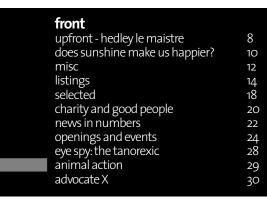
*From 7pm Friday to midnight Sunday. Terms and conditions apply.



contents

ISSUE 4I CONTENTS







	art & culture	
	open studios 2008	32
	my name is ian rolls	33
ı	andy le gresley	34
	branchage	35
	alex wallace / peter willard	36
	hedley's Back	37
	letters from london	38
	contributing writer of the month	40
	monthly upload	42
	film	44
	play	46

tashion	
brand new(s)	48
fashion pdate	52
sunglasses	54
gallery fashion shoot	56

beauty	
beauty news flash	66
protect yourself	68
summer make-up colours	72

food & drink	
restaurant review: the salty dog	74
restaurant review: pizza express	76
foodie news	78

home & interiors	
homefront	82
property: markert news	86
interior news	86
atlantique / signature	88

fun stuff	
classic motoring	98
gadgets	100
ārnie investigates	102
sports roundup	104
physio & health	106
nightlife	108
snapper	109
the directory	114
boardom	120



Gourmet lunch break

For something to savour this lunch-time, dine in style al-fresco on our magnificent sun terrace.

As the world rushes beneath you, enjoy views of the glittering marina whilst soaking up the relaxed atmosphere.

Indulge your appetite with delicious gourmet dishes prepared with the freshest of local ingredients. Designed with flavour and time in mind, each week introduces a new express menu with exciting ways to stimulate your taste-buds.

For a real break this lunch-time Telephone: 720511

Express Lunch Menn

To Start

Home cured salmon gravidlar, pickled ginger, corlander, honey and citrus-dressing Terrine of "Poulet Rouge", truffled mayormaise, rousted hazelnut and French bean salad Celeriac veloute with a field mushroom tortellini (V)

Main Courses

Grilled filler of organic salmon, Jersey bean cassouler and crispy vegetables. Chianti brassed lamb sharik with office and parmesan polenta and Tuscan vine tomatoes. Ravioli of rousted peppers, spanach and gorganizola, remain fondue and soused buby ontons (V)

Desserts

Vanilla rice pudding with posched rhuburb and rhuburb sorber

Manjari chocolate tart, nougatine and whate chocolate ice-cream Selection of homemade sorbet and ice-cream

Teas, coffees and pents fours

£19.50 for two courses £22.50 for 3 courses



upfront - Hedley Le Maistre

UP FRONT _

The man who immortalises the spirit of hedley le maistre on screen

What's hot right now?

Probably 'Fortress Island Films'.

If you had to invite two people (alive or dead) to dinner, who would they be? Stuart Syvret & Frank Walker but maybe not at the same time.

Where is your favourite place in Jersey?

St Ouen of course! Where else?

Where would you go for the perfect holiday?

The Watersplash where I met I met my lovely wife.

What drives you?

Usually the J.M.T.

What's your next goal?

Who knows, perhaps the sky's the limit. Maybe to open the West Show. So much to life eh!??

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

From my boy in Bristol saying 'dear dad, no mun love son', to which I replied, 'too bad love dad'.

What did you most enjoy about school?

The summer holidays were always a high point for me.

What makes you laugh?

Serious now! Tommy Cooper, Chick Murray, Billy Connoly and most stand ups as that's the toughest area of the trade.

What is your ideal date?

Apart from the 7th August (my birthday) a good meal out with good friends and good wine, what more can you ask for?

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

Seeing 'Take that Grouville' on the big screen for the first and only time, made the hairs on the back of my neck lay down.

School?

St Helier's Boys. (I was told that the most that I would achieve would be a second-hand car)

Marital Status?

Happily married for a long time with two great sons thank you.

Favourite CD?

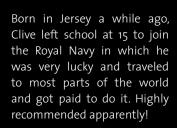
I suppose 'Dark Side of St Ouen' by Limpet Carre & The Vraic Gatherers.

Favourite book?

Papillon, Silence of the Royal Diggers and The Tourist's Guide to St Ouen.

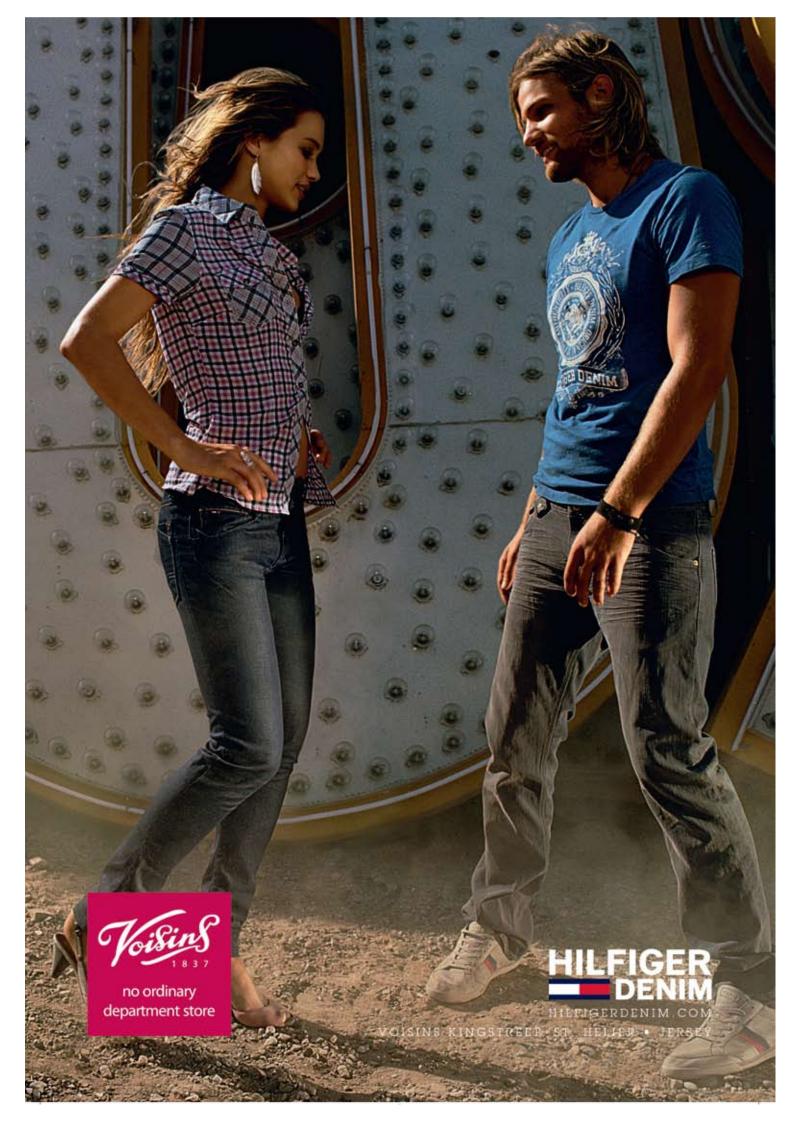
Car you drive?

Massey Ferguson of course plus a Peugot 206, a Honda CBF 1000 and a Triumph Tiger 100ss. Love them all.



He came back to Jersey in 73 bringing the 'Fleurs des Isles' from Holland as the first roll on roll off ferry to travel the St Malo route. He left the island again after the summer season returning back in 76. He then met Julie, now his wife, that year and has been here ever since.

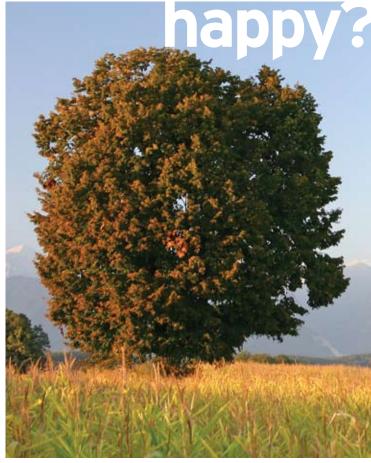
Clive worked for Public Health for 25 years, retiring from the Ambulance Service 6 years ago as a Station Officer Paramedic. Clive spends his time now on hobbies such as private flying (he's been a PPL holder for 20 years), motorcycling both modern and classic, swimming, walking and watching as much rugby as he can, especially Jersey and London Wasps. There is last, but not least, the garden which he and Julie both enjoy. He's looking forward to Julie retiring so they can spend more time in France enjoying their lovely unhurried way of life.





Does sunshine really make us happier?





It is a commonly held belief that as soon as the sun comes out, problems will fade, smiles will broaden and the fun will start. But how much truth is there in this? Does the sun put a smile on our faces for a reason, or do we simply associate sunshine with good times?

In the past 20 years the concept of Seasonal Affective Disorder (SAD) has become more and more common. According to the National Library of Medicine it is when "some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and crave sweets and starchy foods. They may also feel depressed. Though symptoms can be severe, they usually clear up". And 94% of the time, the symptoms clear up as soon as the sun come out. So there is the scientific proof that the sunshine can easily affect our moods.

One in five Irish people are affected by SAD and over a quarter of Alaskans suffer from it. The Alaskan Government now pays permanent resident around \$1,000 a year (perhaps to go on a beach holiday) and gives everyone a free SAD lamp that will cure the symptoms of

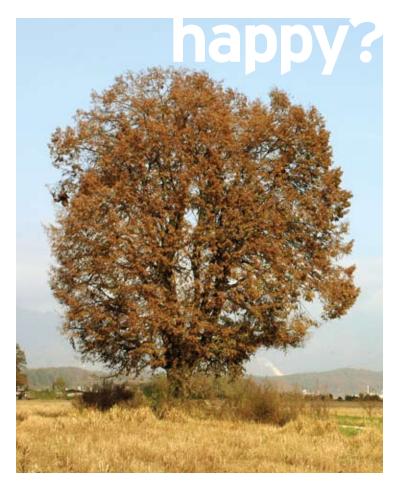
Just living is not enough... One must have sunshine, freedom, and a little flower

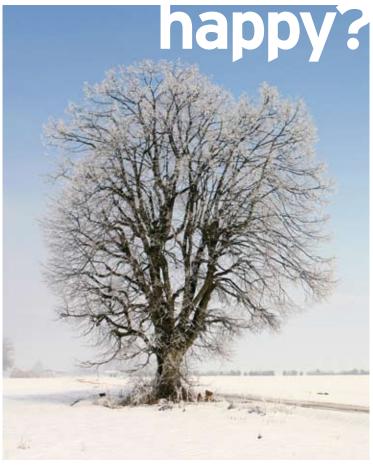
SAD and give the user the feeling they may get in the summer months.

A famous SAD sufferer is Natalie Imbruglia who moved to London from her hometown of Sydney, Australia only to find that the weather left a lot to be desired. After four long winters living in London, Imbruglia finally decided to move home and her SAD symptoms cleared up straight away. The English weather clearly went hand in hand with her depression.

This is all true, most people love the summer but it would not be unusual for an English person to move to, say California, and feel disorientated at their lack of seasons. English people can define a year by the weather. We know we have to start Christmas shopping when the sun goes in and we know we have to worry about dieting when the April showers start. Places like California will give no prior weather warning to these things, so you may find yourself left behind in the seasons.

As soon as the sun comes out we are able to appreciate the environment we live in. We can go to the beach and actually stay still without getting cold, we can take a walk without worrying about an unsightly anoraks and we can even go in the sea without risking hypothermia. Being outside and appreciating where you live will instantly lift your mood. "As soon as the days start stretching out in Jersey I leave work and head straight for the beach. There's nothing better than





watching the sunset over St Ouen's to put me in a good mood," said a 22-year-old office worker from St Helier.

"Both physiologically and emotionally, the body goes through a mini crisis at every season change," explains Annie Kalayjian, a Professor of Psychology at New York State University. "Spring fever happens as the weather warms, and people experience increased energy, decreased need for sleep and decreased appetite. After a long winter of cold, all of a sudden flowers

are blossoming, birds are chirping, the days are getting longer and brighter. ... You can see a boost of energy in our environment when buds are pushing through the snow. And we are like that, too."

According to Hans Christian Anderson, "just living is not enough... One must have sunshine, freedom, and a little flower." So must we have sunshine to enjoy our day-to-day lives? Perhaps. But until we can appreciate every day whether it is raining or glorious sunshine then we are obviously not

fully satisfied. People won't notice whether it's winter or summer when they are truly happy.

So clearly the weather does pose medical implications and it has been proven that the weather and your mood have a positive correlation, but it's also true that you can do something about it. So instead of moping around on an overcast day and complaining about the clouds, embrace it, because you know what they say... "Whoever said only sunshine brings happiness had clearly never danced in the rain."





randomnews

Ad finds drinking buddies



A Hampshire widower lacking a drinking buddy has two new companions - after his son advertised the post at £7 an hour, plus expenses.

 ${\it Jack\, Hammond, 88, struggled\, to\, find\, someone}$ to have a beer with after moving from his Barton-on-Sea flat to a care home 20 miles away, reports The Guardian.

His son Mike, 56, put a notice in the post office asking for someone with similar interests or background to accompany his dad to the Compass Inn in Winsor, twice a week for a couple of hours. He was so inundated with offers - including one from a 16-year-old - that he interviewed candidates by phone before asking a shortlist of three to join him and Jack for a trial drink.

Trevor Pugh, 78, a retired kitchen fitter from Southampton with a military background, and Henry Rosenvinge, 58, a former doctor, will now spend several nights a week with Jack chatting about military history and current affairs. Pugh said: "I like having topical discussions and meeting new people and I'd be happy to take him down the pub and enjoy a chat ... we are both ex-army so we have that in common."

He will accept the £7 an hour to boost his pension, but will not claim the expenses. Rosenvinge, from Lyndhurst, Hants, will do

the job for free. He said: "He has a lot of stories and we are both from Lancashire so we have a lot we can argue about. I'm looking to come once a week for a couple of hours but we will be careful - we know what our limits are with alcohol"

Driver follows sat-nav into river

A Norfolk taxi driver ended up stranded after he followed his sat-nav system's directions - into a river. The mini-bus driver was on his way to collect a fare in Castle Acre, near King's Lynn, when he took a wrong turn into the River Nar.

Fortunately he had no passengers aboard - but he did have the embarrassment of having to ring his bosses for help, reports Lynn News. Streamline Taxis owners Keith Jarvis and Pat Bowles took along a towrope, expecting to find the eight-seater minibus just off the ford.

But Mr Jarvis said: "It took ages to find him and we couldn't believe it when we saw where he was - it was several hundred yards along the river! The vehicle still had its engine running and headlights on, and he was sitting in it with his trousers rolled up round his knees. I shone a torch in the river and there were fish swimming around the headlights."

Apparently the taxi company has had phones calls, texts coming through asking if they can book river trips.



oi, geek!

Growing up in the 80's wasn't easy, what with all that new romantic stuff, the last days of punk, ska and all that. Fitting in and being in the right crowd must have been tough. Pity then, the poor people in the ad above. Long before Apple made white headphones a status symbol, the 8o's computing revolution went fashion with this collection of high quality computer inspired novelty t-shirts. Sadly, wearing one of these was probably more likely to get you kicked by Doc Martins than 'hugged by your programmer'.

Thought Provoker: A question of perspective

If you could fit the entire world's population into just one village consisting of 100 people, maintaining the proportions of all people living on Earth, that village would consist of:

57 Asians

21 Europeans

14 Americans (North, South, and Central)

8 Africans

There would be:

52 women and 48 men

30 Caucasians and 70 non-Caucasians

30 Christians and 70 non-Christians

89 heterosexuals and 11 homosexuals

6 people would possess 59% of the world's wealth, and they would all come from the USA.

80 would live in poverty

70 would be illiterate

50 would suffer from hunger or malnutrition

1 would be dying

1 would be being born

1 would own a computer

1 would have a university degree

If we looked at the world this way, the need for acceptance and understanding would be obvious. So consider this:

If you woke up today in good health, you are better off than 100 million people who will not live through the week If you have never lived through the horror of war, the solitude of prison, the pain of torture, or the desperation of starvation, then you are better off than 500 million people If you can go to your place of worship without fear of being assaulted or killed, then you are better off than 3 billion people If you have food in your refrigerator, clothes on your back, a roof over your head, and a place to sleep at night, you are wealthier than 75% of the world's population If you have money in the bank, in your wallet, or in your pocket, then you are one of the 8 privileged few among the 100 people in the world If your parents are still alive and still married, you are an extremely rare individual If you are reading this, you are better off than the 2 billion people in the world who can not read

So???

Work like you don't need the money Love like you've never been hurt Dance like nobody's watching Sing like nobody's listening Live like this is paradise on Earth After all, its all a matter of perspective.



forward of the month



In a pub in Dublin, Mick, the bartender turns to a regular, 'You'll not be drinking anymore tonight Paddy'.

Paddy replies, 'OK Mick, I'll be on my way then.'

Paddy spins around on his stool and steps off. He falls flat on hisface. 'Shoite' he says and pulls himself up by the stool and dusts himself off.

He takes a step towards the door and falls flat on his face, Shoite, Shoite!

He looks to the doorway and thinks to himself that if he can just get to the door and some fresh air he'll be fine.

He belly crawls to the door and shimmies up to the door frame. He sticks his head outside and takes a deep breath of fresh air, feels much better and takes a step out onto the sidewalk and falls flat on his face.

Bi'Jesus... I'm fecked,' he says.

He can see his house just a few doors down, and crawls to the door, hauls himself up the door frame, opens the door and shimmies inside.

He takes a look up the stairs and says 'No way'. He crawls up the stairs to his bedroom door and says 'I can make it to the bed.'

He takes a step into the room and falls flat on his face. He says 'Feck it' and falls into bed.

The next morning, his wife comes into the room carrying a cup of coffee and says, 'Paddy.. Get up...Did you have a bit to drink last night?'.

Paddy says, 'I did. I was feckin' pissed. How'd you know?'

She replies;

'Mick phoned, You left your wheelchair at the pub.'

website of the month

www.hotchickswithdouchebags.com

It's that age old mystery. How some real slick rick type douchebags seem to attract amazingly hot women. This site celebrates the idea with comentary on user submitted pics. Front page this week!? Peter Andre and Jordan. Douchtastic. The appeal of the site is such that they're about to go into print with it. After all, it's hard to appreciate insights like "I would love ambiguous Russian Minx hotties in a massive tsarist bacchanal



complete with grapes, goblets and a fey lute player for bemusement while resting between bouts of coitus. Then I would feed the Doublemint Douche Twins to the lions while reading Tolstoy to the Noxema Girl Hottie and sipping from the Samovar" on the screen. The printed page is where they belong! Look out for it as a stocking filler later this year.

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Cafejac, Jersey Arts Centre, Phillips Street, St Helier, Jersey



listings

What's on in May

If you have any listings or events for next month's magazine, send them to listings@gallerymagazine.co.uk by 18th May

Saturday 3rd May **Jersey Boat Show**

Today sees the start of the 3 day lifestyle event taking place at St Helier harbour, sponsored by Collins Stewart Wealth Management. It's an event for the whole family with exhibits, entertainment and displays as well as dozens of crafts on the water and the opportunity to view the latest models, from luxurious superyachts to family cruisers and dayboats. For all water enthusiasts from experienced sailors to boating novices keen to find

Visit their website for further information www.jerseyboatshow.com

Sunday 4th May The Blue Sea by Anne Frances Le Moine

A chance to see paintings and works on paper by this artist at her private viewing. She will also be holding Open Studio events throughout the month of May. Contact Anne on 07797755996 for more details.

2pm till 4pm

No. 8, Mulcaster Street, 1st Floor, St. Helier

Friday 9th May **Liberation Day Celebrations Funded by Jersey Tourism**

An exciting event to celebrate the 63rd year since Jersey was liberated from Occupying Forces during World War II.

There will be a 'Living History' project presented by a group of local actors who will, through the use of documents, photographs, artefacts and oral accounts, bring you some of the events and news stories from the 1940's. The audience will learn about or remember Island life during the Occupation.

There will also be 1940's comical street theatre, magic shows, balloon making, a Big Band, drop-in Lindy Hop dance workshops and a Liberation Wall installation, which has been produced by Jersey Islanders and led by Susan Faux.

Join other Islanders to celebrate freedom, reconciliation and prosperity.

12noon - 5.30pm Admission Free People's Park



Friday 9th May JMC&LCC Bouley Bay hill climb

Drivers and riders compete against the clock racing from the startline by the Black Dog Inn up to the top of Bouley Bay hill. A wide range of vehicles will be entering, including bikes, quads, karts, single seaters and cars old & new. With plenty of room for spectators this is one local motorsport event well worth a visit.

Bouley Bay, 11am onwards

Friday 9th May **Eyesee Reflection by Sylvia Moody**

Jersey Pearl in St Ouen will be hosting a photographic art exhibition by Sylvia Moody, showing this collection for the first time in the Channel Islands. Moody brings together man and nature through her unique 'Eyesee Reflection' canvases. The exhibition will be on until the 16th

10am – 4pm daily.

Please call Lucy at Jersey Pearl if you require any further information. Tel: 862137.

Saturday 10th May The Dead Ringer From Hell Meat **Loaf Experience Show**

The Dead Ringer From Hell is the brand new and hellishly funny Meat Loaf inspired Rock Opera, Telling the story of a young man who sells his soul to the Devil to become the BIGGEST ROCK STAR in the world. The only catch is that The Ringer must take on THE DEAD BETTYS, who happen to be the Devil's daughters, as his backing group. All is moonlight and roses until one of the BETTYS falls hard for the Ringer and he soon finds out that HELL HATH NO FURY LIKE A BIKER CHICK FROM HELL SCORNED

For more information visit www. thedeadringer fromhell.com

Fort Regent

£16.50 (Active and groups of 10 £15.50)

Sunday 11th May Open Gardens

Mrs M Wheeler will be opening her garden at Broadlands, Princes Tower Road, La Hougue



Bie, Grouville from 2-5pm in aid of JAYF (Jersey Association for Youth and Friendship). There will be Cream Teas and free parking (no dogs allowed). The route for the garden will be signposted at junctions on the day. Open Garden Scheme for 2008 is sponsored by Moore Management. All proceeds raised for Jersey Association for Youth and Friendship go towards the provision of hostels in Jersey for 16 - 21 year olds who would otherwise be homeless.

2-5pm

£3.00 (children under 12 free) Broadlands, Princes Tower Road, La Hougue Bie, Grouville

Monday 12th May De Gruchy Beach Event

Today sees the start of a beach event in-store, which will run until 31st May. De Gruchy will be highlighting all you could want for the beach, from Ladies & Mens fashion, to accessories to be seen in, and SPF sun protection and colours for the season from the cosmetics department. There'll also be everything you'll need for alfresco entertaining and preparing amazing food for those summer outdoor

Tuesday 13th May Mr Sole Abode

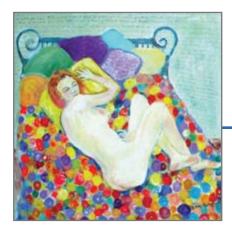
Madrugada in association with Makin Projects Directed and co-written by Benji Reid Set design by Faulty Optic

This magical and surreal show tells the story of the self proclaimed architect, Mr Sole Abode. Unable to function under the stresses and strains of contemporary material society, he chooses to opt out of a life valued by possessions and to live in a fridge instead! Mr Sole Abode is inspired by Ben Okri's The Famished Road, the film Waking Life by Richard Linklater, and writings by David Bohm on fragmentation.

8pm £15 (£9 students) Jersey Arts Centre

Thursday 15th May **Budding Poets in May**

The Studio Gallery in Gorey is once again playing host to the leading poet's of Jersey. Those who have visited readings in the past, will know that a very good evening is had by all. Up to 11 poets are



activity culture

expected to recite; Pippa Simpson, Diane Moore, Nicky Mesch, Alan Jones, Juliette Hart, Valerie Park, Carol Gaudion, Judy Mantle, Christine Journeaux. Penny McGuire and Alistair Best. Each will read 3 of their own pieces, followed by one poem of a poet who has been a great influence on them, or their work. For some this will be their first chance to perform in public, but every newcomer is given every encouragement.

Music is also on the menu, in the form of singer songwriters, Esther Rose Parkes, Jimmy Shark and a harpist, due to perform on the night.

Tickets are free, and can only be obtained from the studio gallery during opening

Open 11am to 4pm (Weekends, 3rd & 4th, 9th, 10th & 11th May)

Saturday 17th May Gorey Fete de la Mer

Set in the shadow of the magnificent Mont Orgueil Castle, Gorey is the place to head to this afternoon with an array of sumptuous food and drinks, all taking place along the picturesque harbour pier. There will also be a full programme of outdoor entertainment to amuse your senses while your taste buds tingle!

Monday 19th May Jersey Film Society presents

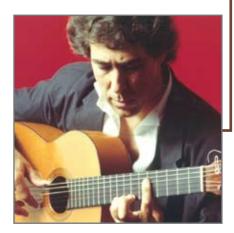
Enron: The Smartest Guys In The Room Go and see this documentary depicting the collapse of the global energy trading company Enron in 2001. Nominated for Best Documentary Feature at the 78th Academy Awards, the film is based on a book by Fortune Magazine journalists Bethany McClean and Peter Elkind. Their persistence revealed the truth behind the company and showed the public that Enron was a fraud.

8pm £5 to non-members **Jersey Arts Centre**

Tuesday 20th May '12 Observations'

Paintings by Diane Postlethwaite You are invited to preview Diane's new collection on Tuesday 20th May 5.30pm-7.30pm. The exhibition will be open daily from May 21st until June 6th 2008

The Sir John Cheshire Gallery Welcome Centre, 19 Val Plaisant, St Helier



Thursday 22nd May Juan Martin Trio (Flamenco Guitar)

Collins Stewart World Music Series A Channel Islands Music Council Tour Juan Martin is a celebrated virtuoso of the flamenco guitar and has been voted one of the top three guitarists in the world by US magazine Guitar Player. Juan is joined by his ensemble to offer an evening of authentic Spanish passion and drama. A native of Andalucia, Juan was the first flamenco guitarist to record with The Royal Philharmonic and has performed at major International Arts Festivals including Edinburgh, Ludwigsburg and Montreux

Expect an evening of passion, excitement and electricity – fantastico!

"Seduced us with smouldering Mediterranean passion." (The Guardian)

8pm £15 (£9 students) Venue: Jersey Arts Centre

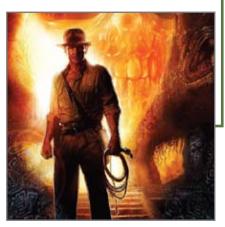
Le Trek Equipe 100km Jersey Challenge

Teams of up to 4 or 5 people can take part in this challenge to complete the 100 kilometres in under 30 hours. If you do this you will get a medal and a certificate, plus more importantly you will have raised money for two deserving charities - Help an African Schoolchild Trust & Jersey Citizens Advice Bureau. You can also enter as an individual and try to complete the 100 kilometres on you own. Mainly, the route follows the coast of Jersey with stunning views across to France, Sark, Guernsev and our many offshore reefs. The challenge tests a range of skills: stamina, endurance, navigation, and selfdiscipline. It offers you the chance to get out, get fit, and to raise money for two great causes. Fundraising is an integral part of Le Trek Equipe Challenge as the two charities need your support.

Fundraising deadline is the 30 July 2008. The entry fee is £100 PER TEAM or individual entry is £25. Visit http://www.jersey100k. co.uk/ for more information.

Thursday 22nd May Indiana Jones and the Kingdom of the Crystal Skull

Indiana Jones is back in the new long awaited 4th globe-trotting adventure, "Indiana Jones and the



Kingdom of the Crystal Skull". Directed by Steven Spielberg and starring Harrison Ford as Indy, "Indiana Jones and the Kingdom of the Crystal Skull" features an outstanding cast, including Oscar winner Cate Blanchett, Karen Allen, Ray Winstone, John Hurt, Oscar winner Jim Broadbent and Shia LaBeouf. Frank Marshall is the film's producer. George Lucas and Kathleen Kennedy are the executive producers. The screenplay is by David Koepp from a story by George Lucas.

Saturday 24th May Dara O'Briain Comedy Show

Irish comedian and hugely popular host of the topical show Mock the Week (BBC2), Dara O Briain will be appearing in Jersey this month for a show guaranteed to make your sides split. 'Genuinely imaginative and ridiculously funny" The Independent

£19.50 groups and Active £17.50

Wednesday 28th May **Outdoor Art Gallery unveiling**

Today sees the opening by the Baliff of a unique outdoor gallery including famous masterpieces from Jersey's national art collection, which will be exhibited for the public in the Royal Square until 28th September. A partnership between Jersey Heritage Trust and Sure, The Sure Street Gallery will include 12 actual size copies of some of Jersey's most famous paintings, and a loan from The Tate in London of The Death of Major Peirson, by John Singleton Copley. It is hoped that the exhibition will appeal to a broad audience, and to assist that process leaflets will be available from the Jersey Museum, Sure store and other distribution outlets, containing a map of the Street Gallery and prize draw competition with questions drawn from the artworks and commentary.

Town Church

Saturday 31st May Rogue Leader (UK Cover band)

Rob, Po and Matty play all of the best in modern UK and US pop-rock, classic UK and US pop-rock as well as putting their own slant on some chart topping favourites! Equipped with a monster 3K rig and top of the line gear, Rogue Leader are a young, talented and energetic band.

11pm Chambers





Set yourself adrift

Sunseeker Channel Islands, a family owned and run company incorporated in 1986, is a Sunseeker appointed Five Star Service Dealer and one of the longest established Sunseeker dealerships. The company not only sells Sunseeker powerboats but has a large and well respected brokerage department specialising in tax free sales. With an impressive network of European yacht brokers with whom they work closely, Sunseeker Channel Islands are able to act independently to buy or sell pre-owned boats.

Sunseeker's new Portofino 47

The new Portofino 47 demonstrates the design team's relentless quest for innovative ways of achieving a fine balance between good ergonomics and stylish design. Ideal as a day boat and competent as an extended cruiser, the Portofino 47 is complete with all of the hall marks of Sunseeker – flowing interior lines, lively performance and luxurious features throughout.

According to the company's managing director, Robert Braithwaite MBE, this versatile sports cruiser features a broader beam and longer hull providing a much greater volume throughout than its predecessor the Portofino 46. 'In addition to the new hard top, more powerful, technically-advanced engines deliver improved performance and its enhanced layout has increased accommodation in all areas', he said.

In the cockpit, the improved helm position features a double seat and plenty of seats for guests, the dining area is complemented by a full wet bar, top-loading fridge, bottle storage and a fully-equipped galley. A central staircase leads down to the main saloon and cabin accommodation, and entertainment comes in the form of a flat screen television, DVD, CD and radio with full audio surround-system. Opposite is the well-equipped galley, complete with fridge, hob, microwave and sink.

A broader beam creates even more space for socialising and entertainment, both inside and on deck. Foredeck sunbathing space is given with a feeling of security with high guard rails. Accommodation





comprises a forward master stateroom with en suite shower and twin aft guest cabin with en suite toilet. Throughout the living space, you have the opportunity to make your mark by specifying colour schemes, lacquered finishes and veneers.

A global leader in the design and build of luxury motoryachts, Sunseeker International exports 99% of its product range and employs over 1,500 highly trained staff in their shipyards on Britain's South Coast. Sunseeker International is widely recognised as the pre-eminent marine brand in the world today.

Sunseeker Channel Islands boasts a "state of the art", purpose built 6,500 square foot Service Facility in St Helier which gives us the ability to look after boats up to 65 tonnes and 85' flybridge yachts. We are agents for several engine

manufacturers and other suppliers so are able to offer a comprehensive range of services from a routine, tailor-made boatcare plan to major overhauls and refits. Offices in both Islands and a close working relationship with Sunseeker London and Sunseeker Charters means that the company is ideally placed to help Islanders with all their boating requirements not only in the Channel Islands, but throughout Europe.

Sunseeker Channel Islands will be exhibiting at the Jersey Boat Show from the 3rd - 5th May 2008.

For further information on the Sunseeker range please contact Barbara at barbara@ cimarine.co.uk, 01481 716880, Sarah at sarah@cimarine.co.uk, 01534 758012. Further press enquiries please contact Laura at laura@sunseekerboats.co.uk, 0207 493 3441





Selected

This month Gallery loves...



Sun shade

Only for the most stylish sun-traps, these gorgeous handcrafted parasols from the Indian Garden Company sparkle in the sunshine and turn any garden into a exotic retreat. With a choice of bright Bollywood colours and aluminium cutwork that sparkles in the sunshine, or the incredibly detailed Paradise range with exquisite Eastern prints and ornate beading, everyone's guaranteed an Indian summer. From £79 to £149 at Ransoms Garden Centre



Sunny side

Who wouldn't want a wireless TV? No more sitting inside to watch the football, now you can keep an eye on the match from the comfort of your sunlounger. This 15-inch TV from Fortuna runs on batteries, works up to 35 metres away from the main set and gives around 3 hours of use when fully charged – perfect for an afternoon in the garden.

LG Wireless TV - £239 at Fortuna Euronics



Sun tan

Can't wait for summer? Get your skin glowing right now with this natural product from the chemical-free Dr Hauschka range. Smoothed on top of moisturizer it gives the skin a smooth veil of colour, evening out skin tone and leaving you looking bronzed, healthy and naturally gorgeous.

Dr Hauschka Translucent Bronze Concentrate, Leaders £18.90



Sun lounger

It's that time of year again – spring cliff walks in the sunshine with the scent of wild flowers in the air. And the best bit? Stopping for lunch at one of the island's unique beach cafés. Our top suntrap is Plémont Beach Café for its 100% Jersey beefburgers, delicious homemade cakes and stunning sea views.

Plemont Beach Café, tel 482005. Open every day from 9 till 5



Sun bathe

Drape one of these striking Christy beach towels over your sun lounger, and you're guaranteed never to lose your space. Luxuriously soft and incredibly chic, they'll ensure you stretch out in style this summer. And for the rest of your stylish beach accessories, head to the De Gruchy Beach Event, running from the 12th May to the end of the month.

Christy Beach Towels, £14.99 - £19.99, De Gruchy

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charity and good people

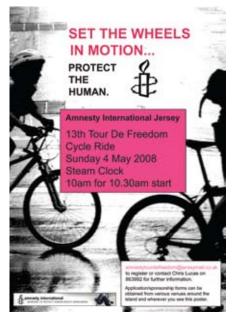
Get cycling

Amnesty International Jersey is holding it's 13th Annual Tour De Freedom cycle ride on Sunday 4 May 2008, (that's this sunday if you've just picked up the magazine) commencing and finishing at the Steam Clock, St Helier.

Cyclists will ride in an anticlockwise direction around Jersey, starting in an easterly direction. There are two rides with checkpoints to go to:

- 1. The longer ride visits Gorey, Durrell, Viewpoint car park, Haute Tombette, Grosnez and Corbiere before returning to the Steam Clock.
- 2. The shorter ride visits La Hougue Bie, Durrell, Viewpoint carpark, and the War Tunnels before returning to the Steam Clock.

The exciting element is that the cyclists can choose their own routes; they do not have to stick to the outlined routes; they can visit any of the checkpoints they wish to (please note there are checkpoint opening and closing times and this will be outlined on the map you will be given on the day). Cyclists can mix and match what they feel they want to / or are able to do. If they are exceptionally fit and keen it is possible to do all the checkpoints before returning to the Steam Clock! When they get to a checkpoint, marshals will put an amnesty sticker on their maps. They can collect as many of these as they wish.



They're going to have a dedicated bicycle maintenance team on hand at the Steam Clock for any last minute touch ups, and cakes and refreshments will be awaiting you at the finish. This is set to be a fun-filled day out for all whilst also raising money for an important cause, so set those wheels in motion and pick up an application form today. You will find one at most cycle shops around the island, gyms and sports centres, or look out for our posters at other various outlets around the island.

For information please Chris Lucas, either by telephone on 863992 or by email: amnestytourdefreedom@jerseymail.co.uk. As it's this weekend probably best to register at the Steam Clock, bringing your registration form with you, between 10.00am and 10.30am on Sunday 4th May 2008, ready for a start at 10.30am

Wannabe racing driver? sign up now for the Charity **Open Karting Challenge**

Anyone who has ever wondered what it's like to be a racing driver finally has their chance at an Open Karting Challenge General Hospital, and Help a Jersey Child by Jersey Telecom.

and glamour of Formula One, karting is the sport that inspired many of today's whilst at the top of his F1 career. The challenge, which is being held in France of karting whilst raising money for two worthwhile charities. All profits from the day at Lamballe in Brittany will be donated to the two charities.

The cost of £120 includes all transport, course fees and lunch, as well as the donation to charity. Anyone over the age of 18 is able to enter in teams of up to three people and should contact Martin de la Haye at Jersey Telecom by emailing kartingchallenge@ jerseytelecom.com or calling 07797 723393 for more information.

Relay has a new home

.....

The organisers of the 10th Jersey Relay for Life announce its move to the Royal Jersey Agriculture Show Ground in Trinity a larger venue and a subsequent change of date.

Relay for Life raises funds and awareness for Cancer Research UK and will this year take place over a twenty four hour period on the weekend of the 9th and 10th August 2008, at the Royal Jersey Agricultural and Horticultural Society's home in Trinity.

Andy Voss, Event Manager said 'We are moving this year's Relay for Life to the Royal Jersey Showground in Trinity in order to accommodate the higher number of teams and supporters that we are anticipating will join us in the celebrations at the tenth Jersey Relay for Life.

Relay for Life was first organised by the committee in Jersey in 1999 with twenty teams taking part in the 24 hour event it has since grown in size with many of the original participants and supporters still involved.

The Jersey Relay for Life is just one of hundreds that will take place in nineteen different countries around the World this Summer, with one hundred across the UK and over five thousand in the US. These events alone raise funds in the region of \$405,000,000 which directly supports the work of cancer scientists and doctors in their research for cures and treatment of the disease.

For further details please contact Andy Voss 07797721473

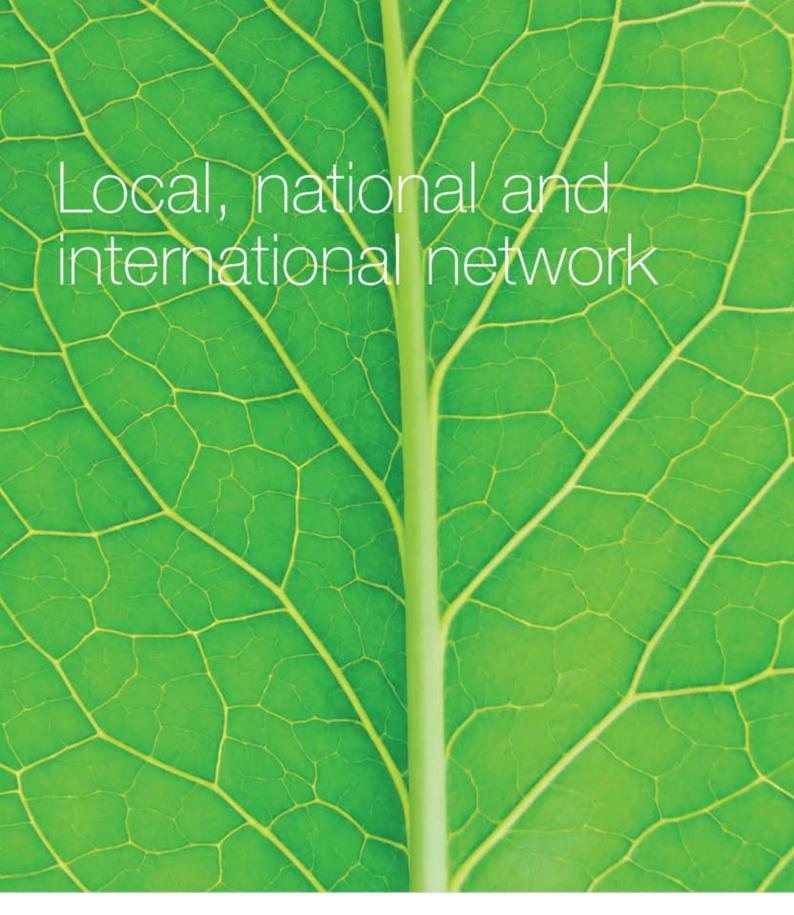
Fancy Dress Sponsored Walk

The Prince's Trust Team 5 in Jersey are walk to help them to raise money challenge . The team will be helping a group from the

> and will be walking from La Frégate to Bel Royal and back on Tuesday 13th May at 10am.

The Prince's Trust Team 5 is an organisation which is built

For further information and details of how you can sponsor the team, contact Princes Trust, La Motte Street Youth Centre on 766643



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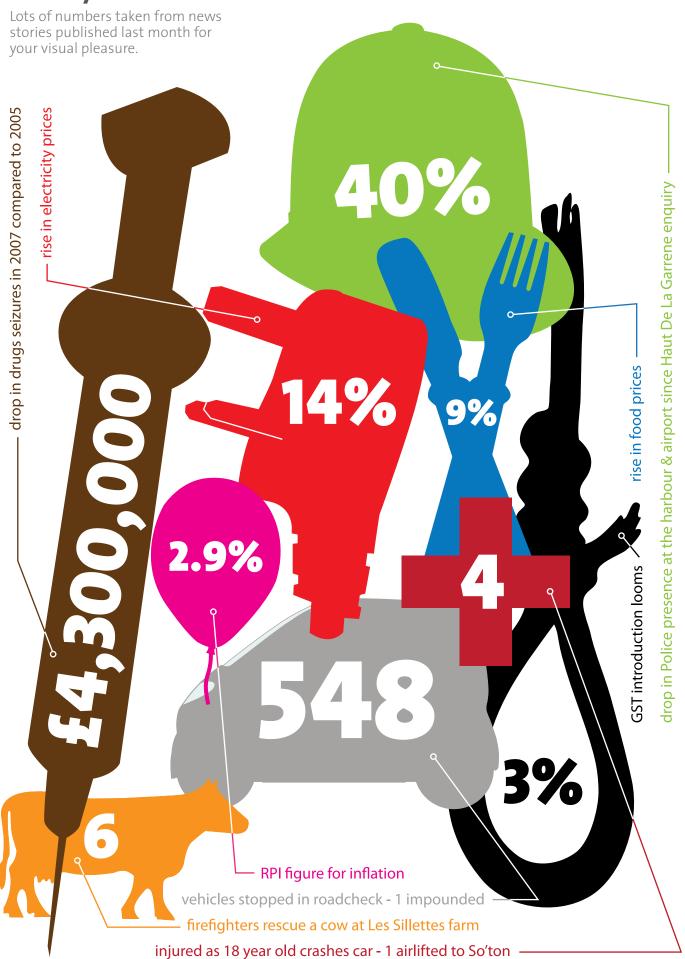


Associate 07700 859 159 mgdean@savills.com





Jersey: The month in numbers





if you can dodge a wrench...



....you can dodge a ball.



see page 119



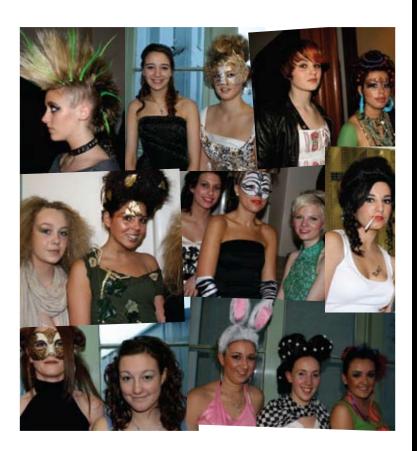
openings and events



Highlands Annual Hairdressing Competition

This year seventy-two students took part in this annual event. The students spend the whole day preparing hairstyles in front of judges who are well respected hairdressers in Jersey along with representatives from the event's sponsor L'Oréal.

There were some amazing and outstanding "do's" on display as well as some wild and wacky ones! With the ticket sales and raffle tickets on the night this year's total was £3,600 which will be split between the Papworth Charitable trust and Jersey Hospice.





Disco Sensation teetering on **World Domination!**

Finally this brilliant Jersey Based act have gone global. They've always wanted to take their act on the road and now they have thanks to Emily Drake and Richard Lett the organisers of the Meribel Altitude Festival.

Disco Sensation have just got back from the Altitude Festival. A fantastic mix of boarding competitions, live bands, comedians and superstar DJ's all gathered to entertain and party with people lucky enough to get tickets to the brilliant event. Over 600 groupies flew in from around the world, donning their finest afros, platforms and flares ready to be part of the Boogietastic Disoc Heaven on the slopes (www.altitudefestival.com) Make sure you put the event in your diaries for next year

"We loved loosing our Winter Blues, putting on our disco dancing shoes, pulling up our ski pants and getting down to disco dance!!!"

Check them out and sign up to their myspace site www.myspace.com/thediscosensation

Doug Tranter Rugby Cup Final

The Final was between Jersey United Banks and Jersey Ils. Despite the rain and cold, the Club balcony was full of supporters. Banks led 6-0 at half time and seemed dominant with young scrum half Tom Mcaviney scoring all the points for Banks. However Jersey responded in the second half to take a victory. There were outstanding performances from 17 year-old Joe Ellyat and Captain Gareth Davies.













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N
Check in any time after 2 pm. Relax and use the leisure facilities before enjoying a two course meal which could include the Carvery, then dance the night away to the Soul/Funk and Motown Disco

M A G I

No need to worry about a cab! As your own en suite room is yours for the night at Les Charrieres Hotel, St. Peter

Also included is a full English breakfast the tallowing marning plus use at the leisure club for the rest of the day

Only £44.95pp - call 481480







until 1.30 am

Get fit for the Summer at Les Charrieres Leisure Club

Facilities include: Heated Indicar pool, Jacuzz. Sauna, Steam Room, Tennis court and fully equipped air conditioned gym.

Special May Offer

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Les Charrieres Country Hotel

Leisure Club & Carvery Restaurant
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tel: (01534) 481480 www.lescharriereshotel.co.uk



Elan Hair Studio Re-Launch Party

Beautiful models, with enviably gorgeous hair styles mixed with guests at the Elan Hair Studio Re-Launch Party. There were pristine shelves filled with all the latest and best Vidal Sassoon hair products, and champagne & canapés floating about all night. The party had a great buzz; Tania Moyse and Florence McKay, Co-Directors of Elan felt that "the party went very well, it was great to see so many of our clients as well as some new faces in the salon."





Football Aid 2008

This year the event will be held from the 18th - 20th July. There will be a golf competition, sporting dinner held at The Grand Hotel, 5-a-side tournament, 'Live the Dream' matches with football legends, and a Final Whistle party on the newly refurbished Terrace at The Grand Hotel.

The event aims to raise funds and awareness of local island community projects and charities. Individuals, companies, groups or teams interested in taking part in the RBS International Jersey Festival of Football, or anyone needing more information shoould e-mail jersey@footballaid.com.





Our sole purpose is You... our continuing development, innovation and wisdom is borne because of You... the very cellular memory of You... that is our vision, the purest treatments that resonate uniquely to the personality of You...



For further information or to make a booking please call 01534 671160

Also visit us online at www.jusyou.com





eye spy: the tanorexic

EYE-SPY the tanorexic

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

It's Danielle's favourite time of year. The weather's getting warmer and finally she gets to show off her perfectly bronzed legs. Well she thought they were perfectly bronzed, but now she's starting to feel a bit pale again.

Perhaps she should start applying St Tropez every day, instead of every other day. And what's the harm, she thinks, it's only a bit of fake tan – it's not as if she's always on the sunbeds. Danielle's tried to forget the course of sunbed sessions she took over the winter. It was almost like a guity fix, sneaking in to The Tanning Shop in her lunch break for ten minutes of fake sunshine. It didn't feel fake to Danielle though - with her eyes closed and the music on, she could imagine she was on an exotic beach somewhere, the Seychelles maybe, or perhaps the Maldives with a waiter bringing over a chilled Mai Thai. No phones ringing, no annoying boss chasing for paperwork, just solitude and that wonderful skin-warming sunshine feeling. When she stepped back out onto the grey streets, Danielle felt so much better, almost as if she was on a bit of a high. And it was absolutely legal. Everyone kept telling her how healthy she looked and asking if she'd been away, and with the help of the sunbeds she felt she could face the winter. Danielle was convinced it was doing her good, after all, don't you get lots of vitamins from sunlight? But then there was all the talk about possible health risks, and worse - wrinkles. And if she was really honest, maybe the tropical look was a bit out of place in the middle of January.

But now that the summer's on its way, Danielle's back to thinking about her tan. Thank goodness for the three for two offers at Boots she's already stocked up on Fake Bake, St Tropez and a couple of brush-



on bronzers for good measure. It's the healthy way to get a tan, right? After all, how else is she supposed to get brown, stuck inside at her desk all day. And fake tan's not such a bad thing. But Danielle makes a mental note to try and remember not to get out the St Tropez after a night out with the girls again. After a few cocktails, drawing in ab-lines and contouring cheekbones with the fake tan - like a spray tan she'd had once – had sounded like a good idea. It was only the next morning, when Danielle woke up with Apache-style streaks on her cheeks and a stomach striped with what looked like nasty surgery scars that she realised it probably wasn't a good move.

Danielle can't understand why everyone isn't bronzed like her. After all, a tan makes legs look instantly longer and leaner, and it's the only way to wear all those hot summer Of course there's the colours. downsides, those tell-tale orange

It didn't feel fake to Danielle though – with her eyes closed and the music on, she could imagine she was on an exotic beach somewhere, the Seychelles maybe or perhaps the Maldives with a waiter bringing over a chilled Mai Thai.

'40-a-day' cuticles, orange stains on her sheets, her pyjamas and her boyfriend, but it's a small price to pay for looking slimmer, healthier and just generally more gorgeous. Isn't it? Danielle can always spray on more perfume to camouflage the chemical smell. And just you wait until summer's properly here, thinks Danielle as she smoothes on more Fake Bake – we'll just see who looks better in their bikini...





Pet of the Month

Plato the Labradoodle

This month we pay homage to the gorgeous Black Labradoodle who writes most of the magazine. Plato's going to edit this page in future so we thought we'd kick it off by bigging him up.

Age: 9 months

Likes: taking bedding outside to camp / hatching elaborate escape plans / food / disco music / other puppies who can bounce as much as him / glam rock

Hates: the postman (really, a cliche but true) / gst If he were human he would be:

a professional surfer

Wants: to run on the beach all day, everyday, forever Why was he chosen as a pet: a picture of his cousin riding a horse on the internet impressed his owner(www.labradoodles.uk.com)

Fascinating fact: because he's half poodle he's hypoallergenic

What is the most impressive thing that he's ever done:

Eaten 6 pairs of flip-flops



toad watch

Once a common sight across the length and breadth of Jersey, the common toad (Bufo bufo) is now in fear of being renamed the uncommon toad. The Toad Watch working group are now pleased to announce the launch of the islandwide campaign for 2008. States of Jersey Environment Department, Durrell Wildlife Conservation Trust and the Jersey Amphibian & Reptile Group (JARG) have been working locally for many years trying to halt the decline in amphibians.

Islanders' records over the last three years have helped build a picture of where the crapauds are breeding. Over the course of the next few weeks, the public are being asked to send in records of toadspawn in their ponds. Any information about ponds that used to be used as spawning sites, but have now become dormant, is also incredibly useful. Please email your information to toadwatch@durrell.org or call 860053 ans leave a detailed message



you know what they say... big paws....



Please Adopt...

Bandro The Alaotran Gentle Lemur Bandro is a lovely lemur who adores meal times! Her name comes from her Native Madagascar where people call The Alaotran Gentle Lemur 'Bandro'. She is an extremely good mother and has produced seven offspring since arriving in Jersey.

Bandro's species is critically endangered due to habitat loss, marsh fires and hunting. In the last five years, 30% of the wild population has been lost, which leaves about 5000 in the struggle for survival. Gerald Durrell described these lemurs as "honey-coloured teddy bears".

Adoption Packages:

Bronze £36+ Silver £120+ Gold £660+ Platinum £3000+

For more information on what each package gets you please go to www.durrell.org



The Pet Cell. Thats right, a mobile phone for your pet. When you call your pet, thier mobile phone, which is attached to their collor, will automatically answer so you can talk to your animal. More importantly this crazy gadget can be used as a tracking devise if your pet gets lost. Also if somebody finds your pet before you do, then they just press the Pet Cell and they can talk directly to you.

www.petsmobility.com



millionaire mutt

Countess Karlotta Libenstein of Germany left approximately \$106 million to her Alsatian, Gunther III in 1992. Her trustees invested the money and tripled the fortune. When Gunther IV was born, he officially became the wealthiest dog alive.

yes, he's wearing pink. But he's loaded and German and bound to be into underground techno raves in Berlin





advocate X

The best form of defence

Imagine for a moment that you are of the criminal persuasion. Of course, I appreciate that this may be difficult for all you lawabiding Gallery readers who wouldn't dream of driving in third gear in a Green Lane or failing to give your bushes the Brazilian treatment come branchage time, but bear with me. Try putting yourself in the position of the type of scum-sucking bottom feeder who regularly stars in the JEP's Magistrate Court section under headings like "Assault", "Cannabis", "No Insurance" and my personal favourite, "Fondled Grandmother".

OK, so now you're a criminal, imagine that through a series of freak coincidences your evil master plan (whatever it might be) unravels and the boys in blue turn up at your door just as you were in the process of disposing of the final piece of evidence linking you to that Dutch donkey-porn empire / Columbian refinery / holiday home in Guernsey. You're caught redhanded - the cuffs go on - you're dragged kicking and screaming out of your front door and are confronted with dozens of photographers and reporters, strobing you with camera flashes and screaming for a quote - it's a certainty anything you tell them will be on the front pages the next day - so what do you say? "It's a fair cop" went out with bell-bottomed trousers. "You'll never take me alive" only works if you're prepared to take the risk that the police will think twice (or even once) before turning you into a smoking pile of heavily-perforated dog food. "The voices made me do it" might result in you spending a very long time talking to men in white coats who nervously edge away every time they think you're not looking.

After considering the matter over a couple of drinks, I reckon that the best thing to say would be a quick outline of your defence to the probably numerous and unpleasant charges which you're going to face. That way, your side of the story can get a public airing and hopefully lodge in the mind of a judge or jury member so that when you arrive in court, you've got at least a fighting chance of

escaping the justice which you so richly deserve. However - and I can't stress this too highly - you must think very carefully about what you're saying. Whatever you do, don't panic. Believe it or not, "If you're after the drugs, they're up my arse" is a real-life quote from a chap who had been lightly questioned for about ten seconds by customs officers at Elizabeth Terminal having just stepped off the ferry.

Believe it or not, "If you're after the drugs, they're up my arse" is a real-life quote from a chap who had been lightly questioned for about ten seconds by customs officers at Elizabeth Terminal having just stepped off the ferry.

Some people, having seen too much American TV, think that you can get away with the most outrageous defence stories - take the unfortunately anonymous Australian man who, in April 2007, was prosecuted in the Southport district court for having sex with and in front of his 14 year old stepdaughter. His defence? "I was possessed by the spirit of Min, the ancient Egyptian god of sex and fertility, and so it wasn't actually me who did it". Now I know a lot of guys who secretly think that they're sex gods, but it really takes balls to stand up and say it in court. The victim said that he had told her that having sex with a god would "make her forget she had been molested as a child, cure her of a cyst and teach her how to have multiple orgasms". Astonishingly, the first jury who heard the case were unable to agree a verdict (presumably because they had cyst/orgasm-related issues of their own and were unwilling to write off any potential cures) and so a retrial was ordered. (NB - it's actually a surprisingly common tactic for a defendant to simply say "I am God and refuse to recognise the jurisdiction of your mortal court" but the men in white suits mentioned above usually tend to get involved sooner rather than later.)

A notorious case earlier this year involved the murder of an eighteen year old model in London where the defendant, Mark Dixie, shocked the country with his defence that "she was already dead when I found her". It may seem that that isn't actually an uncommon defence (or particularly shocking for that matter), but when evidence was produced in court that he had had sex with the victim, instead of accepting that she must have been alive when he was with her, he stuck to his guns - so his defence could effectively be summarised as: "er, she was definitely dead when I found her, but I was drunk and stoned and so I had sex with her corpse, leaving bite marks on her cheek, neck and breast." Presumably at that point he was thinking that being sentenced for vampiric necrophilia would in some way be a better outcome for him however the court disagreed, giving him life imprisonment to the relief of mortuaries everywhere.

The best defences work by finding a single point of the prosecution case that can be attacked and making the court believe that the entire case hinges around that point.Remember OJ Simpson's glove? DNA analysis showed that blood found at the scene of his ex-wife's murder was almost certainly his - the odds it could have come from anyone else were put at roughly one in 170 million. But the glove didn't fit and so the jury acquit. Unfortunately, the cost of OJ's defence was put at US\$4m and he was later sued for \$30m by the deceased's family. Suddenly vampiric necrophilia doesn't seem like such a bad idea after



gallery

art&culture ▶

COMPETITION



This month one lucky reader will WIN...

A pair of tickets to see Masters of the Musical at 8pm on Thursday 29th May

Just visit www.gallerymagazine.co.uk/competitions before 16th May to enter

JERSEY OPERA HOUSE



open studios 2008

Open Studios 2008



This month sees the beginning of an exciting new event in the Jersey arts world, celebrating the wealth of visual artistic talent we have here on the island.

Thirty-eight artists are taking part in open studios, allowing the public to visit the artists, view their work in progress and talk to them about their work. HSBC are sponsoring the event which will be taking place over the first 3 weeks of May, opening with an invitation only exhibition at the Royal Yacht Hotel on Friday 2nd May. This will feature one piece of work from each artist involved, and be open to the public on Saturday 3rd and Sunday 4th May. The Open Studios offers a rare opportunity to converse with artists at work, and in addition provides a forum for artists to exhibit and sell their work.



Artists include Glyn Burton, June Gould, Graham Tovey and Paul Kilshaw, Westmount Studios, the Bench, Joyce Berry and Hugh Anson-Knaggs, Anne Frances Le Moine, Nicholas Romeril, Carl Danby, Theresa Robinson, Diana Bowen, Jo Syvrey, Tony Lloyd, Cate Hamilton, Highlands College, Jersey Artists Cooperative, Justine Williams, Jenny Gruchy & Gillian Carole Radiguet, Debbie Jeal, Bekki Mourant, Anne Le Moine Gray, Lisa MacDonald, Jason Butler, Kathy Rondel and Torrell.

For more information contact the Jersey Arts Trust, www.jerseyartstrust.com

showing at the Jersey Opera House this May

Buddy Holly and The Cricketers Friday 9th May

This fast, furious and funny rock 'n' rollercoaster of an evening is guaranteed to have everyone singing along to the music and dancing in the aisles to such timeless hits as That'll Be The Day, Peggy Sue, Oh Boyl and much, much more.

An Audience with General Sir Mike Jackson

Monday 12th May General Sir Mike Jackson's Army has spanned almost 45 years. Join him for an unmissable evening when he will talk at length, and take questions



Tuesday 13th & Wednesday 14th May

Featuring the music of Roy Orbison, Dusty Springfield, Billy Fury, Connie Francis & Ricky Corvette.

Andy Parsons Thursday 15th May

A regular on radio and television, Andy Parsons is one of the most prolific performers and topical funnymen currently working in the UK today.



Jersey Gilbert & Sullivan Society present

Tuesday 20th - Saturday 24th May

This lesser known offering from the Jersey G&5 society will not disappoint regular fans or those who

Dr Bunhead presents:

Volcano Head Sunday 25th May

Dr Bunhead reveals his most spectacular and dangerous experiments ever, in his quest to create a

Werneth Concert Band Tuesday 27th May

Celebrating its 25th Anniversary year with guests lersey Island Singers and in support of Durrell.

Masters of the Musical Thursday 29th May

Masters of the Musical is a joyous celebration of the best of Broadway and the West End.

The Cross and the Switchblade Friday 30th May

This pulsating play has toured across the UK to packed houses and critical acclaim.

Tim Vine Saturday 31st May

of jokes

riding in on a sand storm of laughter. All puns blazing, tell your be captured by a posse



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

	ART AND CULTURE
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JERSI	EU'S STULE MAGAZINE gallery 33



Andy Le Gresley



With such a beautiful and unique coastline, there are numerous artists and photographers who capture Jersey in their work and more often than not, their work becomes just another 'nice picture'. There are those exceptions though, when one comes along with a new and refreshing take on the things we might sometimes take for granted.

Photographer Andy Le Gresley has been taking photos on a professional level for only four years. What begun as a trip around the world with a high quality camera, turned into a passion for exploring stunning views and secluded spots. Whilst most travellers go in search of adrenalin-powered sports, Andy told me he was happier in his van by the beach, "I love the beach, I would sleep at the beach if I could. I want to be there the whole time". After returning to the island, he felt trapped, and began taking photo's of Jersey in an attempt to capture reminders of the trip. He believes that "on a good day in Jersey, it can rival New Zealand or Australia, with stunning views. We are lucky living on a small island, where the weather can vary on different sides of the island. Knowing the geography of the island is important and really helps".

His latest exhibition, which was shown at The Harbour Gallery in April, was his third time exhibiting. His work comprises of strong and simple composition, focusing more on colour by cutting out distractions. The majority of the images were taken during the winter, on calmer days when it was more peaceful; a state of weather Andy really likes.

As for the future, Andy is looking to continue with fine art and coastal landscape work, where he wants to achieve better results and capture something that no-one else has captured before. "It is a passion, never work. As soon as the weather improves I'll be getting back out there".

("I love the beach, I would sleep at the beach if I could. I want to be there the whole time".





Andy's work is available for viewing at The Harbour Gallery in St Aubin's, or visit his website www.andylegresley.com for more information.



Branchage - Jersey International Film Festival 2008 officially launched last week. The very first festival programme has been described by the organisers as a 'unique boutique event' and will offer a diverse menu of entertainment to visitors and residents of Jersey taking place from 25th to 28th September.

The venues used for the events being held will mainly be situated around the new 'Weighbridge Park' and it will be the first major event ever to be held there. A beautiful wooden Spiegel tent is being shipped in from Belgium to act as the main hub of the four day festival and other quirky venues being used include the old Magistrates' Court and prison cells, the Town Hall, Jersey Opera House and the Underground Hospital.

The young and vibrant creative team behind all the programming and entertainment is very strong too. The main programmer is Phil Ilson, the co-director of The London Short Film Festival who has also put on events at Glastonbury and The Big Chill festivals. Fiona Fletcher the programming officer of women filmmakers' collective Bird's Eye View is also on board as well as local music event organiser Nina Hervé. The art collective Le Gun are responsible for the design of how the festival looks and will have an exhibition featured throughout the festival period set

in the prison cells of the old Magistrates' Court. This entire crew of organisers and artists is headed by young, London based filmmaker Xanthe Hamilton of MixTV who has recently had her films screened at festivals throughout the UK and USA. "Most of us behind this are London-based Jersey folk," says Xanthe. "Being in the capital makes it easier for us to source a really fresh and exciting programme, plus I think we are all really excited about importing mind blowing cinema that seldom reaches here — I know I am. Secondly filmmaking is a very infectious bug, which I've certainly caught, and I'm desperate to spread it around."

The aim is to appeal to all age groups and walks of life. Educational workshops will be taking place in the lead up to, and throughout the festival. The weekend will feature exhibitions, talks, comedians, live music, guest VJs and DJs as well as some of the most interesting short films and features the island may ever see.

The main sponsors for the event are Jersey-based e-tailer extraordinaire Play.com, Jersey Trust Company and Spearpoint Ltd. John Davey, chairman of the executive committee controlling the festival structure acknowledges that they have received immense support from Jersey Tourism, Jersey Arts Trust, Jersey Heritage, the local film and finance industries with participations from travel companies, hotels, caterers and government.

For more information follow these links: www.branchagefestival.com www.myspace.com/branchagefestival

If you fancy getting involved, the festival are looking for sponsors for all manner of events and activities and the organisers are keen to build partnerships with local business. Email info@branchagefestival.co.uk



Whilst mulling over the subject of landscape photography on our island this issue, a Guernsey based photographer was also brought to our attention.

Alex Wallace has been shooting Guernsey landscapes for years, and had covered just about every view under every condition. A trip several years ago to our fair Island blew him away. For a photographer always scouting for new locations, he felt quite refreshed to see new coves, bays and beaches that were oozing with potential.

Since then, his list of shots has been getting longer, and from the frequent trips to Jersey, he still manages to discover more each time he shoots. His stunning landscape panoramas do not always happen by chance, and some planning to a certain extent is involved, despite landscape photography being

totally dependant upon factors such as weather, light and tide that are often out of his control. "I plan the best time of year and the ideal tide for a given shot, then hope the weather plays ball."

"Often the pieces of the puzzle don't fall into place and a few trips have been fruitless, but conversely, there have been those occasions when everything meshes together perfectly and I get a great shot. It's rare that the best images just fall into your lap, but one such shot that did was my Corbière Lighthouse panorama; It was taken at the end of a cold grey day where the sun hadn't broken through once. I had seen a slice of blue sky out on the horizon and decided to head out west just in case a good sunset developed. As I reached Corbière I scrambled out over the rocks, hurriedly found a suitable vantage point and literally as I set my camera onto the tripod, the sun dropped out of the clouds and a glorious burst of light bathed the scene. I couldn't have timed it more perfectly! Success doesn't always come so easily though and the sunset shots of Elizabeth Castle were a long time in the making. I knew the Castle would look best at a winter sunset over a low tide and I waited two whole years to get the conditions I was after. It was worth the wait though and satisfying to know that the plans have paid off".

Alex's photographs are available to view and buy from The Framing Workshop, 19 Don Street, St Helier.

Turn to page 118 for details on how you could win one framed full size panaoramic photograph from a choice of 10 worth £165.



Light Over Water,

A TributeTo Our Seas by Peter Millard

This month, the Harbour Gallery are presenting an exhibition of beautiful atmospheric oil paintings influenced by the changing seas around our coast by Peter Millard, an artist living in Jersey. Peter has been painting since the age of 12 and in 1981 moved to America to devote more time to his painting. He opened his own gallery in Sedona, Arizona and successfully sold paintngs and prints worldwide. This exhibition showcases a collection of paintings created following a knee operation in 2007. His painting became a form of therapy and helped alleviate the pain.

The Harbour Gallery. Open 7 days a week 10.30am-5.30pm Tel: 01534 743044 www.mnlg.com/art

Events in May + June

at the Jersey Arts Centre

Juan Martin

Thursday 22 May 8pm

Be seduced by its Mediterranean passion! Flamenco guitar at its best!

£15 (£9 students)*



Black Umfolosi 5

Collins Stewart World Music Series A Channel Islands Music Council Tour

Tuesday 10 June 8pm

Marvellous harmonies and captivating dancing of South Africa. "Extraordinary exuberant dancers...stunning, colourful and one hundred and one percent engaging." (The Scotsman) £15 (£9 students)*





Sambadaboom

Venue: Les Dolmens des Monts Grantez

Friday 20 June Walk: 6.30pm (meet in car park) + Concert: 8pm Join Mike Stentiford MBE for a walk to see the views of St. Ouen's Bay, followed by a fun, high energy concert with French drumming and dancing Admission Free - funded



Craig Hill (Comedy)

by Jersey Tourism

Saturday 28 June 8pm "The patron saint of camp comedy!"(The Scotsman) £15 (£9 students)*



Digital Photography Course (Saturdays)

14 June - 26 July 2pm - 5pm

Whether you are a beginner or experienced photographer, learn how to get the best out of your digital camera.

Performances will be at Phillips Street. St. Helier, unless otherwise stated. *15% discount for JAC members

**5% discount for JAC members

Box Office: 700444

Book online: www.artscentre.je









To the 12 parishes Hedley's Back

Local cult, folk and YouTube hero Hedley Le Maistre managed to secure in excess of 31,000 views of his last video 'Take That Grouville' on YouTube. It seems this catchy song of parish rivalry has spun him into local stardom and with its success, the adventures of Hedley continue with another film "Broad Bean Down". This latest venture has been funded by the Arts Trust and been produced by Fortress Island Films.

In this light hearted poke at GST, the hapless hero finds himself in greater St Helier, lost and without money after his attempt to learn more of this GST thing goes badly wrong. The story finishes in an epic "Black Hawk Down" style ending!

There are plenty of cameos from members of the States as well as some well-known local faces. The finished piece will be showing at the Arts Centre this month and then will be up on YouTube for us all to see.

For more information visit www.fortressislandfilms.com



Body & Soul Festival

Award winning composer, flautist, vocalist, performer and public speaker, Tim Wheater will be performing at St. James Church on the 7th May. This is a great chance to see the master of the flute, who cured himself of heavy metal poisoning by learning Tibetan sound vibration and has performed for the Dalai Lama and the Queen. The concert will be supported by by Barbara Meiklejohn and local musicians The Balafonics.

7.30pm 7th May St James' Church £4 (£2 OAP) children free



letters from london

Letters from London

This month our London-based insider Nina Hervé catches up with local born DJ Martelo and his new hairdo, checks out new artwork by Billy Childish and Massive Attack's 3D, watches some B-Movies whilst listening to B-Music and hangs out in 'Winner of Best UK Record \ Store o8' Rough Trade East. All this whilst nibbling on some smarties...read on!

Childish dreams

Born in 1959 in Chatham, Kent. Billy Childishleftschoolat16, an undiagnosed dyslexic. Refused an interview at the local art school he entered the Naval Dockyard at Chatham as an apprentice stonemason. During the following six months (the artist's only prolonged period of employment), he produced some six hundred drawings in 'the tea huts of hell'. On the basis of this work he was accepted into St Martin's School of Art to study painting. However, his acceptance was short-lived and before completing the course he was expelled. Childish then spent some 12 years 'painting on the dole', developing his own highly personal writing style and producing his art independently.

'I Fill All Of Your Dreams' is an exhibition of new paintings and text-based work from the poet, painter and lead singer of The Buff Medways on display at The Aquarium L-13, London. Part of the exhibition also includes an iPod featuring every recording Billy Childish has ever released from 1979–2008. Housed in a custom handmade box, numbered and limited to 10, each one comes with a complete and detailed discography and a track that is unique to each individual iPod.



More information can be found at www.aquariumonline.co.uk

War paint

An exhibition of artwork inspired by UNKLE album War Stories titled 'WAR PAINT' took place at Lazarides Gallery, Soho last month. War Paint featured paintings by Robert Del Naja (also known as 3D) who, as well as being a founding member of trip hop legends Massive Attack, is one of the UK's pioneering graffiti artists.

As a member of the notorious Wild Bunch crew of the 1980's, 3D used painting as a visual representation of Massive Attack's music and undertook the artwork of their record sleeves, posters, down to every tiny obsessive detail, from stage design to t-shirts. UNKLE and Mo Wax record label founder James Lavelle recognised this obsession and they later formed a creative friendship, collaborating on two UNKLE album projects which were also on display at the exhibition.



More information about the exhibition can be found at: www.lazinc.com

ROUCH TRADE



Music photography @ Rough Trade East

Winners of Music Week's 'Best UK Record Store 2008', Rough Trade East, play host to an exhibition of images by one of the few remaining punk savant photographers. 'Tenebrous' – the photography of Steve Gullick – featured Gullick's unique body of work including powerful images of Nirvana, Neil Young, Jeff Buckley, Nick Cave, Mercury Rev, The Raconteurs, Spiritualized's Jason Pierce and The Fall's Mark E Smith amongst many others.

To celebrate the launch, special guest Ed Harcourt performed live in store as well as Duke Garwood, Tenebrous Liar and DJ sets from Soulsavers and Jim Sclavunos from Nick Cave's Bad Seeds and Grinderman. Boozing and schmoozing followed and all in all made for a great evening out. The photography of Steve Gullick is on display at Rough Trade East until 13th May. For more information check www.gullickphoto.com

Record store day @ Rough Trade East

Rough Trade East also took part in Record Store Day on 19th April. Hundreds of independently owned music stores across the UK and US simultaneously linked and acted as one with the purpose of celebrating the culture and unique place that they occupy. Live music in the London store started from midday including sets from Billy Bragg Baltic Fleet, Lykke Li and Jason Molina plus DJ sets from Krautrock legend Can's Irmin Schmidt and Warp label's Flying Lotus.

More information on the day's activities can be found at www. roughtrade.com and whilst you're there sign up to their mailing list to be notified of up-and-coming free in-store gigs and new releases. The next free in-store show will be by trance rockers Spiritualized on 26th May following the release of their new album Songs in A&E. Fans of these influential experimentalists should not miss this opportunity to catch the band in an intimate and musically enriched environment.

Only Smarties have the answer!

Reproductions of famous artworks by the likes of Andy Warhol, Seurat and Banksy have gone on display at the V&A Museum of Childhood. Gloucester based food artist Emma Staite used Smarties to reproduce these iconic images at the exhibition which is being held to mark the return of Nestle's blue coloured Smarties. More information can be found www.vam.ac.uk









B-Music goes mobile

B-Music, an independent collective of DJs, musicians and music lovers, have set out to provide monthly mobile happenings throughout the UK promoting the best finds in global psych, freak folk, kraut schlock, electronik mud and glam jams. With label boss, graphic designer and obsessive music collector Andy Votel at the helm each gig sees live music from an eclectic selection of bands such as psychedelic blues rock from Wolf People, new wave folk from Supreme Vagabond Craftsman and the eerie sounds of new Twisted Nerve signing Brooklyn-based band Lights. Each live event will also feature secret cinema projections on the walls of each venue showing vintage freak feature films from beyond the far seas!

More information can be found at www.b-music.co.uk

DJ Martelo

Former De La Salle student and Jersey boy, Ryan 'Party with Marty' Maher aka DJ Martelo moved to London a few years back to study music. Since stepping foot in the big smoke he hasn't looked back and has dj'ed alongside some of the world's top name music acts. I caught up with him before an exhibition launch of Aussie act Bumblebeez artwork where he was entertaining the guests that night.



How did you get into DJing?

I've been djing for about 7 or 8 years now. I've always been into music for as long as I can remember coming from a musical background where various members of my family write, sing and DJ too. I used to help out at the canteen at school for a free lunch and save my lunch money so at the end of the week I could go buy one record or an album from Seedee Jons, this was before I even had decks. I got my first break at Dragon (now Live Lounge, Jersey) with a friend of mine Wayne (The Dapper Crew). They really were the first people to give me a chance, along with Martin Small from Sounds Workshop, Hifi Sushi at the Breeze Bar and Dave and Dennis at Pure. I was playing mainly R'n'B and Hip-Hop, before it was as mainstream and steady in the charts as it is now but I'm a Hip-Hop DJ at heart. Although now I play way more across the board from Brazilian Baile Funk to Angolan Kuduro, all kinds of stuff, but with the party in mind. I want people to sweat and say "that was the best night I have had in ages."

Why the move to London?

I left the rock to go to The British Academy Of New Music, East London. When I started they bumped me up a year due to my knowledge and after a few weeks there I was asked to join the BMG (now Sony-BMG) Street Team. At BMG we did all the promo for artists like Usher, Justin Timberlake and R Kelly. All over the country at schools, clubs, shops, everywhere. I eventually got asked to DJ at the promo events and through this, ended up DJing on promo tours for Justin Timberlake, 50 Cent, Destinys Child, DMX and a load of other big acts. I also had a weekly residency at Ministry of Sound when I was 19 packing out the R'n'B night playing in the main room. Eventually the R'n'B scene became a bit stagnant and along with a close friend Zezi (now an E4 presenter) started DJing at a night called Rio Rox, this was a Brazilian night, playing all kinds of music with lots of Baile Funk along with the bigguest names from that scene flying over weekly. I made two good friends through this, firstly a DJ called Sinden who contacted me through MySpace asking for some remixes of mine he had heard, and a guy called Josh aka Hervé aka The Count of Monte Cristal.

Tell me about that infamous mixtape?

Last year a friend and I put together a mixtape called "Do You All Have Your 3-D Glasses" and to be honest it has kind of blown up from there. I was playing more in places that I could play what I wanted. The mixtape to this day has had over 18,958 downloads from one site, lots of other websites have hosted it too, not to mention the amount of actual CD copies there are around the world. When I first released it I went to the NME awards party with Sinden and Hervé and was introduced to Annie Mac and when I tried to give her the CD she said she already had it!! I was gobsmacked to say the least, we have remained good friends and she has asked me to play at nights for her including S.L.A.C.K. and Annie Mac Presents...at Fabric.

Tell me about that computer program you use when you DJ?

I made the jump to Serato over a year ago. It basically allows me to have all my music on two records. It's a program with hardware that allows you to manipulate audio using two special vinyl discs or cds. I thought it was voodoo when I first saw it, because the records aren't attached to anything. Anyways Google it! Haha! The main reason for this was the fact that I get a lot of music every day either sent by other DJs or from friends or people making the music or going out finding new styles and sounds, so for me to burn new cds all the time got too messy. With Serato all my music is on me at all times, plus if I am working on a remix or have edited a tune I can play it straight away.

What are the firebeaters?

One of my main projects this year aside from more remixes is going to be the 'Firebeaters" which is me and Hervé. Nothing is confirmed right now aside from the fact that it is happening! Hervé is busy with the Count of Monte Cristal and Sinden album and tour and I'm about to go on tour so it's kind of on the "to do" list for now!

What have been the highlights?

In the last year I have had some of the best gigs of my life. I'm still the relatively unknown DJ on the bills so I get to have this underdog moment where people come across me for the first time and are like "who is this?" which is great because people have no preconception of what I should play and I really can do what I want. I have played Fabric probably 8 times in the last year which is a lot especially so early on in my career. Fabric carries a lot of weight outside London too and people trust the name. I feel I have still got so many big adventures to come even with all that has happened so far from having Mark Ronson and A-trak (Kanye West's DJ & 5 times DMC champion) come out to see me play to Kanye himself coming over for a chat after I played at Stella McCartney's after party at Paris Fashion Week! It keeps getting more and more bizarre, this summer I'm DJing and sharing the bill with Jay-Z?!. I'm also tour DJ for a new artist called Santogold, who is amazing and on Monday I'm off to LA to do some US dates with her. We're playing at Coachella festival in California on Friday, going to see Prince on Saturday and then over to NYC for 'Late Night With Conan O'Brien' (like Jonathan Ross) followed by an in-store performance at Virgin records, then back to the UK for 'Later with Jools Holland'. Then the tour really kicks off with destinations including Japan, Switzerland, Norway plus all the festivals including Benicassim, Glastonbury, Bestival etc. I have some big remixes in the works alongside the Firebeaters project so hopefully I will be penetrating Jersey's ears a bit more this year, at present the only way I can get to people is online (I'll be doing a podcast over the next few weeks for www.music.je). Hopefully I'll get to play in Jersey again soon, I'd love to play the castle or Jersey-Live or something like that as I've never been to either and it seems like the most open minded crowd you could gather in one place on the island. Either way I'll keep doing what I'm doing as it seems to be working!

You can see DJ Martelo performing with Santogold on Jools Holland on 6th May. If you fancy catching one of his gigs check out www.myspace.com/mrmartelo

this month a man called Hector tells a tale of frustration...

an open letter to Jersey Hector Le Fevre

I board my flight. I am hungry. I unearth the 'Deli in the Sky' pamphlet from the rear of the chair in front of me. 'Brian Turner is one of Britain's most successful and well-known chefs' it informs me. He has created 'an exclusive range of delicious, freshly made sandwiches for all of the Fleet. How can you resist?' How CAN I resist?! I giggle to myself as the pilot takes an eternity to taxi onto the runway. I am instructed to refer to the in-flight magazine, for the full range.

On the front cover he brandishes two meat cleavers across his chest. They are of Japanese steel. (Think Kill Bill. Two hundred folds. Baseballs separated from themselves....) He appears reasonable. Measured. He has the presence of Joe Pesci and the physique of Grant Mitchell. He is able to hurt you. Know it. He is Marco Pierre White. 'He revolutionised the reputation of British cooking' I notice, clawing for the food section, 'inspiring a new generation of young British chefs.' It all seems over the top.

Suddenly, there it is. The deli. Open mouthed and jutting his backside to the side, is Brian Turner. Leaning seductively on a three and a half foot long, stainless steel whisk (up-ended), I know instantly that he takes very seriously the business of sandwiches. A blue tea towel threaded through the rear of his apron is easily mistakable for a flaccid plume. "The camera can be anything you want it to be...", I hear the photographer whispering to him. "Think soufflé. Think Baked Alaska. I'm a mousse, Brian and I need a spoon - give it to me..." I flash my eyes eagerly to his left. To the 'Classic Range'. I see 'Bacon, Lettuce and Tomato'. I see 'Breakfast Emmental and Ham Croissant', 'Breakfast Emmental and Tomato Croissants'. I see 'Cheddar Cheese and Onion', 'Roast Chicken Salad'. As I struggle to even begin to

comprehend how any one man could conceptualise such wizardry and still have time to appear on Ready Steady Cook, I am ensnared by his 'Signature Range'- consisting of 'Ham and Cheese Bloomer'. I cannot imagine there are many celebrities and well known chefs that wouldn't give their right arm to have themselves immortalised alongside a selection of that scope and ingenuity.

There are 'alternative sandwiches available on some Belfast routes' I see. "What makes them so special?!" I demand of the cabin crew, having leapt to my feet. Who decided that?! Aren't we a part of Europe or something?! Great Britain?! There are laws against this sort of thing!! That's not fair! As my mind races with jars of Marmite, laughing cows and sliced cucumber, I become so preoccupied with the filling of mile-high baps over the Irish Sea, that I am not in time to satisfy myself with any of Brian's temptations. I exit the plane empty and bitter.

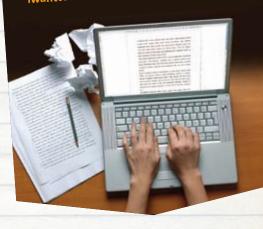
I hear the photographer whispering to him. "Think soufflé. Think Baked Alaska. I'm a mousse. Brian and I need a spoon - give it to me".

I've learnt that Marco Pierre-White is to be consulted over the new Waterfront development. The answer to your problems is not from France, he is from Yorkshire. He is, I am informed, on the outskirts of Barnsley, working in a secret underground facility formerly owned by NASA. He was seen disappearing in there some weeks ago, with a large jar of mayonnaise and an unidentified tinned fish. Find him.



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





Gallery asks...

Masters of the Musical

Where is your favourite sunny destination & why?

Manchester – all that liquid sunshine is so good for the vocal chords.

Lying on a beach or hitting the slopes & why?

Hitting the slopes – whoever heard of après beach?

Which film, Little Miss Sunshine or Eternal Sunshine of the Spotless Mind?

Little Miss Sunshine.

Why does the sun shine?

So that after a period of 4-1/2 billion years life on its third planet would evolve to such a peak of perfection that its dominant lifeform would have the intellectual wherewithal to ponder such great imponderables as the nature of being of the great G-class searchlight in the sky. There again, it probably only shines because it can.

Muddy festivals or sunny festivals & why?

Muddy festivals – they're character-building and all that mud is so good for the skin

Do you have a Favourite summer song?

'In the Summertime' by Mungo Jerry

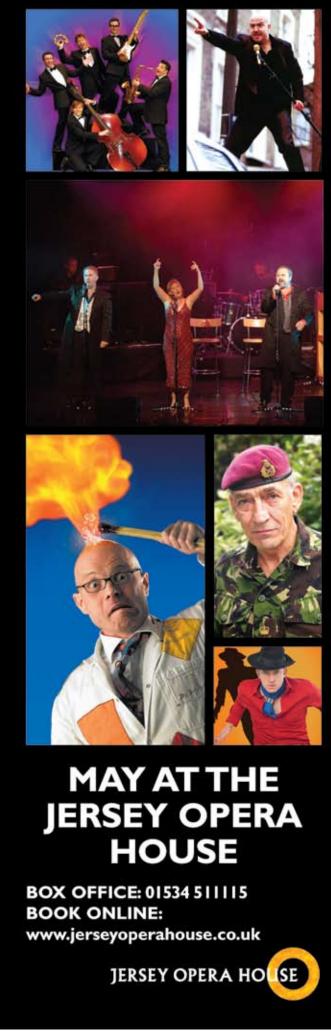
Jersey Pottery encourages creative talent with WhiteSpace

To encourage and support local artists, Jersey Pottery is inviting creative talent to utilise their gallery, Whitespace, for events and exhibitions. The exhibition space offers local artists a unique opportunity to showcase their work to locals and visitors in one of the key tourist destinations on the Island.

The Gallery is open daily from 9am to 5.30pm and is free to the public.

There is no fee to exhibit in the space. A negotiable commission will be taken on sales.

Applications are welcome for May to December 2008 and must be made directly to Jonathan Jones via email to jonathan@jerseypottery.com or in writing to The Jersey Pottery, Gorey Village, Grouville, Jersey, Channel Islands, JE3 9EP. Once an application is received a small panel will decide whether or not to grant it space.





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 email upload@gallerymagazine. co.uk with the subject 'monthly 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.











Tom Letherbarrow. a wild sillouette





We just loved this submission from Bobbie Deeks. Photography isn't just about technique. Sometimes the idea is the key and at 9, we think Bobbie's composition of this pineapple and cacti is spot on.



Callum Kirkwood Spooky Exposure. We love these.

Tom McAllistair. mixing colour and B/W.



Adrian Renouf, cutting a sunset in half beautifully.



submitted by someone called Paracetemol. Crazy.



Kate Cramb.



Helena De La Cour Matching red coat, her son and the winter sun.

David Edwards. amazing light and colour

fancy sending us your work!? make sure it's BIG. < usually a 4mB file is about right then we can make it big too.



film releases



Doomsday

DIRECTED BY: NEIL MARSHALL STARRING:RHONA MITRA, BOB HOSKINS, ADRIAN LESTER RELEASE DATE: 09/05/2008

Doomsday is a futuristic action thriller similar to '28 Days Later' and 'I am Legend'. When a deadly virus strikes in Scotland, the country is quarantined by the authorities as chaos and panic descends. Desperate to keep the brutal virus from spreading, the country remains isolated from the rest of the world for almost 30 years. Until one day, 27 years later, the lethal disease reemerges in London and the nightmare recommences. The British P.M John Hatcher (Alexander Siddig) selects a clandestine team of experts to enter a still-quarantined Scotland to search for a cure and prevent the virus from threatening the future of the human race.

Led by Eden Sinclair (Rhona Mitra) – who was evacuated as a child from Scotland -, the influential group arrive in Scotland to discover survivors of the original epidemic still prowling the streets and, finding that the disease has spread outside the perimeters, realise that they can not accomplish their mission alone. Eden is ordered to seek out scientist and survivor, Kane (Malcolm McDowell), to assist the group in obtaining a cure. However, before long it becomes horrifyingly apparent that Eden and has more than a search on her hands; Kane is the leader of a brutal gang that want Eden and her team dead.



What Happens In Vegas

DIRECTED BY: TOM VAUGHAN STARRING: CAMERON DIAZ, ASHTON KUTCHER, ROB CORDDRY, QUEEN LATIFAH RELEASE DATE:09/05/2008

Two young, attractive strangers (Cameron Diaz and Ashton Kutcher) elope to Las Vegas at the same time, both wanting to escape from the stress and worries in their lives. Feeling reality fading into the background with the excitement and surreal atmosphere of Vegas, inhibitions rapidly fly out the window in a wild, cocktail-fuelled rendezvous... resulting in a spur-of-themoment marriage. The following morning, the pair wake up to more than a banging head and dry mouth; not only do they discover that they have tied the knot with a complete stranger, but one of them has won a staggering \$3million jackpot in the casino - but by using the other's money to play.

After fighting over the winnings, the case is brought before a judge, who sentences the couple to "6 months of hard marriage". A crazy battle ensues to uncover the rightful winner of the \$3million, involving every trick in the book to undermine and weaken each other. With the assistance of their equally outlandish friends, they conjure-up cunning schemes to get their hands on the money. In the midst of the bitching, back-stabbing and bizarre activities, the warring duo predictably find themselves falling for each other. But the question is, can they take their minds of the money long enough to make their relationship work?



The Air I Breath

DIRECTED BY: JIEHO LEE STARRING: KEVIN BACON, SARAH MICHELLE GELLAR. JULIE DELPY, BRENDAN FRASER RELEASE DATE:16/05/2008

This articulate story of crime, drama and romance is based on an ancient Chinese proverb, and revolves around four of the fundamental human emotions -Happiness, Sorrow, Pleasure and Love. The Chinese proverb maintains that emotions are not isolated feelings, but elements that all link together to create human existence. Each of the four main characters in the film has been built around one of the emotions, and the story follows the lives of these four characters as their paths gradually intertwine.

Happiness (Forest Whitaker) comes in the form of a spiritually devastated banker, who after losing everything on a bet, decides to rob a bank. Sorrow (Sarah Michelle Gellar) is a tragic pop star who has hit a dead end in her career and falls prey to a notorious crime boss. Pleasure (Brendan Fraser), is a gangster who can see into the future. And Love (Kevin Bacon) is a doctor who must save the life of his true love. A remarkable tale of how four basic human emotions interlock, with dramatic and shocking consequences.

Watch out for news on....



Indiana Jones & The Kingdom OF THE CRYSTAL SKULL

DIRECTED BY:STEVEN SPIELBERG STARRING: HARRISON FORD, CATE BLANCHETT, KAREN ALLEN, RAY WINSTONE RELEASE DATE:22/05/2008

A treat for Indiana lovers - the globetrotting, action-seeking hero is back on our screens for the fourth time, with a star studded, Oscar-winning cast. Set in 1957, a distinctively older and wiser "Indy" (Harrison Ford) is set against the Soviet

Union, led by Spalko (Cate Blanchett), in a battle to claim ownership The Crystal Skull. Indy's team is made up of old flame Marion Ravenwood (Karen Allen), archaeologist Mac (Ray Winstone) and the greaser Mutt (Shia LaBeouf), who aid Indy in his plight for victory in this long-awaited legendary, action-adventure tale. Bad news for fans - the Indiana Jones film insiders are remaining tight-lipped on the full plot-line so you will all have restrain the nostalgia and settle for a few sneaky tasters!



sunshinefilms

With the summer fast approaching but the weather not getting much better, what better way to while away the days than watching a film about sunshine?

LITTLE MISS SUNSHINE (2006) IMDB: 8.1



Assemblingthebestand most unlikely of casts, Little Miss Sunshine on the face of it is a relatively simple story. Seven-year-old Olive has one wish in life: to be considered for the finals of the Little Miss Sunshine in California.

When her big chance comes at the most unexpected time, it's up to her unbelievably fractured family to pull themselves together and make it happen for her. And what it takes is a sad, painful, tragic and yet unendingly hilarious trek in a barely operational VW bus from Albuquerque, to the pageant. Not a single moment is wasted; and not a single scene is in this film without having a reason for being there. An instant classic.

THE ENDLESS SUMMER (1966) IMDB: 7.4



This is the story of two young surfers who travel the world in search of an endless summer and the perfect wave. When it debuted there had been no earlier film like it; and The Endless Summer ran for months in theatres, from the

beginning to end of that golden summer of '66 - a phenomenon unrepeatable in today's profitdriven film industry. The Endless Summer wasn't a one weekend box-office proposal, but it was a labor of love, and when you see it you feel the earnest, genuine, pure-hearted love that Bruce Brown poured into filming and editing it - love that you can't even come close to feeling from any of The Endless Summer imitators. It gets better every time.

Sunshine (2007) IMDB: 7.3



50 years into the future, the Sun begins to die, and Earth is dying as a result. A team of astronauts are sent to revive the Sun - but the mission fails. Seven years later, a new team are sent to finish the mission, as they are Earth's last hope.

Sunshine cost just £20 million to make and in comparison to the £110 million Pirates of the Caribbean, and the £90 million Armageddon, it had outdone their effects at a mere fraction of the price. A sci-fi thriller that is never far from thrilling.

PRIX... Going Fast! F1 FRENCH GRAND



Magny-Cours - 20th to 23rd June 2008

person

Departing Friday 08.45hrs-Returning Monday 17.30hrs

Condorferries ABTA No.V0300

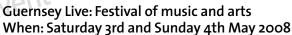
* Return sea crossing Return coach transfer to Bourges 03 Nights B&B in a 2 * hotel Return coach transfers to race circuit Entry to Grand Prix on 21.06 + 22.06 Upgrades available Single supplement @ £112.50 pp Limited availability, so book early Call the Bontour HOTLINE (01534) 875399 bontour@citravelgroup.com





culture roundup _ play





This is the first major music festival to take place in Guernsey and Wave Telecom is really pulling out all the stops to make it a memorable weekend. On Saturday, The Editors, Biffy Clyro, Art Brut, and Reverend and the Makers will be among the headliners with Krafty Kuts in the dance tent and on Sunday, The Enemy, The Futureheads, Young Knives, and Jerseys very own 'The Author,' will be performing. This is certainly not to be missed.

£80 for weekend ticket with camping, £38.50 for a single day ticket.



Topspin 3 Out: 23/05/2008

Grab your racquet and prepare to be totally immersed in every game, set and match in the most visually and physically realistic tennis experience ever. Pitch yourself against the top ranked professional players, both past and present, on the world's most famous tennis courts and rise up in the ranks to beat the best players, both off and on-line. This is Tennis with attitude, a definitive ground breaking tennis game that brings the excitement of the tennis court to your console.



Sex and the City: The Movie Out: 28/05/2008

Probably the most eagerly anticipated film so far this year and quite rightly so. Sex and the City was a landmark in television and what better way to finish off a major series than a full-length film? Reports have suggested that not everything is hunky-dory in Miranda's marriage, Charlotte's quest to get pregnant picks up speed, and if you think Mr Big's turn as a knight in shining armor didn't make sense with his unpredictable appearances on the show, there's more frustration to come from this continental commitment-phobe.



Sit-on-top Kayak: A beginner's manual

This is a complete beginner's guide to the sit-on-top kayak.ing Sit-on-top kayaking is the fastest growing water-based activity and it's fun and easy to learn. Paddlers, newcomers and those curious about the sport will find all the answers to their questions in this book. Using colour photos and clear descriptions, this book is the perfect introduction and will help you to choose the right kayak, instruct you how to store and transport it, and how to get the most fun out of your boat staying safe whilst doing so.



Pendulum: In Silico Out: 12/05/2008

This is a seamless fusion of pounding dance beats and aggressive rock. In Silico features the recent smash singles "Propane Nightmares" and "Granite" and if sales of their first album are anything to go by, this is sure to be a hit. After a legendary set at last year's Glastonbury Festival, Pendulum will bring their dynamic live show to this year's installment of Jersey Live and it should be a memorable performance. Although the Album track list has remixes of songs we have already heard it is still a must have for all Drum 'n' Base fans.

Wall Art

Let Steve create a piece of art for your wall. Free session with this coupon.

Valid until 30 June.

The Portrait studio, The Parade, St. Helier. Tel 768158





brand new(s)

Here's the latest brand news from the shops

Jesiré @ De Gruchy

The latest collection from Jesiré at De Gruchy is boasting a mix of 1950's elegance with a touch of the 1970's. The dramatic silhouette shapes of high-waisted flares and dresses and mix of pastel and bright colours are going to be huge this summer

We love this feminine white dress at £116.



Bibi Alhaja @ Eclat

Gallery have discovered a gorgeous little shop in Gorey Village selling a variety of things for the home, gifts, clothing and they also have a fantastic selection of jewellery with brands exclusive to them in Jersey, some of which we used on our photoshoot this month. Bibi Alhaja, a brand with handcrafted pieces from the Netherlands, have a hippie styled collection with items inspired by Love, Peace and Happiness. The trendy peace symbols, hearts, angel wings and sparkling crosses will be the perfect accompaniment for all those heading to summer festivals. This unique pink charm necklace is priced at £58.75 Eclat, Clydestill, Gorey Village Main Road, Grouville. Tel: 840511



Prima Donna @ Plums

Florals are very much in vogue this season, and that includes underwear. Plums have just received this luxurious set from Prima Donna.

Bra £49.95 Shorts £29.95



Date for your diary!

H Lettos & Son are having a Pearl Day on Friday 6th and Saturday 7th June, with free valuations available on your pearls in-store on these days.

This month: It's all about shoes...

Pura Lopez@ Hi-Heels & Handbags

The much anticipated spring/ summer collection from Spanish shoe designer Pura Lopez, has finally reached us. There is a stunning selection of platforms, wedges & flats in the must-have colours for 2008.

These cute pink platforms come in a grey colour at £169



Hudson @ Roulette Clothing

The Roulette men's store are now stocking these directional mens shoes from designers Hudson in London. Maxim magazine voted them 'Best Mens Footwear Brand' in 2002 and they have collaborated with the likes of Paul Weller for a unique collection. They are smart and stylish and aren't going to burn too big a hole in your credit card.

Indiana brown shoe £85

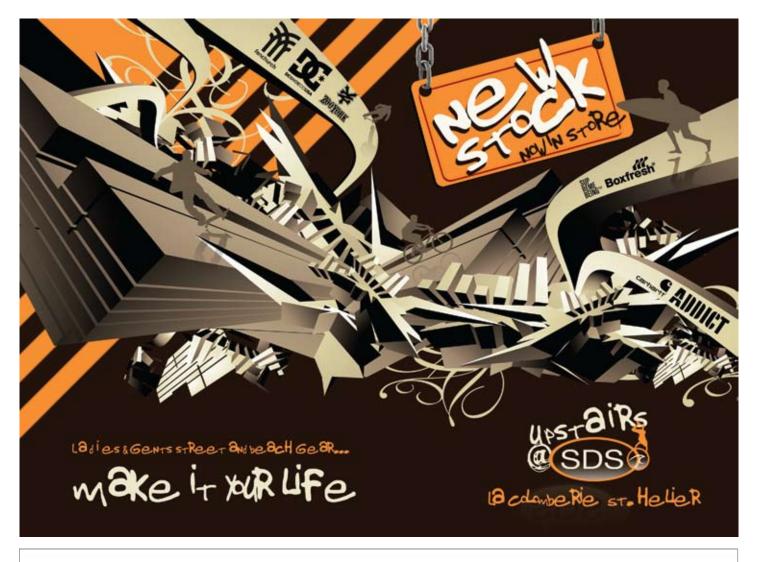


Website of the month

www.office.co.uk

Just in case you were completely unaware, our favourite UK shoe shop delivers to Jersey for only £3.50. Hurray! We especially love their colourful collection of men's espadrilles this summer.









brand new(s)

Johnny Rocks

Does anyone remember the chunky cut-out Kylie ring or sterling silver headdress worn by Jamiroquai on the cover of his iconic 'A Funk Odyssey' album?

John Pearce and Niall Paisley aka Johnny Rocket are the men behind the metal, and with a striking signature style and a client list containing the trendiest of the trend setters, we are pretty excited H Letto & Son Ltd are now stocking their latest collections.

After opening his own London workshop in 1997, John's passion for fashion and talent as a fine craftsman led him into the world of designers, working with Givenchy, Boudicca, Tom Ford at Gucci, and Julien Macdonald. His rock'n'roll style has appealed to many a private client including Kylie, Lenny Kravitz, Fatboy Slim, Duran Duran, Justin Hawkins, Fender Guitars, Boy George and Missy Elliot. His association with master diamond setter Niall Paisley, has only assisted the company's huge success.

Lettos are now stocking items from the four collections this season, and pieces have already been flying out of the shop. Black Feather is a more feminine collection inspired by a combination of Art Nouveau and Art Deco. Rocket Roll is a rugged style of men's jewellery, which is hard, tough and scattered with black gems, and Black Rose uses the classic rose motif styled as a solitare flower in black Rhodium over sterling silver. Our favourites though are the pieces from the ever popular Swallows collection.

For more information on Johnny Rocket jewellery visit http://www.johnnyrocketltd.co.uk/ or pop into H Letto & Son Ltd for a look at the pieces themselves!



White LK Bennett handbag £206 De Gruchy Yellow LK Bennett coat £179 (also in green and natural) De Gruchy Dress with yellow flowers £116 De Gruchy

Hi-heels £125 each (also in black, pink and navy) De Gruchy

LK Bennett

If you've been in to De Gruchy's lately, it would have been hard to miss the beautifully bright colours that are lighting up the ground floor fashion from designer LK Bennett.

Their latest luxurious Spring / Summer collections have something for every occasion whether your looking for chic suiting, floral dresses or high-end fabrics - all of which are going to be key summer wardrobe items this season. If you aren't daring enough to coat yourself head-to-toe in bright colours, try accessorising with bold block colour satin clutches, printed silk scarves and sophisticated structured day bags instead. The peep toe raffia espadrilles and flat thongs in patent leather will add a touch of glamour and complete your summer outfit.

To view the collection visit LK Bennett, A De Gruchy, King Street, or the online boutique Ikbennett.com









Because you don't get a second chance to make a first impression... 10 Colomberie, St. Helier • Tel: 732465



trend news

Fashion Update

The sun is finally shining and the warmer weather means now is the time to put your scantily clad wardrobe to use. We've picked out a few of the top trends and some key items to get you started as you kick off the summer in style.

Pale Denim

Time to leave the dark indigo jeans at the bottom of the pile, it's all about lightening up this summer. Replace your black skinnies with lighter shades of grey and light denim. Style it like a punk or smarten it up – whoever said 90's denim styling would never come back into fashion!?



In contrast to our ultra bold coloured photo shoot, pastel shades are back again. A mixture of yellow, pinks, blues and mint green polo shirts and knits for the guys and touches of sorbet colours for the girls. Lilac in particular is going to be a key sophisticate colour as long as you don't wear it too loud. Try it in some wedges or a silk summer dress.





These Argentine inspired espadrills from designer Blake Mycoskie come in a huge variety of colours and patterns perfect alternative to sandals for summer. The best bit about them is that for every pair you buy, TOMS give a pair to a child in need. What's better than helping a charity whilst shopping?!

£22.50 De Gruchy

Bring the sunshine!

It's that time again to choose a pair of sunglasses that are going to keep you looking like a film star for the next year. This season it looks like extreme shapes and bold colours in both paparazzifriendly sizes and also smaller pairs are going to be the way to wear your shades. Guys, if you want to look uber cool, look for graduated shades.



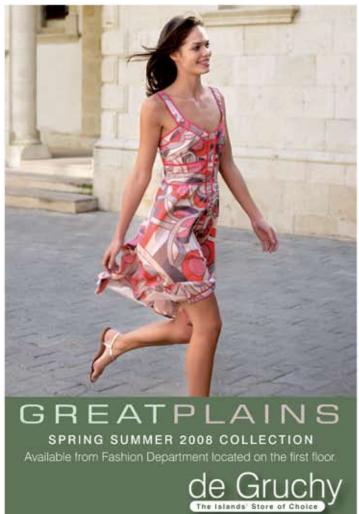












L.K.BENNETT LONDON

Competition!!! De Gruchy and Gallery

Magazine have teamed up to offer you the chance to WIN a voucher to the value of £150 to spend in LK Bennett Department!

To WIN this voucher for £150, simply pop into the LK Bennett Department located in the Fashion Department on the ground 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!!!



Staring at the sun



Titanium Oakley sunglasses £153.18 Howards Opticians



SDS Mens



Tortoise shell Bylgari sunglasses £122 Howards Opticians



Brown bamboo style Tom Ford sunglasses £167 Shades of Time at Voisins



Black Ray Ban sunglasses £80 Howards Opticians



Indinight red Dior sunglasses £213 Howards Opticians



David Clulow at De Gruchy







Pale bone and brown Polo Ralph lauren sunglasses £124 Dior extendable sunglasses £162 David Clulow at De Gruchy David Clulow at De Gruchy



Tortoise shell and zig zig diamante Bvlgari sunglasses £387 David Clulow at De Gruchy



Yellow tinted Oakley sunglasses £110.50 Shades of Time at Voisins



Gold and pink tinted Valentino sunglasses £165.96 Howards Opticians



Kids flower print Ray Ban sunglasses £68 David Clulow at De Gruchy



Black Cartier sungalsses £141 Howards Opticians



Brown tinted Arnette sunglasses £58 SDS Ladies



Metal frame D & G sunglasses £124 David Clulow at De Gruchy



Blue and yellow Dior sunglasses £126 David Clulow at De Gruchy



Grey original vintage Wayfarer Ray Ban sunglasses £102.12 Howards Opticians



Gold Von Zipper sunglasses £89 SDS Mens



Black Von Zipper sunglasses £76 SDS Mens



Black Arnette sunglasses £52 SDS Mens



Cream quilted Chanel sunglasses £226 Shades of Time at Voisins



Black Police sunglasses £89 David Clulow at De Gruchy



Mauii Jim metal flexi sunglasses £150 Howards Opticians



White Chanel sunglasses £144.68 Howards Opticians



Infrared Tag Heuer sunglasses £117 Shades of Time at Voisins

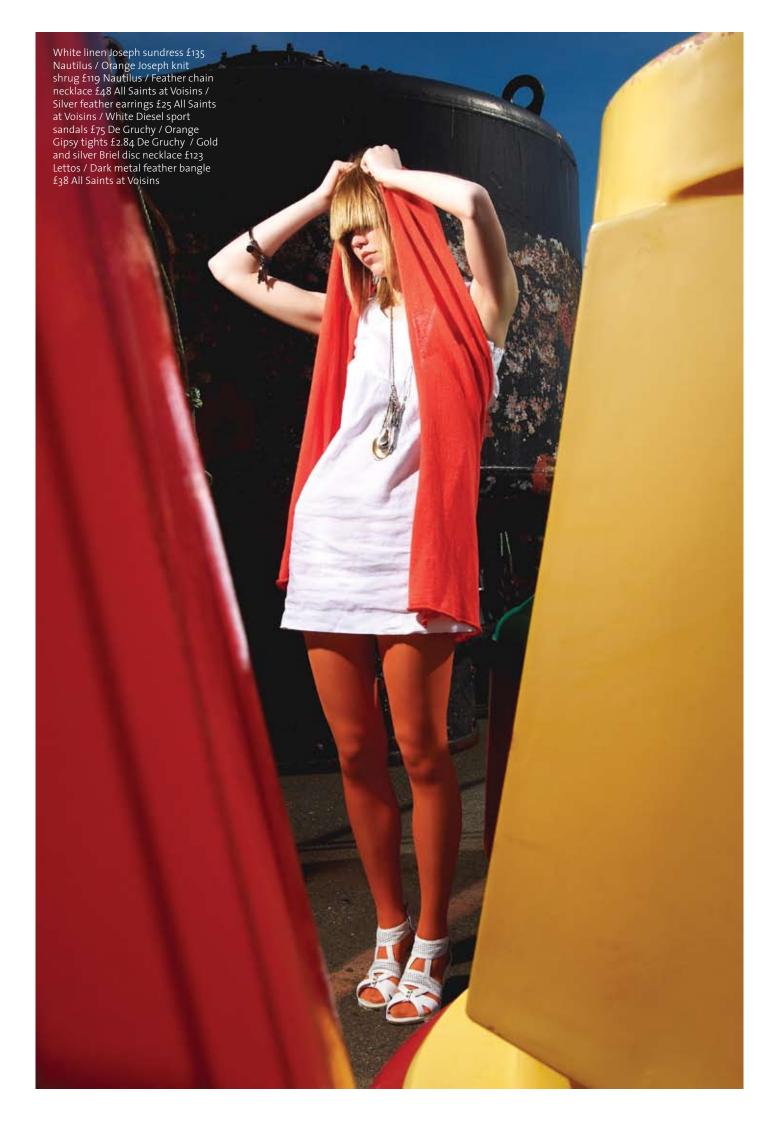


David Clulow at De Gruchy



















COMPETITION

This month one lucky reader will WIN...

Lancôme products worth £125.55!!

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

Just visit www.gallerymagazine.co.uk/competitions or visit the Voisins Beauty Hall and fill out a questionnaire

RÉNERGIE REFILL





beauty news flash

Beauty News Flash Bringing you the latest beauty updates

Blue Mediterraneo Emotions from Acqua di Parma launched exclusively at Voisins in May.

Each essence holds the traditions, colours, and scents of small, out-of-the-way corners of the Italian Mediterranean. These are authentic sensory experiences, made for a very special and cosmopolitan person; the kind of person who loves to remember and relive exhilarating and unforgettable moments, no matter where they are.

We love their new Mirto di Panarea range which comes in beautiful blue packaging.



Isotta Fraschini Fragrance Exclusive to deGruchy

This fragrance is for the man who loves luxury. It is a contempory classic with lots of charm. This scent is made by the same Milan based company that has produced stunning luxury cars for over 100 years. This is the scent for men with fine taste. £83 for 100ml



The Club Spa - NEW Radiant Spa Day £95 2hrs+

Springtime is here! Everything is getting lighter and fresher. This New Spa Day encapsulates the essence of Spring. The treatments are tailored to stimulate, detoxify and purify. Ends July 2008.

This luxurious and indulgent package includes:

- Pure Detox Envelopment
- Club Spring Clean Facial
- Express Pedicure
- Complimentary Jessica nail polish
- Full use of spa facilities for the day

Earth Beauty - Instant Health Boost

A light summer glow can take years off your look. Try Earth Beauty's 'Top to Toe Organic Healing Facial' £85 to get instant luminosity out of your tired, dull winter skin. This is the best treatment to prepare your skin so it can achieve a healthy-looking summer glow as soon as possible.

Call Maria at Earth Beauty for more information 722768

Les Roches Thalgo microdermabrasion

Les Roches Spa new exclusive Micro-Dermabrasion Treatment will remove impurities and tighten pores. Skin immediately looks more radiant because skin cells are better oxygenated giving the skin a more youthful appearance. With a course of treatments you will have firmer skin and reduced wrinkles. Hurrah!

Contact Les Roches Spa for more information on 487856

	ACQUA DI PALMA	Voisins	837100
	AGERA	www.ageraonline.co.uk	
	AGENT		
	PROVOCATEUR	de Gruchy	818818
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	PROVOCATEUR	Voisins	837100
S	AVEDA	Elmina	610082
	BAREFOOT		
7	BOTANICALS	de Gruchy	818818
\bigcirc	BED HEAD TIGI	www.tigihaircare.com	
	CLARINS	de Gruchy	818818
-	CLINIQUE	Boots	730432
5	COMFORT ZONE	Bliss	789911

COMFORT ZONE	The Club Spa	876500
CRÈME DE LA MER	de Gruchy	818818
DECLEOR	Experience	507859
DECLEOR	Bliss	789911
DERMALOGICA	Groom	880044
DERMALOGICA	Rio	734458
DR.HAUSCHKA	Leaders	871588
ESTEE LAUDER	de Gruchy	818818
ESTEE LAUDER	Voisins	837100
GUERLAIN	Voisins	837100
GUERLAIN	de Gruchy	818818
KORRES	Leaders	871588
LANCOME	de Gruchy	818818

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THALGO	L'Horizon	743101
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VICHY	www.escentual.co.uk	
YSL	Voisins	837100
YSL	de Gruchy	818818
ZOYA	Voisins	837100

May Make-Overs at Voisins Beauty Hall

The hair piece

With summer on its way we need to be boosting our slack winter hair and making sure our lovely locks are protected in the sun. This month - the ones that will make your tresses smell simply delicious.



Clarins Sun Care Spray Radiant Oil for Body & Hair £13.10

This is one of our essential summer products! Use it to stop your locks drying out in the harsh summer sun, and then spritz some on your body to intensify a good base tan!





Barefoot Botanicals Rosa Fina Brilliance Restorative Shampoo

Exculsively at de Gruchy £12.75

This is a great shampoo for anyone with dry, coloured or treated hair. It is a deep cleansing and moisturising shampoo that will leave your hair soft and sweetly scented. Contains Rosa Mosqueta Oil which will strengthen the scalp and give hair a glossy, healthy sheen.





Barefoot Botanicals Rosa Fina Brilliance Hair Repair Masque

Exculsively at de Gruchy £14.40

This is a richly moisturising and deeply conditioning treatment that will restore shine and flexibility to damaged hair.





Tommyguns Fig and Plum Shampoo

£4.99

This shampoo will help keep hair under control in the humid summer heat.





Tommyguns Fig, Plum and Marshmallow conditioner

£4.99

This conditioner leaves hair smelling really delicious! It will also tame and revitalise dried-out summer hair.

M.A.C

The ship's in port and she's out cruising for romance. Her looks: uniformly chic, superbly shipshape through an alluring fleet of pinks, corals, reds and bell-bottom blues, not to mention the deepest, bluest, navy nail laquer seen this side of Marseille. In style and desire she's poised, perfect and ready for her evening cruise. Naughty Nauticals on counter 1st May 2008.

Benefit

Who needs make-up when you've got Tan-i-tude? Flaunt flawlessness with Benefit's bronze facial tint for sun-free colour with a smooth finish. Talk To The Tan is your own little ray of sunshine in a bottle. Just apply to bare skin or glide over make-up for a gorgeous complexion - and the colour stays put until you wash it off with your favourite cleanser.

Chanel

To celebrate the 2nd anniversary of Chanel's ever popular fragrance, "Chance - Eau Fraiche", Chanel is introducing two new fab body products both scented with the lovely fragrance. A shimmering body lotion with a luminous finish to hydrate your body and enhance your fragrance; and a fresh hair mist spray to protect and perfume your hair. Call in to see Jan and Lynne to try this floral and unexpected seductive summer fragrance.

Clarins

New Season - New Make-Up. Enjoy a free make over with Kasia or Lisa and Clarins new summer look "Summer Fever". An exotic warmth of rich golden tones, refreshing turquoise, luscious grange and delicious pink. New in the Clarins Men range is the after shave energizer and soother created to sooth skin that has been irritated by shaving; calm razor burns; minimize redness and reduce the way skin reacts to shaving day after day.

Clinique

Launching this month from Clinique, New Long-Last Bronze, summer make-up that stays put throughout the day. New Long-Last Bronze is a beautiful bronze make-up collection including; New Quick Eyes Cream Shadows, New Limited Edition Shimmering Tones Powder Quad in Golden Bronze, and New Limited Edition Brush-On Cream Liner in Bronze. Long-Last Bronze prices start from RRP £12.00

Dior

Dior's summer make-up on counter this month draws inspiration directly from Dior Couture with an array of Shimmering Coppers, Golden Pinks and Gold. With names like "Amber Sunlight", "Goldfever" and "Gold Nugget" you are sure to shine this summer. An arrate amber pendant, containing lipstick and a mirror, with champagne crystals and a chic satin ribbon is this summer's must-have limited edition accessory.

Estee lauder

Estee Lauder's new summer make-up is a Bronze Colour story created for The Bronze Goddess. Warm and golden colours ready to make you glow. This summer Estee Lauder also brings out a limited edition Bronze Goddess. Eau Fraiche Skin Scent containing sicilian bergamot and mandarin. A sultry and seductive fragrance that releases the spirit of the Bronze Goddess in every woman.

Guerlain

"Le 2' Mascaral The new ground breaking mascara from Guerlain with 2 brushes is a multi-dimension mascara that will volumize, lengthen, curl and define your eyelashes. It's got 2 patented molded flexible brushes—the main brush gives you volume and curls your lashes and the small brush is for the lower and comer lashes and the lash-tips. Book your appointment with Anna or Kathy and let them show you how this fantastic new mascara works.

Lancôme

The **first** Lancôme promotion of the year in Voisins starts on Thursday 8th May. Receive your FREE 9 piece gift when you purchase any two or more Lancôme products! Take home 7 Lancôme trial size beauty essentials, a beautiful Juicy Tube charm and a trendy silver clutch bag. Hurry though, because this fantastic offer ends Saturday 24th May.

VCI

A new consultant has started on the Yves Saint Laurent counter: Debbie. Debbie is offering complimentary make overs throughout this month so ring or just pop in to experience this month's focus: The luxurious mascara for false lash effect (as seen on 'How to look good naked') and the other Eye-Must-Have's from Yves Saint Laurent.





Wear sunscreen

Sun protection factor (SPF): A number on a scale for rating sunscreens. SPF numbers on a package can range from as low as 2 to as high as 60. These numbers refer to the product's ability to screen or block out the sun's burning rays.

The SPF rating is calculated by comparing the amount of time needed to produce a sunburn on protected skin to the amount of time needed to cause a sunburn on unprotected skin.

Take for instance a fair-skinned person who would normally turn red after 10 minutes in the sun. Ten minutes is their "initial burning time." If that person uses a sunscreen with SPF 2, it takes 20 minutes in the sun for that person's skin to turn red. Now, if that person uses a sunscreen with SPF 15, it multiplies the initial burning time by 15, so it takes 150 minutes, or 2 and half hours, for that person's skin to turn red.



Dermalogica Multivitamin Bodyblock SPF20 £20.25

An intensely nourishing body-moisturizing sunscreen. It prevents signs of premature ageing, and it is designed so that sand won't stick to you!

Crème de la Mer The SPF 18 Fluid exclusively at deGruchy £42.50

The fluid captures beneficial light while diverting potentially damaging light. This product is so much more than a sunscreen, it contains light absorbing gemstones to enhance antioxidant activity, as well as keeping skin hydrated and luminous all day.

MAC Prep and Prime face protection SPF50 exclusively at Voisins £15.50

This is a skin-protecting cream. Apply it under makeup to prime the skin for the sun. Featherweight, fast-absorbing, oil-free and invisible.

Susan Posnick ColorFlo SPF26 £44.95

This is a fantastic multi-functional product that provides an expert mineral foundation finish.

Korres Watermelon Lightweight Tinted Moisturiser SPF30 £16.00

This oil free, vitamin rich, skin treat smells delicious!

Thalgo Wrinkle Control Crème SPF15 £22.00 approx

This handy little product by the brilliant brand Thalgo not only prevents you getting sun-damaged skin, but it also preserves your youthfulness so that you can be a beautiful beach babe for longer.

Clarins Sun Wrinkle Control Cream Low Protection for Face UVB 10 £12.70

This is a perfect product for the delicate décolleté area which is one of the first places to show signs of sun damage.

Vichy Capital Soleil Micro Fluid Mat Face SPF50+ £13.00

Protects against sun-induced skin damage, brown spots and skin ageing

Lancôme Soleil DNA Guard SPF 15 £18.30

This SPF sunscreen is the easiest to apply that we have ever found. Simply press and aim!

Agera Sunscreen SPF25 £65.00

This stunning sunscreen is one of the most innovative sunscreen products on the market combining the ultimate protection with advanced anti-ageing peptides.

Ultrasun Ultralip SPF15 £3.50

This protects lips and is a good lipstick base.



de Gruchy welcomes back Odilia to the Dior counter in the Cosmetics Department. Her top recommendation for May is Back Out Waterproof, which is 100% waterproof and smudge resistant. Pop in to see Odilla and let her show you herself this amazing mascara.

de Gruchy



Competition!!! De Gruchy and Gallery Magazine have teamed up to offer to readers the chance to **WIN** exclusive new cosmetics, Barefoot Botanicals. We are giving 2 lucky readers the chance to **WIN** a £50 voucher for Barefoot Botanicals, 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!!!**

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





beauty feature

Tan-tastic!

Being as pale as possible used to be desirable because a tan was the sign of a manual laborer. The wealthy could afford to have other people do that work for them, so the paler you were, the richer you were. Then, in the 1920's, designer Coco Chanel returned from a vacation in the French Riviera with a deep tan, and suddenly tans were a status symbol of the rich.



Too Faced Tanning Bed In A Tube £16.00 $\,\cdot$

This lovely fake tan smells of Pina Colada - finally the beauty companies have realised that we want a tan without smelling gross!



Rimmel Sun Shimmer Bronzing Mousse _ in Bronze £7.99

Rimmel has been crowned as the UK's Number 1 Instant Tan Brand. This easy to apply mousse is designed to stay on you and not come off on your clothes!





A sheer transparent gel that glides quickly over a moisturised face to give an instant glow. This is great for popping on at the beginning of the summer, or for those of us who are trapped in an office.



Comfort Zone Sun Soul £24.95

Contains Erythrulose to hydrate and Rosemary Extract for anti-aging action. Once applied, a streak free golden tan appears within hours.



Clarins Delicious Self Tanning Cream £16.00

Delicious by name, delicious by nature. This is a self-tanning whipped mousse for face and body.



Agent Provocateur Silk Stockings £38.00 -

Contains real gold particles which leave legs glowing and shimmering seductively.



Vichy Lipidiose Nutri-Sun Gradual Glow Enhancer Hydrating Body Milk £9.20 approx

It hydrates the skin and gradually builds a natural tan.



Declèor Aroma Sun £17.50

This versatile product can be used to enhance your skin's tanning abilities and then it can also be used to prolong your tan when the summer is drawing to a close.



Phytomer Self Tanning Gel exclusive to the Royal Yacht £25.50

This creamy, non-oily self tanner combines traditional self-tanning ingredients with natural marine sugars that work within the skin to stimulate the migration of melanin to the upper layers of the skin, creating a tan that looks and feels more natural.



Estée Lauder Re-Nutriv Rescue Gel £42.50

Smooth it on after being out in the sun to soothe the skin. Its sunsheer optics help create a healthy looking glow immediately.



Guinea Pig

Fanta-Sea Lymph Drainage Full Body Massage 1hr15mins - £85



With this treatment you can use the stunning Spa Sirène facilities. So I arrived an hour before my treatment, got changed in their luxurious changing rooms, and spent a very enjoyable hour trying out all the brilliant relaxation bits around their vitality swimming pool. I really loved their aromatherapy steam room and monsoon shower, but I spent most of my time in their luxurious jacuzzi, letting the back jets blast all my stresses away. Then I went and lay on their thermal couches to dry off ready for my treatment.

My therapist Caroline, came and got me and led me, in my huge fluffy robe, through to my treatment room, which was beautifully lit with ambience lighting.

The treatment started with Caroline performing a Relaxation Technique which involved focusing my breathing and stretching my limbs so that my whole body felt like it was blissfully sinking into my heated massage bed.

Caroline then got to work pumping my main lymph node areas to ready them for all the lymph drainage they were going to have to do! She then started massaging my arms with the Phytomer Relaxing Elixir, which promotes wellbeing and had a really lovely lavender scent. For the rest of my body massage she used the Phytomer Draining Elixir which improves the body's lymphic drainage and boosts micro-circulation; Caroline especially worked on my tummy to stimulate my colon to encourage it to get rid of all the toxins which the therapy was releasing.

After this a light layer of the silky Tresor Des Mers Ultra Nourishing Body Crème was applied all over my skin. I then turned onto my front for the second half of the treatment which started with a Reflexothermal back massage — having all my pressure points skillfully manipulated was utter bliss. Then the same process of massage and lymph drainage was done all over my body.

I felt calmed and cleansed, and the next day my skin was noticeably firmer. This treatment is a fantastic and luxurious way to kick start your summer-beach-body diet.

To book contact Spa Sirène at The Royal Yacht on 615425





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Summer make-up colours

Lancôme Juicy Pop Cyber Coral £11.50
The beauty brands are going all-out with colour this season and this Electric Orange is really juicy...

Clinique Limited Edition Shimmering Tones

Get glowing skin day to night. This is designed to flatter all Powder Quad £19.50 skin tones and creates a perfect glow with no glitzy glaze.





£9.05
This bright bold colour is perfect for transforming your look from day to night!

Zoya nail varnish in Sachi £7.50 This summer you should experiment with bright nail colours, be as adventurous as you dare!



Estée Lauder Bronze Goddess Sheer Lip Tint SPF 15 £13.50 approx Two brilliant, soft and creamy summer colours - with that all important SPF to protect your lovely lips.

YSL Nail Touch £15.50 Ingenious. This is one of our Gallery Recommended Ingenious. This is one of our gailery Reconfidenced Essential Summer Items. It gives you gorgeous nail colour in a flash - chic and super speedy it's a must for your handbag!

YSL Lengthening Waterproof Mascara in Brown £17.00

This mascara can stand up to humid weather, swimming and even the most extreme emotions! Try it in brown for a more natural look.

Too Faced Eye Shadow Duo in Totally Toasted

It is essential to keep make-up minimal in the summer. This cutely packaged eyeshadow contains two lovely, natural summer. The summer colours that will enhance your eyes.

Lancôme Eyeshadow Ellipse 004 Ultra Pool & 005 Infra Gold £19.15
Gold & Bright Blue are the colours to experiment with this summer - these two by Lancôme are rich and deep and will last all day.

MAC Solar Bits Sunpower £12.00 approx

These versatile little clusters of colour can be used to highlight anywhere on the face or body. They give a truly dazzling shimmer to wherever you desire.

rban Decay 24/7 Glide-On Eye Pencil in Baked

There is nothing worse than hacking away at your eye socket with eyeliner that won't work. This one by Urban Decay genuinely glides on and comes in a great range of rich colours; perfect for jazzing up your lead for marking







Goddess Skin Scent £30.50 Estée Lauder Bronze

of Bergamot and Mandarin, cooled with This is a sensuous, sun-drenched blend Tahitian Gardenia Petals and Coconut. This scent conjures up images of sum-



summer scent. We love its stylish bottle! This is the scent for charismatic, bright This is a floral, woody, young and fresh Elle £54.60 young things.

Guerlain Aqua Allegoria

Figue Iris £25.25

succulent fig heart-notes give the scent

This is a bold and plump fragrance. The notes of iris give it elegance whilst the

food&drink ▶



Holme Grown Country Store is the one-stop shop with an amazing choice of foods and fresh produce, including tomatoes grown on the premises. You will also find free range eggs, traditional and speciality beers, selected wines including our famous organic range, and huge selection of frozen fruit and vegetables, preserves,

www.holmegrown.com

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light meals and generally wholesome fare. A fabulous range of juices, smoothies and

milkshakes are available from our juice bar.

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Restaurant Review: The Salty Dog







Top dog!

Apparently it only takes us three minutes to work out whether we think someone's a dish or a dud. Really? That long? I could have told you instantly that my Match.com date wasn't going to get lucky. For a start there was his yellow teeth – conveniently photoshopped out in his profile picture – and a rather manky old scarf that I'm sure my nan had taken to the Hospice shop the month before. Yuck.

Thank goodness I'd arranged to meet him at the Salty Dog. St Aubin's is my favourite place to meet new dates. If they're a catch there are plenty of romantic backdrops and dark corners for swift seduction opportunities, and if they're not... the new Express Menu at the Salty Dog means you can enjoy a great dinner, dump your date and still get back in town in time for last orders. The weekday lunch and early dinner menu (served from 6-7 pm) is a real bargain at £15 for two courses and £18 for three. It's a perfect straight-from-the-beach option when you want an early supper, served efficiently and without compromising on quality. The early evening atmosphere is just perfect - warm, relaxed and inviting, all glowing sunset colours and soft trip hop background music. It says something when you're lusting after a restaurant's lifestyle accessories far more than your date, but it's hard not to at the Salty Dog with their fabulous orb-like Eastern chandeliers, cosy ethnic blankets, and oriental detailing. It's Moroccan fishermanchic meets Buddha. The relaxed Salty Dog experience starts in the bar, with its chilled out vibe, where you can check out the menu over a good selection of cocktails.

I started with the goat's cheese soufflé. It's a twist on a Salty Dog classic, and came with a delicious French-style salad that mixed crisp green leaves with sweet pears

and crunchy walnuts. There was also a fruit chutney to cut through the cheese - making the whole dish light, fruity and absolutely delicious. My date Phil had gone for the Thai beef salad. It's a real favourite for Salty Dog regulars – most of your five-a-day fresh vegetables tossed in palm sugar and nam jhim for a sweet and sour experience with a chilli kick. Try a mouthful, and you'll get a real explosion of flavours, not too hot, and not too sweet – a perfect balance of ingredients. Poor Phil. I think even he could tell the chemistry between us was lacking when I was more enthusiastic about his starter than his revolutionary new research into internet shopping. Of course, him trying to feed me seductively and dropping most of it down my new Karen Millen top didn't help.

The service was excellent – all overseen by the efficient Natalie, and our main courses arrived without delay. My King Prawn Linguini Marinara was gorgeous, a heady mix of garlic, fresh tomato and parmesan. The Marinara is perfect outdoors food, a tangle of pasta with mussels and huge juicy king prawns in a soft creamy sauce. It's definitely one of those dishes to indulge in after a day on the beach, when you're feeling a bit sunburnt and fragile. Hoping to spice things up, Phil had asked for 'hot as you like' Thai Green Curry, but despite challenging the chef, the curry wasn't too hot, just nicely spicy. Phil said it was great, and it must have been because he didn't offer to share. Always a bad sign. Our desserts were delicious, a black butter crème brulée for me which was yummy, and an artisanal gooey black butter and banana pudding with toffee sauce and vanilla ice cream for Phil.

I might have been short-changed on the date front, but the Salty Dog came out top dog. It's hard to see who the Express Menu wouldn't suit. It's a great way for families to grab supper with the kids, and if you want to escape your little darlings - leave the babysitter to put them to bed, pop out for dinner, and you can be back before you've run up too much of a babysitting bill. And I think I've found the answer for those annoying guests who insist on catching the late afternoon flight to Jersey to miss the London traffic. Swing past the Salty Dog for an early supper and you can give them a great introduction to the island, and save yourself heaps of washing up.

It's a winner all round. Unlike poor Phil, who got the heave-ho after coffee, leaving me free to head back into town to try and find Mr Right myself. Who says we don't get second chances...

The Salty Dog Bar & Bistro

Le Boulevard St Aubin Tel: 742760

Open every day except Monday lunch.

The Salty Dog Express Menu is available from Monday to Friday, from 12-2.30 for lunch and between 6 and 7pm for dinner and costs £15 for two courses, £18 for three.

THIS MONTH'S RATINGS

location food service value for money speed date potential





Foodie events for May

There is so much going on to get your taste buds going this month. What better than to spend a few hours sampling the delights of locally-produced delicacies and soak up some of the Island's markets and festivals. The season of spring grazing is upon us, so get on down to....

Farmers' Markets in St Aubin Sat 3rd, 17th & 31st May 9.30am-2.30pm

The popular Genuine Jersey Farmers Markets kick off this month with other dates throughout the summer. There will be plenty of local goodies from farmers, growers and producers in Jersey and everything will have been grown, reared, caught, brewed, picked, baked, smoked or bottled by the stall holders. Get down there for breakfast or lunch and bring your shopping bag as there will be meat, eggs and loads of local veg.

Menu du Terroir 14 May to 29 June

There are more reasons to tempt you to eat out this Spring and Summer with

the Menu du Terroir, now in its fifth year. The competition, which celebrates Jersey produce and recognises island restaurants for using locally sourced ingredients, is back. Chefs must use at least 80% fresh, local produce and demonstrate their inventive culinary flair. We can appreciate the stunning diversity of Jersey produce, whether it's bream or beetroot, turbot or tomatoes. The competition is organised by Genuine Jersey, in association with Victor Hugo Wines and Laurent-Perrier Champagne.

Gorey Fête de La Mer Saturday 17th May 11am-6pm

The sweetest of spring fêtes should have early season strawberries with Jersey cream plenty of oysters from the bay and Jersey delights to sample as you stroll along the pier. Local restaurants will be getting the chairs and tables out so there will be no excuse not to push on through.

Foire de Jersey

RJA & HS Saturday 24th - Monday 26th May

A Bank Holiday tradition, not to be missed, with loads going on for those who love to graze. Centre stage will be the cheese tent (see Jersey Cheese Festival) with workshops and tastings. Alongside you will be able to

sample, sausages, oysters and beancrock, accompanied by locally produced beers, ciders and wines. Slow Food are organizing a Jersey Royal potato tasting at the Foire, with a panel of polished palates deciding which spuds taste the best. The Normandy market will be there with their swooningly delicious honey, excellent cider, cheeses and patisseries, so polish up your French. The lovely ladies will be making Jersey Wonders and there will be goodies from the Potteries La Mare Vineyard and Naughty Monkeys.

The Diners Club

Thursday 29th Food in the Frame, St Aubin

An evening for people who love food! Danny Moisan will be offering you a demonstration of an indoor Barbeque with a Cajun twist. Afterwards you get to enjoy the results! We went along last month to Danny's Meditteranean night and had a great time! You can take your own drinks too. 18:30 – 22:00 / £15.00 for 2 courses (BYO booze) www.foodintheframe.com





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Reluctant babysitter Zara finds that lunching with a little one doesn't have to be a nightmare at Pizza Express.

When Tom and Lucy asked me to be Mia's godmother I was thrilled. I can never resist a party, especially one where I'm centre of attention - after baby Mia of course. After buying a great dress for the christening, all I had to do was come up with a few unsuitable presents as Mia grew up. Noisy drum kits, transfer skull and crossbone tattoos and those hilarious Bratz dolls. Simple. Or so I thought. All that changed when Lucy insisted I spend some time with my god-daughter.

I suggested she come with me to get my nail extensions done – Lucy said that's not the sort of bonding she had in mind for me and Mia. Apparently false nails aren't quite the done thing for six year olds. She also vetoed my ideas of going shopping and getting our hair done. Such a shame, Mia would look adorable with blonde streaks. So we decided to do that other thing I do so well. Lunch. Pizza Express is a perfect choice for anyone with kids in tow. Family friendly without going down the Ronald McDonald route, it treats children like proper people with a specially designed children's menu that doesn't compromise on quality.

The St Brelade Pizza Express is normally chockfull of pizza-smeared toddlers at the weekend, but Mia and I went to the newly refurbished Halkett Place restaurant. Open since 1967, it was only the fifth Pizza Express in the world when it began, and although it's grown over the years, recently the restaurant's been in need of a bit of a facelift. Newly decorated in sleek Italian colours of black slate, dark grey and oak, it looks far more stylish and contemporary than it did before. The revamped top floor can be hired out for private functions, catering for parties of 80 comfortably. And with a new skylight roof, and floor-to-ceiling front windows that can slide back, the new town Pizza Express is a light and airy haven away from the hustle and bustle of town.

Pizza Express also scores brownie points with its Piccolo menu. At £5.30 for three courses, with small portions of full-size Pizza Express classics, it goes down a treat with junior diners. And as if that wasn't enough, our smiling waitress brought over an activity pack, full of make-your-own pizza stickers, an activity book and Snap-style pizza themed cards. Just in time to keep Mia amused.

Mia started with the dough balls, which came with a pot of garlicky butter for dipping and dunking. "Yummy, just yummy" she told me between mouthfuls. Top tip here: while the kids are busy smearing butter over everything, take advantage of the distraction to snack on the delicious tapas-style treats you can order with your drinks. I couldn't resist the nuts roasted with chilli, rock salt and rosemary, and the slow roasted tomatoes looked rather gorgeous too.

Onto our main courses and a kids-size La Reine pizza arrived for Mia. Topped with ham, mushrooms and black olives, it's a mini replica of the full-size classic. Also on the Piccolo menu, a tomato pasta dish, a mushroom pizza or a plain Margherita for the fussiest tots. Too basic? You can also choose a small version of any pizza on the menu, or a mini salad if you remember to say please.

My Pollo Verdura salad was great, warm seasoned chicken, chargrilled Italian vegetables, rocket and baby spinach and a tasty balsamic dressing. Full of real flavours, it didn't surprise me to learn that Pizza Express claims to choose the only the freshest ingredients that are in

season, prioritizing quality to ensure that no dish is a letdown.

When it comes to dessert time, kids get a mini sundae of their own - a choice of strawberry, toffee or chocolate. Mia had the chocolate sundae, which kept her busy long enough for me to try the Caffé Reale, deliciously sweet baby figs served with a dollop of mascarpone and a coffee. A perfect end to a civilized lunch. Mia finished with her 'bambinoccino' an espresso cup of warm vanilla-flavoured frothy milk dusted with chocolate, which looked just like a diddy version of my cappuccino.

Whoever said looking after children was difficult obviously hasn't tried the Pizza Express treatment. In fact, Mia and I might make a regular date of it. At least it means I don't have to sit through a Disney classic at Cineworld....

Pizza Express

59 Halkett Place St Helier Tel: 733291

Open every day, from midday to midnight.

The Piccolo menu is £5.30 for 3 courses and comes with a free Pizza Express activity pack.

THIS MONTH'S RATINGS

location food service value for money

play date potential



Seasonal Food

Vicky Fawcett

Rude Food

The important thing with asparagus is that you need to get hold of the really good stuff - and that means young, green spears that have been harvested within hours rather than days. The loss of sweetness is a simple equation of time elapsed after cutting. Imported asparagus comes from Chile - year round - or Spain in the spring. This can be 10-12 days old before it gets to your shopping bag, with food miles that make you want to weep. Bob Milner of Happy Hens - those lovely ladies who offer up their fresh eggs - also have amazing asparagus. Over 7 vergees on the east of the island, Bob Milner is harvesting up to 40kg a day for the next three months. These weird spears can grow up to 10-15cm a day - that means you can actually see them at it. Packed with only an elastic band, it is asparagus as fresh as you can get. Pounce on them now in farm shops, Midland Stores and the market.



Get eating....

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

Rich pickings

Crabs first evolved in the Jurassic period - over 200 million years ago - which, now you think about it, makes sense. Our fish market has the most delicious and fresh crustacea on the planet and this is when they are at their best. No need for plane travel here, buy them whole or just the picked white meat, from the claws. Preparing a crab isn't as messy or difficult as you might imagine, check out a good cook book or have a look at eattheseasons.co.uk and you won't look back. There are a multitude of ways to enjoy this most versatile of seafoods. White crab meat rivals, or exceeds, lobster for flavour and succulence and needs very little fiddling with to create masterful dishes such as Linguine with Crab. Not only is it delicious, it contains useful amounts of B vitamins, iron and zinc, which does great things for your mojo.



Banana Split

Ingredients:

Jersey Dairy Ice Cream Bar of Chocolate Banana Jersey Dairy Whipping Cream Cherries Strawberry Syrup Chopped álmonds (amounts depend on how many you are serving)



This dessert is best served in a longish dish – that is if you are going for marks on presentation.

Get an electric whip, or summon some arm power, then beat the Jersey Dairy Whipping Cream until it is thick and fluffy

Melt some Dairy Milk (or your favourite) chocolate in a heatproof dish placed carefully on a saucepan of boiling water

If you have managed to fend other household members off the ice cream; Place three scoops of the Jersey Dairy Ice Cream into a dish; our favourites are their Caramel with Honeycomb Pieces, Banana with Toffee Ripple & Luxurious Vanilla With Real Vanilla Seeds

Drizzle the melted chocolate and Strawberry syrup over the ice cream. Then sprinkle some chopped almonds over the sauces

Place some of the yummy whipped cream in between the balls of ice cream and pop two cherries on top for effect!

Lastly, (and most importantly!), halve a banana and carefully wedge a half either side of the ice cream and Voila! An impressive delicious dessert in minutes.



May food news Vicky Fawcett

Have a cow

The World Jersey Cattle Bureau are meeting in Jersey this month for their 18th conference, to discuss the development of the world's fastest growing cow - our lovely homegrown Jersey. Around 300 delegates from Denmark, New Zealand, the US, Canada, South Africa and across the globe, will be involved in heated discussions on bull semen and animal husbandry. The driver for all this is cheese (see Cheesefest) and the world's hunger for the stuff. Those taking part will be sharing experiences of genetics, artificial insemination and no doubt in between all the facts and figures, there will be moments of appreciation for gorgeous udders.

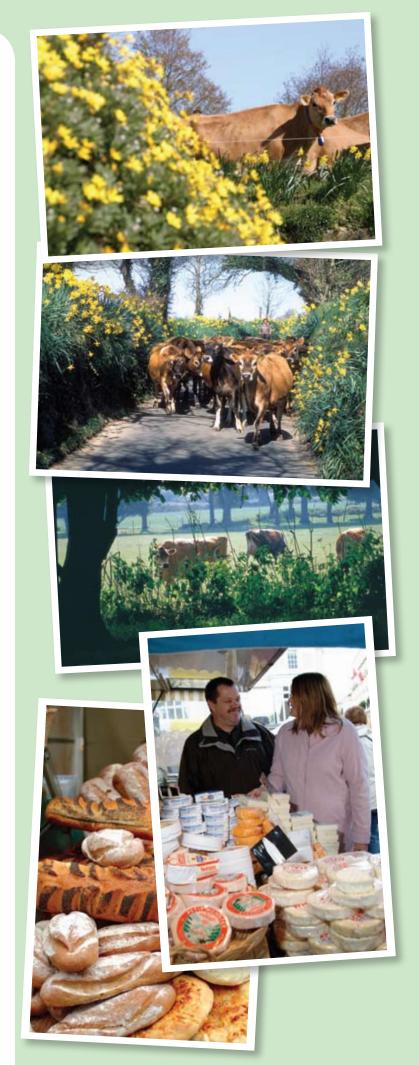


World Jersey Cheese Festival

It is a festival... of cheese. We know how good Jersey milk is but the reason why the Jersey cow is fast becoming the cattle of choice from California to Mozambique, goes deeper than a pretty face. It has to do with cheese and plain economics. Jersey milk is high in protein and and butter fat and yields up more cheese per litre than any other.

At the culmination of the World Jersey Cattle Bureau Conference is the first Jersey Cheese Festival on 23rd May. It will be first ever breed-specific cheese competition, featuring cheeses from around the world made that must be made from 100% Jersey milk. The cheeses will be entered into one of 14 classes and awarded with either a bronze, silver or gold award. The gold award winners will be put forward and judged against each other to find the best 'Jersey' cheese 2008 during the Foire de Jersey at the RJA & HS The judging panel will be led by "Famous UK cheese expert" Chris Ashby and include our Island's leading chefs Andrew Baird from Longueville Manor, Mark Jordan from the Altantic, Shaun Rankin from Bohemia, Alasdair Crosby from Slow Food and Catherine Vint from Genuine Jersey. Come to the Foire over the bank holiday and you will be able to sample some of the 100 cheeses in the competition.

There will also be cheese-making demonstrations, exciting cookery displays from the big cheese chefs. Close to home we have entries from the delicious Classic Herd cheeses from Manor Farm in St Peter. Their lovely bries and camemberts are being joined by an anticipated new, harder cheese, the Classic Cache, which is based on the famous Swiss raclette. Jersey Dairy will hopefully be launching their reborn cheddar. Made in the UK, it is golden yellow and the texture is smooth and very creamy. Cracking cheese, Grommit.



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Nature reserve retreat, St. Ouen

4 Bedrooms = 2 Bathrooms = 3 Single garages = Terraces to all elevations = On boundary of nature reserve =

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Beaumont, St Peter

Small Private Estate = Fabulous Views over St Aubins Bay = 5 bed 'K' main house = 3 bed 'J' cottage = 1 bed staff cottage = secluded terraced gardens =

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Savills (Jersey) Ltd

Price £3.3 Million Freehold





those dreaded maintenance issues. It's all courtesy of the introduction of new and improved woven furniture – it can be stored outside all year round as it is made from high tech quality materials which are tough, colour-fast, weather-proof, tear-proof and UV resistant.

We searched the globe to find some of the most stylish, high quality and great value examples for your enjoyment and peace of mind.

Siesta

Gloster is considered to be one of the most established names in quality outdoor furniture and their products are distributed world wide. This lavish circular sofa from Gloster's Scoop range could almost be a bed and is oh-so inviting for a sneaky afternoon snooze.

Scoop Nest Chair, £2,999. **Morton and Morton**



Yin Yang

Dedon is a young and innovative company that has revolutionised the outdoor furniture market in just a few years. Dedon's aim is to create the "living room for outdoors" and they have brought together a wealth of talent from around the world to achieve this goal. These hip Yin Yang style seats are half platinum and half bronze, and are a bit of a splurge at £5,740! www.dedon.de



Café Del Mar

The Ikea Shopping Service has branched out and is now also importing gorgeous furniture to order from Maisons du Monde and Habitat. Maisons du Monde endeavour to help people create their own style with a huge choice of pieces made from a variety of materials and influenced by exotic countries such as Morocco, China, India and Africa.

The chic Ibiza Sofa is UV-resistant and is made from strong materials including aluminium and woven polyester resin. It is decorated with luxurious, overstuffed cushions and comes with a comfortable price tag of £464, delivered to Jersey. Ibiza Sofa by Maisons du Monde

www.likeashop.com

Far Far Away

This stunning woven sofa and footstool is from Barlow Tyrie's Dune collection and is available in an array of colours, including Paris Red, Tuscany and White Sand (to name just a few). It is guaranteed to add an air of exotic elegance to your outdoor living space – perfect for a spot of daydreaming.

Dune collection £2,046.
Morton and Morton





Linnea of Sweden

Our new shop is now open at 12 Market Street (opposite Market Tea Rooms)

Our style is easy with furniture, homeware, candles and fabrics. Browse for yourself and for friends. We have new and exclusive lines from Cabbages and Roses and vintage-inspired fabrics from Ernst & Matilda

Open - Mon, Tues, Weds & Fri 9am-5pm, Thurs 9am-2pm and Sat 10am-5pm

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





Off Your Rocker

Or does this unusual Gullholmen rocking-chair from Ikea take your fancy? It creates a gentle swinging action, designed to help you relax mentally and physically. Made from banana fibres, steel and clear acrylic lacquer, the rocking-chair is easy to clean and a total bargain at just £43.50!

Gullholmen Rocking Chair www.likeashop.com



The Beach House

The beautiful Halo Admiral furniture collection is part of the Halo Living company. Their inspirational, traditional and vintage-style pieces are exclusive to Homemaker in Jersey. Halo Admiral is an in-vogue range of beach-style furniture, which includes sweet white-washed wooden tables and stylish denim blue sofas. If you're creating a seaside vibe then this collection was made for you!

Available from Homemaker

Sweet Swede

Hidden away in the centre of town, Linnea of Sweden is a little treasure chest full of retro, vintage and country house style delights. With inviting aromas welcoming you in, you will find everything from funky kitchen, bedroom and bathroom accessories and furniture to patchwork bedding, silk cushions and throws. There is also an abundance of linens and materials to choose from if you want to experiment with your own creations. Full of Swedish character, Linnea is just the place to find unusual gifts and gorgeous hand made cards.



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Trinity Rural Tranquility







An absolutely prime example of a beautifully renovated granite home, situated in an idyllic location, deep in the Trinity countryside. Overlooking green fields and located on a rural lane, this stunning home must be viewed to be fully appreciated. The accommodation offers 4 double bedrooms, 2 bathrooms, 2 reception rooms, a safe, enclosed, picturesque garden and parking for 3-4 cars.

£795,000 Call Christine on 07797 712722 to arrange a viewing

market news





Now the sun is shining and the days getting longer thoughts move to buying a new property or moving......

You're either taking those initial steps to prepare your home for marketing, a quick lick of paint here and there, power washing the drive or scanning the internet for properties to view.

But. Are you prepared? If you love the property you see are you ready to move as quickly as the current market dictates. With fewer properties on the market it pays to be as prepared as the next person. The last thing you need is to view a property, fall in love and then not be considered by the vendors agents because you've not pre arranged the finance needed to proceed. It's not only the finance you need to consider, you'll need to think about which surveyor you'll use and which lawyer is available.

These are areas that an independent mortgage adviser is experienced in and will not only provide assistance with but will also provide that guiding hand.

There's a lot to consider in obtaining a mortgage. Which rate is most suitable, what payment options are available, is it the most competitive arrangement, can the mortgage move property with me, is the rate fixed or variable.... the list is endless.

Jersey, or the Channel Islands as a whole, haven't been exposed to the same level of 'crisis' as that being experienced in mainland UK. We still have a high demand for property, which is down to our restricted boundaries and the management of the housing qualifications, which in turn supports property values and provides lenders with the confidence they need to

continue lending. I have experienced some lenders reviewing their criteria, not to the level evident in the UK, but we're very lucky to have the support of lenders who take an individual view on every transaction put to them.....not a 'computer says no scenario'.

So how can an independent mortgage adviser help? In most cases if we see evidence of your income and expenditure and get to know you and your requirements / expectations we can advise on the most suitable arrangement available and go on to provide a mortgage agreement in principle – the item needed to convince the vendors agent to accept your offer.

So what are interest rates doing at the moment?

In Jersey we're not exposed to the same products as marketed in the UK, so we can, in most cases ignore the best rate tables printed in the daily and Sunday papers.

As a guide the best rates available for loans of 90% - 100% are 5.45% to 5.6% fixed for 5 years. With a tracker rate of 5.25%, this being 0.25% above the Bank of England base rate for a period of 3 years.

I can't emphasise enough that you have nothing to lose in speaking with an independent mortgage adviser. Initial discussions are always obligation free, and you have everything to gain especially in the current fast moving market.

All being well you'll be soaking up this summer's sun in the garden of your dream home.



WHITTINGHAM SAVILLS PRIVATE FINANCE



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Location, location, Restoration

5 bedrooms • 4 reception rooms • 4 bathrooms • Garage • Patio • Terrace • Garden • J cat • Property is in need of total restoration • Approximately 2600 sq ft •

Price £960,000 Freehold

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Views over St. Aubin's bay

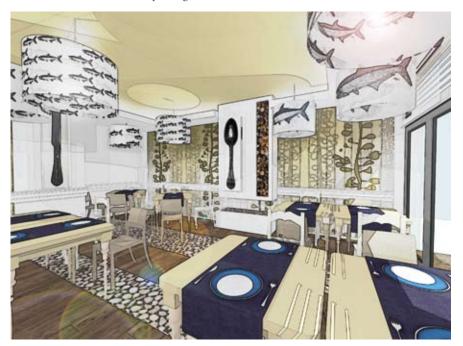
11 bedroom chambre d'hote = 3 bedroom owner's cotage = Mature lawned gardens = Garage and car park = Views to sea =

Price £2.9 million Share Transfer (No Quals Requ'd)

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Bigger fish to fry

When planning the interior of the new Atlantique Seafood restaurant in West Centre, owners Sammy and Victor Gomes wanted to create a new look for their bigger venue.

Their successful Fish Market eatery is ancient-mariner cosy, whereas the new site is light, spacious and open to the square and needed a completely different approach. Sammy and Victor approached Naish Waddington Interiors to come up with a warm and unpretentious scheme, with an individuality that reflected their own personalities and style.

Walk through the big, concertina doors and you are greeted by subtle and stylish touches: the smooth, pale pebbled floor, the soft shimmer of fossilized shells in the stone bar top, the soft seaweed shapes in the wallpapers and the beautiful, translucent sea-urchin pendant lamps.

The organic forms, palette and textures, create a seaside scheme that is thankfully an ocean away from nautical cheese. The design process, too, was very organic which allowed the finishes and layouts to continually evolve as products were sourced. The result is a refreshingly unique spot that will attract guests as much with it's stylish interior as with its deliciously fresh fish. too commonplace.

sign of the times



The Signature Bar & Restaurant (formerly City) has just reopened in Halkett Place. Featuring a brand new brand and interior, the new look is inspired by it's association with it's signature chefs. The domed portholes running inside reveal books from the chefs involved (above)

Signature has a complete new look, with gourmet recipes endorsed by celebrity chefs, and cocktails from around the world a speciality. The design to fit the new concept was undertaken by Elliot Design Partnership.

The venue will also now double as a lively and atmospheric Cocktail Bar. It might not be the mood lighting that first catches your eye, or the vivacious colours and displays of audacious fabric lamp shades hanging from the ceiling, but once you have tasted and soaked up the vibrant atmosphere you'll hopefully come go back for more.









the business >



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the business



Mourant du Feu & Jeune involved in "deal of the year" at IFLR awards

Mourant du Feu & Jeune, part of Mourant, was involved in one of the "deals of the year" at the recent International Financial Law Review awards, which celebrate legal innovation and the ingenuity of lawyers in Europe.

Mourant du Feu & Jeune's Business Practice Area acted for The Royal Bank of Scotland in the multi-billion pound takeover of ABN Amro Group, which IFLR cited as having "more or less everything".

IFLR highlighted that it was the first time a consortium of three large banks – The Royal Bank of Scotland, Banco Santander and Fortis – had joined together to acquire another global bank and recognised the hurdles such as litigation, regulatory changes and a drying up of liquidity. "These awards provide further evidence that Mourant du Feu & Jeune continues to advise on some of the most complex and innovative deals in the market," said Elaine Millar, partner and head of the Business Practice Area at Mourant du Feu & Jeune. "This was the deal of the year in terms of mergers and acquisitions and we're delighted to have been involved."

Mourant du Feu & Jeune's Elaine Millar and John Lewis advised in relation to regulatory aspects in Jersey and Guernsey respectively, assisted by Matthew Shaxson. Elaine Millar also advised, with Helen Ruelle, on Jersey competition law matters while Wendy Lambert advised on employment law.

Gallery's six month management course.

The final instalment in our six month series, this will be the last of our pearls of wisdom for you. This month it's about keeping your place in the 'pecking' order (excuse the pun) and how to avoid troubles.

Lesson Six:

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and dropped some dung on him. As the frozen $% \left\{ 1\right\} =\left\{ 1\right\}$ bird lay there in the pile of cow dung, he began to realize how warm he was. The dung was actually thawing him out!

He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him

Moral of the story:

- (1) Not everyone who sh!ts on you is your enemy
- (2) Not everyone who gets you out of sh!t is your friend
- (3) And when you're in deep sh!t, it's best to keep your mouth shut!

girl power

A 2 DAY COURSE **FOR WOMEN IN MANAGEMENT** WORTH £845

Gallery has an exclusive opportunity to give away a place worth £845 on a Management Training Course specifically tailored to women in the workplace.

The two day course planned for 21 and 22 May will be held at The Radisson SAS Hotel.

Senior course tutor and Accermarque Director Carmela Clarke said; "This two day course is designed to energise women in management and to help them maximise their potential. content will provide effective strategies for mastering a variety of management skills. It is designed around four key development areas: Identification, Exploration, Communication Transformation. The course is interactive and includes syndicate case studies role play and group sessions."

To enter, all you have to do is visit www. accermarque.co.uk and answer this question. Accermarque Consultancy describes itself as 'Original in our thinking, Unique in our approach...' and which additional quality?

To win this very worthwhile prize, send your answers by email to: Lindy.m@wk-pr.com

CLOSING DATE 5pm on Monday 19 May 2008. Please note, in the event of the course dates changing or course cancellation, there is no alternative prize. No cash alternative will be offered. Competition is only open to entrants no-longer attending full-time education.







Evolution Is Selected To Implement Global **Web-Filtering Solution**

Evolution Systems Limited was set up by local entrepreneur, Ritchie Jeune, in 1999. The company leads the market for digital security solutions in Europe and Asia and has offices in Jersey, London, Hong Kong and China.

Evolution has implemented a global Web-filtering solution for local offshore legal firm Ogier. Ogier, which was established in Jersey, needed a system that

could be managed from one centralised location and would take into account the office locations within different time zones.

Web-filtering enables organisations to prevent employees from using the Internet inappropriately and provides visibility and control of Web communications to address business risks. Therefore, Web surfing, spyware and viruses brought in via back-door channels such as instant messaging and Web-based email, and network resource abuse due to peer-to-peer file sharing and video streaming can all be monitored and controlled. So no more sneaky lunchtimes on YouTube or FaceBook!

Lee Turner, IT Project Manager, Ogier, states, "Typically our Web-filtering process used to mean that a business user would request access to an unknown website, which in turn would need to be authorised by the Jersey IT team and their local jurisdictional policy. For users in the Caribbean or Asia this could mean that with the time lag, actions would

only register 12 hours after the original request was issued. We therefore required a solution that was much more responsive and could work in tandem with all of Ogier's offices."

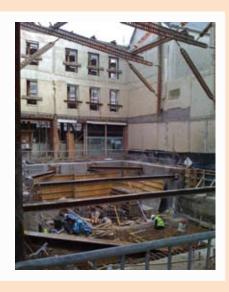
Mark Stewart, Director, Evolution Systems Limited, explains, "Our solution using Blue Coat technology - connects Ogier's users to the Internet securely without impacting Web performance. This will greatly simplify configuration and reduce the administrative effort associated with creating special-case exceptions to internet access for offshore offices. Now, instead of configuring browsers to bypass the proxy, administrators can simply add an entry through Blue Coat's intuitive Web interface. As a result, Ogier's IT team now has full control over employee internet access – without imposing a burden on either the network performance or the IT department." So watch what you're looking at on your Ogier computer, they can see you!

State-Of-The-Art Office Move as HSBC Bank hits King Street

HSBC Bank has announced that it intends to move into brand new premises, to become the only bank in Jersey to have a presence in St Helier's main shopping area. HSBC has committed to a substantial investment in establishing a stateof-the-art store in King Street, St Helier, which forms part of the bank's £400 million investment in its branch network around the UK and Channel Islands.

The new King Street office will be one of HSBC's new concept stores. An integral part of the new store layout will be a new open-plan banking hall, with automated self service equipment, mortgage and Premier centre that will allow staff to give customers a more personal service.

The new store is scheduled to open in early 2009 and will replace the existing branch at Library Place, St Helier. HSBC has confirmed that it is selling its iconic Library Place building, which this year celebrates 150 years of banking history.





A new regional group for the Chartered Institute of Public Relations is to be launched in the Channel Islands and co-ordinated by Chairperson Lindy Mackenzie MBE.

Head of Public Relations for White Knight Public Relations, Jersey, Lindy said, "It's essential that public relations practitioners across the Channel Islands have a proper forum for networking, with access to guest speakers from the UK. Until now, Channel Islands public relations professionals have had to go to the UK to attend events supported by the Chartered Institute of Public Relations (CIPR).

Now we have the green light from the CIPR we can offer seminars and events tailored to the specific needs of Channel Island's members. Until now, Channel Islands PR professionals have not been eligible to enter their work into the prestigious national PRide awards. These are the national industry awards and Channel Islands companies will now be able to compete."

Existing CIPR members and anybody interested in public relations as a career choice in the Channel Islands are urged to contact Lindy for more details on 510015.



movers and shakers

movers and shakers

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



Orchid Communications, the multi-award winning PR agency, is pleased to announce the appointment of Iselin Vale as Account Executive. Iselin moved to Jersey from London in December 2007, having finished an MA in International Relations at King's College London, and subsequently completed a four months communications internship at the United Nations Association of the UK. She has a background in journalism, having graduated with a First Class BA (Hons) in Multi-media journalism from Bournemouth University in 2005, after which she spent a year working as a Broadcast Journalist for Russia Today Television in Moscow.



Appointment of New Senior Branch Manager at RBS International

Marcus Nobes has been appointed Senior Branch Manager at Royal Bank House in Bath Street Marcus will be responsible for ensuring that the Bank's strong relationships with customers are maintained. Marcus, who is also well known in local circles through his involvement with the Jersey Rugby Football Club first team, has more than twenty years of banking experience with RBS International. He is also a member of the RBS Talent Academy which provides an accelerated development programme for high performing employees.



Seymour Group Appoints Sales Manager

Jersey's largest hotel and leisure group, Seymour Hotels has appointed Isabelle Delvallée as their new Sales Manager. Frenchborn Isabelle joins the company from local tour operator, Bontour and prior to that she has worked in sales roles for hotels in both London and France. Isabelle's role at Seymour Hotels will be to develop existing and new relationships with local companies and organisations and to promote the Group's wide range of products and services, including the Group's three hotels (Pomme d'Or Hotel, Merton Hotel & Portelet Hotel), The Merton Aquadome and Leisure Club, The Residence de la Plage apartments and The Watersplash.



Exam success for Ernst & Young trainee accountant

Idonette Botha (25) is currently on secondment from the Ernst & Young office in Namibia. She joined the firm in 2001 while studying part time for a Bachelor of Accounting Science degree through the University of South Africa. After gaining her degree in 2005, Miss Botha then completed an Honours Bachelor of Accounting Science with a Certificate in the Theory of Accounting (CTA). The CTA is a prestigious qualification gained for passing all honours subjects in one exam period. She then began studying for the PPE, which is awarded by the Independent Regulatory Board for Auditors (IRBA) in South Africa.



PricewaterhouseCoopers Welcomes New Head of Tax

Wendy Dorman will be based in Jersey, where she has worked for the past six years and will lead the firm's tax teams in both Jersey and Guernsey, working to ensure that the firm is fully prepared for the imminent challenges of GST and the new zero-ten regime. Having qualified as an ACA in 1987, Wendy spent twelve years in London working both in the tax profession and in industry. Since her move to Jersey in 2001, Wendy has become a key player in the Jersey financial community and has been an active contributor to the debate on the new tax regime. In 2003 she joined the tax and legal sub-committee of the Jersey Funds Association. She is also Vice President of the JSCCA and chairs the JSCCA tax sub-committee.



Head of Facilities

A former Victoria College student has been appointed the new Head of Facilities at Jersey Post. Matt Bougourd, 31, will be leading a team of eight staff and is charged with overseeing the group's overall security, contracts and ongoing projects. He will also be developing Jersey Post's environmental policies. Since leaving school, Mr Bougourd has worked continuously in Jersey in the building industry and worked in a range of facilities management roles.



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recruiting graduates? July's edition of Gradu8 goes direct to all graduates. Get included: call us on 811100 or email gradu8@gallerymagazine.co.uk





inside finance brought to you by Jersey Finance



Spring is in the air! With more hours of sunshine (supposedly!) and longer days, you have the perfect excuse to 'leap' into action and focus on your career.



The finance industry certainly has a 'spring in its step' at the moment too. It was recently announced that it has been short-listed, along with Gibraltar and the Isle of Man, in the 'Best International Financial Centre' category of International Investment magazine's prestigious 'Fund and Product Awards 2008'.

This follows on from Jersey's success earlier this year in being named in the top three global financial centres in Citywealth magazine's Leaders List 2008. Jersey is the current holder of the International Investment Award and will be aiming to hold on to its title when the awards are announced this month. Being short-listed is great news for the Island – it goes to show that finance professionals around the world are continuing to be impressed by what Jersey has to offer. The good news is that you could be a part of this success story too – there are plenty of opportunities to play a role in the future success of Jersey's finance industry, so take a look at what careers are on offer.

If you're not sure about what role might suit you, help is at hand. After the success of the first ever 'Finance Industry Careers Day', held at the Hotel de France last November, there are now plans to hold another careers event this summer

This year's event will be held on Thursday 3rd July at the Grand Jersey and will be called 'Allsorts - Life is Full of Choices'. It will concentrate on careers within or directly related to the finance industry in Jersey, offering students, recent graduates and career switchers who are looking for opportunities within the finance industry to find out more directly from leading employers in the Island.

As well as being able to meet employers and making contact with representatives from the finance industry, those visiting the event will also have the opportunity to attend a variety of free career development sessions with exhibitors, take part in industry sector orientated 'Talks', benefit from drop-in CV clinics...and have the chance to enter some exciting industry related competitions!

Feedback from companies taking part last year was extremely positive. Some firms even employed a number of people as a direct result of talking to them at the careers event.

So keep an eye out for further details about the event, coming soon...!





This month, we look at useful words and phrases from M-N:

Managed Fund - a type of investment where a number of investors pool their money into one fund which is then invested by an experienced fund manager.

MEANS TESTED - an appraisal of a person's income and assets to establish if he or she qualifies for state benefits.

MERGERS AND Acquisitions- advising clients on buying, selling and merging with other companies.

MORTGAGE - a loan to purchase a home, where the property is used to guarantee repayment of the loan.

MORTGAGE EATE - the standard interest rate given by mortgage lenders, which tends to reflect rises or cuts to the Bank of England base rate.

NEGATIVE EQUITY - where the value of your property is worth less than the money owed on the mortgage.

No CLAIMS BONUS - where a discount is awarded to policy holders who have not claimed on insurance, for example, when drivers do not claim on their car insurance.

NEW YORK STOCK EXCHANGE (NYSE) - the world's largest stock exchange with well over 3,000 companies listed.

Find out More!

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

take a snapshot

You can start your research now by taking a look at the 'Industry Snapshots' we have put together. They focus on the city cortex of the france industry including: the six sectors of the finance industry, including:

Accountancy Banking

Funds Insurance

These snapshots provide a summary of the careers available in each sector, including what jobs are available, what skills are required, what sort of work experience what skills are required, what sort or work experience you'll need, what different jobs entail, what typical salaries are like in each sector, the qualifications that are required or which you can complete in each sector.



The 'Dos' and 'Don'ts' of Starting Your Career in Finance

Setting out on a new career can be a tricky business and pretty daunting. It's sometimes difficult to know exactly what employers are looking out for and what to expect, particularly if it is your first job. But there are some golden rules you should follow:

Get Qualified!



Jersey student Samantha Cropper decided that she wanted to make the most of her 'free period' time at school by studying towards the IFS Certificate. Using her initiative, she embarked on this course of study and, whilst she admits she didn't know much about finance before she started, Samantha hasn't looked back since.

"I didn't know much about finance before I started the IFS qualification," she said. "I only knew that it was a big industry in Jersey and that I wanted to know more about it. I thought it would be a really worthwhile use of my time to get a well recognised set of exams behind me." Having completed the IFS Certificate, Samantha is now working towards the Diploma, the next step in the qualification ladder.

Although Samantha has the support of her business studies teacher at school for any questions she has or extra materials she needs, she is undertaking the qualification as a self-study course.

The Certificate and Diploma both have three exams. Two of those are multiple choice exams whilst the third exam includes mini essay questions which focus on a broad range of financial issues.

"These qualifications are a great way to learn all about the basics of the finance industry," added Samantha. "Through my studies, I have learnt all about the types of products, services and providers there are. I've also learnt about how companies work, what the roles of the service regulators and financial ombudsmen are and how marketing and PR play a role in modern financial services."

Make the most of your time and look at how a qualification in financial services could benefit you and your career. They are available locally, so get to work and find out more!



Know Yourself

Having a good idea about what interests you and what your skills and attributes are is absolutely vital. Careers advisers frequently warn people that only by knowing yourself can you begin to sell yourself successfully to employers.

KNOW WHAT INTERESTS YOU

With such a variety of career opportunities out there, have a think about what area you'd like to work in, what sort of environment would suit you or what work you'd like to be doing on a daily basis. Speak to people who already work in an area you think might interest you, go to careers fairs – like Jersey Finance's 'Allsorts' event in July – or sort out some work experience.

RESEARCH YOUR PREFERRED EMPLOYERS

Make a list of the top organisations you think you might like to work for and do some research on them – look at their websites or keep an eye out for articles about them. This should give you an idea of their business, what kind of recruits they look out for and how they would like to hear from prospective recruits.

PUT TOGETHER A PLAN OF ACTION

Speaking to so many different people about an industry you may not know much about can be confusing! Keep a record of who you've spoken to and track your progress with any applications. Knowing where you are can flag up areas you might need to work on, in terms of knowledge, skills and experience.

PREPARE FOR THE SELECTION PROCESS

Every organisation will have its own style of recruiting—some prefer to interview, some prefer other forms of selection exercise. See if you can find out what style of selection process certain organisations prefer. If you can prepare yourself for what you might encounter, you are less likely to find yourself being put on the spot.

PMA - Positive Mental Attitude!

It's inevitable that you won't be handed your dream job first go and that you'll get some 'positive criticism' feedback. It's really important to stay positive and optimistic!



BE UNREALISTIC

Having a degree doesn't automatically qualify you for a job or a specific entry level. Academic qualifications are important but they are only part of the overall package employers look for. They will also look for transferable skills, business awareness, broad work experience and a general roundness of character.

BE VAGUE

If you're not sure about what you have to offer, what your skills are and why you want to work at a particular organisation, you're probably wasting your time. If you're vague or unclear, you'll find it very difficult to convince an employer why they should employ you.

SIT ON YOUR LAURELS

If you're lazy and don't go to careers fairs or make the most of a careers service, you will miss out on some good opportunities. Simply registering with recruitment agencies and sending out a few CVs is not good enough. If, on the other hand, you go and speak to employers and make an effort to meet with personal contacts to discuss careers, you could well reap the rewards.

BE INFLEXIBLE

Everyone has their dream job, but being too narrow in the kind of job you want to accept can be a mistake. Keep an open mind about where you want to work and what sort of job you could do. Being positive and flexible can often result in being more successful.

BE HAPHAZARD AND UNTARGETED

Although it might seem an easy option, simply sending out copies of your CV to random organisations will rarely end in success. Employers will not be impressed by a generic 'Dear Sir/Madam' letter, which will often just end up in the bin.

Be Unprepared

It's never too early to be thinking about a potential job interview. Preparation should begin at the same time as you apply for a job. Leaving preparation for an interview until the night before it takes place will leave you feeling stressed and illequipped to deal with what you might be asked.



Voisin, one of Jersey's longest-established law firms, and **Volaw Trust Company** provide a joint legal and financial approach which adds significant value to our clients.

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How big are your dreams?

EQR's Denny Lane explains how with the right loan, you can affordably achieve them.

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Channel 4's 'A Place in the Sun' recently reported on property hot spots around Europe and in particular Serbia, Albania and Poland. If you'd like to invest in a property overseas, but don't have the cash for the deposit or legal fees, then EQR has some great finance options available. Whether you're looking for a holiday home or a buy-to-let investment, we could fund the entire purchase and even lend you extra for the refurbishment. To make life easier, we'll even pay the deposit and fees to the foreign solicitor in your preferred currency.

Need £25,000 - £50,000 -£100,000 - £200,000?

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With EQR there's no call centres, queues or automated services

Pop into our centrally located offices in Conway Street, just 100 yards from Library Place – all our services are under the same roof with qualified, helpful staff ready to deal with any enquiry. You'll be allocated a dedicated Relationship Manager who will deal with your application from beginning to end, and will be happy to answer any queries you may have. With no call centres, queuing or automated services to deal with, you'll always know who you are talking to and decisions are made quickly.

We'll create a loan that's as individual as you are

Borrow over a short term to repay quickly or spread the finance over a longer term to keep your repayments low – alternatively you could defer a proportion of the loan to the end of the agreement and then choose to refinance the balance or repay in full. Whether you want fixed rate or variable rate finance, we can guide you through the options to ensure you make the right choice to suit your needs.

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If you are due a windfall, maybe an inheritance or have a savings or endowment policy maturing in the near future, but would like to get your hands on some cash now, then you may be interested in our interest-only finance. Decide on an amount that you would like to borrow and pay smaller interest-only repayments on the capital for a period that suits you. To learn more about this flexible option, please talk to one of our Relationship Managers.

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EQR can put a loan facility in place for you to draw down on as and when you need it. Release all or just part of the loan and repay the amount borrowed on a variable rate basis – that way, you only pay for what you borrow. Unlike other finance companies and banks, which charge non-utilisation fees, our finance remains fair and affordable – there are no hidden charges, so you know the true cost of your loan from the outset.

Got a dream – need help financing it?

So what's your dream? Come and visit our offices for a free finance review or why not give us a call on 737341 – we're open on Saturday too.

EQR offers small to large loans to people living locally and businesses operating in Jersey. Apply for a free no obligation quote by calling us (737341), emailing enquiries@eqrfinance.com, or visiting our website www.eqrfinance.com (we have a quick quote calculator which provides you with an instant no obligation quote for any amount), or pop into our centrally located offices in Conway Street (just 100 yards from Library Place).











When trying to decide which car to test drive for our sunshine issue, we thought to ourselves - it has to be topless.

Here at Gallery, we're pretty passionate about cars - both old and new - so when we got the opportunity to take a classic car out for the day, we jumped at the chance (quite literally).

The TR4A built in 1967 was the car of choice. After a five-minute introduction to its idiosyncrasies (which we found plenty of later as the journey unfolded) we were off on our nostalgic jaunt around Jersey, scarves and goggles firmly in place. Okay, perhaps we're several years too young to remember the car in its original glory but when we noticed the friendly grins and waves we were getting from the slightly older generations as we drove past, we could only guess that this little red car was bringing back a multitude of happy memories from days past.

The very first thing we noticed was the size of the car. It's small, very small. To our surprise though, once we'd got ourselves inside the car, it was comfortable and there was enough room for two averagely-sized adults, with space in the boot and behind the front seats of this 2-seater for several smaller-sized bags. Anyone taller or slightly on the portly size would struggle to comfortably squeeze in though as the seats are somewhat 'hugging', the steering wheel relatively close and the roofline low - anyone much taller than about 5'11" might have trouble seeing ahead as I suspect the top of the windscreen would obscure their vision!

Having said that though, there's ample legroom for both driver and passenger in this little red go-kart.

The period radio looks the part but doesn't function - not that you'd really want it to, after all, this car is all about the experience of driving a machine from yesteryear, not listening to the latest songs on repeat.











Something that we were warned about during our brief induction to the car was the handbrake, which functions in a way that is essentially the opposite of how many 'modern' cars' parking brakes operate. To engage, pull up and press the button. To release, simply lift and drop to depress the lever. Once you get your head around it, I must admit it seems to make more sense than what we have become accustomed to.

Whilst on the subject of brakes, it is important not to forget that braking distances are far greater than that of more modern vehicles - no six-pot calipers and vented, grooved discs here.

In 1967 the TR4A IRS (denoting independent rear suspension as opposed to the solid rear axle fitted to the TR4) cost £968 new - this one fitted with a heater and seats belts as factory fitted options, costing £13 and £4 per side respectively. Other options included overdrive and wire wheels (although pretty, a nightmare to keep clean).

Fitted with a 2.1 4 cylinder engine coupled to a 4 speed all-synchromesh box she's a joy to drive and although by no means 'fast' by today's standards the example that we drove certainly was nippy for an old timer (41 years young!) and it's no wonder that Triumph managed 1st, 2nd & 3rd place wins in these cars during the 1966 Sebring 12 hour endurance race. The ride is smooth and despite having no power steering she's not excessively heavy to manoeuvre at low speed and in all honesty you wouldn't notice what with the wind in your hair and the sun beaming at you through the open roof.

The exterior of this beautiful machine is made all the better by details such as the teardrop on the bonnet and chrome bullet-mirrors which both look great, although the latter are nigh on useless unless you're very short - I resigned to using motorcycle-esque 'lifesaver glances' over my shoulders to check for anything to the rear or side of the vehicle as the mirrors themselves don't move and take quite a bit of ducking and leanign to use effectively - all part of the experience though in my opinion and from my own experience few drivers even check their mirrors anyway!

The example that we drove, was in faultless condition, and I was surprised to learn that this example came into the present owners' hands pretty much as it remains today with no signs of bubbling panels, no pitting of the chrome features or wear to the seats, carpet or steering wheel.

I won't go so far as to say that a TR4A would make a practical daily drive (although I'm sure it has been done before!) it definitely makes a great summertime classic to hit the open road in so why not let Jersey Classic Car Hire take car of the associated upkeep that comes with a car this age and let you concentrate on enjoying the experience?

You can rent this car from £125 for a day or £485 for a week. For further details, a brochure or to hire a classic call Classic car hire on 746273 or visit www.jerseyclassiccarhire.com



MOTOR BRAND NEWS



BMW 1 Series Convertible

Open top motoring comes to the 1 series range 306hp twin-turbo petrol power tops the range, Efficient-dynamics cuts emissions and improves economy. Innovative sun-reflective leather technology is offered.

Prices start from just £20,300 on the road.



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



Volkswagen EOS

The VW Eos is a classic coupe and a sporty cabriolet. From coupe to cabriolet in just 25 seconds thanks to an innovative CSC (Coupe Sunroof Cabriolet) folding steel roof system. 3 petrol engines are available delivering 122ps, 150ps or 200ps and a 2.0 TDI diesel engine, generating a healthy 14ops. The powerful 3.2 V6 FSI petrol engine delivers 250ps and uses a DSG transmission. Prices start from £16,500.



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



Citroen C5

The new C5 saloon is a breathtaking union of style, luxury and comfort. Its exterior presence is the invitation to a new driving experience - its interior the perfect host. Available in Saloon or Tourer, from the SX Model 1.8i 16 valve 127 horse-power to the exclusive 2.7Hdi v6 with impressive 208 horse-power. Prices start from £14,449.00 on the road.



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



gadgets

Gadgets

This month Gallery has checked out some of the latest gadgets, some which you can enjoy outside in the sun and those environmentally friendly solar powered gizmos.



Solar Powered Travel Shaver

Perfect for travellers basking in hot countries and anywhere without mains power. It's slim and compact, measuring 10 x 5.5 x 1.5 cm and is ideal to tuck into your bag. Just leave it to

£34.99 | www.ecotopia.co.uk



Solar Powered Laptop

So it's only a concept at the moment, but this MediaStreet's 1GB eMotion solar-powered portable media player may also provide power for "most portable devices such as mobile phones, MP3/MP4 players, laptops, digital cameras". It also claims to offer Nintendo and Game Boy emulation via SD card so when you want to be out in the sun for long periods of time - you can be. Watch this space!



Sun Light

Outdoor lighting has never been so kind to our envirnoment. Solar lighting is a great way to light up your evenings without having to lift a finger. There are a huge range of styles and specifiactions out there, most have Ni-Cd rechargeable batteries. They are tougher than they sound and are hard wearing enough to stay outdoors all year round.



2 colour-changing floating Gardman lights £15.99 : Ransoms



Set of 4 Gardman deck lights £21.99 : Ransoms



Gadgetslatest

BlackBerry Curve 8320

This new gold BlackBerry Curve 8320 may be a bit bling for some, but it is going to look great while you're sitting in St Tropez with a summer tan.

So far it is the smallest and lightest of the BlackBerry® family, featuring a metallicfinish, clean lines and soft edges. It comes with a camera, media player, Wi-Fi capabilities, expandable memory, Voice Dialling, BlackBerry® Maps and trackball navigation (great for those of you heading out on our Rally). It also has all the usual features - email and text messaging, instant messaging, web browser and advanced phone functionality.

The handset is free on an 18 month Sure 150 contract Sure mobile



Cerulean F1 & TX wirless headset

The CERULEAN F1, awarded the iLounge.com "Best of Show" award at its preview during MacWorld Expo 2007, has now come together with the TX so that ipod users can now listen to and control their sets without wires.

The F1 features include controls that allow the user to adjust volume, cycle through tracks and pause playback. It looks sleek, the sound is good and it means you can use whilst your on the go, without having to fight with earphone wires.

It is also compatible with most mobile headsets so it can be used for wirless calls and music. It automatically puts music on hold while you receive calls and re-starts it when the caller has hung up so you really don't have to fiddle around too much with this great gadget!

£80

iQ.



If you have already got a a GPS enabled smartphone then this is the perfect add on. It's a full-featured navigation data card tool, which you plug into your phone. Just plug the small SD card into your phone and go. Yet another great gadget for those jetting off the island this summer. There are no monthly fees, or network coverage required and it includes preloaded maps and turn by turn directions. A handy and cheaper alternative to Tom Tom.

£61.99

Jersey Telecoms







Telephone: 759990



This month, Arnie goes 'Commando' to test the Merton Hotel's Flowrider... it's brand new, one of only about 120 worldwide and the first and currently ONLY one in the UK!

When Gallery asked me to come over to test the new Flowrider at the Merton Hotel I thought 'Why would I want go to Jersey to catch some surf when we have plenty right here in California?'

But the Gallery team begged and begged and I eventually gave in. I would like to point out at this point that any rumours of embarassing photos they threatened to publish are completely unsubstantiated - think of me less as the Arnold that you thought you once knew, and more as the well respected Governor of California. Anyway, the investigation...

So, what IS a Flowrider Arnold, I hear you say? (I don't really, that's just a thing that writers put sometimes) Well, it's a bit like a really shallow waterslide except the water is thrust from infront of you whilst you're on it. The 'ramp' itself is soft and somewhat springy as are the padded sides plus there's an area at the back where the water drains off and you often end up when you wipe out. I had been assured that I would be aquainted with this area sooner rather than later by the instructor, Mac. Let me tell you, he wasn't lying.

The water began to flow. Quite rapidly.

After the brief demonstration in which Mac made everything look incredibly easy, I stepped up to the mark in my favourite camouflage boardshorts (they remind me of the good old days, like when I played Colonel Matrix in 'Commando' thoise special effects still blow my mind to this day) where

66 What is A flowrider, and what does it do? "

Arnie.



Das Gallery magazine

Midbeach House

St. Lawrence

Old Jersey



Mac reminded me that when (not if, WHEN) I wipe out I should make myself as small as possible and protect my head just to be on the safe side and also how to hold the board that I was using, which looked much the same as a normal bodyboard but with a slightly different shape. Holding the top sides in an iron grip with my body hanging from the board waist-down he released me from the front of the machine and into the wave. Move your body forward to move forward, back to move backward and lean left or right to, you guessed it - move left or right. Easy stuff for an action hero like me.

Not so easy though were the next few tricks - throw the board forwards and catch it again, the barrel roll (successfully executed, might I add) then the double barrel roll and bodysurf manouvres, not so successfully executed.

Nevertheless, out came the stand-up board. This is like nothing I've experienced before - different from surfing where you travel with the water, different from snowboarding or wakeboarding where you travel over the water (after all, snow IS water), there is a relentless force travelling against you at speed and yet you're not moving. With reasonable success and only a couple of wipeouts, this is definitely a riding style that I now feel MUST be mastered. Who needs Californian beaches anyway?

The Flowrider will be opening soon for use by Merton members and guests of the hotel at a cost of £3 per hour with two instructors on hand at all times.

Both the lie down and stand up boards deserve a full-5 AK-47's - the benchmark has been set! What are you waiting for? You can check out a video of the Merton's flowrider in action being ridden by two Dutch professional Flowboarders on YouTube - just search 'Merton Flowrider'.



Governator verdict: 5 AK-47s

erdict:

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University lees!



How large is a Larger Loand

AMOUNT'	Interest-Only for 36 months	120 Fixed Monthly Repayments
£20,000	£147.76	£295.68
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£60,000	£443.28	£887.04
£100,000	£738.80	£1,478.40

Typical examples - other terms and options are available. It to one of our qualified Relationship Managers and we'll be happy to help.



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All loans are subject to status, terms and conditions apply, Typical APR to p1%. Security may be requested for larger loans. Your home may be at risk if you do not keep up repayments on any loans secured against it. Think carefully before securing other debts against your home. Early repayment charges apply, EDR Finance is a registered business manne of Close Finance (Q) Limited, which is a subsidiary of Close Brothers Ptc. Regulated by The Jersey Financial Services Commission for the conduct of Clement Bissummer mediation.

PO Box 483, Conway House, Conway Street, St Helier, JERSEY, JE4 5SR





United Banks accept the Four Peaks Challenge

26-28 JUNE 2008 Nick Williams tells us about it.

The Challenge

To cut a long story short, a few weeks ago I was chatting with Henry Goatcher after a Jersey United Banks RFC training session (the rugby team we both play for), and we were saying that it would be great to undertake some sort of challenge in the summer when there was no more rugby to keep us busy.

I had heard vaguely of the Wooden Spoon charity, and knew that (a) they had a connection with rugby, and (b) held an annual challenge of this nature. So I looked into it. Things swiftly fell into place after that. and we are now set to try and climb; Ben Nevis in Scotland, Helvellyn in England, Snowdon in Wales and Carantouhill in Ireland. All in under 48 hours.

Our team will consist of three climbers myself, Henry Goatcher and our fly-half James Marwick. Then our fellow team mate Jonny Mackintosh, bravely agreed to take on the driving responsibilities, no doubt putting up with our smelly feet, whinging and snoring along the way (a lot of the driving takes place over the two nights that the 48 hours spans).

I still can't fathom quite how we are going to manage it. Most people who we have mentioned it to have either laughed or looked at us rather pitifully. However, we are not alone...66 teams from all over the UK will be doing it.

The timetable roughly is that we climb Ben Nevis in the afternoon on Day 1, drive through the night to the Lake District, climbing Helvellyn very early on Day 2. We then drive to Snowdon for an afternoon climb, get on the overnight ferry to Dublin and then climb Carantouhill in the

morning of Day 3. Then everyone heads to a big party in Ireland - at least that's the plan if we can still stand!

The Charity

The President of the Jersey branch of Wooden Spoon is Roger Trower, who is in his 36th year playing for United Banks. It is also Wooden Spoon's 25th anniversary.

Wooden Spoon is simply a fantastic charity. It is called Wooden Spoon because in 1983 the England rugby team had a disastrous 5 Nations campaign, that culminated in them being beaten by Ireland in Dublin in their final game and finishing bottom of the table. In one of the Dublin bars afterwards, a group of Irish lads presented some of their English counterparts with a wooden spoon in recognition of England's performance. Later that year, the English lads decided to hold a charity golf day, with the prize being the wooden spoon. There was a huge amount of interest, and the charity grew from there...

Wooden Spoon is rugby's charity supporting mentally, physically and socially disadvantaged children and young people. It has committed to over £13 million in spending for projects for children and young people. It has patronage from the four rugby home unions and royal patronage from Her Royal Highness The Princess Royal. It has become a national charity but one working very much at a local level, where all funds raised locally are spent locally.

In terms of our own efforts, we have set up a donation page with the Just Giving website www.justgiving.com/jubrfc, which hopefully will allow our friends and family (or indeed anyone) to donate to the cause online. We are also holding a charity auction at the Jersey United Banks Annual Ball on 14 June 2008, which is being held at the Royal Yacht. We're not quite sure what we are auctioning yet (a signed United Banks shirt should raise at least £3...), but we are working on it! In addition, we are selling advertising space on our team car, and on our shirts. For more information call 07829 700500.



ROBERT MOORE Captain of St Ouen's Football Team

What were the worst conditions you have ever played football in?

Coming from Ireland the conditions were never favourable but on one occasion the wind was blowing so fiercely that the rain was horizontal, you could barely see the grass with the standing water, it was literally impossible to play.

What is the worst injury you've ever had OR you've ever seen on the football pitch?

I've had a number of bad injuries myself with broken bones but the worst I've seen would have to go to our assistant (player) manager Danny (Kitman) Craven who broke his neck in a challenge last year, it's scary to see just how easily its done but luckily he's recovered and is back playing.

What is happening at the moment with St Ouen's Football team?

We are currently celebrating winning the Division 2 title and Willis Cup, and preparing for the W.J. Collins Memorial Trophy Final in Guernsey against St. Martins. We have also recently become affiliated to Leeds United and have an arrangement whereby Leeds Academy Coaches visit the island to work with our junior teams up to under 16 level. It is a tremendous opportunity for St Ouen and the aim is to one day have a player or players showing enough promise to join the Leeds United Academy. This, along with an application for a Chartered Standard, which would entitle us to grants from the FA towards developing the training facilities and the club in general, makes for a very exciting future for the club.

Health, Nutrition and Personal Training with Jane Bailey at Les Roches Spa

Whatever your health and fitness goals, Jane's one to one workouts and consultations can accommodate your needs. Set in the lovely ambient orchard in an enclosed gazebo with state of the art equipment, this private, unique setting will inspire and motivate you and will keep you wondering why you hadn't visited earlier! Call 07797723465 for more information

The Jersey Riding Club

The Jersey Riding Club was established in 1965 for riders of all levels who are 17 years of age within the membership year. The JRC is committed to both horse and rider learning and competing in a friendly environment. They have around 200 members including riding and non-riding. The JRC holds numerous events and instructionals covering show-jumping, dressage, cross-country and cross-jump and have an annual Inter-Insular team competition against Guernsey. The Committee members also organize social events, BHS examinations and the occasional lecture or demonstration.

Their first dressage event of the year was held at Les Marais Indoor School and was hugely popular, providing a busy two days for a visiting judge from the UK. Around 60 competitors took part in classes which catered for all levels and it was great that so many new members took part for the first time.

The Easter Show Jumping event was held at Les Marais Indoor School. There were several wins, but only one of the members managed two wins; Emilie Machon riding Tanita managed to get the fastest times and won both the 1m and the 1.05m classes. Other winners of the day were - Shirley Williams on Midsummer Magic, Gilly Obard on Merlin, Hilary Arthur on Great Chief, Lesley Ropert on Mr Malteser, Katie Tait on Queen of Carlenstown, Julie Lidgett on Dark Demon and Sue Le Moucheux on Roll on Rookie.

For more information about the club, latest news, action shots and forthcoming events, visit the website on www. jerseyridingclub.co.uk



Common of the second

The Power Plate

The Power Plate[®] machine uses Acceleration Training[™] to deliver a whole body workout in just fifteen minutes.

With each vibration the body is forced to perform reflexive muscle actions, 25 to 50 times per second!

Claudia Schiffer uses the Power Plate and she says: "I love using a Power Plate® machine as part of my fitness regime as I can do a really intensive work out in such a short space of time. As a working mother with a hectic work schedule exercising on a Power Plate® machine helps me stay in shape without having to spend hours in the gym."

With all the exciting bits I had read about the Power Plate® I was looking forward to trying it out myself. When I arrived at Good Health I met Pat, who showed me how to use the machine. She told me that the machine offers a host of benefits, ranging from an immediate improvement in circulation to increased muscle strength and flexibility. I was also pleased to learn that the Power Plate® can reduce cellulite and can also be used as a massager!

Pat got me to do some squats on the machine and she then showed me how to use the Power Plate® to tone up the backs of my arms. You can really feel it working the muscles as you train. At the end of my demo I put my calves up on the Power Plate® which gave me a fantastic and relaxing lower leg massage.

I definitely recommend that everyone should try the Power Plate® because if they enjoy using it then the body benefits that the Power Plate® can give you are fantastic.

For more information call Good Health on 875057 or 723516





Core workout

Steve Longstaffe



As I am always getting asked what different exercises can be done on the Swiss Ball. This month we've decided to put a few together, with Dean Pritchard demonstrating the multiple techniques for core stability.













Swiss Ball Roll-out

Another great exercise which focuses a lot on the abdominals is the Swiss Ball roll out. Start with on your knees with your wrists on top of the ball, begin to roll across the top until your elbows are over the ball, then return to the starting position.

Scorpion Twist

The scorpion twist is great for the obliques and the lower back. You can begin with one leg on the Swiss Ball, and other held underneath at right angles. Then twist the leg all the way back out from underneath and behind the horizontal leg.

Swiss Ball Hamstring Curl

This Swiss Ball hamstring curl is great for working the lower back muscles as well as the hamstrings themselves. Start by lying in a bridge shape with your ankles on the ball. Then Slowly roll the Swiss Ball underneath you until you are almost standing on the ball.

Swiss Ball Press-up

Firstly the Swiss Ball press-up, whic requires good stability in the arm upper body and core muscles. Firstly form a nice bridge position with the Swiss Ball positioned beneath your chest, then slowly lower yourself and raise yourself back up using your arms.







getmodified

I've been suffering with back and shoulder pain for a while now and, following on from a course of physiotherapy, last month I joined a Modified Pilates class. I've tried this kind of thing before; yoga, stretching and the like without much success. It doesn't help that I'm stubborn and want to be good at things straight away. Apparently, these things take time.

I, like you (probably), spend more than a passing amount of time in front of a computer. Our modern computer-based and sedentary life styles along with habitual movement patterns mean that our bodies can develop imbalances that can cause pain and discomfort, e.g. back or neck pain and headaches. Unfortunately Computer= Work, Work=Money, Money=Food and so on.

With Pilates you do need to concentrate but I think that's half the benefit. A self imposed relaxation period can only be a good thing and it's hard to fill your mind with anything else if you're concentrating on your movement and breathing. Pilates works to restore and teach correct posture, breathing patterns and movement of the body. Pilates uses the deep "core" muscles of the trunk to provide a solid base for movements to originate from. It produces a calming effect that 'leaves the mind and body feeling refreshed, relaxed and energised'. I have to say, I think there's some substance in it, I did feel a sense of calm at the end of the sessions and feel the same way now that I've started doing exercises at home.

Modified? In what way?

Modified Pilates has been developed by the Australian Physiotherapy and Pilates Institute (APPI) and is the culmination of years of both physiotherapy and Pilates training. The APPI have incorporated traditional Pilates exercises with a research base of available evidence for physiotherapists to use in rehabilitation.

Benefits

- Flattens, tones and strengthens abdominal muscles
- Improves muscle definition
- Improves posture and body awareness
- Balances strength with flexibility
- Can help to relieve tension and stress
- Improves mental clarity
- Improves movement patterns and movement quality
- Increases circulation and improves digestion
- Can help improve self image

Have a go....

Modified Pilates is suitable for everyone, regardless of age or fitness levels. The movements are generally not aerobic so cardiovascular fitness is not necessary. Like any exercise program, if you have any problems you should consult with your doctor before participating in a Pilates class. Give it a crack!

We tried Modified Pilates with the Jersey Sports & Spinal Clinic . For your benefit, their classes are run as either 1:1 or in small groups. There are a maximum of twelve people per class.

Contact Nigel Mann on 07700 700025.

Where did Pilates start?

Pilates is named after its creator. Joseph Pilates born in Germany in 1880. He spent his childhood fighting rickets, asthma and rheumatic fever. As a child he lived in pursuit of optimum health and fitness. After reaping the rewards of various exercise regimes, Pilates moved to England in 1912 where he worked as



a boxer, circus performer and self defence trainer. When World War One broke out Pilates was interned as a POW due to his German nationality. He worked as a nurse teaching patients his series of exercises.

In 1926 he moved to New York where he opened the first Pilates studio, which attracted many famous dancers and Athletes. Pilates aimed to complement their traditional exercise programmes with this exercise to balance the body and correct postures.

Pilates now attracts many leading figures in the sports, dance and acting fields as well as the general public.





Nightlife

Harlequin Promotions Present.... Ministy of Sound's Wideboy's "The New Garage Classics Album" Launch Night

The album launch of Ministry's garage classics with the Wideboys themselves! Also playing the brand new hit 'Daddy O' featuring Shaznay Lewis and the official remixes of T2 and Jodie's hit 'Heartbroken'.

Also featuring Claire Evers with a live PA of 'Bomb a Secret' and the recent hit Radio 1Xtra 'Snowflake' as well as garage hit 'Sambuca' performed live by Dennis G. Check out the YouTube link: http://www.youtube.com/watch?v=j4p8sPluG5c for the Garage Classics advert.

T: 2200-0230 £: TBC (Tickets available from Carob, White Label, Bean Around The World & The Bar)





Harlequin Promotions are proud to present for the first time ever in Jersey... Hed Kandi, Friday 2nd May, Liquid Envy

Official Hed Kandi DJ's - Jim Breese and Colin Airy. In the envy room, Fuzzbox's Colin Moore and Joe Pope and RockSteady DJ's.

Jim Breese is one of the most exciting DJ talents currently emerging from the UK club scene. As resident Hed Kandi DJ he is well versed in peak time vocal-led, electro house, though beyond that there is a love of edgier house sets that combine deep electronic tones from labels such as Get Physical and Poker Flat. Jim mixed Hed Kandi's current 'Stereo Sushi' and 'Twisted Disco' digital download albums and has also co-compiled their renowned and eclectic Nu Cool, Serve Chilled and Beach House collections.

Jim's 'Breese and Bad Hand' studio partnership have recently remixed club hit 'Lollipop' Jim's 'Breese and Bad Hand' studio partnership have recently remixed club hit 'Lollipop' by Dada, released on Data Records. 2006 has seen appearances far and wide, including a grueling US tour, celebrity sunset parties in Dubai, the UK's huge Hi-Fi and Global Gathering festivals, World Cup fever in Germany, Ibiza's famous Privilege, El Divino and Pacha venues, Egypt, the Greek Islands, Sao Paulo in Brazil, all across Europe, both East and West, plus of course so many in the UK. For three years Jim was resident DJ at Café Mambo in Ibiza, acknowledged as the most important and influential clubbing-bar on earth. He would spin for eight hours each and every day, May until October, playing daytime sets, night time sets, and of course enjoying the endless quest to perfect the art of the Sunset mix, that Holy Grail of Ibiza Dl'ing of Ibiza DJ'ing.

Colin Airey, is a Liverpool DJ responsible for creating a new sound of funky and vocal house which attracted promoters from one of the leading clubs in Liverpool, Garlands. He also became resident at some leading nights in the North West such as Club 051, Sunrise, The World (Warrington), Club Zinc (Rhyl) and played Miss Moneypenny's tour in 1998. In 2002 he became a resident DJ for Cream and on tour became a weekly resident at Cream Ayia Napa Cyprus, Falaraki Rhodes and Zante. He's played with some of the worlds most respected producers, including Jose Nunez and Stonebridge then joined Ministry of Sound, playing on various tours across the UK and that then for Hed Kandi at the end of 2006. Colin has made a huge name for himself in the studio, topping many DJ top tunes and recommendations.

D: 02.05.08

£: £15 in ADV (Ticket available from Carob, White Label, Bean Around The World & The Bar)



Raspberry Torte

7ml Chambord 40ml Silver Tequila 10ml Cointreau 15ml Lime Juice 20ml Raspberry Puree

to make

In a champagne cocktail glass pour 7ml Chambord. Blend the Tequila, Cointreau & Lime Juice with a 1/4 scoop of ice. Layer half of the blend over the Chambord. Layer the Raspberry Puree over

the blend.

To finish, very slowly pour the rest of the blend over the puree.

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Mud Morganfield Oldest Son Of Muddy Waters Direct From Chicago

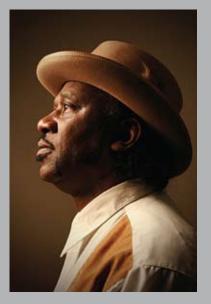
"More than a pastiche... a genuine artist who just happens to sound like the greatest bluesman in the world... Mud tore the place up... and had the whole crowd whoopin' and a-hollerin' in all the right places. Mud Morganfield is a natural performer, at ease and full of fun" - Blues and Rhythm Magazine

Muddy Waters, the inventor of electric blues, the forefather of Rock and Roll and the performer of the song The Rolling Stones were to name their band after, came to Jersey and performed a year before his death. Friday July 4th 1982 saw him play at Fort Regent's Gloucester Hall.

Mud will perform many of his dad'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, who themselves have been turning heads over last few months. Led by Harmonica player Giles Robson, of whom Blues in Britain magazine has called "Harmonica virtuoso....one of the finest harmonica players around" that same magazine has said of the band: "High energy... dirty, rough and ready Chicago blues... the band have the style nailed... this is a band well worth catching."

Lead singer Giles Robson, who has organised the series of gigs says that he is very excited about the musical collaboration between The Dirty Aces and Mud Morganfield. "It's going to be a great musical experience. l've been listening to Muddy Waters from when I was about fourteen years old, as I am a big fan of Muddy Water's original harmonica player Little Walter. The Dirty Aces are going to provide great backup for Mud's powerful voice. Having spoken on the phone with him, we know that he is very excited at the prospect of playing with the band and visiting Jersey".

Catch the legend that is MUD MORGANFIELD on Sunday 11th May, Live at The Drift from 9pm onwards.



The Specials With Neville Staple

Hits include – "Ghost Town", "A Message to you Rudy", "Too Much Too Young", "Gangsters"

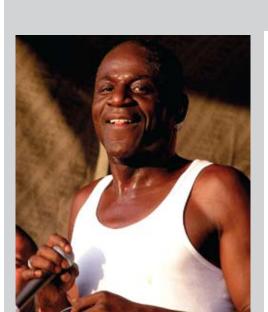
The Specials

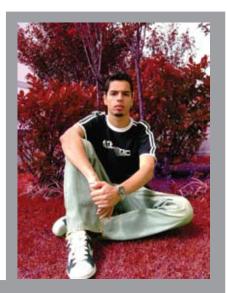
True innovators of the punk era, the Specials began the British ska revival craze, combining the highly danceable ska and rocksteady beat with punk's energy and attitude, and taking on a more focused and informed political and social stance than their predecessors and peers. Dominating the British music charts for much of late seventies and early eighties, The Specials are without doubt one the most influential ska bands in the world

Neville Staple

Best known for his work writing and composing, the lead singer from The Specials, and one of the founding members of Fun Boy 3, Neville Staple is credited with changing the face of pop music not only once but twice. Neville's biography and past projects read like a who's who of rock. He has worked with such legends as Elvis Costello (The Specials 1979 – Chrysalis Records), David Byrne (Fun Boy 3 Waiting 1983 – Chrysalis Records), and Ali Campbell (Today's Specials 1996 - Kuff Records/Virgin), to name only a few.

Supported by DJ Nelson / On Stage from 9.3opm / FREE ENTRY





Fuzzbox Residents Night @ Club:Lounge

Fuzzbox return for a resident's night where they get left to their own devices on the one's and two for an eclectic mashup of funk, hip-hop, breaks and house. The boys have recently returned from three successful gigs at Snowbombing 2008 in Austria playing XBOX Rockband stage alongside indie band 'The Courtneers', Annie Mac Presents and Bugged Out Nights, signed their edits to US Label South City recordings, and had their edits played on specialist shows on KISS FM & XFM. They've also provided a podcast for music.je and a DJ mix for XFM. Their tracks have been caned by the likes of Fort Knox Five, Russ (Cuban Brothers), Tim Utah (Beatvandals), A-skillz, Parker & Moneyshot (XFM), Ali B (Fabric) to name a few...

D: 10.05.08 T: 2200-0230 £: FREE B4 2300, £3 thereafter







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the gallery directory

fashion & beauty



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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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the gallery directory



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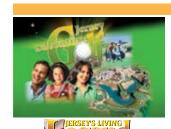
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boardom

3 questions

1. Where is your favourite Jersey sunny spot? 2. What item of clothing will you be living in this season? 3. What is your favourite summer food?



Sue keith Volunteer

- 1. Beauport
- 2. Cutt off's and a t-shirt
- 3. Seafood especially shellfish and salad



Danny Moisan Chef @ Food on the Frame

- 1. Jumping off a cliff at Beauport
- 2. Boardies and flip-flops
- 3. .Scallops with nam jim dressing and oyster sake shots



David Cheffin-Parish Proprietor - Cheffins

- 1. St. Aubins
- 2. Lots of linens from Enzo
- 3. Jersey lobster

SCORES ON THE BOARD FOR THE FOLLOWING QUESTION:

boardom Where is the worst place you've ever been sunburnt?



Lisa, 22, Waitress in Murrays



Jo, 18, jewellery designer



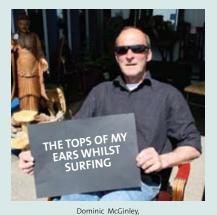
Dave Cohen, 37, Managaer of the Tenby



Nixon, 25, office manager



Paula Green, 34, Telephonist



The Emporium

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RENOVATION PROJECT Substantial period property with three reception rooms and four bedrooms, in need of total renovation and refurbishment, but with plenty of scope for a growing family or a two generation home. 4 Bedrooms, 4 Reception rooms. The property also benefits from good size garden and large double garage.

Renovation Project



£650,000 Freehold Call Christine on 07797 712722 to arrange a viewing

St. Clement





Newly built detached family homes in a select development of just five properties (J Cat available on 2 of the properties). These most desirable new homes have been well planned to provide all the needs of a growing family. East of the island / within easy access of the beach, schools, town / on a good bus route / 26ft drawing room / utility cloakroom and study. 4 bedrooms and 2 bathrooms (1 en suite), playroom and bathroom. Garage with electric door and further parking.

Premium Development



£850,000 Freehold Call Gill on 07797 721881 to arrange a viewing

St. Saviour





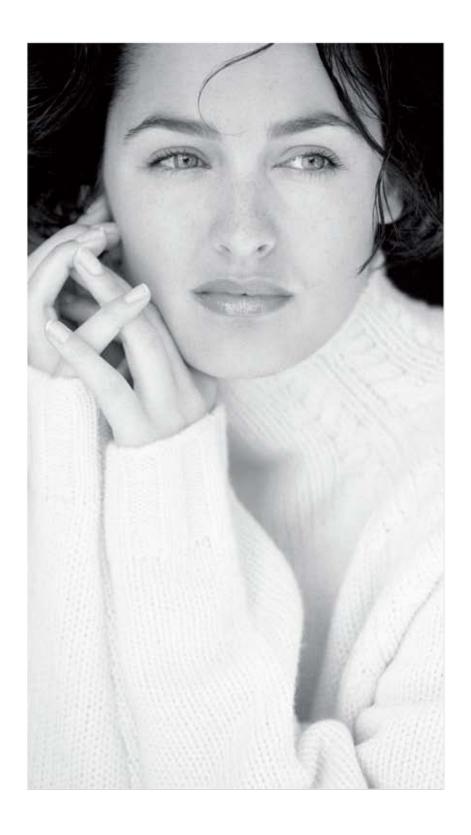
Tastefully modernised throughout with a newly fitted kitchen, a good size lounge diner, a separate sun room, 3 bedrooms and a newly fitted bathroom complete with spa bath and power shower. There is parking to the front of the property, plus a single garage with a store room beyond, plumbed for washing machine. To the rear is a good size south facing garden, a real 'sun trap'. Approvals have already be gained to create further bedrooms if required. VIEWING HIGHLY RECOMMENDED.

Viewing Recommended



£445,000 Freehold
Call Sabrina on 07797 756527 to arrange a viewing

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