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gallery

REFRESHING THE PARTS OTHER JERSEY MEDIA FAIL TO REACH.

issue 46 | October 2008 | 'food glorious food'

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 the people of Jersey for people everywhere.

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generic but self explanatory

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PERSON-THAT-READS-SMALL-PRINT FACTS OF THE MONTH:

Every human spent about half an hour as a single cell.

7.5 million toothpicks can be created from a cord of wood.

"Goodbye" came from "God bye" which came from "God be with you."

The elephant is the only animal with 4 knees

In ancient Rome, it was considered a sign of leadership to be born with a crooked nose.

St. Stephen is the patron saint of bricklayers

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rip it, scrap it, comment, critique, research, report. opinions wanted on politics, business, news, home, property, music, gadgets, sports and culture. Something annoyed you and want to tell the island? We're here for you baby. If you'd like to see your name in....er., print, get in touch!



What a busy month here at Gallery. Skydives, JerseyLive and our silent disco, house fires, Branchage, drag acts, weddings, pregnancies... we didn't have a bar mitzvah though, we obviously need more Jewish friends. To be honest, October has quite a lot to live up to entertainment-wise.

Seriously, the events of last month really showed us how much effort people are making to entertain us on the island. JerseyLive was head and shoulders above previous years. With a lot more people involved and getting on board with extra attractions it's becoming a real festival event. All we need now is the camping (powers that be, c'mon...). The Cream Tease tent was a fantastic idea and thanks to everyone that came to our silent disco. You're the best, all of you.

One thing we do have in October events-wise is the Tennerfest, which fits perfectly into this month's theme: 'Food Glorious Food'. You're putting your beach bodies away for the winter so why not indulge a bit? We've indulged a passion for food this issue with ten of the Island's top chefs showing us their blue steel in a special fashion shoot (pg 74) and two mapped out features to show you where to go for afternoon teas (pg 100) and also where to find your nearest farm shops (pg 102). Our eye-spy social stereotypes continue with 'The Celebrity Diet Addict' (pg 34), we take you through some amazing culinary gadgets (pg 138) and hot kitchens and dining bits (pg 118).

You may also see a few ads this month for Gallery bits too. We're using the food link to start letting people know about Appetite, our new eating guide and also the launch of the 2009 Gallery Rally. Next year we're going to be jumping in our cars again for a road trip to raise money for Jersey Hospice Care. After the success of Monaco last year we thought we'd go all tapas, paella and rioja and head for Barcelona, are you coming?! Join us for the launch on the 30th!

ВD



Park is Jersey's largest recruitment network with three branches across St Helier. When you are looking to move on, we're there for you.



gallery

issue 46 | October 2008 | 'food glorious food'

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HUNGRY?

Gallery's gone all gastronomic this month - here's a round up of our favourite foodie tips and treats....



Five-star eggs

The guys at Fungi Delecti keep their hens so pampered they produce the most delicious yellow-yolked eggs. Highly sought after, all their eggs are normally snapped up by the island's best restaurants – but occasionally you'll see a box or two of day fresh eggs at Simon's in the market. Get them while you can, and you too can have poached eggs Bohemia-style.

Fungi Delecti day fresh free-range eggs, every now and again at Simon's in the Central Market



Life's a bowl of cherries

Show off your foodie finds with this distinctive range of handmade glassware from Linnea of Sweden. From ornate candelabra and cake stands to beautiful storage jars, your autumn table settings will never have looked so stylish.

Handmade glass jar by Pomax, £27.50, Linnea of Sweden, 12-14 Market Street, St Helier



Hot choc

Chocoholics with a social conscience take note; you can now stock up on artisan chocolatier Anthony Heurtier's handmade organic chocolates which come GST and VAT-free at The Organic Shop. Perfectly packaged in vintage-style tins they make great gifts... especially for yourself. Chocolate Empire organic chocolates, £9.77, The Organic Shop, 68 Stopford Road, St Helier



Hand-dived scallops

Causing much less damage to the ocean floor than dredging, diver-caught scallops are incredibly sought after, but difficult to get hold of. Buying straight from the diver is an option – look out for the boats in Ann Port slip just before high tide when they're unloading buckets of scallops and you could be having hand-dived scallops for your supper.

Scallops hand-dived by local divers, Ann Port slip



And how to cheat

The delicious ready meals from COOK taste as though you've made them yourself, but without all that chopping and stirring. With comfort food favourites like Chicken, Ham and Leek Pie and Beef Goulash on the menu this autumn as well as a whole range of Indian meals, you might have to make space in the freezer...

COOK range of ready meals, Rondels Farm Shop, La Rue du Becquet Vincent, Trinity



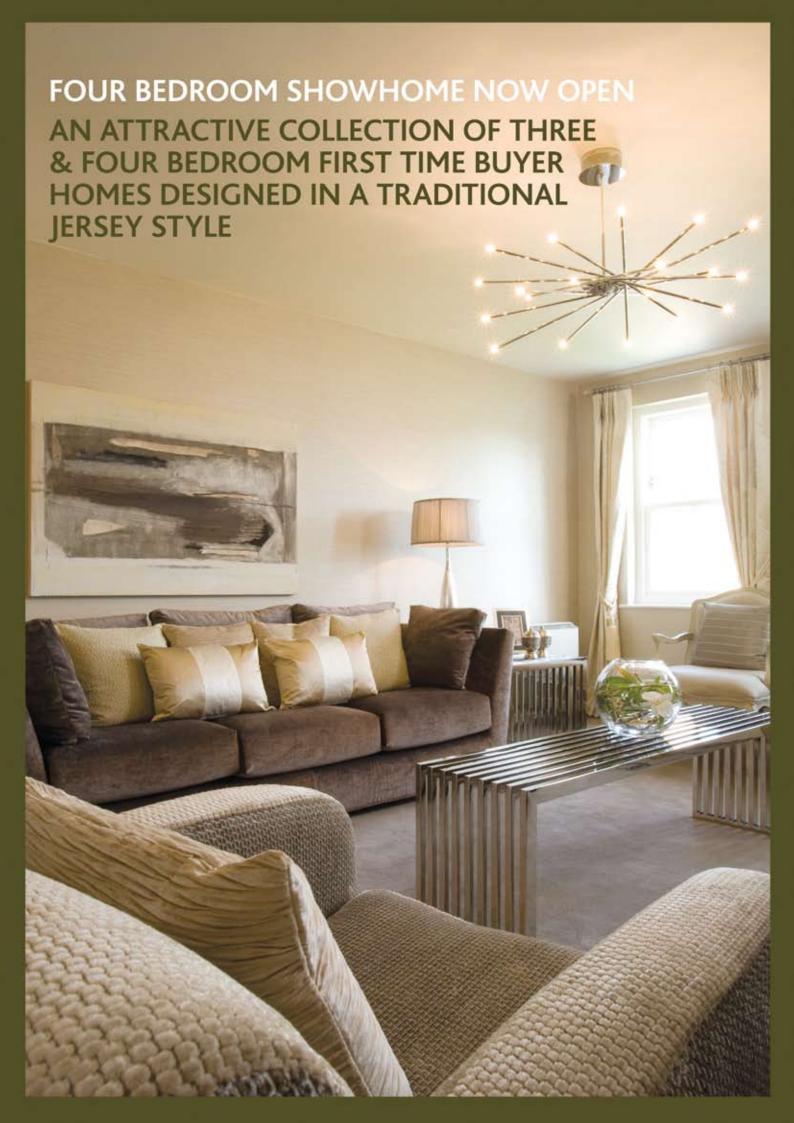
look out for great value top-up-cards this Autumn



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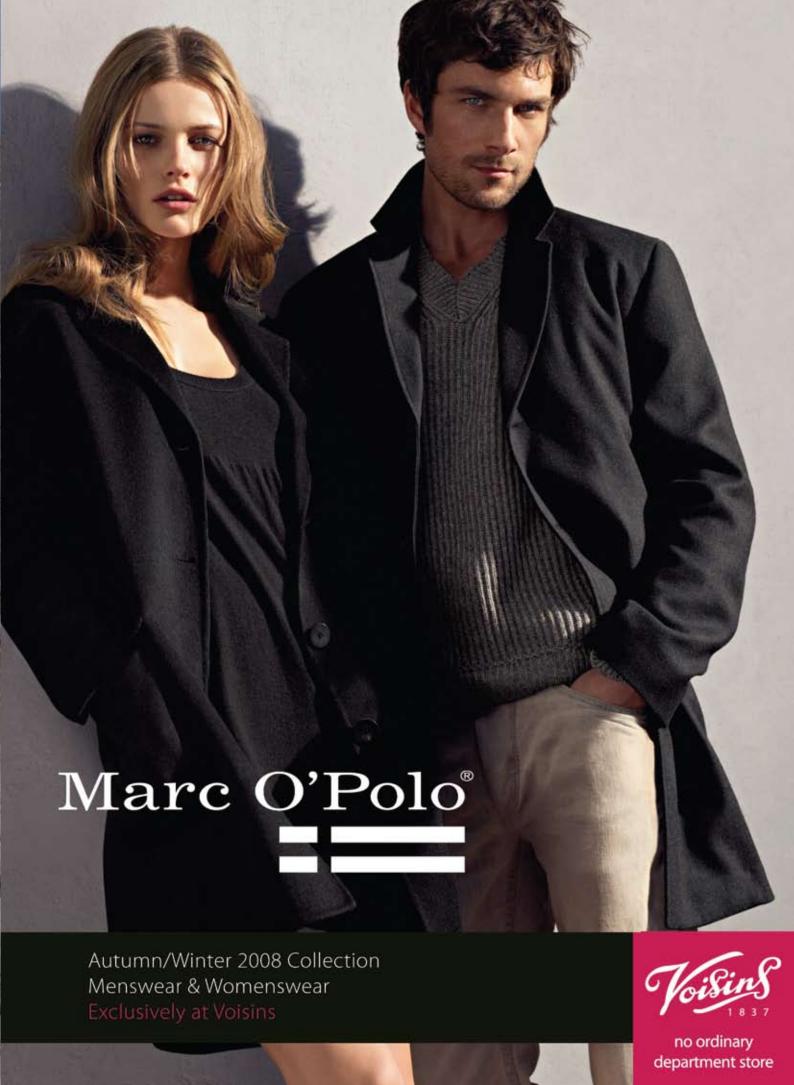




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What's on in October

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

Tennerfest

Wednesday 1st October - 12th November 2008

Delight in Jersey's sumptuous cuisine and attractive surroundings as you dine in style from just £10. For lunch or dinner, depending on the establishment, over 110 restaurants in Jersey will be taking part in this popular annual event. Restaurants will also be offering menus for £12.50 & £15.00.

www.tennerfest.com

National Nines Golf Series Finals

Wednesday 1st October

Teams from across the British Isles, Ireland and Europe compete in this annual golf competition. Spectators welcome.

Les Ormes Golf & Leisure Village 7:00am – 3.30pm

Beatles tribute by The Cheatles

Friday 3rd & 4th October

Now firmly established as one of the finest Beatles tribute bands around, The Cheatles have been performing at top venues throughout the UK, Europe, and the Far East, rapidly building up a huge reputation and following.

Club 72

ChalkBoard

Saturday 4th October 2008.

As part of the Big Draw this workshop encourages Drawing objects, buildings and architectural details. A cumulative drawing project will build an environment where all of the drawn elements fit together to create one collaborative drawing.

11am – 3pm

East Coast Music Gable end, Old Street/York Street 17 York Street, St Helier.

Think Pink

Saturday 4th October and Think Pink day Friday 31st October

The after breast cancer support group will be outside M&S this month raising awareness, and funds, which stay in Jersey to help local women, at all stages of breast cancer. On Think Pink day they will be inviting everyone in the Island to wear something pink in aid of breast cancer.

Irish Gala Dinner and Concert

Saturday 4th Octber

Irish in Jersey are pleased to present an Irish Gala Dinner and concert with Mary Black and her Band. Support acts include Cannon O'Rafferty School of Irish Dance and Fiddler's Green. The evening begins with pre-dinner Guinness and Grouville Bay Oysters.

Hotel de France / £65 / 6.45pm - midnight

Standard Chartered Jersey Marathon

Sunday 5th October

The marathon starts on the streets of St Helier and runs through some of the Island's most scenic spots, taking in country lanes, picturesque valleys and the beautiful coast of Jersey. In addition to the main marathon, there is a relay race and fun run. A run for everyone!

9am – 4pm

Literature Week

Monday 6 October – Saturday 11 October

Literature Week events will be held at the Jersey Arts Centre - for more details please see the Arts Centre website or call the box office.

Book online: www.artscentre.je or call the Jersey Arts Centre Box Office: 700444

International Choir Festival

Thursday 9th – Sunday 12th October Visiting choirs from Europe and beyond participate in numerous concerts and competitions, which culminate in the Open Final.

www.internationalchoirfestivalofjersey.com

Jersey Rally

Friday 10th October & Saturday 11th October

Driving and navigating skills are tested to the limit through the lanes of Jersey. Vehicles range from Minis to World Rally cars, all of them providing superb entertainment for the thousands of spectators attending each year.

www.jerseymotorsport.com

Jersey Farm & Craft market

Saturday 11th October

See the best in local produce at a number of organic stalls, including locally made arts and crafts and musical entertainment

St Brelade's Parish Hall 9.30am – 1.30pm

Bianca Padidar Workshops

Saturday 11th & Sunday 12th October

"Photo Transfer Techniques"

Students will be able to create pieces of wearable art, produce a textile hanging or a piece of home decoration by using photo applications and printing directly onto fabric. The course then teaches you how to embellish this work in a variety of mediums and in many wonderous ways. The finished work can be quirky, beautiful, amusing or classical.

The Harbour Gallery Workspace 10.30am - 4.30pm

Book through Art in the Frame 853395



we know there is 11 coins; well its never really £10 is it?



we know there is 11 coins; well its never really £10 is it?



we know there is 11 coins; well its never really £10 is it?

Pictures on Paving Stones

Saturday 11th October

This project will consist of green chalk drawings on paving stones. The theme will be fauna and flora and perhaps provide a new environment for the bronze cows

West Centre / 11am - 3pm

The Jersey Natual Living Show Saturday 11th & Sunday 12th October

This is the first time this event has been put on and is intended to be a showcase for therapists. Visitors to the exhibition may take advantage of the fact that there will be many complementary therapies located all under one roof and can find out more about them. Experience taster sessions, demonstrations or workshops with participating practitioners.

Members' Room Société Jersiaise / £2

Wedding Fayre

Sunday 12 October

At the St Ouen's Manor Wedding Fayre the team from H. Letto & Son Jewellers will be in attendance along with a wedding specialist from Charles Green. Along with help and advice on choosing your wedding rings, Letto's will be offering special prices on all orders taken on the day.

11am to 4pm. Tel 730952.

Go Native

Sunday 12th October

Come along to Durrell and discover all things native. There'll be talks from local experts on the kind of wildlife you can attract into your garden, what kinds of plants will encourage native species, what kind of bird boxes you should be putting up and much more on Jersey's flora and fauna.

Durrell Wildlife Conservation Trust Infants - Free / Children - £4.20 / Adults -£5.95 / Pensioners - £4.75 / Students - £4.75 / 9.30am - 4.30pm



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The Crowning II

Wednesday 15th – Sunday 19th October

The winners of Belgium's top surfing contest will be travelling to Jersey to compete with local riders. Three surf disciplines in one unique location surfing, kitesurfing and windsurfing. Spectators welcome.

Watersplash Beach Bar and Diner 10am – 7pm

By Men Only Exhibition

Thursday 16th October – 17th November

An exhibition of new paintings, 3D panels and furniture by nine of the island's leading male artists. To be officially opened by David Gainsborough Roberts in the presence of a Marilyn Monroe lookalike. Join her on the red carpet and fanfare.

The Harbour Gallery / 10.30 – 5.30pm

Diamond Days

Friday 17 and Saturday 18 October

Diamond Days at Letto's. J.I.D. are diamond specialists who will be in the Island for two days only. They will be showcasing fabulous collections which will include jewellery set with rare yellow diamonds and rose gold diamond-set pieces. During these two days Letto's will be offering special prices on all diamond purchases and orders taken on the day. Friday 17th 10am to 5pm, Saturday 18th.

10am to 2pm. Tel 730952.

The Big Beach Draw

Saturday 18th October 2008

Using sticks and other drawing implements to work on the sand, a large scale drawing will grow from many smaller contributions to form a collage of styles and subjects from many different participants.

11am – 3pm / Gunsite Beach



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Annual 'Biggest' Book Sale Saturday 18th – Sunday 19th

The 15th annual book sale in aid of the Guide Dogs for the Blind. Thousands of quality books on subjects including the Channel Islands, art, architecture, cookery, family bibles, gardening, horse racing and riding, military, nature, novels, poetry, travel and a special section on rare collectable books. There are books on every other conceivable subject and the book sale includes around 5000 paperbacks for your winter reading

RJA & HS Royal Jersey Showground

Motown Disco Pimp - Wayne Allen

Friday 24th & Saturday 25th October

Wayne Allen the celebrities entertainer - a favourite of Wayne & Coleen Rooney after performing at their wedding in Portofino.

Club 72

October

Pictures on Paving Stones

Saturday 25th October

Floor based chalk drawings tracing the outlines of human shadows and fixed objects. These will be made in chalk on the paving stones.

The body, or several bodies, will be the starting point to create with and to draw around.

11am - 3pm / West Centre

Durrell's Pumpkin Olympics

Sunday 26th October

Join us at Durrell for this pumpkin themed event. Bring your carved pumpkin and enter it into the best dressed pumpkin competition, enter the fancy dress competition or have a go at the pumpkin shy. Lots of fun family games and activities to take part in too.

Infants - Free / Children - £8.4 / Adults -£11.9 / Pensioners - £9.5 / Student - £9.5 10am - 4.30pm



we know there is 11 coins; well its never really £10 is it?





Dating. Finally. Once you've got over the worst of your Jersey break-up, suppressed your panic about the lack of eligible singles, and run the gauntlet of Jersey competitive flirting games (see September's edition), something kind of nice happens. Slowly but surely, without really trying, you begin to get asked out. By people who aren't hideous, or creepy or weird, but actually kind of cool. Like the dawning of spring, you begin to grow a shy bud of hope. You fool.

In Jersey, when you are dating, as with every other relationship status things are a little more tricky. That's not to say you should lose hope, but be aware, be careful. The following pitfalls await you...

1)FACEBOOK

FRIENDS MEETING FRIENDS?

A great networking tool? In Jersey where everyone knows someone who knew someone, all it takes is an innocent "such and such is now friends with" to start a flurry of gossip and cross-checking. There is nothing more cringe-making than realising the person you like also knows that girl whose boyfriend you snogged 6 years ago when drunk and understandably thinks you're kind of a dick. In 5 minutes flat by going through their friends list you can quickly guess at the type of reference you're going to get. And there is nothing more scary than suddenly getting a "friends" request from his ex trying to scope you out. Ignore, accept? One way or another she'll know someone who knows you so you're kind of f*cked. At least if you say yes you get to see her pictures too and decide if she's fatter than you.

2)VENUE

WHERE TO GO?

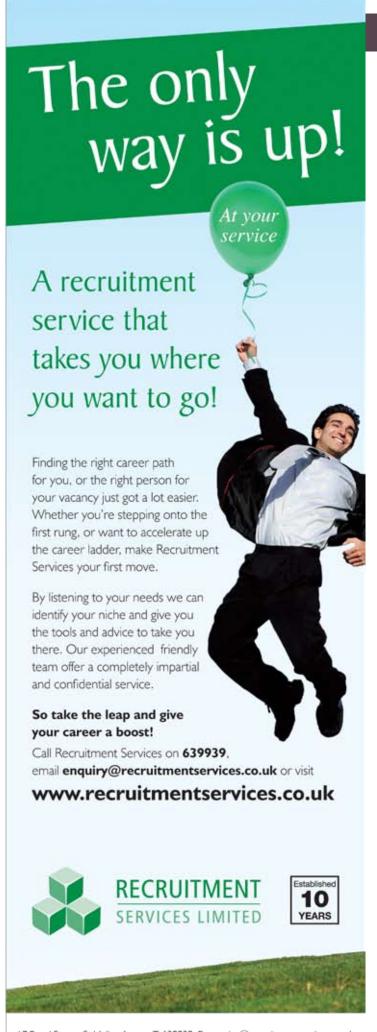
45 square miles of potential date sites and all of them with a level of risk. Before agreeing to meet, you have to assess the likelihood of bumping into a) your ex, b) your ex's friends or family, c) your boss and d) bad lighting. You also have to try not to look paranoid, mental or high-maintenance while you reject the first 4 suggestions on the above grounds without being able to explain why. And even when you have decided on a "safe site" you risk an out of the blue encounter where you then sit awkwardly having a meal while your ex's best friend stares at you in disgust from the other side of the room.

3) PDA'S

TO EMBRACE THEM OR NOT

Assuming everything is still going well, the next thing you've got to weigh up is Public Displays of Affection. To kiss or not to kiss? Always a little bit weird to begin with, but in Jersey, where you have approximately a 100% chance of being spotted you need to think fast. If you go for it, whether you are ready or not, you are on the road to becoming a PJC (Public Jersey Couple). People will start to only say your names in pairs "thingy and thingy" and you won't be able to go to Checkers without being asked "how is thingy?". Also much like a brand, this message will either be positive or negative. If people think you are a good fit, you can hopefully become a JPC (Jersey Power Couple), where your attractiveness is considered equal and right. You begin to be invited to events with other JPC's and can revel in your new status. If public opinion is against you, brace yourself for the competitive singles to swarm. You are now FG (Fair Game).

Despite these new set of hurdles, I have to say I am finally enjoying the dating thing. It's sunny and beautiful and there is nothing yet to worry about. There's the walks, the pizza, the laughs at things in common, the listening to old music, playing pool. The little texts that let you know someone out there is thinking nice things about you. And there's the hot kisses in dark corners...the waiting... But best of all, the knowing that it's all just a lovely extra, a bonus, because now you're okay alone too.



ADVOCATE X-TRAVAGANZA

AS ADVOCATE X HAS SPENT THE LAST COUPLE OF WEEKS SINGLE-HANDEDLY SAVING THE **GLOBAL BANKING INDUSTRY** FROM TOTAL ANNIHILATION (AND IN AN ENTIRELY UNCONNECTED COINCIDENCE, WONDERING WHAT TO DO WITH THE MONEY HE MADE FROM SHORTING CERTAIN SHARES), WE THOUGHT WE'D GIVE YOU THE FIRST PART OF A SELECTION OF THE CAPED CRUSADER'S BEST BITS FROM THE LAST YEAR OR SO. YOU LUCKY, LUCKY PEOPLE.

ADVOCATE X ON... GREEDY AMERICANS

...of course, anyone this stupid probably doesn't even realise what money is for, and lives in some sort of bubble house with no sharp edges anywhere and tastefully padded walls. Part of Mr Pearson's claim relates to the cost of his having to hire a car every weekend for the next ten years to go to another dry cleaner because he just couldn't face going back to the evil, trouser-eating maniacs down the road. This is broadly equivalent to me demanding regular flights to China from the Mandarin Rooms because of the trauma they caused by forgetting my prawn crackers last time I had a take-away....

HUMAN RIGHTS

...as far as I'm concerned, human rights boil down to three things: first, you have the right not to be arbitrarily killed, injured or incarcerated by anyone. Even by me. Secondly, you have the right to say or write whatever you want without fear of death, injury or incarceration. Unless you write to Gallery complaining about the contents of my column, in which case you get what you deserve. Thirdly, you have the right to a fair trial. There might be a couple of others, but frankly as you live in Jersey you won't be needing them. And I only put in the third one so as to ensure that I get a steady stream of work..

TEENAGE ABSTINENCE

...having looked into the whole Silver Ring Thing via Google, it seems that although a lot of these girls stick to the no-sex rule, many don't include or*l or an*l action as being 'proper' sex, and so feel free to indulge in those areas. Hot dog! Young girls analysing rules and exploiting loopholes (no pun intended, honest) is the sort of thing that keeps me warm at night. And there's no risk of pregnancy...

...I appreciate that this may be difficult for all you law-abiding 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.

LIBEL

...the following is an actual apology published by the Sun which is so good that I've had to reproduce it in full:

"In an article published on The Sun website on January 27 under the headline 'Gollum joker killed in live rail horror' we incorrectly stated that Julian Brooker, 23, of Brighton, was blown 15ft into the air after accidentally touching a live railway line. His parents have asked us to make clear he was not turned into a fireball, was not obsessed with the number 23 and didn't go drinking on that date every month. Julian's mother did not say, during or after the inquest, her son often got on all fours creeping around their house pretending to be Gollum."

So, to summarise:- virtually everything in the original article was wrong, and not just in a oops-we-got-a-minor-detail-wrong way, but in a tapdancing-pink-elephants-total-loss-of-contact-with-reality way. I particularly like the Gollum bit, which shows an admirable level of imagination...

ANIMAL RIGHTS

...on the other hand, it's hard to think of many jobs that an ape could hold down in Jersey (leaving aside the obvious gags for a moment), but is there really that much of a difference between a chimp sitting about all day eating, defecating, sh*gging and watching Jeremy Kyle and

what goes on in certain States flats and student halls of residence?

EMPATHISING WITH CRIMINALS

...I appreciate that this may be difficult for all you law-abiding 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"....

MAD DEFENCES

...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)...







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TOUCHEXE



RANDOMNEWS

Fury over 'sexist' parking bays

A Croatian shopping centre has introduced special parking spaces for women drivers.

But the move has not gone down well as female motorists resent the implication that they need the extra wide bays, while men resent the fact women are getting special

The bays, in the busy Emmezeta centre in Zagreb, were meant to make parking easier for female customers.

Decorated with pink flowers, the prime spots are wider, further apart, better lit and easier to get in and out of than ordinary spaces.

"Do they think we're disabled or something?" fumed one woman shopper.

"It's just old fashioned sexist nonsense to suggest that a woman can't park every bit as well as a man - if not better."

And male customer Ivo Markovcic complained: "Why should women get special spaces? You can understand disabled spaces and parking bays for people with children.

"But women should just learn how to drive properly."

Now shopping centre bosses have apologised for hurting their customers' feelings.

"We didn't mean any offence. Most of our customers are ladies and we just wanted to make their lives easier," said managing director Slobodan Skolnik.





Conkers voted best game ever

Conkers has been voted the greatest playground game of all time.

Second place in the poll of 3,000 adults was the Rubiks Cube which has sold more than 300 million since 1979.

In third place was the yo-yo, which first became popular in the 1920s and made a resurgence in the 1990s.

Hopscotch, the oldest game in the top 20, was fourth. It originated in Britain early in the Roman Empire as a training exercise for foot soldiers.

The 1990s craze Pogs - a game involving decorated cardboard discs - is at number

A spokesman for Debenhams, which carried out the poll, said: "Playground memories are such a big part of our childhood and everyone can remember school breaks playing with the latest toy or game of the moment.

"Conkers are a classic school ground craze and every generation can reflect on happy memories collecting conkers and preparing them for playground contests.

"Having the latest trend is so important to kids and all the fads in the top ten all evoke fond times of hours spent playing with them."

Japanese cartoon Pokemon was voted in at number six followed by the classic game of Marbles. Tamagotchi - digital pets that need feeding, cleaning and putting to bed - came eighth.

skating and skate-boarding completed the top ten. Other crazes to feature in the top 20 include the cult card game Top Trumps at number 12.

Lego unveils Taj Mahal

Lego has launched the biggest model in its 74-year history - a 5,922-piece replica of the Taj Mahal.

Priced at £200 the model will be on sale from September and is considered to be so tricky that only those over the age of 14 are recommended to tackle it.

When finished the model measures 3ft wide and 2ft tall and uses a whopping 800 more Lego bricks than the company's next biggest model - the Star Wars Millennium Falcon.

Lego spokeswoman Jenny Brown said the Taj Mahal model was designed only for very experienced enthusiasts, adding: "It will certainly present a worthy challenge to most Lego fans - but a fun one".

The original Taj Mahal, in northern India, was built in the 17th century in memory of an emperor's wife. It took 22 years and 20,000 workers.

It won't take Lego fans quite as long; they can build their own replica, complete with domes, minarets, arches and stairs, in a little under 40 hours.

Never underestimate God

A Chinese man who swore to God that he didn't owe money to a neighbour was hit by lightning a minute later.

The man, named Xu, made the oath in front of a crowd of neighbours in Fuqing city, reports Southeast Express.

He vowed that he had never borrowed money from Mr Huang, who claimed Xu borrowed 500 yuan, the equivalent of £40, from him three years earlier.

"He borrowed 500 yuan three years ago from me for a friend's marriage gift, but he has denied it ever since then," said Huang, who went to Xu's home to demand payment.

"I told him that if he dared to swear to God that he didn't owe me the money, then I would waive his debt," said Huang.

Xu made the oath, but was suddenly struck by lightning a minute later.

He was immediately taken to hospital where doctors confirmed he had been hit by lightning. He is expected to make a full recovery.

PASSINGTIME



Two Red Indians and an Irishman were walking through the woods when one of the Red Indians ran up a hill to the mouth of a small cave.

'Wooooo! Wooooo! Wooooo!' he called into the cave and listened closely until he heard an answering, 'Wooooo! Woooooo! Woooooo! He then tore off his clothes and ran into the cave. The Irishman was puzzled and asked the remaining Indian what it was all about, 'Was the other Indian crazy or what?'

The Indian replied 'No, It is our custom during mating season when Indian men see cave, they holler 'Wooooo! Wooooo! Wooooo!' into the opening. If they get an answer back, it means there's a beautiful squaw in there waiting for us.

Just then they came upon another cave. The second Indian ran up to the cave, stopped, and hollered, 'Wooooo! Wooooo! Wooooo!'

Immediately, there was the answer 'Wooooo! Wooooo! Yooooo! from deep inside.

He also tore off his clothes and ran into the opening.

The Irishman wandered around in the woods alone for a while, and then spied a third large cave.

As he looked in amazement at the size of the huge opening, he was thinking, 'Hoo, man! Look at the size of this cave! It is bigger than those the Indians f ound.

There must be some really big, fine women in this cave!'

He stood in front of the opening and hollered with all his might: 'Wooooo! Wooooo! Wooooo!' Like the others, he then heard an answering call, WOOOOOOOO, WOOOOOOO WOOOOOOOOOOO!'

With a gleam in his eye and a smile on his face, he raced into the cave, tearing off his clothes as he ran.

The following day, the headline of the local newspaper read.... NAKED IRISHMAN RUN DOWN BY TRAIN!

YOUTUBE VIDEO OF THE MONTH

www.youtube.com/watch?v=ApiPS6GAy o

If you remember the classic kids TV show 'Rainbow' this one is for you - oh, the innocence of youth! No wonder this one got banned.. Type in the link above or search 'Banned 70s TV Rainbow'

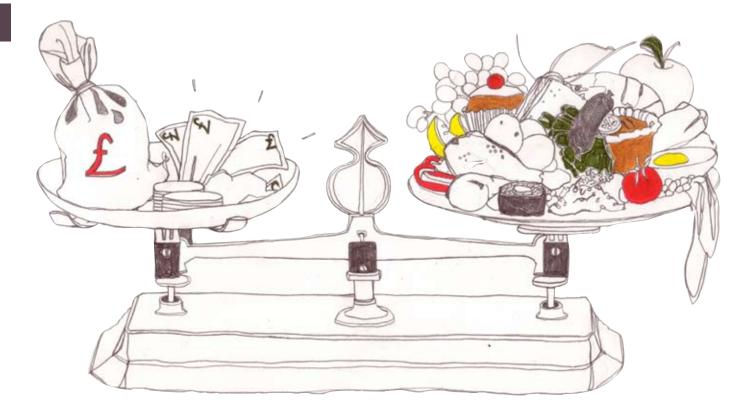




appetite have you got it?

NEXT YEAR GALLERY WILL CREATE
THE BEST GUIDE TO THE CULINARY
DELIGHTS OF JERSEY YOU'VE EVER
TASTED. WOULD YOU LIKE TO TELL US
WHO WE SHOULDN'T MISS? WOULD
YOU LIKE YOUR RESTAURANT TO BE
INCLUDED? CALL ON 811100 OR EMAIL
JERSEY@APPETITEGUIDES.COM





Eat up, you've paid for it

WORDS: PAUL PAPAGEORGIOU | ILLUSTRATION: ROSIE MONKS

THE BUFFET. THE SOCIALLY ACCEPTABLE PLACE TO GORGE YOURSELF TO BLOATATION. TO FORCE FEED YOURSELF LIKE A FESTIVE GOOSE. YOU CAN EAT SECONDS, THIRDS, EVEN SEVENTHS. SIDESTEP THE SIDE PLATE AND HEAD TO THE LARGER FOR YOUR STARTER. TRUST ME ON THIS PLEASE. I COME FROM A FOODIE FAMILY. THEY ENCOURAGE EATING. IT'S A COMPULSION. IT BORDERS ON SOME SORT OF EATING DISORDER.

y family's the kind that sees you and says, "my-my, you've put on weight!" Unlike most families, the connotations are nearly always positive. Shimmering eyes that glisten like polished diamonds gaze at you as family members incessantly grab your cheeks in a dramatic display of familial love. Worse still is the notion that "you're too skinny!" This line of argument often forces parents to field off questions from well-meaning, if not intrusive elders who have too much experience, wisdom and love to be reckoned with. It's no wonder that the prospect of unlimited food and unrestrained helpings, not to mention unmonitored by my Big Fat Greek Wedding-sized family, is so psychologically compelling on Hangover Sunday. It allows me to regain my strength gradually, and anyway, it's more cardio than I'd be doing lying in a blacked-out bedroom fumbling for bottles of water and paracetamol.

The buffet makes Man feel victorious over all food groups. He presides over his edible domain with a salivating mouth and anxious hands. Secretly all that's lacking is elasticated trousers, since being limited by fabric is an insult to his masculinity. But today Modern Man can have a day off from the drudgery of the kill, relax, and fill up on meat galore. For poor 1950s-style wives, yes, there are still some among us, the day's cooking is spared

her. Parental responsibility is limited to ensuring that their little angels don't make a mess, cause a commotion, or vomit on a silver platter.

I feel, however, that the buffet is a place of equal splendour and whimsy as any theme park to a child. The real beauty of it is they can pick what they want, and for children this is the most magnetizing part. There are no real rules. No enforced Brussels sprouts. The principles of free will are of the utmost importance here. It's an exercise in parental trust in their children and childhood mistrust in endlessly nagging adults. Gleeful, openmouthed faces scanning endless deserts and artisanal fruit arrangements make them wonder just how far they can push it. After all, no parent likes a scene. They surreptitiously load their plates with enough sugary delights to keep them awake for a fortnight. Staining their Sunday best with remnants of a strawberry cheesecake smeared into just ironed clothing.

There's enough to feed the Third World, yet we still feel deflated when, on reflection, we missed out on some crab claws or some kind of overcooked rice dish. The family leaves the restaurant in a near narcotized stupor that makes the drive back heavenly with the appetite fully satiated.

For the freedom it entails and the sheer abundance of foods, many of which we rarely eat, the buffet is the apex of eating experiences. It offers up choice without the requirement to plan and prepare. It removes us from queues and GST laden food prices that, for the moment, seem to be ever-soaring. We pay upfront, have a general idea of what we're getting and can't easily get a refund if we don't like it. It gives us the illusion of choice at a fixed price and I for one like it more than heavy bags of food, bored checkout staff and extortion.

Food Porn

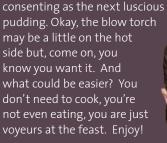
How many cook books do you own? A voluptuous tease of Nigellas? A profusion of Naked Chefs? More Gordons than you can jiggle a chorizo at? Do you relish settling down to a cosy night in with gamekeeper Hugh or mistress Delia, remote in one hand and a Pot Noodle in the other, to enjoy some easy, guilt-free pleasures? So our insatiable appetite for fantasy food is fed.

We drool over shots of moist cakes, piled high with dollops of whipped cream; beaten egg whites, folded into stiff peaks; tumescent, purple aubergines; shiny asparagus spears dripping with butter; priapic peppers and endless drizzles of olive oil (some of it so virginal it's probably never set eyes on a man.) This is gorgeous gluttony without the peeling, abundant ingestion without the calories.

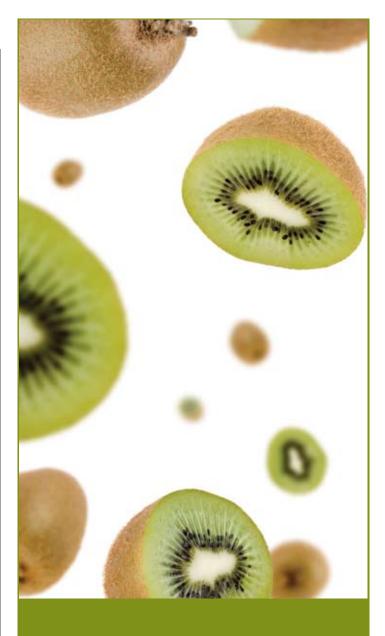
Of course this is Food Porn, don't kid yourself it's purely artistic. It's the stuff to salivate over, to fantasise about. The images are so intimate, so up-close and personal - the pert, glossy chocolate cupcakes, the seared tuna steak slashed to reveal its naked pink interior, the delicately hairy raspberries shot in soft focus - as to warrant a parental warning.

And that's just the posh stuff. What about those dirty, guilty little secrets? The images of slippery burgers crammed into a split bap, the smutty bucket of KFC with Colonel Sander's special sauce - more Readers' Wives than GQ - but still designed to get you in a tingle. You don't need a media studies degree to deconstruct a Magnum ad, it's what a multi-million pound industry is built on. It's the full tease.

But where's the harm in it? It's not hurting anyone and don't tell me that silkily submissive crème brûlée isn't as







appetite have you got it?

NEXT YEAR GALLERY WILL CREATE THE BEST GUIDE TO THE CULINARY DELIGHTS OF JERSEY YOU'VE EVER TASTED. WOULD YOU LIKE YOUR RESTAURANT TO BE INCLUDED? WOULD YOU LIKE TO TELL US WHO SHOULD BE INCLUDED? CALL ON 811100 OR EMAIL



JERSEY'S STYLE MAGAZINE



letter from Bahrain

words: Hanna Yliiukuri

Six weeks in Bahrain and I am starting to feel at home. I am lucky to have had a very smooth landing, partly due to the extremely friendly and hospitable Bahrainis and probably also because I am used to island life after spending the last thirteen years in Jersey. I wake up every morning feeling lucky to be here, and I expect it will take some time before the novelty wears off, as most days I come across new things to get excited about and to reflect on.

here are five pillars, or fundamentals, of Islam, the Holy Month of Ramadan being one of them. This year Ramadan started on 1 September. Ramadan is specifically designated for greater religious adherence and reflection. People are most familiar with the fasting that takes place during the month, which is certainly an important aspect of it. Just as important is greater goodwill towards other men and women. The meaning behind fasting is to strengthen one's self-discipline, teach patience, sacrifice and humility, as well as remind people of the experience of those less fortunate than themselves. This time is also used to offer more prayer than usual. During Ramadan Muslims ask forgiveness for past sins, pray for guidance into the future, ask for help in refraining from everyday evils and try to purify themselves through self-restraint and good deeds.

So Ramadan in a nutshell is about being an extra good Muslim, and this is taken very seriously in the region. Even MTV Arabia has stopped showing music videos for the month, to encourage introspection in its viewers.

Round 5 pm all devoted Muslims are called by the Imams to their Mosques for prayer. This is followed by Iftar, traditionallya light meal at sunset to break the fast consisting of water and dates. This has however grown into elaborate buffets made up of an abundance of food varieties. Iftar is followed by ghabga, a

late evening meal, which is equally as extravagant. At this time, the shishas (water pipes used for smoking flavoured tobacco) also come out and the restaurants and big tents where the meals often take place, are filled with the sweet smell of shisha, lively chatter and Arabic music. The locals encourage the musicians by clapping their hands loudly to the beat and the atmosphere is great. It's a wonderful experience even to the likes of me who haven't been fasting all day. The eating and socialising can go on until sunrise. It reminds me of our Christmas, an excuse to totally over indulge. But this goes on for a month! It doesn't come as a surprise to me that the average body weight here after Ramadan is higher than before the month of fasting.

The traffic round 6 - 7 pm, when the whole nation is starving and speeding from the Mosque to get some food, is another experience. And we are talking Bahrain so this can get seriously crazy! When hunger pangs hit, and energy levels are low, the driving gets really creative. Frequently I see cars driving on the wrong side of the road against the racing traffic, and lanehopping that I never thought was possible. >>

About the author

Hanna Ylijukuri was born in Sweden and lived there for eighteen years before studying and working in Finland for five years. In Finland she met a guy from Jersey and, without hesitation, moved over there. She was in Jersey for thirteen years working in the finance sector until she was recently asked to go out to Bahrain and set up a new business. One of her friends suggested that she should do a diary blog. We thought it might be interesting to see what she thinks of her new home compared to Jersey......

Bahrain fact

Not wanting to be left behind by Saudi Arabia and Dubai, the country of Bahrain has been approving some interesting and eye-popping developments in the realm of green architecture. Especially interesting is the new Bahrain World Trade Center located in the city of Manama. The 50-story complex contains two identical towers that rise over 240 meters in height. The sail-shaped buildings offer a visually striking silhouette, appropriately referencing the maritime environment of this small Middle Eastern island, and boast one very unique feature — 3 giant wind turbines tying the two "sails" together.



As I want to avoid causing any offence, I've bought what I thought of as appropriate clothing <u>for this festive</u> season. It is true that religion can be used as an excuse for anything, even power shopping!

>> There is absolutely no alcohol available to buy anywhere. People seem to stock up in the especially designated alcohol shops during the weeks leading up to the event. Obviously nightclubs and bars are closed.

In practical terms the fasting is the only thing that has had some impact on my daily

life. During daylight hours, nothing should pass a true Muslim's lips, no drink, no food or even cigarette smoke. It is illegal also for non-Muslims to eat or drink in public. Even if it wasn't illegal, it would seem a bit offensive and ignorant to do so. As daytime coffee shops and lunch restaurants all close for the month, I pack a healthy sized lunchbox every day and sneak into the kitchen at work and eat with slight feelings of guilt, but there is no way I'd be that devoted to not eating! I definitely cope better with guilt than hunger!

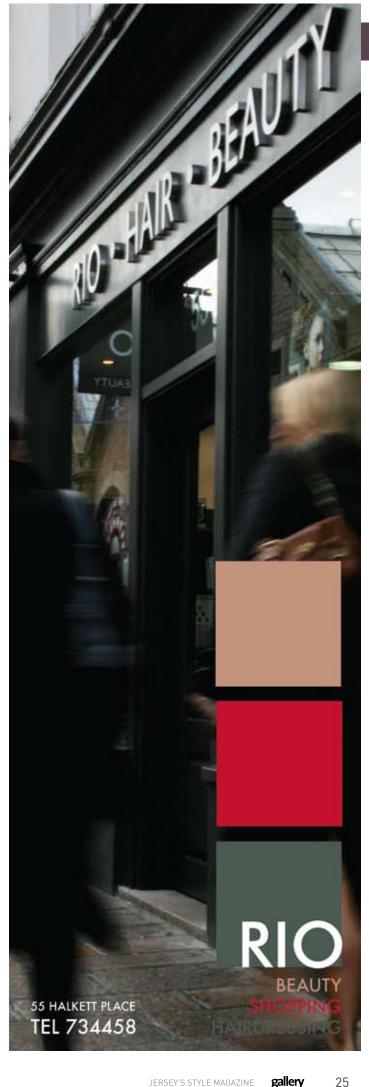
Modest dress sense is especially important during Ramadan. Women's shoulders, upper arms and knees are considered as especially offensive body parts. As I want to avoid causing any offence, I've bought what I thought of as appropriate clothing for this festive season. It is true that religion can be used as an excuse for anything, even power shopping! I have also been encouraged by the fact that many shops in the major malls are open until 1 am this month. That's what I call late night shopping.

Muslims are allowed by law to work a maximum of 6 hours during this month so most offices close round 2 pm. Expats generally tend to respect Ramadan working hours, but as it feels wrong to take advantage of other people's religion I rarely go home before 5.

Expats work their way round Ramadan. Generally, if you can live without eating and drinking in public places, it is not that disruptive to our lives. A lot of house parties are arranged and there is always some social event going on. I found the British Club the other night. A colleague is a member of the club and asked me to join for dinner. It's a place with a restaurant, a couple of bars, gym and an outdoor area with a swimming pool. The club organises bridge evenings, quiz nights and some sports- and other social events. The food was great and very cheap. The bar reminded me of the Dog and Sausage. The crowd was a mixture of all ages and nationalities although I hear that the club is seeking more British members to be true to its name. I had a great night (and drank a few too many glasses of wine, as the Club is allowed to serve alcohol this month). It's not really my kind of thing, but a lot of people of all ages enjoy the friendly atmosphere, socialising and meeting fellow expats.

Ramadan is expected to finish on or round 1 of October and it is immediately followed by Eid ul-Fitr, a three day festivity which means some extra time off from work for everyone! I am becoming very fond of Islam.

Along with my introduction to Ramadan, this month has brought more reasonable temperatures to the region, and 34 degrees suddenly feels rather cool. It will be interesting to see what next month brings to this wonderfully fascinating part of the world.



Grass Roots Festival

This was a festival of music, surf and ecological living. The brilliant musician Xavier Rudd was supported by Justin Thorne & Ben Howard, and DJ Ryan Herve entertained people for the Sunset Session the previous day.

The Fantastic Little Green Rock Company were there selling their beautiful bamboo clothing and there were gorgeous Red Bull Cola Girls trotting around soaking up the atmosphere.

Jeff Wilson, co-organiser of Grass Roots commented "We were over the moon with how the first Grass Roots went. We have had great feed back. The head line act Xavier Rudd loved

St Ouen's beach and the Jersey crowd who came out to see him. He's really hoping to come back next year."

Jeff added; "I think for me the favourite part of Grass Roots was seeing the crowd having a great time hearing Xavier live. We also had a number of people just volunteer to help with the clean up at the end of the show which showed us that bringing awareness works and was something really special to see."

"We are working really hard to bring another Grass Roots to Jersey's main surfing beach again next year and are currently working on setting up a beach clean program throughout the beaches of Jersey so we will have something really worth celebrating at next year's event."



Bellingham Travel's Annual Fair

Bellingham Travel St Brelade, a name synonymous with travel in Jersey since the 1800s, recently hosted another very successful travel fair.

This is a well recognised event on the yearly calender, and once again gave clients old and new an opportunity to speak with both the friendly staff and also experts from a range of specialist tour operators like First Class Holidays, Carrier, Classic Collection, Hurtigruten, NCL Cruises and World Odyssey

The holidays and travel experiences offered by this hand picked group of operators are second to none, and cover every corner of the planet, from city breaks, luxurious beach resorts, safaris and treks to cruising in the Med and Caribbean or the magnificent fjords of Norway and the awesome ice-filled bays of Antarctica!

Bellingham's staff, Trena, Bernadette, Emma, Izabela, and Nicola welcomed everyone with a glass of punch made from their 'secret 'recipe and judging from the comments received it will definitely be repeated in 2009 at their next travel fair.

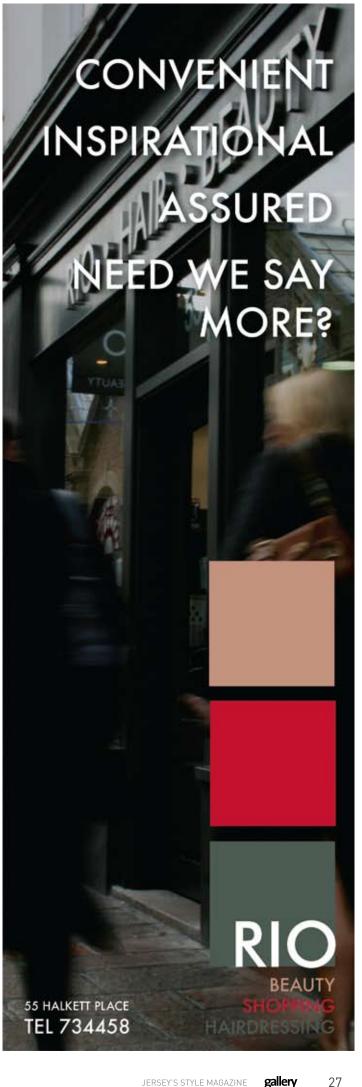


Voisin Law support Leukaemia Golf day

Local law firm Voisin hosted their third Leukaemia Research golf event at La Moye Golf Club, raising £15,500. It all kicked off at 9am, with the 104 golfers teeing off with a shotgun start. Steven Rowland, Danny Hawson, Graeme Alderson and Nick Smyth from Rated Offshore Ltd took top honours, coming first in the competition.

In Jersey, there is a case of lymphoma diagnosed on average every week, with 50 to 60 new cases each year, most of which are returned to health thanks to the treatment that the Leukaemia Research Fund supports. There are 300-400 people in Jersey, or around one in every 250 people, who are currently living with the disease.

Georgina Jeffries,, Head of Marketing for Voisin commented "The Voisin Leukaemia Research Golf day was a fantastic event. Over £15,500 was raised for a worthwhile charity. Voisin would like to thank Christine Rowland for all her hard work organising the event over the last year."



The Ashburton Rugby Legends Charity Dinner

The gala fund raising dinner formed part of Leicester Tigers and former England player Martin Corry's testimonial year. He was joined at the Hotel de France by other rugby greats, including recently appointed England Coach Martin Johnson, Welsh International Rob Jones, Scotland's Gregor Townsend, The 2003 World Cup winning flanker Lewis Moody and Geordan Murphy.

The 450 guests who attended the Ashburton supported event were privileged to hear speeches by the rugby legends. The nominated charities were CLIC Sargent Cancer Care for Children (Jersey) and Martin Corry's three nominated

charities: Sparks, The Adam Cole Foundation and the Matt Hampson Trust.

Ashburton's Managing Director, Peter Bourne said, "It is a pleasure to be able to build our relationship with the Leicester Tigers and fantastic to welcome such well known rugby faces to the island. The Rugby Legends Charity Dinner caused a great deal of excitement amongst all those with an interest in sport in Jersey and was a highly entertaining evening, which certainly lived up to its billing. Firms in Jersey have shown a huge amount of enthusiasm and interest in the event, which has raised a considerable amount of money to benefit an important local charity and those which are special to Martin, he was thrilled with the way the evening turned out."







Sailing success despite storms!

Sailing enthusiasts braved storms to complete this year's Carey Olsen Trophy Yacht Race.

With a forecast of force six or seven winds causing some teams to pull out, 20 yachts set off bravely on the 23 nautical mile race from Guernsey to Alderney.

'Despite the weather on the day, we had a great turn out and my congratulations go to the teams who braved the strong winds,' said Steve Hunt, director of marketing and business development at Carey Olsen.

The overall winner, Simon Harris on yacht 'White Rabbit', came into the Alderney Harbour with a time of two hours and two minutes.

The race took place to coincide with the end of Alderney Week celebrations, which included an all night disco party in the quarry.

A presentation evening was hosted by Carey Olsen at the Alderney Sailing Club after the race, where winners were presented with champagne.



Jersey Heritage's Best Kept Secrets

The Jersey Forts and Towers Project is the revitalisation of seven sites which would otherwise be left to go derelict. They have been brought back to life with great care and attention to sympathetic detail so that people can enjoy their unspoilt settings whilst helping fund their continued revival.

The standard of accommodation ranges from grand designs in the Corbiere Radio Tower to the basic stone tent facilities of Seymour Tower where you are cut off by the tide twice a day. Helen Gray, Head of Marketing at Jersey Heritage feels that "we want people to use these landmark properties, we should be using these beautiful places which make up part of our heritage." As well as getting a fantastic location and an idyllic get away, your money will be going straight back into keep the property alive.

With Friends

These fantastic sites are the ideal place to sit down for a special dinner with friends. Why not find a weekend when you are all free and book in for some quality time with your friends and family. These places are beautiful, fun and relaxing – all you need to provide is some good food and good friends to create some really magical memories.

Special Treat Away

Do you have an anniversary coming up? Maybe you want to spoil somebody special or you want an incredibly romantic Valentine's weekend! Whatever the excuse, these beautiful forts and towers, with their jaw-dropping sea views, make the perfect backdrop for a romantic get away.

New Weekend Rates

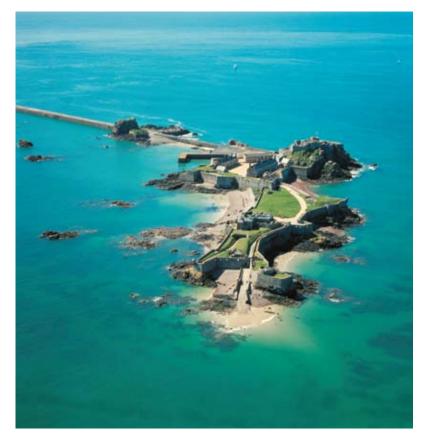
(Saturday-Sunday night) from 01/10/08 until the 30/03/08:

Barge Aground £315 Sleeps 6 Elizabeth Castle £298 Sleeps 6 La Crete Fort £310 Sleeps 4 Fort Leicester £375 Sleeps 8 Radio Tower £385 Sleeps 6

Visit www.jerseyheritage.org for more information or call 633304 to book.







Taking relaxing Sundays to another level







Sit back, unwind and enjoy the rustling of the papers, the smell of fresh coffee and the buzz around the buffet tables . . . the famous Sunday Lunch at the Radisson SAS Waterfront Hotel.

Sunday Lunch - Adult £27.50, Child over 12 years £13.75 Opening times 1pm - 3.30pm Jazz band from 12pm - 3pm

Reservations: +44 (0) 1534 671 135 vev.jersey@radissonsas.com jersey.radissonsas.com







LET'S GO DISCO

A big thanks to everyone who joined us for Gallery's silent disco tent at JerseyLive this year. We hope you enjoyed it as much as we did. See you next year for more of the same...

Hire our silent disco for your event! Our equipment is available for private parties. Also look out for upcoming silent discos from Gallery and friends. Call 811100 or email silentdisco@gallerymagazine.co.uk







The 'Celebrity Diet' Addict

Habitat: Often to be found in WHSmith furtively leafing through the weekly gossip magazines for the 'Celebrity Diet Secrets' page

Signature Behaviour: Scouring Checkers for celebrity diet staples like turkey burgers, tofu and organic broccoli

Distinctive Markings: A glass of freshly-juiced asparagus and a touch of bad breath (especially when she's been on the Atkins)

Natural Enemies: Gym bunnies

Mating Call: "Can you do me an egg white omelette?"

Every Tuesday morning, Emma finds an excuse to escape from the office.

Popping into the newsagent to pick up a pint of milk, she can't stop herself glancing over at the magazine racks. And there they are on the middle shelf – the new delivery of the weekly glossies. She scans them all - Heat, Star and Look until she sees the familiar bikini shot, tanned skin stretched tight over newly-taut curves. 'Britney loses 20lb on brand new juice diet!' screams the strapline. Emma's heart starts to beat faster. If it works for Britney, it could work for her too. Maybe she could look like that in time for Magaluf, she thinks as she heads back to the office to Google Britney's new diet.

Emma's a celebrity diet addict. Every new delivery of celebrity magazines brings with it a new celebrity diet. There was Kylie's grapefruit diet which gave her bad breath and a nasty burping habit, and Katie Holmes' raw food diet which she had to stop because she was getting jaw ache from all that chewing. She's even tried that Puer laxative tea all the celebrities use. More like poo-ey though – no wonder you lose weight, the smell alone was enough to put her and the rest of the office off their lunch. Mind you, Posh's 'pink' diet where you eat just prawns and strawberries worked surprisingly well. Although she doesn't want to admit that a dodgy prawn gave her such a bad dose of food poisoning that she ended up 10lbs lighter without having to do anything...

Emma firmly believes that there's some magic combination of foodstuffs that will magically melt her wobbly bits away. And every week, thanks to celebritydiet.co.uk and Heat magazine,

she tries to find it. She likes how virtuous she feels turning up to work with her thermos of cabbage soup or freshly juiced wheatgrass, and taping a new '7 Day Diet Plan' to her desk. She manages to stick to her diet for a couple of days, until, light-headed and giddy, she just can't resist the lure of a Friday night drink after work. And before she knows it, she's woken up blearyeyed and bloated after four glasses of wine, a couple of tequilas and a kebab. Depressed and hungover, she breaks into that packet of caramel chocolate biscuits she hid at the back of the

cupboard and thinks that she might as well order a takeaway. After all there's always a new diet to start next week when the new crop of celebrity-watch magazines hit the shops.

If she's being honest though, she's beginning to get a bit suspicious of all the miracle weight loss stories. It seems a bit funny that all these celebrities say they've lost loads of weight just by doing a bit of yoga and eating steamed salmon for lunch every day. Especially since she's seen those internet adverts for diet pills on howcelebritiesloseweight. com.

But tomorrow she's going to try something that really works. No, not liposuction. The Master Cleanse. You probably read about it in last week's Look – it's the diet where you only drink maple syrup and lemon juice with a dash of cayenne pepper. Apparently, the weight just falls off you. Emma's sure this one will work. After all, you only have to look at the pictures the latest Grazia ran of Beyoncé to see the difference....





MARCCAIN

Marc Cain Collections

arriving daily



JOKING ABOUT TERRORISM?

words | Simon Milner

A couple of weeks ago I started to get excited about the release of The Dark Knight. Whilst scouring the media for reviews, something caught my eye. A number of commentators were interested in the film's engagement with 9/11.

Jeff Dawson ('Has the new Batman plundered its plot from 9/11?', The Sunday Times, July 20, 2008) found imagery of 'smouldering rubble' and 'bound hostages' to be 'blatant' allusions to contemporary terrorism. Dawson also reminds us of the recent monster flick Cloverfield's debt to 'the video footage of Ground Zero witnesses'.

If viewers are being encouraged to find their images of terrorism in the Joker or rampaging creatures then something quite dangerous is happening. Monsters are inexplicable, unmotivated and can only be met with extreme force. If terrorists are like the Joker it justifies politicians being like Batman: violent, heroic, unaccountable.

Batman might let the Joker live, but there is no doubt that he and his cronies need to be beaten to a pulp. In The Dark Knight, Bruce Wayne's trusted butler insists the Joker cannot be negotiated with, and simply wants to watch the world burn. It would be a mistake – practical as much as ethical – to imagine that terrorism is simply an aesthetic of destruction. The hatred visited on the west has manifested itself in unjustifiable atrocities but it arises from complicated political, economic and ideological friction and not simply the desire of a madman to come out and play. The stories the Joker tells about his scars are mere fantasy; those driven to terrorism have real grievances and stories to express.

Having seen The Dark Knight I am inclined to agree with Manohla Dargis ('Showdown in Gotham Town', The New York Times, July 18, 2008) that the Joker, who 'isn't fighting for anything or anyone', 'isn't a terrorist, just terrifying'. However, the Joker does have something to tell us about the mindset behind a War on Terror. The Joker calls himself an agent of chaos and professes to hate the schemers - mobsters as much as police – with their plans. Really though, he craves order and meaning. A lover of cruel games (small time criminals are given shattered pool cues to compete for a place in his gang), the Joker seeks the meaning that comes from pitting yourself against an opponent and defining yourself through antagonism. The Joker tells Batman he doesn't want to kill him, that his adversary completes him. When the Joker says he believes they are destined to keep fighting forever, he is expressing a fantasy of Manichean order – of perpetual 'us and them' - which exposes the kind of mind that wants to reduce world politics to monsters and grinning clowns. This is why the Joker, not himself a terrorist, might help us avoid dangerous ways of thinking about terrorism.



HAVE YOU GOT SOMETHING TO SAY? A SHORT STORY, A RANT, A PROFILE, A STATEMENT? EVERY MONTH WE DEDICATE A WHOLE PAGE 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





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JERSEY / THE MONTH IN NUMBERS

A number of numbers taken from news stories published last month to feast your eyes upon. 15 cars damaged by disgusting drunk teenagers Sea Scouts had their bags ransacked during their visit to Jersey BMI flights from Heathrow to Jersey remain after early morning flight is axed rise in worldwide wholesale electricity in past year yet France's energy costs pegged at rate of inflation 🗕 £500,000 callouts for lifeboats this year compared to 38 last year of farm subsidies to be handed out early, helping to battle rising fuel costs

Can all mobile users move their number to us from 1st December? Sure they can.



Register before 30th November and you could win £1000 of Travelmaker vouchers.

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Name:	Pugley	Emma Snow
Breed:	Pug	English, Brunette
Age:	14 months	29
Likes:	Sniffing, cuddles, running in circles, swimming, barking at dogs and horses on the TV, food, people, exploring	Pugs, holidays, avocadoes, cuddles
Hates:	Being ignored	Grown men who play X Box
If you could be any human/ animal what would you be:	George Clooney	George Clooney's Pug
Wants:	A girlfriend called Puglina	5 Pugs and a (full) walk in wardrobe
Fascinating facts:	Pugs were bred to be lapdogs to the Chinese Emperors and were not allowed to be owned by 'ordinary' people. This tradition continued in Europe and only royalty could keep pugs until Queen Victoria's time.	Can bend my thumb at a right angle. Was petrified of dogs until Pugley came along.
Most impressive thing ever done:	Handstand for about 10 seconds, total accident but still very impressive.	Gave up smoking after 12 years.

pet gadget



Tri-Fold Pet Gear Pet Ramp

This is the longest and widest pet ramp on the market, yet it is also the most compact for portability and storage. It also has an anti-skid surface for dry or wet use.

£78.90 from Pets Paradise

petnews



Durrell's new 'prime mate' gets down to monkey business...

Dana is a 20-year-old female Sumatran Orangutan. Her species is critically endangered and there are estimated to be only 7000 of these amazing 'Great Apes' left in the wild.

Durrell has bred and contributed 10 Sumatran orangutans to the global captive population since 1975 when the first individual was born at the Trust.

Senior Ape Keeper, Gordon Hunt gave Gallery an update on Dana's progress:

"Dana is getting on really well. She has made friends with Mawar and Gempa and is now spending plenty of time mixed with them and has access outside onto the islands. She has already mated with Dagu (through the bars) and has pretty much met all of the other orangutans in the same area as her. Gina is not particularly keen on her and chased her around, but she couldn't catch her as Dana is 20 and Gina is about 44!

It is too early to say whether she will get pregnant for sure but there is a very good chance."



gallery



FLESHLY GESTURES

After recently returning to the island, local artist Karen Le Roy Harris will be exhibiting work from her Degree and Masters courses this month at the Berni Gallery.

After receiving a First Class Honours degree in Drawing and Applied Arts at the University of the West of England, Karen went on to gain a Masters degree in Fine Art Research. This exhibition, her first one on such a large scale is entitled 'Fleshly Gestures' and consists of a collection of pastel drawings and photography , looking at ways to represent the body in a non-traditional manner. Whilst working on a flat image, she investigates three dimensional forms, and aims to create the feeling of a sculpted physical space through her drawing, whilst her photography subjects take the form of sculptures she has made, linking the mediums together.

When asked about her interests, Karen told me she likes ideas of excess and often works on a large scale, creating bulging bodies that are both seductive and at times disgusting. 'I like there to be contradictions in my work. Eva Hesse once said that something absurd was 'more interesting than making something average, normal, right size, right proportion.' Similarly to my influences such as Cathy De Monchaux I want my work to provoke a physical response whether it is pleasure, pain, attraction or repulsion; it is good that whilst looking at a picture you can think about your own body'. Karen aims at showing an alternative approach to how we go about drawing the body, that isn't about life drawing but more about the very nature of our bodies. 'The impression of touch is important to me. Also, I aim to create emotive and atmospheric images through the colours and materials I use'.

The Berni Gallery, Jersey Arts Centre
13th October - 1st November

For more information on Karen visit her website: www.karenleroyharris.com or email: karen@karenleroyharris.com

showing

at the Jersey Opera House this month

Over The Rainbow – The Eva Cassidy Story Wednesday 1st – Friday 3rd October

Starring Faye Tozer this Show pays a genuine and heartfelt tribute to a true Artist who wanted nothing more than to create beautiful music.

Music in Action presents:

Michael Collins With the Jersey Chamber Orchestra

Saturday 4th October

Michael Collins, internationally acclaimed clarinettist, plays Mozart's much loved Clarinet Concerto with the Jersey Chamber Orchestra in aid of Hospice.

Michael McIntyre Tour 2008 Saturday 11th October

Following his self-out national tour and appearance on BBCr's Live At The Apollo and Have I Got News For You, Michael McIntyre is back with another full length show.



Jeremy Hardy Tour 2008 Friday 17th October

léremy is now an essential member of the News Quiz and can be heard regularly as a guest on 'I'm Sorry I Haven't a Cluc' and 'Just a Minute'.



ZU2

Saturday 18th October

To see U2 LIVE is an unbeatable experience. To see ZU2 'LIVE' is the next best thing to the 'REAL THING'.



St Martin's Musical Society presents Rhythm of Life

Tuesday 21st - Saturday 25th October

This show will feature four scenes called Love is in the Air, High School Fun, Ho Down Heaven and Moulin Rouge each packed with popular songs.

Standing Up For Kids! Sunday 26th October

Simon MacDonald – stand up comic for kids - is back for an hour of comedy about all sorts of things but most probably dogs, songs and some really bad dancing!

Chris Moreno presents: Annie Tuesday 28th October – Saturday 1st November

Leading a star cast of over 40 talented artistes, the hilarious Ruth Madoc stars as the dastardly gin-soaked Miss Hannigan. With a brilliantly memorable score including "It's A Hard Knock Life", "Easy Street" and of course the legendary "Tomorrow", fantastically visual choreography, and a side-splittingly funny script...



JERSEY OPERA HOUSE

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

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Let's hear it for the boys

Pat Robson from The Harbour Gallery tells me that often they get comments from people who only make it as far as Gallery 1 in the The Harbour Gallery and see all the female artist names on the cards, jewellery, ceramics and prints - and believe Jersey has an abundance of female designers and artists.

This was the reason for their upcoming exhibition 'By Men Only'. In no way a sexist exhibition, the gallery will be showcasing work from exhibitors Martin Bullivant, George Kowzan, Peter Knight, David James, Graham Tovey, Tim Mauger, Hugh Knaggs, David James and Andy Le Gresley. As previous exhibitors at the gallery, much of their work may already be familiar to some, although this is a great opportunity to view their work as a collective. David Gainsborough Roberts will be officially opening the exhibition at 7.15pm.

Gallery 2, The Harbour Gallery, St. Aubins Thursday 16th October - Monday 17th November

Jersey Arts Centre

'Must-see' events

Fihip Fihop: Everything Happens on the Break Rannel Theatre Company

Venue: St. James Monday 13 October 8pm Combining hip hop and a unique playful style to create a dynamic physical performance, which is both energetic and full of spontaneous comedy. £13 (£9 students)*



Stacey Kent (Jazz) Monday 10 November 8pm Stacey returns to Jersey with songs from her Double Gold-selling Blue Note album Breakfast On The Morning Tram. £17 (£10 students)*



CandoCo Dance Company

Thursday 13 November 8pm CandoCo is a company of disabled and non-disabled dancers that pushes the boundaries of contemporary dance to make us all rethink the definition and criterion of dance. "Daringly athletic" (Sunday Times) £17 (£10 students)* Suitable for 16 years+



Africa's Hope: A Story of survival through music and dance Aegis and Mashirika

Wednesday 19 November 8pm

Vibrant Rwanda music, beautiful choreography, lively drum rhythms, vivid movement and colour presented by Africa's survivors and refugees. £15 (£9 students)*



Claire Martin (Jazz) Saturday 13 December

"the best ever British jazz singer' (New York Observer)

£17 (£10 students)*



Performances will be at the Benjamin Meaker Theatre at Phillips Street unless otherwise stated. *15% discount for JAC members

Box Office: 700444

Book online: www.artscentre.je





TWIST OF FATE

David Sye, Yoga Elder, is the name behind the famous Yogabeats ™ brand. He is of Russian descent, the son of a scientist mother and artist father. He began his practice of yoga as a direct result and in response to suffering from ulcerated colitis and a spastic colon. He tried Tibetan Yoga and after ten sessions the doctors could find no tumours.

He felt better than he could ever remember and this completely changed the course of his life. From then on yoga has become his life's focus. He has been doing yoga in all its forms for over 24 years and has been teaching his special kind of yoga for many of those years. He is acknowledged as being one of the top ten teachers in the country. His style is that of quiet contemplation to start with, working up to high energy and fun. It combines traditional yoga postures, world music and "micro movements" focusing on spontaneous movement throughout the body (because Yogabeats recognises that life itself occurs spontaneously) and by recognizing this, one finds one's own physicality and innate way. This way the body does not lock itself into a position so the body and the personality remains flexible and open.

Always challenging convention, his events - complete with DJ, percussion and visuals - are well known throughout the country and abroad. His love of using yoga as a method of

conflict resolution in areas of war and social unrest found their roots in the Bosnian war in the former Yugoslavia. Never being afraid of war zones, David has, for the fourth year running, visited Israel at the invitation of the Israeli Teachers Association where he taught hundreds of teachers his methodology and philosophy.

He also completed a tour of the West Bank and completed 64 hours of training of Palestinians, classes of both men and women along with a great period in war-torn Jenin at the Freedom Theatre training 'the infamous bad boys'. At one point on the last Yogabeats session 300 Palestinian authority police were shooting and rounding up insurgents in the streets as the session was in full swing. This was filmed and was probably one of the most bizarre situations David ever found himself teaching in. A taster can be seen at www.brickwallfilms.co.uk/davidsye.html

Further plans are being formulated in order for David to teach both Israeli and Palestinian teachers his style in order for Yogabeats to exist in both communities. This will allow both sides to regularly come together under the umbrella of yoga rather than politics, following David's dream that yoga should be viewed as a powerful sociological tool for long term conflict resolution in all areas of the world.

He is looking to funding for this project, which will act as a model and will be rolled out in other beleaguered communities worldwide. You can see the full report on the Yogabeats™ website under the 'In the Community' page

www.yogabeats.com

YOGABEATS IN JERSEY

Henrietta of YogaPulse is delighted to welcome David Sye of Yogabeats to Jersey for a weekend of yoga, music and pulsing rhythms at Les Ormes, St Brelade.

FRIDAY, 17th October 2008 6.30PM TO 9PM

The Intelligence and Mechanisms of Love

SATURDAY, 18th October 2008 10AM TO 4PM

Human Ego - The Final Frontier!

SUNDAY, 19th October 2008 4pm to 9pm

Yogabeats ™ Events include live percussionists, visuals and DJ to provide the music and movement within the class. The practice extends to 3 hours with short intervals for breaks and refreshments. At the end of the class sumptuous food is served, this is included in the price. There is a chill out zone with cruising therapists available for taster treatments which are an optional extra (a small fee will apply).



JERSEY'S STYLE MAGAZINE 4



Date: Location:

Theme: Activities:

Event:

Date: Location: Time: Theme:

Activities:

Event: Date: Time: Location: Theme: Activities:

Event: Date: Time: Location: Theme: Activities: 4th October 2008.

11am - 3pm

East Coast Music Gable end.

Old Street/York Street 17 York Street, Cityscapes - create your own city. Drawing object, buildings and architec

drawing project will build an environs elements fit together to create one co

Pictures on Paving Stones

11th October 2008. West Centre

11am - 3pm

The theme will be fauna and flora and for the bronze cows.

This project will consist of green cha

The Big Beach Draw 18th October 2008.

11am - 3pm Gunsite Beach

Exploring Mark Making

Using sticks and other drawing implem A large scale drawing will grow from : a collage of styles and subjects from

Pictures on Paving Stones

25th October 2008.

11am - 3pm West Centre

People and Places.

Floor based chalk drawings tracing th fixed objects. These will be made in The body, or several bodies, will be and to draw around.

THE BIG DRAW

Drawing; A visual art that makes use of any number of drawing instruments to mark a two-dimensional medium.

There are many reasons why people draw. Every October throughout the UK, The Big Draw, the national campaign for drawing takes place. For the first time, local artists Anna Shipley and Karen Le Roy Harris are organising an original series of free public events as part of this campaign throughout this month. In a bid to encourage and promote the art of drawing, Jersey's 'Drawn Out' will consist of drawing workshops, which will produce non-permant work that will be either removed by the rain, time and tide. For example, drawing on building facades, pavements and beaches instead of on paper or canvas. These events give people of all ages and abilities a chance to experiment and come together with a common interest and celebrate the joys of drawing.

Highlights will include 'Drawn In', encouraging you to put art in your window frames, drawing with green chalk on the pavements at West's Centre, and The Big Beach Draw at the Gunsite beach.

For more information on The Big Draw and lists of events go to www.thebigdraw.org.uk/home/index.aspx and our listings pages.







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Now firmly established as one of the finest Beatles tribute bands around, The Cheatles have been performing at top venues throughout the UK, Europe, and the Far East, rapidly building up a huge reputation and following. www.beatlestribute.co.uk

LINEUP FOR THIS OCTOBER:

3rd & 4th - Beatles Tribute by The Cheatles 10th, 11th & 12th - Robbie Tribute by JK 17th & 18th - Tina Turner tribute by Dolly James 24th & 25th - Motown Disco Pimp, Wayne Allen

31st October & 1st November - Carly Stenson & The Diamonds



DOORS OPEN AT 7:30PM 3 COURSE MEAL SERVED AT 8:30PM SHOW RUNS FROM 9:30PM TO 11:00PM RESERVATIONS@CLUB72.JE

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MATTHEW PORTEOUS

Photographer Matt Porteous, has come to the forefront of photography in Jersey with his dynamic architectural shots, travel photos and expressive portraits.

With a passion for photography from a young age, he was awarded a Double Distinction in his City and Guilds Photography course in 2000 and whilst travelling took his camera. The rest has followed from there.

His work contains a mix of clean takes on local landscapes and buildings, action surf pictures from Jersey, Australia and Bali, successful commissions from those who love his relaxed reportage style and photographing people at their most natural, with family or friends, at home or outdoors.

Work you may have seen (or missed) include Matt working alongside renowned surfing photographer Leith Holtsman in Australia, a large scale exhibition of Jersey architecture at the Weighbridge during Architecture Week in September, Ex2 at the White House in St Ouen's in September 2008 and EX1 on La Cala Roof Terrace in April 2008. Not to mention contests he has placed in. As for future work, Matt is planning a chilly winter trip on the Trans-Siberian Express, traveling 7600km to experience China first hand and of course continuing to build up his architecture portfolio, and location portraits.

Matt will be holiding his next exhibition EX3 from the 17th October at the Framing Workshop in St. Helier. It will include a fresh mix of photography, inspired by visions of the world surrounding us, displayed on various materials.

1st place Practical Photography (Action 2005)

1st place Practical Photography Magazine contest (Travel 2007)

2nd place Digital Photo Magazine (Portrait 2008)

4th place Digital Photo Magazine (Architecture 2008)

Equal 6th in this year's Digital Photo Competition run over the year

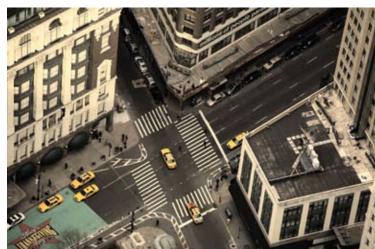
www.mattporteousphotos.co.uk

















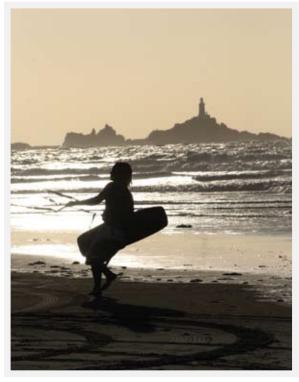


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THE MONTHLY UPLOAD

If you're a budding artist or photographer you may have noticed that these days you can get your work featured on these very pages in Gallery each month. Better still, each month we choose one winner who gets £100!

All you have to do is email your entry to upload@gallerymagazine.co.uk and tell us a little about it. Make the files nice and big though, about 4mb is good.



Celio Abreu has managed to get featured by managing to send in this great sepia picture of a kitesurfer even though we usually frown upon the billions of St Ouen's Bay photos sent in. Keep snapping, Celio!





Just look at the depth of colour and the clouds in this very different perspective from Dusk. Maybe you're an ant? I have no idea. You've won £100 though - good work!



Would you believe it, this image of a water droplet sent in by Lucy Griffiths hasn't been edited whatsoever. It's part of her A level coursework and looks ace. Be sure to show this to your tutor Lucy!

Jason Masterman managed to beat the deadline for this month's upload competition by a matter of minutes with yet another image of St Ouen's that bowled us over. We've had to eat our words about St Ouen's photos this month, we usually aren't keen but you've proved us wrong!

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Alica Barnard sent us three pictures taken on a BMX trip to Spain earlier this year - this one with the beach and city skyline in the background is tip top colour wise, capturing dusk perfectly.

It's also nice to see people keeing it old skool with a playing card in the spokes - the Ace of Spades, by any chance?!



Stuart Reid, what can I say - we've been wowed by your contributions three months in a row now. Anyone else would probably tell you to give the others a chance but we say keep 'em coming!

This high contrast, low shutter speed photo of the steps at Havre des Pas is amazingly powerful, what next?!

Last month the bar was set high, and this month it has risen, so strong are the entires we're receiving for upload now. Many thanks to everyone who sent in their images - we like to try and fit everyone in and so the rest of the entires are below..



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JERSEY'S STYLE MAGAZINE

ALL THE LATEST FROM THE BIG BLACK SMOKE...

This month's bulletin from our London based insider Nina Hervé includes a mini tour of boutique East End galleries, a visit to the British Film Institute and a chat with Jersey-born performance artist Françoise Guerrier.

Former Beaulieu student Françoise Guerrier moved to London in 2007 after living in Manchester where she completed a degree in performing arts. I caught up with Fran to talk about her life in the arts.



How did you get into the arts?

Ever since I can remember I was always getting involved in performing. I was an active member of St Brelade's Youth Club and performed and produced shows for the Youth Services Arts Alive. I used to attend a Saturday acting class and every summer was involved with the Jersey Youth Music Theatre's shows. I knew that I was destined to have a creative career and so plunged head first into performing. University was an amazing experience where I greatened my performing vocabulary to a different level and where my passion for producing performance really took shape. I started my own theatre company 'Chic Neurosis' that produces various types of theatre including experimental, surrealism, physical theatre, issue based, black comedy, multi media and Performance Art pieces for various venues and festivals including the Edinburgh festival. I also work as a freelance actress touring various plays around the UK and doing short and feature films. Now I have two great sides of the industry, I'm actively involved with producing various Music, Art and corporate events and performing in them. I have also taken

a course in Creative Event Management and Project Management at Greenwich University and am currently doing a long distance diploma in drama healing therapy.

Why the move to London?

My move from Jersey was to get some experience in the big bad world, a must for wannabe actors! Jersey doesn't have much to offer really for someone who wants a career in the arts especially in performing! So I moved to Manchester which was fabulous but then ended up travelling down all the time to London for work and auditions. I always knew that a move to London was inevitable, as in the arts industry it is the place to be. It was just finding the right moment and so when I was asked to be involved in the production team for the Royal opening of St Pancras International last year it seemed the perfect time to pack my bags and move south to the bright lights! I haven't looked back!

What exciting events have you been involved in recently?

It rather varies. Over the last year I have been involved with the Royal Opening of St Pancras International, I produced a multi media comedy with my theatre company for a festival in Manchester. I performed in Tim Burton's Sweeney Todd that opened this year starring Johnny Depp. I am very involved with assisting the organisers of Jersey Live and have been an active member of the events team for the past two years as well as Guernsey Live. I am also freelancing in event production for Harvey Goldsmith's company, Artiste Management Productions, where I have been recently assisting on the production of Bruce Springsteen's tour and also a massive one day festival at Wembley Arena called PKO BP London Live which was sponsored by Poland's national bank for all the Polish in the capital. I have also just produced, with a creative partner, an interactive art installation that I am hoping to take to festivals and events over the next coming year.

Would you like to get back into doing performances yourself rather than organising them?

I'll admit I absolutely love being on stage and although I have not been acting on stage or screen recently I feel like I am always performing! Sometimes you need to put on an act to deal with various situations and people in the events industry...I'm always good at making people laugh! After spending 3 years touring theatre around the country, it has been a nice break to be on the producing side and I'm extremely happy working in production but entertaining the masses and treading the boards is my first love and so this is what I will always do - but just in between the events! I have recently been contacted by a theatre company I used to work for, they have work for me in the next few months and now I'm settled in London I'll get onto my agent to start getting me some more acting work. I just need to find the balance between doing events and performing.

What's next on your schedule?

One of the next events I am involved with is a new music and art festival in Shoreditch, East London called Concrete & Glass. I'm also hoping to have one of my dome installations included in the festival. My recent creative venture is a partnership with a fellow Jersey artist producing an interactive art installation called SENSATE. The piece housed in three different domes stimulates your senses. We initially took it to Jersey Live and now want to put it at other events like La Fête dé Noué - so watch this space! I've always got some creative project up my sleeve. I am currently devising some new performance art pieces that will contain multi media and am looking into putting on a play. There are also quite a few music events that I'm working on but they are top secret at the mo!

The next event Fran is involved in is Concrete & Glass takes place in London on 2nd & 3rd October.

To see the full programme please check: www.concreteandglass.co.uk

Alexone Pas Pied Show 7

Renowned French graffiti artist Alexone recently showcased a much anticipated solo show of paintings at Stolenspace, Brick Lane. Coming from a graffiti background, he rose to fame in the early 90's with his striking letter based tags under the name Oedipus appearing on the streets of Paris. Since then his distinctive work has won him a reputation far beyond France and has exhibited all over Europe collaborating with other urban artists. Alexone's work is filled with colourful and eccentric characters and is often very playful. Integrated with word games and references to ideas, he creates a dialogue between the work and the viewer.

More information can be found at www.alexone.net







The All-Seeing Eye

The All Seeing Eye is a mesmerising video installation by the hugely inventive French duo, visual artist Pierre Bismuth and acclaimed film director Michel Gondry. Exploring one of the most successful collaborations to date between a contemporary artist and a filmmaker, the exhibition exemplifies how today film and art are interconnected and is based on an original idea by Bismuth from the themes at the core of their Oscarwinning film, Eternal Sunshine of the Spotless Mind.

This installation is set in what appears to be a well-furnished apartment. A central camera revolves around the room, and as the room spins, armchairs, magazines, houseplants, rugs, mirrors and a dining table appear only to disappear during successive rotations until the apartment is stripped bare. Through the windows incompatible views appear then change, to finally totally disappear.

The exhibition is accompanied by Today is the Tomorrow of Yesterday, a series of films selected by Bismuth on the theme of erasure being screened at BFI on London's Southbank and is on display until 15th November.

Mystery Spot

Set up to celebrate and promote the weird n' wonderful in art and music, Mystery Spot acts as a platform for a growing community of artists, designers and musicians to share and collaborate on a diverse range of projects, exhibitions, publications and events. The first of these was a group show, taking place at Indo in Whitechapel, London consisting of more than 20 of the UK's most interesting and talented image-makers, producing drawings, paintings and collages as part of the Mystery Spot inaugural exhibition. Artists included Steph Von Reiswitz, Luke Best, Supermundane and Robert Rubbish.



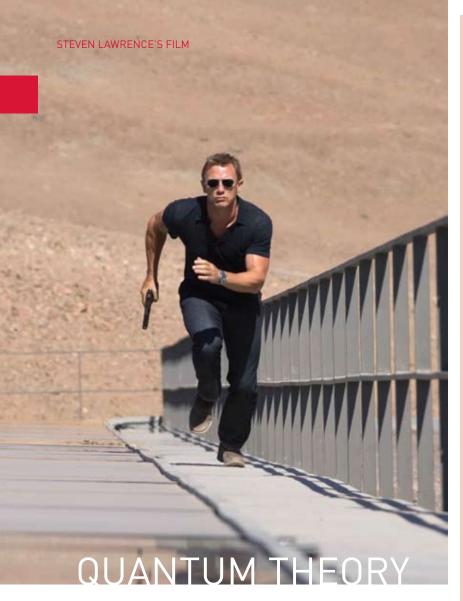
Tough Cookies Ain't Sweet!

Berlin based artist Julia Schonlau aka Juju's Delivery studied Media Art at Chelsea College, London before moving into illustration and character design. A new solo exhibition of Juju's Delivery work entitled 'Tough Cookies Ain't Sweet' was on show at Shoreditch's cutting edge art-spot, Concrete Hermit last month.

Dark yet funny, playful but serious. In the world of Juju's Delivery nothing is like it seems. There were two parts in the latest exhibition. The images for the first part draws inspiration from Jim Goldberg's book 'Raised by Wolves' and are primarily black and white. The second part includes a very colourful set of collages and watercolour drawings. Inspired by 80's music – hardcore punk, old-skool hip-hop and thrash metal. Depicted are moody children listening to music, streetwise birds talking in foul-mouthed slang and objects becoming opinionated.

More information can be found at www.concretehermit.com





JAMES BOND RETURNS IN QUANTUM OF SOLACE AT THE END OF THIS MONTH, HERE'S WHY YOU SHOULD BE EXCITED.

DIRECTOR: MARC FOSTER WRITTEN BY: NEAL PURVIS, ROBERT WADE & PAUL HAGGIS STARRING: DANIEL CRAIG, MATHIEU AMALRIC, JUDI DENCH

Prior to 2006's Casino Royale, 007 was in a world of trouble. Formulaic films, ridiculous gadgets like the invisible car and distracting product placement had left Pierce Brosnan's Bond paling in comparison to his grittier, younger counterpart Jason Bourne. Wisely, Barbara Broccoli and her fellow caretakers put Brosnan out to pasture allowing Bond four years rest before being rebooted in the distinctly different form of Daniel Craig. A controversial choice... until about five minutes into the film. This Bond is brash, inexperienced and emotional. There is a sense of danger about what he does. Critics pointed to the filmmakers 'Bourneifying' Bond but that's probably an oversimplification. What appealed to me about this Bond was that he was a relatable human being rather than a wooden, smarmy idiot. Which leads me into why you should be excited about Quantum of Solace... It's a sequel. This isn't just the iconic Bond ordering Martinis, spouting tired catchphrases and banging beautiful women (Though he probably will do that anyway). As Craig himself notes he is 'an unfinished article with a sense of revenge, who is still headstrong and doesn't always make the right decisions.' He has issues left to resolve from his previous outing and something tells me things are only going to escalate here. Normally Bond films don't carry much over from one to the next but this seems like it could be the Dark Knight to Casino Royale's Batman Begins. That is, as long as Bond remains flawed and human.

Though it might seem like this is the only film out this month there are plenty of other films that look like they could prove treats in the build-up to Bond's Halloween release date.

RELEASED: 31/10/08

RELEASES BEST OF THE REST



RELEASED: 3/10/08

HOW TO LOSE FRIENDS & ALIENATE PEOPLE

DIRECTOR: ROBERT B. WEIDE WRITTEN BY: PETER STRAUGHAN (BASED ON THE BOOK BY TOBY YOUNG) STARRING: SIMON PEGG, MEGAN FOX, KIRSTEN DUNST

Based on the real life story of Toby Young this film sees Simon Pegg play the character of Sidney, a journalist entering the seedy world of celebrity. At odds with, and in awe of this new world his journey to 'success' leads him into unexpected problems that his rude and sometimes obnoxious temperament just can't handle. Now I've seen interviews with Toby Young and read some extracts from his memoir and it seems to me that he would be a difficult character to sympathise with. Luckily this is balanced out by the fact that Simon Pegg is one of the most likeable actors working today. This looks like it could be a lot of fun and under the direction of Curb Your Enthusiasm regular Weide it's sure to find some humour in an obnoxious lead who might sometimes be difficult to like.



RELEASED: 24/10/08

GHOST TOWN

DIRECTOR: DAVID KOEPP, WRITTEN BY: DAVID KOEPP & JOHN CAMPS STARRING: RICKY GERVAIS, GREG KINNEAR, TEA LEONI

Ricky Gervais is generally very picky with which projects he chooses to take on (We'll forget Night at the Museum. I would make a sequel to Norbit if it meant I got to hang out with Ben Stiller and Owen Wilson.) So I think his choice to take on this film as his next project can be taken as an indication of quality. The premise is certainly promising with Gervais' character's Sixth Sense-like ability to talk to ghosts that are more annoying than terrifying. At the helm is blockbuster machine David Koepp. Hopefully the film will be closer to his early work on Death Becomes Her rather than his most recent effort scripting the disappointing fourth Indiana Jones.



RELEASED: 17/10/08

BURN AFTER READING DIRECTOR(S): THE COEN BROTHERS

WRITTEN BY: THE COEN BROTHERS STARRING: GEORGE CLOONEY, BRAD PITT, JOHN MALKOVICH

I was going to write about High School Musical 3 but I thought if you haven't seen the first two then you haven't got any chance of catching up. Instead I give to you this latest effort from Oscar winning directors The Coen Brothers. It has some big name stars but let's face it they're no Zac Efron. Maybe this film by two of the great auteurs of their generation making a long awaited return to comedy with some of the biggest names and most celebrated talents on the planet is something to see if HSM 3 is sold

54

CINEMA FOOD

This month's theme is food and drink so in the spirit of things here are some films to feast on or drink in.



CHARLIE &
THE CHOCOLATE FACTORY
DIRECTED BY: TIM BURTON
WRITTEN BY: JOHN AUGUST
STARRING: JOHNNY DEPP, FREDDIE
HIGHMORE

I'm going to say it, this is better than the original. With modern filmmaking techniques Burton cranks up the acid (or sugar) trip visuals to the absolute maximum and adds to the craziness with some catchy songs. Furthermore, Depp's Wonka is a more appealing character than Wilder's and the fleshed out back story ensures a far more satisfying character arc. Still, whichever version you watch the Oompah-Loompas are sure to haunt your nightmares.



SIDEWAYS
DIRECTED BY: ALEXANDER PAYNE
WRITTEN BY: ALEXANDER PAYNE
STARRING: PAUL GIAMATTI, THOMAS
HADEN CHURCH

I'm not middle aged and I'm not going through crises either personal and existential but this

film makes me wish I was. I don't think I can name

another film that treats the subject of male friendship and growing up in such a realistic and genuinely funny manner. Plus I can guarantee this film will make you want to become a wine buff even if like me you have an incredibly low tolerance to any wine-type drink.



DELICATESSEN
DIRECTED BY: MARC CARO & JEANPIERRE JEUNET
WRITTEN BY: GILLES ADRIEN
STARRING: PASCAL BENEZECH

The plot (from IMDB), 'A postapocalyptic surrealist black comedy about the landlord of an apartment building who creates cannibalistic

meals for his odd tenants.'That's probably enough to sell it to most but in case that doesn't entice you then how about I tell you it's co-directed by the man responsible for Amélie? What are you waiting for? Go watch it.

And finally one food related film that might just make you sick all over the place.



Okay, okay, this isn't the real poster... but we think its an improvement.

NO RESERVATIONS
DIRECTED BY: SCOTT HICKS
WRITTEN BY: CAROL FUCHS & SANDRA
NETTELBECK STARRING; CATHERINE ZETAJONES, AARON ECKHART

I'll admit I haven't actually seen this film. However, I don't think I have ever been as put off a film by its poster as much as this one. It just screams 'by the numbers romantic comedy'. It's as if someone took the tagline 'Something's cooking this summer' and worked back from there. Even Eckhart who is normally extremely likeable looks smug in his little chef's outfit. It's like I've never eaten buffalo testicles but I know I wouldn't enjoy them. No thank you.

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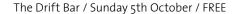


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Derrin Nauendorf

Australian singer / sogwriter Derrin Nauendorf is making a welcome return to The Drift this month.

Afer spending 5 years playing anywhere that would have him, sleeping on floors and living on tuna baguettes, things started to take off for this singer several years ago. He is now a hit on the festival circuit and has just released his 6th album, Skin of the Earth. According to the man himself, his new music sounds like, "A kind of post modern Steve Earle type thingmore energetic, with a rougher feel – I'm writing more for a band now, rather than just myself; exploring bigger sounds and arrangements". His sound reflects his main influences of Bob Dylan, Tom Waits, Martin Stevenson and Richard Thompson, with hints of John Martyn and traditional British folk, blended in with his own rootsier, bluesier, and altogether gutsier sound. If you want to check out some raw, emotive music, this one's for you.





Anyone for swinging?

With the success of Club 72's Thursday and weekend shows, now the club's promoting their regular Wednesday jazz nights. Arriving into Jersey each week is their resident swing performer Cole Page, who is a regular on the celebrity scene in his home town. Doors open at 5pm which gives you a chance to have a meal before the show begins at 8.30pm.

The food menu varies from local Jersey Lobster for £9.50 to home-made lasagne and chicken and pan-fried parma ham mixed green salad. Friday and Saturday night shows concentrate more on tribute acts from popular idols and bands, and start slightly later, giving you a chance to have a pre-show drink in the champagne lounge and the ticket includes a 3 course menu. October sees a busy lineup for Club 72 yet again which you can find on our listings page.





Following concerts featuring the sounds of Eastern Europe, Spain and Zimbabwe in Jersey, Collins Stewart are now bringing us music from a place closer to our shores.

American record label Compass has seen the group's CDs released worldwide, laying a platform for Gráda's steady path of touring which saw them play in 12 countries in 2005 in venues as prestigious as the Sydney Opera House, Ireland's National Concert Hall and the main stage at Belgium's Dranouter Festival.

The Collins Stewart World Music Series is organised by the Channel Islands Music Council (CIMC), which promotes both public and educational concerts for young people. The performers tour Jersey, Guernsey, Alderney and Sark, performing to children in schools during the day and the wider community at night.

To find out more about the group – and to hear their distinctive sounds – log on to www.collinsstewartwealth.com. Monday 6th October / Jersey Arts Centre

gallery



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WANT BRAND NEWS? HERE IT IS.

FELIX REY @ MANNA

Felix Rey bags are all the rage in New York at the moment. All the pieces are fun and unique, inspired by vintage style for the perfect finishing touch to your outfit. Look out for the chain metallic clutches to go with your evening wear this winter.

Bow and studded bag £190 Manna



MISS SELFRIDGE @ VOISINS

The new collections from Miss Selfridge are heavily inspired by looks from the 20s through to the 8os. It's all fun and flirty with elements of luxury faux fur, satin, beading and lace to add a glamorous feel.

Multi print boho maxi dress, £45.00 / Cream chunky knit long scarf, £15.00 / Suede tassel bag £30.00 / Jewellery by Diva, all Miss Selfridge at Voisins



VIA REPUBBLICA

Launching exclusively to De Gruchy this season is Italian bag brand Via Republica by designer Nives Zanotti. The collection of polished leather bags not only look stylish but are classic and timeless. A great investment for this season, oversized bags are still going to be big (and not just in the literal sense). Brown Via Republic Bag £331 De Gruchy (also available in other colours)



ELAINE FIRENZE @ H. LETTO & SON

New to Letto's are these beautifully crafted necklaces, bracelets and earrings by Italian designer Elaine Firenze The pieces emphasise craftwork around the flow of the female body, incorportaing 14ct gold, gemstones, pearls and filigree with the highest of skill.

H. Letto & Son

TEMPERLEY @ RENAISSANCE

Renaissance have just received some beautiful new evening dresses for this A/W. The luxurious pieces take on an opulent feel with jewels and silks.

Lime elfin silk embroidered dress £829 Renaissance





MHI BY MAHARISHI @AXLE MAN

Axle Man have introduced MHI by Maharishi this season to their branchist. The collection consists of graphic tees amd military style workwear with an urban twist. Known for their attention to detail, the pieces reflect the high fashion styling of Maharishi.

XEN @ ROKS

If your looking for something ultra modern looking, Roks at the Lion Park is stocking exclusive brand Xen from Germany who create unique, clean and simple designs using stainless steel with gold, coloured stones, pearls and diamonds. Beacause they are made from stainless steel, they will never tarnish either.



COAST @ DE GRUCHY

Think iconic looks from the 1920s and 1950s and you can imagine the glamorous new collection from Coast at De Gruchy. A mix of strong silhouetted pieces and sumptuous fabrics make up this elegant collection Clutch bags and bows are set to be huge this winter and we love this one below.

White Lara Coat £150 / Bow Clutch Bag £33, Coast both De Gruchy

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FASHION COMPETITION!!!

de Gruchy and Gallery Magazine have teamed up to offer three lucky female readers the chance to **WIN** a **£50 gift voucher** for either Fenn Wright Manson, Gerry Weber or Kaffe & Cream in de Gruchy's Ladies Fashion Department on the first floor.

To WIN, simply pop into the Ladies Fashion Department located on the first floor and fill out an entry form with your details and which brand you would like to enter to WIN a voucher for and pop it in the competition box provided. Come in and enter for your chance to WIN!!!

Alternatively you can also enter by going to the Gallery Magazine website, www.gallerymagazine.co.uk and entering online for a chance to **WIN!!!**

Come into de Gruchy and see our latest Autumn/Winter collections for fashion, jewellery, handbags, and much more.



FASHION UPDATE

As always, a new season has brought new trends for the girls.

We've taken a look at some gorgeous new accessories to hit the shops of St Helier. They complete your look and so it's important you get them right. A mixture of luxurious fabrics, bows, studs and lace are everywhere this season to add a bit of femininity to your wardrobe.

BOLD JEWELLERY

Pieces that look good enough to eat are the ones to look out for. If you are wearing plain clothes, pile on the chunky costume jewellery in all shapes and colours. Heirloom styles and pearls are also set to be a big trend. Heart crystal cuff £39.50 Éclat / Pearl diamanté necklace £32 Éclat Turquoise stone bracelet £22 Éclat



DRIVING MISS DAISY

Think back to the old movies, when ladies wore elbow length gloves on evenings out and short ones to drive in. They are back in vogue this season in a variety of leather, suede, silk and lace. De Gruchy have a huge selection of colours and styles this season. Long grey patchwork leather Patrizia Pepe Firenze £140 Manna / Black bow and studded Dents leather driving gloves £54.87 De Gruchy



MINI BAGS

Last year saw the rise of the super clutch, so in true fashion style, this season sees an opposite trend emerging. Enter... the baby bag. The smaller and more fabulous the better. Orange FCU K bow clutch bag £33 De Gruchy / Red apple Temperley bag £365 Renaissance / Purple silk Coast clutch bag £70 De Gruchy

STYLE GUY(UIDE)

THE LOOK THAT'S GOING TO BE EVERYWHERE THIS SEASON: WORK ETHIC

Take inspiration from workwear this autumn. Lumberjack shirts and jackets are huge made from thicker materials. Worn-looking jeans braces, fur collars and heavy-looking work boots will also be items to look out for in this trend



RED CHECKED SHIRT £28 TOPMAN



GREY DIESEL JACKET WITH FUR LINED HOOD- £150



BROWN SUEDE TIMBERLAND BOOTS £103.30 DE GRUCHY





JERSEY'S STYLE MAGAZINE

REBEL IN BLUEJEANS

It's that time of year again when denim brands start releasing their latest styles for the new season. As something you will always find yourself wearing, invest in a good pair of jeans that fit properly, suit your style and that are going to last more than one season.





Blue Joni flared leg Wrangler jean £59 Voisins





Miss Sixty high waisted flared jean £102 Axle Woman









Blue Quicksilver mini skinny jean £48.95 Jacks Clothing





Stretch straight leg DC jean £51.50 SDS Ladies

FOR THE GIRLS

Flares

This 70's style has been creeping in for a while now. Wear them high, widelegged, tuck your blouse in and pop on some high-heeled power shoes

Stonewash

Whoever thought this punk inspired trend would be back in our wardrobes?! It's all very rock chick so wear them with pride.

Skinny

A staple in any woman's wardrobe, a pair of blue skinny jeans is essential. Perfect for tucking into boots this winter or with a pair of killer patent platforms.

FOR THE BOYS

workwear, crinkle effects and classic cuts make up the men's choice this season.





Indigo turn-up Fenchurch jean £62 SDS Mens





Diesel Rayan crinkle effect jean, £110 AxleMan This is one of the newest styles from top denim brand Diesel. If you don't like the crinkle effect - just iron it out.









Mens blow out Levi 501 jean £67.99 Jacks Clothing This is the latest style of the classic 501 jean: the one seen on all their latest campaigns.



Pure indigo Replay denim jeans £89 Voisins



Grey sulphur wash PRPS jean £259 Roulette clothing With labour style workwear back in, these turn-ups and distressed PRPS jeans are perfect for this trend.





←LEFT ROSIE Dress- Unique Boutique Collections Shoes- Terry de Havilland

RIGHT—)
ROSIE
Scarf- Paul & Joe sister
Top- Best Behaviour
Jeans- Mc Q
Bag- Matt & Natt
Shoes- Terry De Havilland

OLLIE Blazer- Marc by Marc Jacobs Shirt- Marc by Marc Jacobs Cardigan- Marc by Marc Jacobs Jeans- PRPS Trainers- Y-3

all clothing supplied by







← LEFT ROSIE Dress- Galliano Bag- Matt & Natt Shoes- Lotus Hallmark Watch-Toywatch

OLLIE Leather Jacket- Lot 78 Shirt- Vivienne Westwood Jeans- PRPS Trainers- Y-3 Watch-ToyWatch

RIGHT →
ROSIE
Jacket-Vivienne Westwood
T-shirt- E.vil
Trousers- Best Behaviour
Shoes- Lotus Hallmark
Watch- ToyWatch

OLLIE
Jacket- Marc Jacobs
Polo- Marc jacobs
T-shirt- Marc Jacobs
Jeans- Marc Jacobs
Scarf- Diesel black gold
Bag- Marc Jacobs
Trainers- Y-3

all clothing supplied by







TOP

OLLIE Jacket- Y-3 T-shirt- Y-3 Jeans- PRPS Trainers- Y-3 & Nike Guitar Case- Y-3

воттом

OLLIE Blazer- Alexander Mc Queen Shirt- Alexander Mc Queen Jeans- Blue Blood Trainers- Adidas Originals

ROSIE Cardigan- Vivienne Westwood Shirt- Vivienne Westwood Belt- Diesel black gold Jeans- Diesel black gold Trainers- Nike Watch-Toywatch

RIGHT PAGE

OLLIE Shirt- Day Jumper- Day Scarf- Day Leather Blazer- Lot 78 Jeans- Diesel black gold Shoes- H by Hudson Watch-ToyWatch

ROSIE Coat- Alexander Mc Queen Dress- Peoples Market Scarf- Alexander Mc Queen Shoes- Terry De Havilland

all clothing supplied by





Fashion News Flash - Attention All Women

Marks & Spencer has scooped an exclusive deal with famed Sex and the City, Ugly Betty and The Devil Wears Prada designer and stylist, Patrica Field, to sell a one-off fashion range in its stores from October 16th.

Patrica commented "This collection for

Each piece within the collection reflects Patricia Field's individual signature styling combined with Marks & Spencer's exceptionally high standards in quality, precision cutting and finish. Fabrics include silks, georgettes, metallics and stretch satins. Prints feature significantly from polka dots, stars, stripes, animal print and traditional florals



COMPETITION



This month one lucky reader will WIN...

...a signed piece from the amazing new lingerie collection by Dita Von Teese that everyone's talking about!

All you need to do is head over to the Lingerie counter and fill in a competition form - ask in-store for details

Gallery have teamed up with Voisins for the year to get our readers winning the best beautifying products money can buy!

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Beauty News Flash



Have you discovered the jaw-dropping Ayurvedic Spa up at the Hotel de France? Whenyou book in, an Ayurvedic physician provides a consultation to determine your constitution (Dosha) with advice on lifestyle modifications involving diet, exercise, detoxification and the use of herbs and therapies to improve physical,

mental and emotional health, followed by treatment recommendations such as the Abhyanga Oil Massage; where two specially trained therapists massage in synchronised harmony!

Originating from India, Ayurveda has been practised over 5000 years and

is known as the mother of all healing systems. So call 614171 to book an appointment and find out how you can 'be balanced', or to enquire regarding their Spa and Gym Membership.

Ayush Wellness Spa www.ayushspa.co.uk

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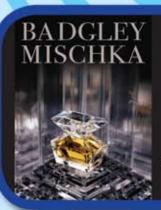
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de Gruchy and Gallery Magazine have teamed up to offer one lucky female reader the chance to WIN a fabulous exclusive gift from Dr. Sebagh in de Gruchy. This fabulous prize, which consists of Dr Sebagh Eye Expert, Crème Vital, Spot-on Breakout, Foaming Cleanser & Purifying Mask Anti-pollution. This fabulous gift is worth £169.20

To WIN, 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!!! this fabulous prize!

Alternatively you can also enter by going to the Gallery Magazine website, www.gallerymagazine.co.uk and entering online for a chance to WIN!!!

Located in our Cosmetics Department on the ground floor



Breast Cancer Awareness Month

During Breast Cancer Awareness Month many of the top beauty brands come up with ideas and products to help raise money for this fantastic cause. Here are a few of Gallery's favourites.

Darphin Prédermine serum -

This silky smooth serum delivers dramatically smoother and more youthfully supple skin.

£120.00 (£5 of which goes to Breast Cancer Research charity)

Clinique Color Surge Butter Shine Lipstick -

This limited Edition Breast Cancer Awareness 'Pink Ribbon' Lipstick comes in a lovely silver lipstick case designed exclusively for Breast Cancer Awareness

£12.00 (£1 will be donated by Clinique to the Breast Cancer Research Foundation and £1 will be donated by Boots to Breast Cancer Care)

Aveda Hand Relief -

A rich hand cream brimming with plant-based ingredients that helps soften and smooth hands.

£15.50 (£1 from Aveda and £1 from the purchase will go to the Breast Cancer Research Foundation)

Estée Lauder Elizabeth Hurley High Gloss Colour Collection

This divine lip gloss set includes three of Elizabeth's favourite High Gloss shades including Pearl, Rose and new limited edition Pink. £13.00 (£5 from each purchase will be donated to the Breast Cancer Research Foundation)



Facial Reflexology

Facial Reflexology (Lorensensistem) is a revolutionary new Holistic therapy, recently introduced to the island by Vee of Venus Health & Well Being. Vee is a trained Holistic practitioner specialising in this field.

Your face has 564 nerve points interconnected with the whole body, and through manipulation and massage of these points a whole host of ailments and problems can be addressed and relieved. The methods that Vee uses have been developed through exhaustive research and a combined methodology of oriental medicine, the primitive techniques of the South American Indians and modern research in neuro-anatomy.

The treatment starts with an indepth consultation enableing Vee to assess her client's requirements and tailor their treatment specifically. Once on the massage bed Vee begins to work her fingers. "It felt really nice to have

my face 'massaged'. I found the whole treatment deeply relaxing and i would highly recommend this for anyone who really needs some time out but doesn't know how to relax." Facial reflexology can help with a vast range of problems, from physical aches and pains to emotional, metabolic and hormonal issues

"After the session my skin felt fantastic and I felt re-charged and ready for my week ahead of work. It is such a lovely treatment and it is the ideal way to relax and pamper yourself."

During the treatment Vee uses Rosa Mosqueta Oil which is grown in the pollution-free environment of Southern Chile – this wonderful smelling oil is raved about amongst skin specialists as it has remarkable skin regenerative effects which can reduce wrinkles and even out skin tone.

Treatments are available at both Venus Health and Wellbeing St. Helier and Elmina Lifestyle Salon and Spa.

For more information and bookings contact Vee on 873480 or Elmina on 610082.









Ayush Wellness Spa; the most authentic Ayurvedic Spa in Britain as reported in BA High Life, set in 17,000 sq ft of natural stone, wood and glass created with nature in mind and a setting of quiet reflection.

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Originating from India, Ayurveda has been practised over 5000 years and is known as the mother of all healing systems.

So call 614171 to book an appointment and find out how you can 'be balanced', or to enquire regarding our Spa and Gym Membership





85

The cheek of it!

Highlight those cheek bones girls! A gentle feminine flush can drive men wild. Or with some clever undershading you can achieve supermodel-esque jutting cheekbones. Whatever your motive or aim, blushers can do wonders for a girl's complexion!

Benefit Posie Tint £20

This petal pink stain plants a kiss of see-through tint on cheeks and lips



Estee Lauder Powder Blush f18.50

We love the Estée Lauder Powder Blush range, it is reliable, sophisticated and there are so many lovely colours to choose from!



Too Faced Ooh La Rouge Blush Compact Duo £13

This clever pack contains a deep tone for contour and a shimmer for softness.



Bewitching Eyes! I

Eyeliner doesn't have to be a nightmare. The cosmetic companies have realised that we will no longer put up with smudged & smeared panda eyes - we demand an alternative! Here are a few of Gallery's favourites; we have sourced out the easiest to apply, the longest lasting and the loveliest, most unusual shades so you don't have to!

Too Faced Starry Eyed Glitter liquid Eyeliner £11.50

This is the the most chic-glam liner out there. It delivers oodles of silver glitter with every black stroke!

M.A.C Liquidlast Liner exclusive to Voisin £11.25

This literally does last, and I mean last - I'm still not sure how to get it off! Fantastic for partying all night long.

Estee Lauder Double Wear Zero-Smudge Liquid Eyeliner in Graphite £14.50

Such a great colour, and super easy to apply!

Urban Decay Liquid Liner £11.00

We love its little genie-esque bottle. This is for girls who have the liquid-eye-liner-know-how.

Clinique Cream Shaper For Eyes in Starry Plum £10.00

This is a lovely unusual colour great for placing under the eye for a subtle hint of vamped colour.

L'Oreal Super Liner £5.50

This delivers a slick line of defining-blackness with effortless ease.



Hair Care

Paul Mitchell Lavender & Mint shampoo and Conditioner both for £16.80

These lovely refreshing products will help to replenish hydration and improve strength, shine and resilience!

Label.M Warming Oil Treatment X4 £14.95

This fantastic scalp massage therapy gives a warming sensation on direct contact with two-phase conditioning, by helping to increase microcirculation and capillary action to stimulate healthier growth.

Label.M Resurrection Style Dust £9.25

A new type of styling product, this micro-fine powder builds optimum root lift and volume. Simply shake lightly, massage in and watch its special-effects action.

Tommyguns Bluberry, Ginseng & Honey Shampoo & Conditoner £4.99 each

for hair that lacks confidence in volume fullness and thickness - also try their delicious smelling Fig, Plum & Marshmallow.













Heaven Scent

Estee Lauder Sensuous £35.50

This opulently addictive scent instils confidence, femininity and quiet strength within its wearer



Amouage Lyric exclusive to Voisin, Mens £93 & Ladies

Amouage has succeeded since 1983 in mixing classic Arabian opulence with



Tom Ford White Patchouli exclusive to deGruchy, £36.75

This fragrance seeks to reinvent the patchouli of the 1960s. It's sensuous and surrounded by sleek wood notes



Benefit B Spot £23.75

This is a sexy fruity floral fragrance perfect for popping on your pulse points, to get men's hearts racing!



The Face of Elmina

Gallery is delighted to announce this year's winners of the "Face of Elmina" competition:

Sonja Assiter

"it was so great to be chosen as The Face of Elmina, it's awesome, I love it! I'm really excited about having my hair done for free for an entire year and using all the lovely Aveda products. I am really pleased to be a part of these fantastic salons"



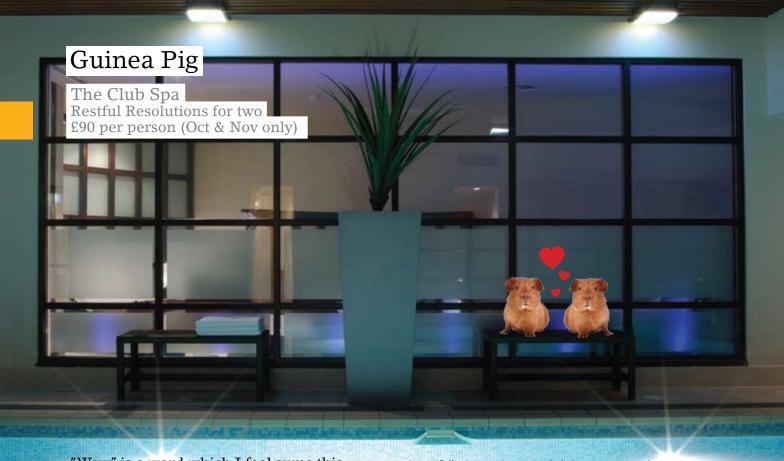
"Winning Elmina Man of the Year took me by surprise, my friend had entered me and then i got the phone call! Winning the treatments and products is brilliant."

Vicky (Style Director at Elmina)

"Elmina is very happy with the models chosen to represent the salon and we look forward to working with both Matthew and Sonja throughout the coming year to create contemporary fashion looks"







"Wow" is a word which I feel sums this experience up. Never have I had more 'quality time' with my partner than the day we went for this utterly amazing Spa Day.

At first when I saw the price I thought "Gosh!" (I actually thought something a bit more obscene but I'm not sure if they can print that in Gallery). However having experienced it I genuinely feel a price tag of £500 per person would have been more appropriate. Their Restful Resolutions Package is what I would sum up as "the ultimate partner bonding and true relaxation day". The day got off to a good start with my partner arriving before me. (usually I arrive before him, then I send a text, then a few panicked answer phone messages, swiftly followed by an angry text full of expletives.) However as I walked through the reception there he was waiting patiently (with a rather smug look because he'd beaten me there). We went into the spa together; I felt like the whole thing was a big act, and we were masquerading as the ideal couple who do this sort of thing all the time. The receptionist suspected nothing as we held hands and smiled fondly at each other (possibly for the first time since we were interviewed by our son's prep school).

The receptionist handed us over robes, slippers and towels and led us down to their pool and relaxation area. I had my new summer bikini to slip into (which, due to the non-existent summer, had not seen much action) and my hubby came out in his trendy boardies. We started on the jacuzzi bench, then stretched our over-worked limbs by doing some lengths in the pool. We then tried out the Salt Steam Room, which the receptionist had told us would help my partner's asthma. He stayed in there whilst I had a go in the Aromatherapy Experience Shower.

We then tested out the sauna and went for another dip in the pool before the receptionist popped down to lead us up to our lunch. We had both opted for the chicken and mushroom risotto and it was delicious. We then went and settled down in the Relaxation Room with herbal teas and the latest magazines. We were led through to

a beautifully designed mozaic-tiled shower room and steam room. The therapist told us that she would leave us to put the salt scrub all over one another's bodies, then shower it off, then we had to go into the steam room and cover ourselves in a mud solution and then sit and relax. We were like kids in a sweet shop we were so excited. There was such a lovely feeling of being away from everything, as if we were on holiday without the kids. We then showered the salt concoction off and went into the little steam room chamber and had a lovely time sloshing mud all over each other, we then sat down to let the steam get to work and I found it such a lovely bonding experience, and I'm sure it'll save us a fortune on therapy in later years — after our hectic summer of child & job juggling). Once the steam stopped we pressed a little button and jets of water washed all the remaining mud off our newly smoothed and softened skin.

We made our way back to the Relaxation Room and there was just time for a glass of water before our two therapists came to lead us to our double treatment room. We then had our back massages and facials. I've had quite a few facials in my time (every time I look in the mirror without makeup on, in utter despair, I convince myself I deserve a facial) and I can happy report that this was the nicest one I have ever had; there was so much attention to pressure points and scalp massage throughout and my therapist was just obscenely gifted at neck and shoulder massages - bliss. It was my partner's first and he was really happy with it, he said it was really bizarre and nice to have all the different textures of products put on his skin and he loved how clean and revitalised his skin felt afterwards. The two hours spent on the massages and facials flew by, when the therapists left the room to let us get up in our own time, we exchanged matching disbelieving looks at just how nice our day had been.

We finished the day back in the Relaxation Room, (which is very aptly named!) totally 'blissed out' just lying there figuring out how on earth everything could have gone so well. I would like to write a thank you letter to whoever invented the Restful Resolutions Package. Five stars. This is literally an unmissable offer.

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Longer, stronger, beautiful nails

Passion For Perfume

An interview with Christopher Chong, Creative Director of Amouage

With the launch of Lyric, the latest fragrance from luxury perfume brand Amouage at Voisins
Department Store this month, we felt it would be a great time to learn more about the work of the perfume house and in particular that of its creative director, Christopher Chong.

Lyric Woman and Lyric Man are the latest creations of the music-inspired narrative that started with the launch of Amouage's Jubilation last year.

Regarding the latest Amouage releases, Lyric Woman and Lyric Man, we asked creative director, Christopher Chong, what were his sources of inspiration?

"Lyric Woman is a deliciously dramatic fragrance for women, inspired by the poetic beauty of that most iconic of fragrance notes – the rose."

Chong explains, "Beyond the transient beauty and purity of Lyric lingers a poignant song without beginning or end. During the creative process I found inspiration in the beauty and drama of lyric-spinto voice. From this, the story of Lyric Woman was born: a fragile beauty with a rare, other-worldly talent and her quest for perfection and immortality. Through this story, we are reminded that there is a subliminal beauty in every imperfection.

The fragrance has a complex and sophisticated structure, in which deep, smoky rose takes center-stage in the heart, complimented by dry, floral notes of geranium, jasmine and orris. The spiciness of cinnamon, cardamom and ginger in the top notes lifts the fragrance, while depth is provided by frankincense and wood notes in the base. In its structure, Lyric is a floral fragrance, but one that introduces dark intensity and modernity not normally associated with this genre - a perfect

illustration of femininity, strength and passion.

Lyric Man, a deep, hypnotic scent for men explores the darker side of the rose. Its powerful elegance is achieved through the use of the traditionally feminine ingredient of rose, artfully combined with the warm masculinity of woods, ginger and frankincense.

I worked to develop a dark and musical fragrance that evokes the sombre sound of eternity and recounts the myth of a beautiful young woman and a powerful, mysterious man who seeks to immortalize the beauty of her voice.

Lyric Man opens with the freshness of bergamot and lime, that quickly reveal complex middle notes of saffron, angelica, orange blossom and nutmeg, governed by a heart of smoky unusual rose. Base notes of pine, sandalwood and frankincense lend a depth and seriousness to the fragrance, combined with the warmth and dryness of vanilla and musk."

What were your sources of inspiration for your latest creations? "To celebrate Amouage's 25th anniversary, I began this journey with a new vision of a continuing story as each new fragrance is created. Lyric marks the second fragrance in the Amouage story, which will reflect upon the wonderful Arabian tradition of storytelling

When one talks about the creation of perfumes today, a lot of focus is put on perfumers. A debate has arisen recently around the question of authorship in perfumery with different conclusions in Holland and France. Yet at the same time it is quite obvious that perfumery appears more and more to be the result of sophisticated teamwork akin to the level of collective effort found in the making of a movie, from designing the perfume, to composing it, blending it, to packaging it and marketing it etc. What is exactly the role of a creative director in that enterprise, at least in the way that you see it?





"As Creative Director of Amouage, my role is part creative and part executive. On the creative level, I come up with the mood, story and inspiration in the brief. This brief will be sent to several noses. I prefer not to know which nose created which scent at the initial stage because I prefer to select the scent that best matches the brief rather than selecting a famous nose

At the smelling sessions I would shortlist a few scents and start to articulate in details my requirements, such as increasing or reducing the amount of some ingredients. Then, I would take this with me and test them on myself and live with these scents for some time. I am a strong believer that fragrances have to be smelled on skin. It is an art form that requires time to mature and to develop. All this takes at least one year to complete. On the executive level, I make joint decisions with the CEO on matters concerning package designs, marketing and production. Also, I work closely with the sales team because I believe customer feedback is vital in creating unique and wearable fragrances."

It is striking to see how the discourse around perfume wearing in the Middle East puts emphasis on the inner life. Amouage is no exception. Why do you think there is this propensity to evoke the moral life?

"Perfume-wearing in the Middle East has a lot to do with spiritual cleansing. It is also about respect for the self and others that we co-exist in harmony in this world. It's interesting that in religious ceremonies as well perfume (incense) is used to cleanse and purify the space."

I have noticed that the Amouage fragrances have a soothing, calming effect. Has this characteristic been brought to your attention before? Is it due to the high proportion of natural ingredients that you use? Has silver frankincense any particular properties?

"The mission of all Amouage fragrances is to spare no expense in creating the best wearable scents. Oman produces the best Silver Frankincense in Dohfa. Silver Frankincense contains special properties that are both calming and soothing. It's widely used in traditional Omani healing medicine and is highly prized.

It has always been considered the very best quality of frankincense available in the world. The Queen of Sheba took silver frankincense from Dhofar to King Soloman way back in the Old Testament days. Legend has it that the frankincense taken to the baby Jesus by the Magi also came from Dhofar."

What is your next project? You mentioned that you were going to create oil-based perfumes.

"In addition to our main perfume line, we have recently introduced two new collections. The Home Collection includes six new fragrances in candle and room spray forms. The Bath & Body Collection contains soap, shower gel, body lotion, body cream and hand cream.

As for oil-based perfumes (also known as attars), this has always been a strong Omani heritage and tradition. Amouage has been doing this since 1983 and

distributions have been mainly in the Middle-East and Harrods. One of my objectives for Amouage is to make this more accessible to the West and to bridge the cultural differences of the West and the Middle-East. Most recently, I created an attar called Homage to celebrate our 25th anniversary, which is available at Harrods. Homage is a heady floral dominated by Rose Taifi, the finest quality rose oil extracted from the petals of the rose, which is famed throughout the Gulf region for its rich and romantic fragrance. The ingredients in Homage are exceptionally concentrated, so much that an entire field of roses is used to extract enough oil to fill each tiny bottle. A small drop is applied to the pulse points and the extraordinary, multifaceted fragrance will develop over many hours.

Another project that I have started is creating a 'Boutique Collection'. This collection will be opulent and adventurous. The nature of this is to explore the philosophy of human emotions and express it through scents. We plan to launch this sometime in 2009."

Lyric Woman and Lyric Man are now available exclusively in the Channel Islands at Voisins Department Store.

Please bring this ad to Voisins Perfumery Department in the Beauty Hall to collect your free sample of Lyric by Amouage. One sample per customer while stocks last.



gallery

food&drink ▶

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A Moveable Feast

I'M FICKLE WHEN IT COMES TO RESTAURANTS. I GO AND SWEAR MY UNDYING LOVE TO ONE AND BEFORE I KNOW IT, THREE WEEKS LATER, I'M CHEATING ON IT WITH A HOT LITTLE TAPAS BAR AND WONDERING WHEN I CAN SNEAK AWAY TO THE SULTRY CHARMS OF THE FRENCH BRASSERIE DOWN THE ROAD. I'M A RESTAURANT CAD, A TWO-TIMING DINER. I DON'T THINK I'VE EVER BEEN MONOGAMOUS.

But I think all that might have changed. I've fallen for Feast, and I'm kicking myself because when I tell you how good it is, you'll all want to go and I won't be able to book a table for Friday night anymore. Feast has only been open since June, but it's already developed an unfussy, fresh and modern menu thanks to chef Garth Marsden – ex-head chef at foodie favourite the Navigator. Right on the pier at Gorey, Feast's outside tables are all sunshine and sea views and inside, there's a modern retro interior with eclectic touches and an airy, welcoming feel. And the wine list is a breath of fresh air. Put together by wine expert Anne, one of Feast's owners, it's full of exciting new discoveries and best of all, almost all the wines are under £25. It's accessible, affordable and most of all, it's easy. Feast is the sort of place you want for your 'home from home', especially when there's a fire in the open grate, and Anne starts her Wine Club. I'm starting to get very jealous of Gorey residents...

We sat outside yacht-spotting in the late-September sunshine with a glass of the fruity St Hallett Semillon Sauvignon Blanc (£4 a glass / £16 a bottle) and ordered seafood starters. I went for the garlic prawns in their very own mini frying pan which arrive still sizzling with homemade bread to dip into the salty, buttery sauce. The salt and pepper squid starter was tender and soft but still spicy, with a dish of sweet chilli sauce for dunking. Everything was fresh and perfectly cooked – of course, only what you'd expect from an ex-Navigator head chef who knows his stuff when it comes to seafood.

Feast is the sort of place you want for your home from home, especially when there's a fire in the open grate, and Anne starts her Wine Club. I'm starting to get very jealous of Gorey residents...



There was a Moroccan-spiced salmon with cucumber sauce on the specials board that was delicious; rich spicy flavours mixed with a creamy tzatziki to cool things down. And the rack of lamb with a mustard and herb crust got top marks from my lunch date, he thought it was tender, tasty and well-balanced. Both dishes came with delicious salty Jersey royals sprinkled with parsley. There's even a dessert plate to share - if you've got space - with vanilla panacotta, an apple choux pastry and a delicious toffee-poached pear.

Every course was simple and fresh, showing off the quality of the ingredients with well-thought out flavours. In fact, everything at Feast has been well thought out. Come with kids and you'll find vintage children's books piled up by the entrance ready to keep little ones amused, and a great children's menu. And when you order coffee, David the waiter asks if you'd prefer brown sugar, and brings you a mini Mason jar, filled with natural brown sugar lumps instead of the white diner-style sugar pourer on the table.

And now the sunshine's fading, Feast is turning warm and cosy in time for winter, with steak and ale pie, bangers and mash, French onion soup and seafood chowder all served in front of a roaring open fire. You see, you'll love it too. And I'm not the possessive type-you can have Feast as your favourite restaurant too, but make sure you keep the table by the window free for me on Friday nights....



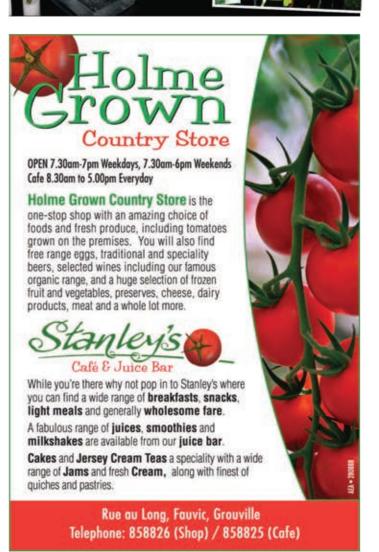
feast

10-11 Gorey Pier, St Martins
Tel: 611 118
www.feast.je
Lunch: 12-2 Tuesday – Sunday,
Dinner: 6pm – late Tuesday – Sunday.

Need to know

Starters were between £5-6, and main courses ranged between £11 and £18. Feast is also taking bookings for parties of up to 40 – phone or email for details of their Christmas menu. And look out for Feast's wine club – due to start October 23rd. For more information, email Anne at Feast – info@feast.je.

RAW GOODNESS PEPSI TOOK THE OPPORTUNITY OF 10,000 OF US ALL IN ONE PLACE HAVING A GOOD TIME TO LAUNCH THEIR NEW PEPSI RAW DRNK. With a massive ice sculpture and a tent decked out all in black, the nice guys and girls from Pepsi were giving away Pepsi Raw all weekend! They were researching the new drink and asking people their opinions with one lucky attendee and Gallery reader winning an an iPod nano. Raw is the first drink the multi-national Cola brand has added to its range in more than ten years. Pepsi says the new drink is made from natural ingredients and contains no artificial preservatives, colours, flavourings or sweeteners and that by replacing corn syrup with cane sugar, it has managed to reduce the calorie content of a 300ml bottle from around 120 calories to around 90 calories.





New Wave

When the weather starts turning chilly and the evenings are getting darker – your tastes change. You want spicier food not salads, shiraz instead of sauvignon blanc, crème brûlée rather than cheesecake...

But don't think your only options are the pub or your local Indian. Bright and light beach bar Waves has warmed up in readiness for winter, with red drapes at the windows and some rich Moroccan and Thai flavours on the menu. It feels cosy, warm and welcoming - especially with the chatty Alex heading up the restaurant team. Our starters were more impressive than we'd expected - a smoked mackerel salad with fennel and beetroot was rich and piquant-great for getting your omega-3s. The king prawn tempura was outstanding though, and I must admit my friend Jules and I had a bit of a fork fight over the last one. Dangerously addictive and meltin-the-mouth, Jules said they were the best she'd tasted outside Tokyo. They come with spicy mango chutney and a crunchy noodle salad that finished with a layer of fresh sweet mango slices. The main courses were pretty good too - we asked for a hot-as-you-like Thai green curry, and the chef got it spot on. It was sweet and creamy, with just the right amount of chilli and came sprinkled with cashew nuts and an individually None of our courses were disappointing – we got a good standard of cooking from an adventurous chef who wasn't afraid to experiment with flavours.

baked nan bread. On the specials board that day, was a delicious-sounding baked salmon with a crab crust served with tamarind, chilli and ginger noodles. It was delicious... and different with shitake mushrooms adding an element of depth to a few innovative flavour combinations. None of our courses were disappointing - we got a good standard of cooking from an adventurous chef who wasn't afraid to experiment with flavours. And it's family friendly too with please-all favourites like cod and chips and spaghetti bolognese on the menu for anyone whose tastebuds aren't up to Thai. If you've still got space, the dessert selection is a great mix of 'old-school' proper puds, like Eton mess, crème brulée and sticky toffee pudding.

The wine list has a nice selection of New World wines with a Chilean merlot and sauvignon blanc as the house wines, along with perennials like Oyster Bay, and it's not extravagantly priced – the most expensive wine is still under £25. And the Chilean merlot as recommended by Alex wasn't bad. It certainly beats cottage pie and chips down the pub...

Waves by the Sea

St Lawrence Slipway Victoria Avenue

Open for lunch Tues – Sunday, and dinner Tues – Saturday (also open for brunch on Sunday 9-11)

Need to know
Price range:
Starters around £6
Main courses between £8 and £13
Tennerfest menu - 3 courses for £15



TWO GLUGS & A SPLASH Danny Moisan

With the coffee suppliers and fishmongers of the Island after his blood, our controversial Danny this month turns his rant on the customers! Thankfully he's gifted and serves up top food!

#3

The customer is always right...yeah

The trouble with customers these days is that they really do believe that they're right! When I go for a hair cut I trust my hairdresser to know what he is doing and I let him get on with it; if I need a pair of shoes I trust the maker of the shoes to supply me with something that will do the job. So why when it comes to food does the customer automatically turn into a professional chef?

I had a customer last week who after eating all of his goat's cheese and pesto salad, stared me in the eye and said loud enough for Ludwig van Beethoven to hear... "This salad has got nuts in it, I'm allergic to nuts. Well excuse me for not being a bloody mind reader! That's what I wanted to say, however what I actually said was "I'm so sorry sir, is there anything I can do to compensate you?" You see that is the culture of today's customer. When I go to a restaurant I never complain if the food is not cooked the way I would cook it and I have been a chef.. forever. So why should the average Joe feel that they have the expertise to do so? If I don't like a restaurant's food or service, I don't go back. So without trying to sound like my Dad, vote with your feet - that way the rubbish restaurants and cafes will have to close down and the really good ones will prosper and chefs like me will be able to tell the customer that they are wrong with out the fear of going bust!

I stick to my simple philosophy of keeping it simple and good, my motto for the café is "simply great food" and that goes for everything I cook, whether it's a bowl of porridge or a super salad. I use the best ingredients blended with 30 years of training. I hate going to a restaurant and reading a menu that is totally confusing in its description of each dish and then when the food arrives it looks and tastes nothing like the way it was described! Throughout the nineties we could have had one central kitchen cooking for 90% of the restaurants in Jersey, that's how unimaginative most chefs and restaurateurs were. Fortunately a lot of restaurants have moved on with the times. Unfortunately lots haven't. You know who they are? Vote with your feet.

Rant over.

Danny Moisan Grumpy old chef



somethingfishy?

Danny did it again last month and having riled coffee shop owners in August he's managed to get our Island fishmongers up in arms. We got a lot of calls! Whilst it's fantastic to see that they all read our esteemed publicatione we obviously don't want to publish anything off the mark so we thought we'd clear a few things up.

Having spoken to Graham Smith at Dunn Ross Fisheries, Richard Houiellebecq at Battricks Seafood and Sean Faulkner at Faulkner Fisheries we got it straight from the fishermans' mouth. Firstly, it is true that a lot of fish we buy in Jersey isn't from Jersey. That part they all agree on. That stands to reason as adventurous TV masterclasses and volumes of celebrity chef cookbooks sold each Christmas have made us more aware of the breadth of seafood available. There's not much chance of catching a local Channel Island tuna or salmon and that's what we want to buy, so that's what the fishmongers keep in stock for us.

Local seafood tends to be lobster and crab and less 'fish' fish. As Graham from Dunn Ross put it, 'what we can't get locally we have to import, if we only put local fish on the counter the choice would be limited'. The fish we get brought in from the UK comes from Grimsby or Brixton on the overnight ferry and is actually very fresh indeed, having been caught in many instances just the day before. Richard Houiellebecq told us that you can get actually get local fresh fish six days a week, it's just Monday that tends to be fishless and could be the day to avoid buying as many fishmongers have half days.

Danny also alluded to fish being 'swapped' for other fish behind the counter. Sean Faulkner certainly doesn't think that's the case, stating that 'my staff would never do that and that...such practice would be suicide for a fishmonger'. We're inclined to agree. It's good to know all the fishmongers that clogged the Gallery phones this month to put us straight are so passionate about their trade and clearing up confusion.







Meat the Locals

THERE ARE A GROWING NUMBER
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SUPPLYING US WITH TOP QUALITY,
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STANDARDS. DEMAND IS GROWING
AND NOW YOU CAN GET EXPERTLY
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DOORSTEP. YOU KNOW IT MAKES
SENSE - ANIMALS THAT ARE KEPT
OUTSIDE AND FED A GOOD DIET YIELD
UP HAPPY, TASTY MEAT. HAVE A LOOK
AT OUR FARM SHOP FEATURE TO
FIND WHERE TO GET YOUR HANDS ON
SOME. VICKY FAWCETT INVESTIGATES

Jersey Beef

Butchers in Japan have long bred their world-renowned Kobe beef for maximum flavour - it retails at £50 for 100g. The secret is meat thinly marbled with fat and that adds to the meltingly delicious taste. Have a look at a Jersey steak. In our blind taste test, alongside a bit of best Orkney beef, it was unanimously agreed that Jersey was best on flavour - just ask Jersey's top chefs.

Who produces it?

Classic Herd in St Peter now have a full time butcher and they hang their meat for two weeks. **Woodside Farm** serve up two of their own cattle a week.

Where can you get it?

Classic Farm Shop, St Peter

Woodside Farm Shop, Trinity Country Butcher at Rondel's Farm Shop Chicken

hoose Primark or Prada, you get what you pay for when it comes to birds. There has been much in the spotlight about the life of a poor "Frankenstein" chicken, which goes from chick to supermarket shelf in a staggering 39 days. Growing a frightening 60g a day, these 800 million, intensively-farmed, "Standard Chickens" are too top heavy to stand and are packed 17 into a square metre, with up to 40,000 in a shed. The more you know, the more it makes sense to know exactly how your chicken is reared. These birds are a few quid more than your average supermarket bird and they are grown for 80 days and have some muscle on them from running around. But you can get plenty of mileage out of a chicken - roasted, sandwiches, pies, then boil up the bones to make soups and risottos for ultimate winter comfort.

Who produces it?

Le Marinel Farm raise 200 free range chickens per month for meat, and have also guinea fowl. **Vermont Farm** produce 100 prime organic, free range birds a month.

Farm Fresh Organics have just started organic chicken production in St Lawrence.

Vers Le Mont have 100 free range birds on their organic land, pecking up grubs and eating grass.

Woodside Farm has free range birds as well as their beef.

Where can you get it?

Le Marinel Farm sell direct from their farm in St John, call 865958 for orders. **Vermont Farm Shop**

Vermont Farm Shop Classic Farm Shop Holme Grown Woodside Farm Shop

Pork

Piggies, lovely piggies, happy in the outdoor life are a far cry from intensively-farmed indoorreared pork, with more than a whiff of the gas chamber. Jersey's pig farmers are in clover, producing bacon that isn't injected with water and fab ranges of homemade sausages, as well as joints.

Who produces it?

John Hackett's saddlebacks are getting reputation for quality. He currently has 100 porkers enjoying a sea view in St Brelade.

Vermont Organic Farm have pure bred, black saddlebacks with delicious organic meat and they make their own sausages.

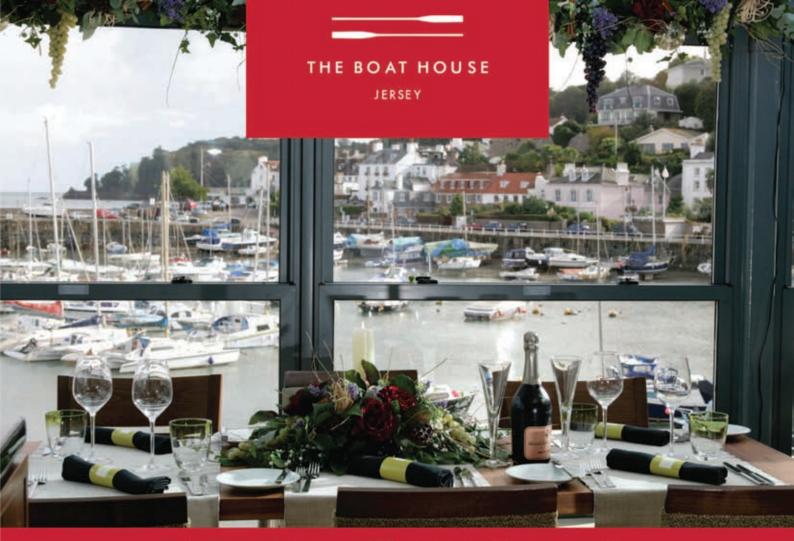
Classic Farm Shop in St Peter grow their own free range pork and their porkers get a diet of whey from their organic cheese production.

Where can you get it?

John Hackett sells from Rue de Genets on a Friday and Saturday and on Saturdays in **Homefields Farm Shop** in St Clement.

Classic Farm Shop in St Peter

Vermont Farm sell from their own farm shop and supply **Holmegrown.**



Arranged your Christmas Party yet? We're taking Lunch & Dinner Bookings Now...



Our First Floor Restaurant is perfect for Festive celebrations large or small with your choices from a delicious Festive Party Menu Available from 1st to 24th December inclusive

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The Royal Yacht

Enjoy a relaxing afternoon tea at Cafe Zephyr, ideal for sharing and including a selection of English delicacies and, if you're feeling extra indulgent, a glass of champagne and strawberries! Enjoy a pot of freshly brewed tea of your choice, finger sandwiches and mini afternoon pastries.

Tea served 3pm until 6pm How much? £15 or £25 per person with a glass of house champagne & strawberries



Spinnakers (two locations)

At Spinnakers, everyone is catered for, whether you want a meal with family and friends, a quick bite to eat or just a coffee. Our extensive menu serves everything from hearty chicken and chips to freshly caught sea food - not forgetting delicious homemade desserts. Visit us at Gorey or St Brelades. 01534 850850 www.spinnakersjersey.co.uk

Tea served gam until 8pm (except Tuesday)



The Atlantic

One of Jersey's finest luxury hotels which combines breathtaking ocean views with a Michelin-starred restaurant, the Atlantic Hotel is situated on one of the most stunning sites in the Channel Islands. Discover the perfect venue for afternoon tea - the exquisite cakes and pastries on offer are all homemade by Mark Jordan and his team using the best local produce whenever possible.

Tea served 2.3opm until 5.3opm How much? £12.5o



The Village Tearoom

In the quaint little village of St Martin, surrounded by green country lanes, nestles The Village Tea Room. So come along and sample mouth-watering homemade cakes, scones and crispy bacon rolls, as well as Jersey cream teas and afternoon tea served, like it used to be, on cake stands!

Tea served 2pm until 5pm How much? £2.95



L'Horizon

After a stroll on the beach why not pop in to the l'Horizon Atlantic Bar for a warming tea. As you sit watching the waves crash over the golden sand of St Brelade's Bay you will be served finger sandwiches, cakes and scones - all homemade and very yummy! Why not treat yourself to a glass of champagne as well?

Tea served 2.3opm until 5pm How much? Traditional afternoon tea £20. Or add two glasses of champagne for £30.



The Grand

The Grand, as expected, have the most decadent of cream teas. The Grand Indulgence Tea includes classic afternoon sandwiches, house-baked fruit scone with preserves and Jersey clotted cream accompanied by an Albert Roux recipe cream gateau. In typical Grand-fashion, cream tea is served with both a dinky pot of their own blended tea plus a glass of house champagne.

Tea served all afternoon How much! £17.50



Gardener's Tearoom:

At Ransoms Garden Centre Here you can choose from either a typical scone with jam and Jersey whipped cream, or, you can be more adventurous and try a scone with the fantastic Jersey black butter and clotted cream combination! They also have a large range of lovely and unusual herbal teas to choose from.

Tea served 8.30am - 5.30pm How much? £3.35 for a scone with black butter & clotted cream. £3.10 for scone, jam & cream.



Cafe Jac

Forget English High Tea and have the North American version; head to Cafe Jac at The Arts Centre for a delicious muffin & coffee! Try their Rasberry and Banana & Blueberry muffins, or if you are lucky enough to get there early, grab one of their Morning Glory muffins made with apple, coconut, walnuts, carrots and raisins. The perfect way to start the day!

Tea served 7am until 10pm How much? Muffin & coffee £3.15



Longueville Manor

Enjoy a delicious traditional afternoon tea in a wonderful setting and afterwards explore our gardens or take a gentle stroll through the woodlands. Finger sandwiches made to order, freshly baked scones with clotted cream and home made strawberry jam, a selection of home made cakes and pastries together with a choice of teas, coffees, herbal and fruit infusions.

Tea served? 2.3opm - 5.3opm How much? £19.5o per person







Pick of the Crop: Jersey Farm Shops

Jersey has a growing number of excellent Farm Shops in all corners of the Island, that are committed to giving us quality, local, seasonal, traceable produce with no more than nine by five food miles. Set up by diversifying farmers and run by passionate individuals, they range from honest fruit and tracable shops, with local produce that is picked daily, to fast-expanding stores with butchers, fish vans, florists, cafés, wine shops, bakeries and play areas all under one roof. Very often better value, with fresher produce, they're always infinitely more interesting than ploughing a lonely furrow at the supermarket. Farm shops are where it's at and there is one near you. Give them a try and you can pick up Gallery along with your shopping.



Holme Grown

La Rue au Long, Fauvic, Grouville Mon-Fri 7.30am-7pm, Sat/Sun 7.30am-6pm Tel 858826

www.holmegrown.com

What don't they sell? You really need never go trundling down the aisles of a supermarket again. Fantastic ranges of groceries, wine and ciders, proper food for the freezer, in-store bakery, baby bits, a great café, with papers and sofas, selling proper coffees, juices and smoothies. Oh, and brilliant local veg, salads, herbs, meat and fish.



Rondel's Farm Shop

La Rue du Becquet Vincen (off St John's Main Road). Mon-Sat 8.30am-7pm Sun 9am-6pm Tel 863566

Now very much a local institution, with a butcher, good cheeses and charcuterie, chocs, bread, olives, the ultimate range of real, ready meals, French Imports wine shop, a florist and an excellent café. There is a fresh fish van on Fridays and Saturdays and you can get all you need for an impromptu Sunday lunch.



Classic Farm Shop

Manor Farm, La Route de Manoir, St Peter. Mon-Fri 8.30am-5.30pm Sat 9am-5pm

Committed to fresh, local seasonal produce and diversifying the range from their own herd. They have just got organic status. Classic Herd produce their own beef and pork and from their own milk - yoghurts, award-winning cheeses, ice cream and heavenly thick, yellow clotted cream. Zero food miles!



Woodside Farm Shop

La Rue Coutanche, Trinit Mon-Fri 8.30am-6pm Sat 8.30am-5pm Sunday 9am-1pm Tel 863451

Well signposted off La Route d'Ebenezer, Woodside was the first to sell their own tender beef, and now they sell their own chicken and lamb as well. They have their own excellent in-store butcher, a great florist, wine shop and a tasty selection of delicious homemade tartes and cakes. Now open on Sundays.



Homefields

La Grande Route de St Clement. Mon-Sat 8.30am-5.30pm Tel 852949

Homefields grows the largest range of veg of any farmer on the Island, and, alongside the farm shop, supplies lots of his goodies wholesale to other shops, hotels and restaurants. Toppest of top notch veg - and Happy Hens eggs 40p cheaper than the supermarkets. There is a fish van on Fridays and Saturdays and John Hackett's pork on Saturdays.



Lucas Bros

Le Mont au Roux, St Brelade Mon-Sat 8am-5.30pm Tel 745199

Jersey's oldest farm shop started selling milk to scout camps in 1946 and still doing what it does best. Their fields stretch along the main coast road by La Haule and they cut their produce every morning so it couldn't be fresher. Alongside the excellent veg and salads, there are bread and cakes, milk and cream, plants and a great florist.











Vermont Organic Farm

La Route du Coin, St Brelade Mon-Sat 8am-6pm Tel 742383

A trip round their farm makes you realise the diversity of a proper organic farm. The veg is grown by them and the meat - chickens, lamb and pork - is all reared on the farm, and everything is 100% organic.



Farm Fresh Organics

La Bienvenue Farm, La Grande Route de St Laurent. Mon-Fri 8am-6pm Sat 8am-5pm Sun 9am-12noon Tel 861773

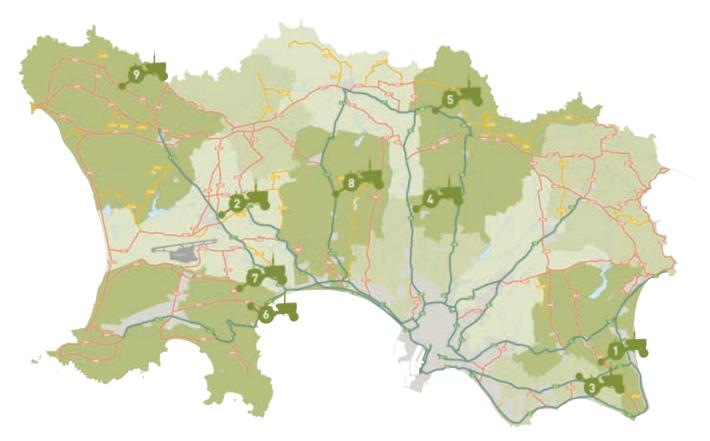
Operating an excellent organic box scheme and supplying the Market and supermarkets with their home grown produce, Farm Fresh produce fabulous organic eggs, for only a feather more than you would pay for caged eggs and have just branched out into chickens.



Manor Farm

Vinchelez, St Ouen. Mon-Sun 8am-6pm Tel 482734

Didier Hellio grows a range of crops exclusively at his farm stall in St Ouen. It's always seasonal and it's among the best value you can get. Gorgeous garlic, the greenest beans and it's said that his Royals are the best in the west.



Foodies

Who's moving & who's shaking

Trader Vic's

Justin Pledger has moved from General Manager of the Boathouse and taken over the Vic in the Valley

The popular St Peter's pub is getting a makeover to bring it up to scratch. The plan is to close the for the second half of October to revamp the tired interior and shift it more upmarket - have a real fire in the bar, introduce comfy leather sofas for relaxed lounging and and an espresso machine for those who need a caffeine fix. Building on the Boathouse's commitment to local ingredients, Justin said his plan is to create, "simple traditional pub food, using the freshest local produce from local sources and suppliers." Justin plans to offer a set Sunday lunch as well as curry or pie evenings to see us through the winter months. If all goes well, the Vic should be up and running in November.

Genuine John

Much has been happening behind the Genuine Jersey marque.

We know the familiar logo on local produce, but there is more potential to develop the brand both here and overseas. For that reason, it has been taken under the wing of our favourite States department, Economic Development who have set up a new company - Jersey Product Promotion Ltd. And the man with the cape is new Executive Director John Garton, ex senior business development at Le Riche. We'll be seeing more of that cute red logo, so watch this space.



The Boathouse

The St Aubin's landmark has appointed Nigel Godfrey as their new MD.

Nigel was Area Manager of Randalls with responsibility for 14 pubs, including The Goose, The Tenby and the Portelet Inn. The group have recently bought L'Auberge du Nord and are undertaking a major refurb of the property to create an exciting eating and drinking experience.





Tight Squash

This rainy year has yielded up monster veg. Whopping great carrots and marrows the size of Bentleys. The biggest by far is Hallloween's favourite, the pumpkin. For those ambitious growers, Ludwigsburg in Germany is the place to head for the final weigh off on 12th October. Last year's winner was grown by Belgian Jos Ghaye (who says the Belgians are boring?). It weighed in at a heaving 583kg, the same as a adult polar bear. Enough to feed the whole of Lichtenstein if you cared to cook it. Credit crunch or not, pumpkins are best hollowed out with a scary face.



La Faîs'sie d'Cidre

Saturday 18th & Sunday 19th

(Cider Making at Hamptonne)
Watch the big horse crush the apples in
the granite cider press and taste last year's
powerful brew and delicious sparkling
cider from La Robeline. Plus they'll be lots
of Halloween fun. For more information
contact Jersey Heritage Trust on 633300 or
jerseyheritagetrust.org

Jersey Black Butter Making

Thursday 23rd- Saturday 25th

The Elms, St Mary

Peelers, stirrers and tippers needed to help with this age-old event. The original slow food, this sticky, spicy, smooth treat takes a full 72 hours to make. Get involved or come along for a gawp at the bubbling cauldron, cooked in the traditional way over an open fire at The Elms. Click on national trustjersey. org.je or call 483193 for more info.

Appley dates for the diary

Tennerfest

1st October - 9th November

Lots of places

Our homegrown Autumn celebration of great value food is in its eleventh year. With loads of choice, you can dine out until mid November at cafes, bistros, gastropubs, and a huge range of restaurants ranging from Italian to Indian to Chinese. Menus are priced at £10, £12.50 and £15 (that's inflation) but offer you more for your money. Guaranteed to get you out from in front of the telly. Have a look at participating venues and menus at www.tennerfest.com.

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Trinity residents will have noticed a great deal of disturbance at the top of Bouley Bay. The one time Mount Hotel which has played host to many weddings, christenings and other family occasions and which was so popular with the younger parishioners, and especially the Young Farmers' Club is reborn as an exclusive gated development of luxurious yet affordable one, two and three bedroom units.

Ithough situated in a peaceful rural location on the north coast The Mount is within walking distance of the Trinity Arms, a local convenience store and of course the beach at Bouley Bay. Across the road is the Jardin D'Olivet with cliff paths and of course stunning views towards the coast of France.

Because of the nature of the development there really is something for everyone at the Mount. There are three one bedroom apartments with prices starting from £258,000 which include private parking, guest parking, a block built store and a large landscaped communal garden.

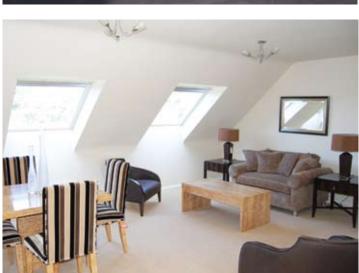
The jewel in the crown is a fabulous apartment located in what used to be the old restaurant. This unit includes two double bedrooms (both with ensuite bathrooms) a fabulous kitchen with granite surfaces and features, a house cloakroom, a drawing room and a huge conservatory overlooking its own large private gardens. Unusually this unit has its own front and rear doors.

The old pub has been replaced with a very large and contemporary two bedroom apartment with solid French oak floors and open plan receptions. This unit includes two very chic sunken courtyard areas for low maintenance alfresco dining.

Other units include a three bedroom cottage, a very spacious ground floor apartment with a large private garden and a three bedroom apartment with a

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huge elevated terrace which benefits from sea and country views. Because of the unusual layout of this unit it could also suit a two generation family.

Unusually for Jersey the Mount has not been overdeveloped. The owners have worked with Carlo Riva of Riva Architects to keep, for the main part, all of the units within the existing structure. This has left plenty of room for private gardens for 40% of the units and a more than generous and beautifully landscaped communal garden for the remaining units. The parking allocation is generous and every unit benefits from a blockbuilt store. Conveniently placed around the development are wall mounted hoses for watering the gardens and cleaning the residents' cars.

The developers have worked closely with David Hick who has provided all of the furniture in the show flats which are tastefully decorated and which include carpets, curtains and all fitted light fittings.

This is an unusual opportunity to buy an apartment in one of the country parishes as most of the developments in recent years have been in town or on the outskirts. Forty percent of the units are now under offer.

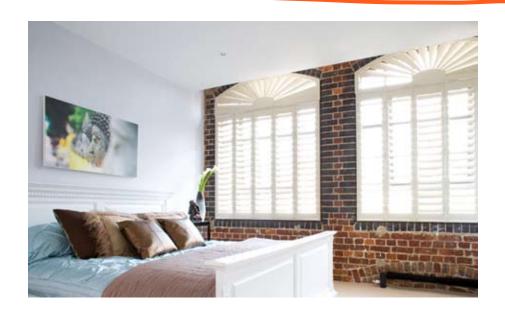
Interested? Arrange a viewing

Prices range from £258,000 to £645,000



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We're inundated with programmes staring celebrity chefs such as Ramsay, Oliver and Stein showing us how easy it is to cook amazing food with simple, quality ingredients. The growing popularity of such programmes has created a trend where many of us are now opting to 'dine in' rather than 'dine out', when entertaining friends.

Tired old kitchen units and chipped work surfaces just don't cut it these days. There's a whole world of kitchens out there from gleaming stainless steel restaurant-style kitchens that would suit any professional chef to fully integrated kitchens that do everything from making a perfect espresso to planning your shopping list.

No longer simply a place to peel a few spuds, these days the kitchen is the social hub of the home. It's a multifunctional living space – where you entertain, share food and relax with friends and family. Apart from the bedroom, the kitchen is the room in the house you'll spend the most time in, so you need to make sure it fits your needs.

Don't shut the door on your kitchen when entertaining; instead make it the hub for your soirée. A new kitchen is a way to express your personality and cooking preferences. For example, give your kitchen a new look with an island

Yet people often forget about finance for their kitchen, which could cost between £4,000 and £40,000. With such a large investment, it makes sense to spread the cost, and lower monthly repayments could allow you to afford something a bit more special.

No longer simply a place to peel a few spuds, these days the kitchen is the social hub of the home. It's a multifunctional living space – where you entertain, share food and relax with friends and family.

Long-term investment

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

is very easy to arrange, just ask for a quote; it's free and you're under no obligation to proceed.

Quick response

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

The benefits of finance

The beauty of a personal loan is you can decide how much you want to borrow and you can choose how long you wish to repay it. You can even borrow a little extra for those must-have accessories to give your brand new kitchen the finishing touch.

About Us

EQR Finance is a local lending company that specialises in personal loans for Jersey residents and funding for businesses operating locally.

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) to talk to one of our friendly and qualified staff.



savills.co.uk



Pontac Common

Jersey

exceptional design = 5 bedrooms = 2 reception rooms = 3 bathrooms = garage = terrace = a-j category

Freehold Guide £1.5 million



jersey@savills.com



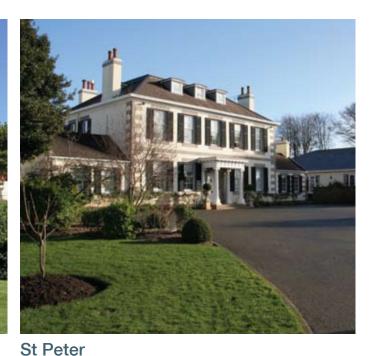
Price on Application

St John

a-k category

Jersey 5 bedrooms = 3 bathrooms = 4 reception rooms = heated pool =

Savills Jersey jersey@savills.com 01534 722227



St Peter

Jersey

5 bedrooms • 4 reception rooms • 3 bathrooms • main house k category • second house j category

Savills Jersey jersey@savills.com 01534 722227

outstanding georgian house • 7 reception rooms = 4 bedrooms = 4 bathrooms • 4 guest / staff units • k category

Jersey

Freehold Guide £5 million

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Lifescaping

es Greffes Landscapes have just had their showroom re-launch party to celebrate the new look showroom and website.

Michael Le Maistre, Managing Director of Les Greffes commented "both the team and our clients love the new space. We think it emphasises the elegance and classic nature of the range, and showcases all our products and services."

They now have the newest range of Neptune Furniture which optimises relaxed, beautiful Jersey living. These meticulously designed pieces are the secret of every house-proud yummymummy out there.

We love Neptune's statment that "chairs and tables, food and wine, throw in some friends and family and these are the ingredients to dine". The Neptune "Dine" collection brings together unparalled style and practicality using classic lines and designs which will blend into your home environment

Visit the newly refurbished Les Greffes Show Room up in Trinity behind the Zoo. Call 860795 or visit www.lesgreffes.com/interior for more information





Suffolk Oak Chair £157, Long Island Chair £131 and Anacona Highback Suede / Montana Highback suede £140. All prices are inclusive of GST.

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St Helier



1 → 1 → √ CAT A-H

A ground floor flat available in town. This light and airy one bedroom flat has been refurbished to a good standard and is situated close to the beach and is opposite People's Park . The flat is available ${\sf A}$ - ${\sf H}$.

£210,000 leasehold Call Christine on 07797 712722 arrange a viewing

St Helier



🛏 2 📫 1 🚍 √ CAT A-J

This immaculate top floor apartment is situated on the beach front at Havre des Pas which benefits from stunning sea views from the living room and direct beach access from the development. The apartment is light and airy with 2 bedrooms, lounge, kitchen and bathroom and has a lovely sunny communal sun terrace which also enjoys extensive sea views. This property is ideal for the sun and beach lover yet is also close to town. VIEWING IS HIGHLY RECOMMENDED.

£305,000 leasehold Call Christine on 07797 712722 arrange a viewing

Grouville



\longrightarrow 2 \Longrightarrow 2 \Longrightarrow \checkmark_2 CAT A-K

A third floor, purpose built, two bedroom apartment, located in a prestigious development in the east of the island with country and coastal views. The accommodation is of very generous proportions and, although in need of some modernisation and updating, could provide a spacious luxury home. This large apartment has the rare benefit of a private garage with door to good size block built storeroom, in addition to a covered car port for two further cars.

£550,000 leasehold Call Christine on 07797 712722 arrange a viewing

St Clement



🛏 2 📫 2 🚍 🗸 CAT A-J

A most desirable apartment with superb south facing sea views. There is a large decked balcony suitable for dining and sunbathing. Internally the apartment is very well presented with marble flooring to entrance hall, sitting room and kitchen and access to balcony from sitting room and main bedroom. Two allocated parking spaces in secure underground garage. Direct access to the beach, on good bus route and near local shops.

£695,000 leasehold Call Christine on 07797 712722 arrange a viewing

St Mary



1 4 **→** 2 **→** √ CAT A-J

Detached family house set in a leafy cul-de-sac in the country parish of St Mary. There is ample block paved hardstanding for 4 cars in addition to a single garage. The rear garden and patio face west to enjoy afternoon and evening sunshine. It is mainly laid to lawn with attractive, well planted borders, the whole being enclosed and safe for children and pets. The whole is warmed by oil central heating and is fully double glazed.

St Clement



2 CAT A-K

A magnificent ground floor, seafront apartment in this popular development at Greve d'Azette, with stunning panoramic sea views extending across the whole of St Clement's Bay, from St Helier to Green Island. Finished to the highest standards good sized south facing balcony accessible from master bedroom. The apartment benefits from 2 secure undercover parking spaces and direct access to the beach from the development. VIEWING IS HIGHLY RECOMMENDED.

£895,000 leasehold Call Christine on 07797 712722 arrange a viewing



After living in New Jersey for 14 years, Paul and Michele Masterton decided to return to Jersey with their two daughters to be closer to Michele's family. Although the move was planned for the summer of 2003, the family found Brookside a year earlier whilst on holiday in Jersey.

"We bought the property in 2002, although we didn't really intend to buy at all until the following year! We decided to do a spot of research into the housing market during a summer holiday; as soon as we walked into the house it had such a welcoming and comfortable feel that I knew we could be happy living there. However, it was in a complicated chain and we asked the estate agent to let us know if anything else similar came up in the future. We returned to America and about three weeks later we got a call to say that the chain had broken down and would we like to make an offer despite the fact that it was a year sooner than originally planned, we went for it immediately and we are very glad we did!"

Formerly a traditional Jersey working farm, this period granite property has a fascinating history. Paul, who was appointed as the new CEO of Durrell Wildlife in May this year, and Michele are very curious about the story behind their home. "Jersey Archive is currently in the process of researching the history of the house and so far, it has been traced right back to 1874, although we believe that it could be up to a hundred years older than

this. Its history as a working farm ended in 1985 when it was sold by the Jeanne family. Many people still remember coming to buy their fruit and vegetables at the shop in the farm courtyard, which was run by Mrs Jeanne."

There is also a brook which runs down the side of the agricultural field behind the property, hence the name Brookside. The Mastertons spent three years renovating the entire house (which is a Building of Listed Interest), with the help and guidance of their builder, Nigel Menard. The couple wanted to restore the property to its former glory by exposing and highlighting all of the original features as well as utilising old materials to create new ones. "All the existing UPVC windows were replaced by timber frame double glazed units. An interesting feature in one of the attic bedrooms is a small window at floor level, which was once used to bring the potatoes into the house for storage in the olden days. A pressurised water system was installed and the bathrooms were renewed with the addition of under floor heating and heated towel rails. Michele is a storage fanatic so we installed purpose built fitted cupboards and storage space wherever there was room to throughout the house. We even removed the shower in the cloakroom and converted the space into a cupboard!"

The property has been very sympathetically and delicately restored by the Mastertons and during the renovation process they ensured that they did everything possible to preserve the characteristics of the house. All of the exposed granite, both inside and outside the house, has been redone by V & V Stonemasons in traditional lime pointing and original beams and lintels are present

The orchard has two varieties of plum trees, a pear tree, several varieties of apple trees and an ancient Bramley tree which, despite growing at a 45 degree angle to the ground, bears the biggest cooking apples I've ever seen











throughout – one beam from the lounge that had begun to rot at one end was even saved and used to fashion oak lintels and window seats in the kitchen. "The kitchen is probably our favourite room in the house. It is designed by Paul Haslam and is kept warm by both under floor heating and the electric Aga. We were delighted that we were able to salvage the beam to use in the kitchen and the exposed granite adds to the country kitchen atmosphere."

Throughout the house there is an atmosphere of traditional cosiness; from the French oak flooring and woven furniture in the lounge to the exposed granite and electric Aga in the kitchen, there is a feeling of warm comfort everywhere you go. As well as being extremely spacious, the home is very bright and airy due to the fact that it is south facing. There is also a superb garden with a separate large orchard. 'The orchard has two varieties of plum trees, a pear tree, several varieties of apple trees and an ancient Bramley tree which, despite growing at a 45 degree angle to the ground, bears the biggest cooking apples I've ever seen! It is a haven for birds and butterflies, and we have even been visited by a Jersey crapaud!"

It is safe to say that this property is not only a haven for wildlife, but is also paradise for country-lovers, ardent gardeners, families young and old... in fact, it could be perfect for everyone. The Mastertons are moving to Trinity, where Michele's family are from, although they are very saddened to be leaving Brookside. "When we first bought the house we thought we would live here forever, especially after putting so much hard work into the restoration. It really was our dream family home. However, since moving here, we have acquired two horses and a pony and our family circumstances have changed. We therefore need to alter the dynamics of our living space to accommodate these changes – we just wish that we had everything we needed here at Brookside and we are heartbroken to be leaving such a beautiful home."

Interested? Arrange a viewing

Brookside is on the market with Choice Properties.

Call 620620 or email enquiries@choicejersey.com

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■ Front and rear gardens

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- Modernised to a high standard
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ref: 12746



■ South west facing garden

■ Available immediately

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- Spacious 1930s home
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- Large gárden
- Short walk to town

ref: 12748



- Charming semi-detached cottage Away from the main road
- Short walk to the shops and school

■ Pretty, south facing garden

ref: 12776



- Delightful semi-detached cottage
- Located on a small farm
- Immaculately presented ■ Available immediately

ref: 12694



- Peaceful country setting
- Large family kitchen ■ South facing patio garden
- Walk-in condition

ref: 12774



- Delightful Victorian property
- Spacious family accommodation
- Large rear garden
- Opposite Coronation Park

ref: 12653



- Near the beach
- Spacious detached bungalow
- Good sized, south facing garden
- Quietly situated on a private avenue

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- Superbly presented throughoutFar-reaching rural views
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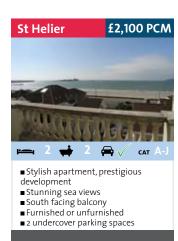


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■ South facing patio garden









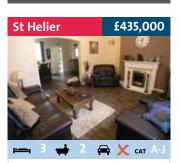


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- ■Scope to extend
- ■Cotil style garden
- ■Garage plus parking

■Spacious detached home

■ Central location

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- Close to Green Island beach
- Eat-in kitchen





CAT A-J

ST HELIER

£425,000



⇌ 2

- Character property totally
- Rear courtyard plus storage
- Residents' parking March 2009
- ■Scope to extend into loft area
- Central location



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Purchasing your first property:

The Role Of Your Conveyancer

For buyers of Jersey property, taking that first step on the ladder can be daunting enough, without adding another professional body to the process. Particularly when you are not quite sure what that person does. A conveyancer is the professional that deals with the act of transferring the legal title to the property or land. Often conveyancers are mistaken for surveyors so, briefly, a conveyancer's role comprises (interalia) of the following:

Legal Title/The Contract

Ascertaining that the vendor is the actual legal owner of that property and that no-one else has any claim to it or rights in relation to it. This could be described as the "log book" to the property, recording its historic ownership. It is usual to trace title back at least 40 years albeit in some instances, particularly in town, we will research back to virgin land to ensure there have never been any building restrictions established upon the land. The contract of purchase is drawn up and approved by the conveyancer(s).

Boundaries

Conducting a site visit to establish the limits of the property's boundaries while determining who owns those relevant boundaries and who is responsible for their current and future maintenance. Also whether there are any encroachments or breaches of covenants. We can also advise on any future plans you may have to develop your new home.

Enquiring in respect of main services such as electricity, gas, foul drainage and water and whether or not the services cross other properties before reaching your property while ensuring that they have all necessary rights to do so. Furthermore, liaising with the Parish or States of Jersey and the Planning and Environment Department to ensure that all is in order in this respect. We will also ensure that you have the relevant Housing consent in order to purchase and occupy the property.

Mortgage

A conveyancer will check that all loan documentation relating to your mortgage is in order and conforms to the terms of any bank's loan agreement.

Finally, it is the conveyancer that will attend the Royal Court on your behalf to pass the contract of purchase or accompany you to Court to ensure that all goes smoothly in completion.

If you'd like advice about buying or selling a property, please call the Crill Canavan property team on 601727.





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Mark Wilkinson Kitchens exclusively at Pastella

Mark Wilkinson's philosophy of "Why should it not be more exciting, more stylish and more innovative?" has helped change the design and perception of kitchen furniture forever. Mark's distinctive features have become a vocabulary of good taste and have been copied throughout the industry. The look of his furniture evokes a very special feeling because it is designed with soul and inextricably links everything that is best about wood with everything that is best about life. Mark Wilkinson kitchens start from about £35,000 including fitting, painting, appliances and worktops

kitchen but would like a second kitchen in their home. Exclusively at David Hick Interiors **b1 offers complete simplicity yet remains practical and**





Joseph Joseph Exclusively in Voisins Linen & Cookshop Department

This quirky cool company was founded in 2002 by twin brothers Richard and Antony Joseph. Specialising in contemporary kitchenwear, the company is now internationally recognised for producing some of the most stylish and technically innovative products on the market. The modern mantra of 'practical, labour and space saving' has produced a number of award-wining designs, including their toughened glass worktop savers and the seminal 'Chop2Pot'.

This is the best time to pop in and check them out - it's "October Offers" time in the Voisins Linen & Cookshop Department. You'll be able to get great savings on lots of designer items for the home.

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(very) Functional Coffee Table

This is a Gallery Magazine favourite! Maximum functionality is achieved with this coffee table; it has tabletops that can be lifted into a higher position (perfect for casual TV dinners or late night work) and a blend of storage space is hidden below the tabletops. This really is the 'do-it-all' coffee table, and it's ideal for people who need versatility in their lives.

From £569 | Beaumont Home Centre

Don't forget to mention Gallery Magazine when you visit to get 10% discount



Blinded by the light?

Aspect Blinds are a family business who always put service first. The blinds shown are Roman blinds which are constructed using fabric that is gathered vertically. This enables you to have an effective window blind which is versatile enough, in terms of the broad range of fabrics available, to match with soft furnishings and other room decor in the home. Visit their Longueville Road showroom to see a huge range of blinds and shutter samples.. Or pop on to their websites www.aspect.je and www. plantation-shutters.je to view their our products in a convenient way.

From £3,287 | Aspect Blinds



Basic XT wall unit

This sleek and stylish Basic XT System works as an elegant TV solution and as a roomy bookcase. The sliding doors conceal electronic equipment when not in use, or hide away books and other treasures when entertainment is required. Basic XT is available in white lacquer, walnut veneer and black stained oak. Gorgeous male model not included.

From £3,287 | Beaumont Home Centre



Breasley Mattresses Event

at Homemaker Department Store Saturday 4th October

Breasley Mattresses are created using Memory foam. I don't really know how to write about Memory Foam without getting completely carried away and sounding like one of those perma-tanned people who desperately try to sell you something on television. I will endeavour though (just ignore my exclamations and superlatives and try and find the facts).

Memory Foam was developed using NASA technology. Now I know the words "NASA technology" are thrown about a lot nowadays, so they sort of lack in significance, however this stuff genuinely is laced in high-tech ground breaking NASA engineering. I'm as excited about Memory Foam, and the prospect of 'no more shoulder pain and years of sleeping soundly', as I was about space shuttles when I was ten (ok eighteen; I was a nerd).

The foam reduces pressure points and muscular stress across your entire body maintaining correct alignment of the spine and neck for a healthier and more comfortable nights sleep. Better than that I can no longer feel my beautiful (but fidgety) wife's movements as she tosses and turns during the night. As well as this ("Is there more?" I hear you cry) it is dust mite resistant and hypoallergenic, which is ideal for asthma suffers like myself. And finally, for the finale, it's sensitive and responsive to the heat and pressure of your body so it moulds and conforms to your body's natural shape and weight, making the mattress suitable for all body types and sizes — so after I've kicked our three kids and the cat out of bed on Sunday morning, the mattress will reform to its perfect and original shape, ready to cradle me to sleep on Sunday night leaving me bright and 'Breasley' for work on Monday morning. (and please don't let my terrible pun on the words breezy and Breasley put you off buying one...)

Think you'd like one but it's a bit expensive? You spend far more time in your bed than in your car - and how much does your car cost? It is so important to invest in a good night's sleep. Breasley Mattresses come with a 5 year full guarantee and they are manufactured in the UK

120





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Vital Statistics

Buxton College, Derbyshire SCHOOL Newcastle Polytechnic

(Part-time) Mucking out the cowshed on the local farm. FIRST JOB

(Full time) Sales Representative for House & Toiletry Products

CAR Volvo (hardly used as I prefer my bike) "The Best A Man Can Get" John Farrell Воок

Music Varied, just don't like the stuff that seems to glorify gangs "Back to School" Very funny. Life's too short to watch FILM

depressing films

Blackberry GADGET LAST HOLIDAY France

What do you like to do in your downtime?

I really enjoy the outdoors, cycling and hiking in particular. I spent 15 days last year walking all the major peaks in the Lake District and camping out each night.. awesome! Back in Jersey I spend time at the gym and also on my charity work. I love the time with my two boys. We enjoy playing board and card games. According to my two sons, I am a geek because I know all the rents in Monopoly... I don't see it myself!

Andy Voss came to Jersey 7 years ago after selling his business in the UK and wanted to find himself a new challenge. He chose recruitment and bought Park Personnel. Now reinvigorated and rebranded, they are Jersey's largest recruitment agency. We asked Andy what makes his life a walk in the Park.

So, TELL US WHAT INSPIRED YOU TO GET INVOLVED WITH PARK PERSONNEL?

I had been successful in growing my first business and wanted to prove that it wasn't just a fluke! Park was a long established business but was in need of re-vamping. There was no established leader in the recruitment market in Jersey, we want to change that. As the largest agency with 3 offices and 15 staff, I think we are well on our way.

WHAT DID YOU DO PRIOR TO PARK PERSONNEL?

I founded a company specialising Customer Relationship Management software from my spare bedroom in 1990 and grew it to a 60-man organisation. I sold the business in December 1999 just before IT stocks crashed in early 2000.

DID THAT TEACH YOU ANY LESSONS THAT HELPED YOU SUCCEED?

A company is made of a team of individuals with different skills. Identify those skills and channel them in an area where that individual can provide excellence, because if empowered to do so, they will. Unite the company behind a common goal and ensure they are passionate to achieve it. Put the customer at the centre of your organisation and thinking. Oh ...and IT stock options are worthless following a dot.com crash

What's the hardest lesson you've LEARNT SINCE TAKING OVER PARK?

I am constantly looking at new ideas and strategies to help improve and grow the business.

However, too much change can unsettle people and I need to recognise and manage that. What might seem a great idea to me, that I want to implement right now, can be just another uncomfortable change/ interference to someone else!

ANY FUNNY STORIES THAT YOU HAVE ABOUT THE BUSINESS STARTING OUT?

When I started my first company, to employ my first member of staff, I had to commit to leasing office space, furniture etc. which I did. He lasted a week and I remember sitting in the office alone thinking "Oh sh*t, I've really done it now"!

WHAT ARE YOUR PLANS FOR THE FUTURE?

I want to ensure that Park continues to be the very best at what it does through innovation, understanding, service and integrity. However, I feel very privileged to have found success in my businesses and I want to find ways to help those that are less fortunate than me. I already do a lot of work for Cancer Research UK which I find very fulfilling. I am lucky that I have team of people that share similar aspirations.

WHAT ADVICE WOULD YOU GIVE TO WOULD-BE ENTREPRENEURS?

Don't do it if you think it is a quick route to the golf course during the week! If you are not going hell for leather then you are not passionate enough, and without the passion you will not succeed

ABOUT THE COMPANY:

Park is the Jersey recruitment company behind www.jobs.co.je which has over 350 live jobs at any one time. Park works with businesses in the finance industry to fill permanent and temporary vacancies, from trainee and Graduates to Director level. It is the first agency in Jersey to have three St Helier based offices which enable easy access for jobseekers. it also produces its own jobs magazine Park Life.

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Outlook

New Funds Business in Positive Territory Despite Global Slowdown

The latest statistics on Jersey's finance industry show that new funds continue to be created with a further 37 new structures established in the quarter to the end of June. Notwithstanding this strong activity in new fund creation, there has been a £1.8 billion reduction in the overall net asset value of the funds industry and Geoff Cook, chief executive of Jersey Finance Limited, is encouraged that the decline in value is so limited despite the impact of the credit crunch. He commented:

'The global slowdown has seen a 15% reduction year to date in major indices, with larger falls seen in emerging markets. From Jersey's perspective it is therefore encouraging to see that, although the value of funds under administration has reduced in the last quarter to £244.2 billion, the fall of less than 1% in the value of assets within the funds industry in Jersey has been much lower than that seen in the main markets.'

During the same period, 799 new companies were incorporated and the live companies register reached an all time high of 34,372.

Investment Business Assets under management for the period have been re-calculated as a result of a reporting error and currently stand at £18.4 billion. Although a substantially lower figure than previously reported, as a quarterly indicator the actual taxable profits generated by asset management firms will not be affected, as this has been correctly submitted.

Bank deposits for the quarter have also been affected by global market conditions and currently stand at £196.9 billion, a fall of 6.2% on the previous quarter, but there remains some optimism because of new deposit business.

Geoff Cook added: 'The vast majority of this reduction can be attributed to a technical restructuring of intra group balance sheets due to the credit crunch and the tightening in market liquidity. Underlying customer deposits continue to grow, with Jersey benefiting from the 'flight to quality' in the face of challenging market conditions.

'The recent Financial Institutions Survey showed strong profit growth for 2007 and predicted another good year for 2008. The figures just released would indicate that Jersey is showing some resilience in the face of falling markets, although with some slowing in business volumes. Expectations of positive growth for 2008 are still intact, albeit with some moderation in new business growth and related profitability.'

'In the light of the continuing global slowdown it is likely that we will be facing more challenging trading conditions over the coming months. In order to mitigate the impact of the slowdown and to facilitate development of new markets Jersey Finance has secured increased funding for 2008, and will be redoubling its promotional efforts in the final third of the year with a significant programme of activity in London and the UK regions, the Gulf, India and China.'





Stephen Clipp shows us where the changes are taking place

ROOM (AND INVESTMENT) AT THE INN

The Queen's Hotel in Jersey is benefitting from a £1million investment, and will be relaunching in March 2009 as The Inn – Hotel. Bar and Restaurant

'The Inn' is being designed to a contemporary, casual, boutique style. Refurbished rooms will offer extras such as iPod docking stations and DVD players, and there will be free WiFi access throughout the hotel. The Inn wants to clarify its differentation from other 3-star hotels on the Island. They "want to avoid the formality that can be associated with a higher graded establishment."

The Inn will be investing in a new casual dining restaurant and menu offering local, British and Mediterranean cuisine, as well as a special oyster menu. Diners will be offered 5 different Jersey harvested oyster recipes including the Mississippi Oyster, fried in a batter and served with a spicy cajun sauce. Managing Director, Srephen Clipp told us: "We don't want our guests to be constrained by menus or formality. They can enjoy a homemade pie and pint of real ale in the bar, and watch the sport. Alternatively, they can choose a fine bottle of wine and the best of locally caught seafood or one of our tasty meat dishes in our new restaurant."



JERSEY POST RAISES FUNDS FOR CANCER RELIEF

Jersey Post staff have raised more than £1,500 for Islanders suffering from cancer and their families. For each member of staff who took part in an annual employee survey, Jersey Post donated £5 to Jersey Cancer Relief. John Pinel, the Chief Executive Officer of Jersey Post explained: "We regularly ask our staff to provide us with feedback about Jersey Post as an employer. We want to know areas that we can improve upon, encourage and develop. We strive to keep our staff happy and motivated and the feedback we get from the survey helps us to do that. Just over three hundred surveys were returned this year which means that £1,525 has been presented to Jersey Cancer Relief.

send us your news! email news stories for our November issue to thebusiness@gallerymagazine.co.uk by October 15th

quirkies: lego time

Michael Hunger, a German computer bod, couldn't come up with a good way to track his time. So he bought an box of 600 lego bricks from amazon. We'll leave him to explain the rest:

I've had troubles with time tracking my worktime for all the years. I always found this to be a tedious burden and inconvenience. So one morning in my blue hour (reading in a cafe before work) I spent the time pondering the alternatives. I started listing software and realworld solutions to timetracking that are possible (see below left) and tried to contemplate if they would (or had) worked out for me. But none of these seemed to work sufficiently for me. But the arrangement of events of a day in iCal struck me as being a stack of time boxes on top of each other. Having played recently with my daughter's duplo lego bricks, I quickly jumped on the idea of using them to build these stacks in the real world.

Opening the package showed me that fortunately there was a variety of colors (white, black, brown, red, orange, yellow, green, chartreuse, blue) and lots of different sizes (lengths) and two widths (one row and two rows of studs). As a child I hated these one-rowers as they were not useful in building stuff. But here and now they seemed a perfect fit. Small enough and in the right sizes. I chose a time partitioning of a quarter of an hour. So I can use the lengths 1,2,3,4 to build 15,30,45 and 60 minutes worth of time in a row representing an hour.

Stacking these hourly rows on top of each other builds up the whole day. I use the different colors for the projects I'm involved







Other software Michael tried before thinking of his 'lego time'

software:

spreadsheets

plain text files

browser based timetracking

Outlook/iCal

popup applications/widgets asking for the current task

corporeal:

sticky notes

paper

tally sheets

notebook

diary / filofax

in (8 are just enough), putting them on the stack whenever I want and have time to do so (but mostly quite instantly).

I made up a single width column as ruler for the work hours (from at around 10 am up to 6 pm). So I can easily see what's missing and at what time I did something. For the days of the working week I chose the rainbow color scheme (red, orange, yellow, green, blue - Monday to Friday) for the longer base row that I stack my hours on. So I can gather a whole week of time tracking until I have to enter them in some time sheet (software). I put the columns of a whole week on top of a green building plate to fix them.



Finance in Jersey – A Brilliant Future Look at your career from a different perspective

What are the first words that spring to ment when you think Career in Finance? Storne? "More beins?" Wen in greg souls? Then think against Prents much recent a a career in financial consists than recent the right.

Jonesyn. Finance industry in talk an world other intervanional arginistration, providing convices in section scale as bendung, transportantials accountment, like and insurance. Have, other estimates apportunities for the high transportantials are not of the first finance related but exclude if, marketing, design, sales, estimately, became industrials and much, section of a

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See things differently

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MOVERS AND SHAKERS

THE CLASS OF 2008

Twenty Five People Join Ernst & Young's Trainee Programme



Don't they look fresh-faced!? Twenty five graduates and school leavers have joined Ernst & Young's trainee programme in the Channel Islands. The new trainees, who are based in Jersey and Guernsey, have joined the firm with a variety of degrees including Animal Biology, Modern History, Psychology and Physics. The students are studying three different accounting qualifications: Institute of Chartered Accountants Scotland (ICAS), Institute of England and Wales (ICAEW) and Association of Chartered Certified Accountants (ACCA). Trainees studying the ICAS qualification will be the first in the Channel Islands to receive tuition on-island. A joint initiative between the Institute and Ernst & Young, the training will be delivered directly by the Institute at Ernst & Young's new Liberation House office.

THIRTEEN NEW POSITIONS AT VOISIN AND VOLAW



New staff, left to right: Back row: Jenny Costford, Jason Pierre, Ernie Lowe, Emily Sturgess. Middle row: Katherine Toudic, Samantha Hill, Katie Rio. Front row: Jane Mayo, Elly Le Cornu. Not in photo: Angela Parr-Burman, Elaine Sidebottom.

Voisin law firm and Volaw Trust Company have recently appointed 13 new staff between their two associated firms. Firstly, Voisin are proud to welcome a new English solicitor to their commercial team. Stephen Brennan has over ten years experience in local law, having practiced mainly in employment law and litigation. Other appointments at Voisin include Katie Rio as a trainee solicitor in Voisin Litigation, and Angela Parr-Burman as secretary for Voisin Property. Voisin and Volaw's HR department also welcome Jenny Costford to the team. Other appointments at Volaw include Samantha Hill and Emily Sturgess in the Wealth Structuring team, Ernie Lowe and Jane Mayo in Accounts, Elly Le Cornu in the Employee Benefits team, Katherine Toudic in the Funds department, Jason Pierre in Compliance, and Elaine Sidebottom in administration.



HORIZON CONTINUES EXPANSION WITH HIGH PROFILE APPOINTMENTS

Horizon Group continues to expand with the appointments of three senior members of staff. The team will benefit from the expertise of a new Associate Director, Chief Operating Officer and Finance Director.

Oliver Donagher has been appointed Associate Director of Horizon Trustees (Jersey) Limited. He has ten years experience in the Offshore Financial Industry and joins Horizon with a mandate for new business development and client relationship management. Mr Donagher was born in Ireland but has lived in Jersey for the last ten years. He is a graduate of the Athlone Institute of Technology and has a degree in Business and Marketing. He is married to Tina and enjoys travelling extensively.

Horizon Group are also pleased to announce the appointment of Andy Treharne as Chief Operating Officer. Mr Treharne joins the team bringing a wealth of experience within the Jersey financial sector. Educated in the UK, he started his career with NatWest in Portsmouth, moving to Jersey in 1990. His most recent role has been as Area Retail Manager for RBSI / NatWest locally, with responsibility for all aspects of the branch network. He is married with two children and is involved in a number of local charities and societies. Mr Treharne will further strengthen the team at Horizon Group and he will be responsible for overall management of the local business operation, including Marketing, Human Resources and Operations.

Lesley MacDonald has been appointed Finance Director at Horizon. Her career started with financial roles within UK local government departments. She then moved to Jersey and worked for Merrill Lynch for seven years before taking the role of Finance Manager at Capita. Mrs MacDonald is a Fellow of the ACCA and a member of the AAT. She joins Horizon to take overall responsibility for the collation of all internal Financial Management Information. Outside work, she enjoys island life and is married with two children.



new design service from Mark Howe & Co

Mark Howe Flowers and Co have further expanded their service. We all know, or most of us do, that they not only sell flowers now and that Mark and Suki have incorporated a lifestyle store into their shop in West's Centre. They stock everything from French bubble bath to cushions, mirrors, furniture jewellery, lamps and throws. From this store has evolved a new and innovative service, which they are calling accessorizing. The service grew from Mark and Suki allowing customers to take items from the shop on appro. Suki told us how important it is for people to try pieces in their own home.

Mark told us, "We really love doing it. Suki and I choose a selection of items, fill the van and head on out. We turn up with a van full of loveliness. Sometimes the client chooses to be there while we do it, on other occasions they love the surprise of turning up and it is all done for them. The service is free of charge and there is no obligation to keep what we put out but it gives people a chance to look at our pieces at home." The are then picked up in two days and customers keep what they like and return what they don't. Mark leaves his signature in the shape of a freshly arranged bunch of flowers.

We're going to profile one of these makeovers in our next edition. If you like the idea and you'd like your home or office accessorized the Mark Howe Flowers & Co way, you can contract Mark or Suki at the store on 618920

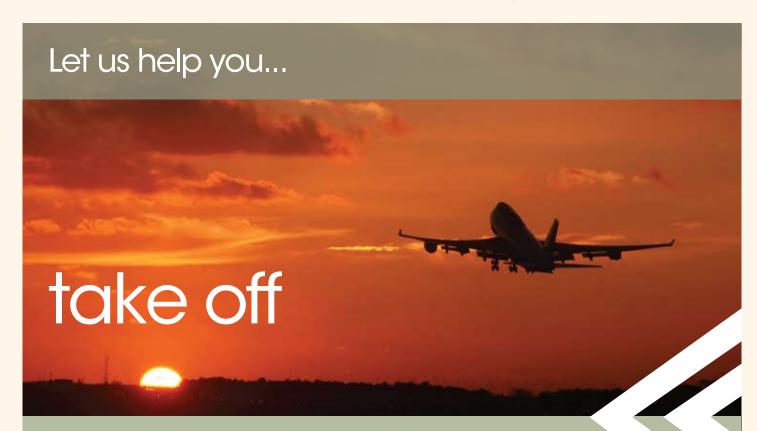


Barclays Wealth launch Community Awards

Barclays Wealth Jersey will give away a total of £25,000 to help local charitable and community projects through the Barclays Wealth Community Awards which have been launched this week.

Barclays Wealth is looking to support projects that will make a real difference to local people in a variety of ways. The Barclays Wealth Community Awards are open to registered charities who have representation in Jersey and they are invited to apply for funding by submitting an application form. The winning charitable project will be announced at a presentation in November. Two runners up will also be chosen to receive smaller awards. Barclays Wealth staff are also keen to volunteer their time to assist in the project. Applications are available from Barclays Library Place branch and from its offices in Broad Street and Lord Coutanche House or by email to adele.langlois@barclayswealth.com.

The closing date for entries is 10 October 08.



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the business

MOVERS AND SHAKERS



MALCOLM MOVES TO MOURANT

Mourant has appointed Malcolm Davies as a Senior Treasury Manager in Jersey. Mr Davies joins Mourant from HSBC where he was a Regional Director, Global Markets, overseeing the bank's Treasury department in Jersey. He has many years of treasury and banking experience, covering cash management, interest rate and foreign exchange risk management, and corporate, commercial and retail sales activities.



NEW PARTNER AT CRILL CANAVAN

Crill Canavan has recently appointed a new partner. Advocate Kathryn Purkis, is an experienced commercial litigator who has worked at Crill Canavan since June 2005. Although Kathryn's commercial litigation experience is wide ranging, she has particular expertise in fraud and asset tracing, contentious trusts work, and property litigation. Educated at the University of Cape Town and Balliol College, Oxford, Kathryn was called to the English Bar in 1991. She was sworn in as an Advocate of the Royal Court of Jersey in February 2008. She has featured as a recommended practitioner in the Legal 500 listings.



NEW HEAD AT COLLINS STEWART

Collins Stewart Fund Management has announced the appointment of Mike Brown as Head of Fund Sales. Mike will lead sales of the multi-asset, multi-manager funds and specialist equity, fixed interest and hedge funds. Mike with over 22 years experience joins from Investec Asset Management where for the last eight years his responsibilities have included distribution into the UK, Middle East, the Channel Islands and various other offshore centres, Scandinavia and the Americas. Prior to Investec, Mike has worked for Scottish Mutual International, Sun Life (IOM) and Clerical Medical International.



STRENGTHENED FORENSIC & REGULATORY EXPERTISE

The BakerPlatt Group has appointed Ed Shorrock as Director of Forensic and Regulatory Services. With a wealth of experience working with a variety of private institutions, law firms and Jersey and foreign government agencies, Ed will play a key role in driving forward BakerPlatt's forensic, regulatory and compliance practice areas. A qualified Chartered Accountant, Ed has extensive knowledge of the international financial services industry. Ed has particular expertise in dealing with asset management and fiduciary operations, litigation support and insolvency work. In addition, Ed has managed a range of projects involving complex asset seizures under drug trafficking and proceeds of crime legislation for the Viscount's department. Exciting stuff. Good luck in the new role Ed.



NEW MARKETEER FOR THE ISLAND

The newly formed Jersey Product Promotion Limited has appointed John Garton as its Executive Director. Jersey Product Promotion Limited is a new umbrella organisation intended to increase on-Island sales for members of the Genuine Jersey Products Association and develop export initiatives for on-island producers. In his new role, Mr Garton will be responsible for the day-to-day development and management of the company, leading on and off-island marketing initiatives, masterminding the continued development of the Genuine Jersey and Jersey Export brands plus providing professional support and advice to existing and new members. Mr Garton, 41, has a marketing background and previously held a senior business development role at Le Riche (SandpiperCI).



RADISSON NEW APPOINTS NEW GM

Michele Somers has been appointed as the new General Manager of the Radisson SAS Waterfront Hotel in Jersey. Somers, who boasts an impressive 20 years experience in the hotel and hospitality market, has played an instrumental role within the Rezidor group over the last ten years, supporting the group's new openings in the UK, Ireland and Europe. Joining the 4-star hotel this week, Somers comes to Jersey from the Radisson SAS Portman in London's West End. "I'm delighted to be joining the team at the Radisson SAS Waterfront Hotel. We are fast approaching our first full year of business and the hotel is going from strength to strength. The next 12 months will be an exciting time for the hotel and will see us further develop our position as a fantastic business and leisure destination in the UK" commented Somers.

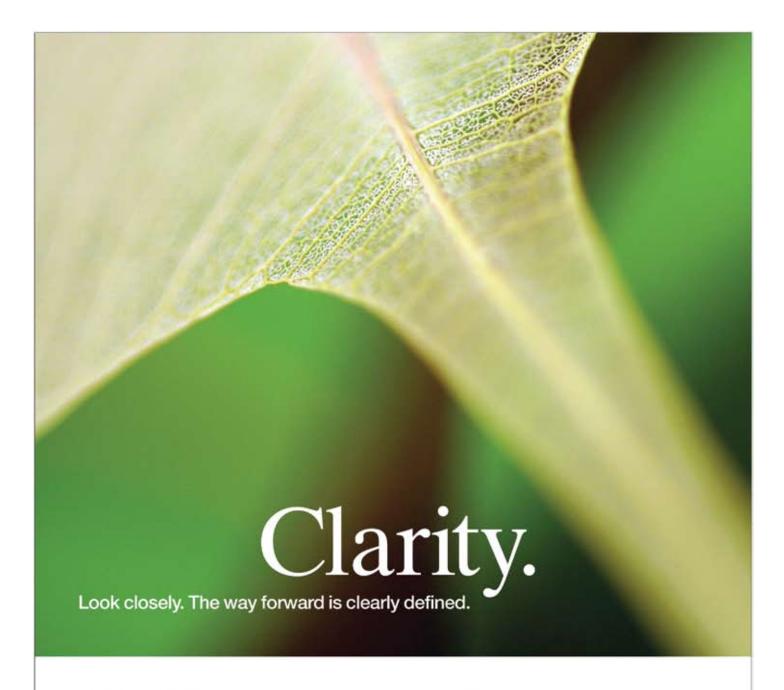


FLYING START FOR CASTLE GREEN CHEF

Jersey Pottery is delighted to announce the appointment of Edwin Ombunah as Head Chef of the Castle Green gastro pub in Gorey. In July, the Castle Green won the pub category of the Menu de Terroir award, a clear acknowledgement of Edwin's professional credentials. Edwin is from Kenya but has been in Jersey since 2002 working for a number of local hotel establishments. With a certificate in adult learning, he is also a visiting lecturer in culinary arts at Highlands College. Edwin has extensive experience of executive kitchen positions, having most recently occupied the position of Sous Chef/2nd Chef at The Grand Jersey. He has a certificate in Food Production from Kenya Utalii College in Nairobi as well as an International Diploma in Food Preparation and Cooking from Highlands College.



Volaw are very pleased to announce the appointment of Keith Ponter as Associate Director. He has a wealth of experience in fiduciary services across several jurisdictions. A chartered accountant, Mr Ponter spent a number of years working in law enforcement on the mainland, and has worked for a variety of trust companies in Jersey, with secondments in Bermuda and Anguilla. Mr Ponter is a fellow of the Institute of Chartered Secretaries and Administrators, a member of the Society of Trust and Estate Practitioners, and the Institute of Directors.



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Sanne Group specialises in the provision of offshore management and control and international corporate and trustee services to a worldwide private and corporate customer base.

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- Capital markets structures
- · Human capital solutions
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If you possess Jersey residential qualifications and meet our minimum entry criteria of 220 UCAS points for 'A' level entrants, or a minimum 2:2 degree for graduate entry then please send your CV and covering letter to:

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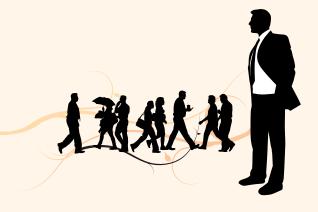


Sanne Trust Company Limited is a member of the Sanne Group and is regulated by the Jersey Financial Services Commission.



THE FACES OF FINANCE

a who's who in the world of Finance



John Harris DIRECTOR GENERAL, JERSEY FINANCIAL SERVICES COMMISSION



John Harris is the Director-General of the Jersey Financial Services Commission. The Commission is responsible for the supervision of all financial services activity in Jersey. It has considerable powers for licensing, supervisory and,

where necessary, enforcement action in respect of the Island's financial services firms.

John is a modern languages graduate from Exeter University and came to the Commission after a 25-year Banking career in eight different countries with the NatWest Group. His last role was as CEO of the NatWest Offshore Group and he had a four-year spell with the Island's Government as a key adviser on financial services before taking up his role at the Commission.

Martin Fricker
PRESIDENT,
JERSEY BANKERS' ASSOCIATION



Martin Fricker is the current President of the Jersey Bankers Association (JBA). He has worked in the banking industry for over 20 years in the UK and New Zealand, and is currently the Managing Director of Lloyds TSB Offshore Ltd. Originally a

treasury specialist, his responsibilities now cover the personal and corporate customers, and treasury operations, in the Channel Islands and Isle of Man. The JBA represents the interests of the banking community within Jersey. Nearly all the 51 licensed banks in Jersey are members. As well as discussing current issues and challenges facing the industry, the JBA is in regular dialogue with Jersey finance, the States and the Regulators on proposed new laws and regulations.

Julie Coward
PRESIDENT
JERSEY ASSOCIATION OF TRUST COMPANIES



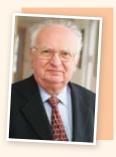
Julie is the Chief Executive of the Basel Trust Group and responsible for its offices in Jersey, Geneva, Zurich, London and Mauritius. She is a Fellow of the Institute of Financial Services and was the first lady President

of the Jersey Branch in 1988.

She made the transition from banking to trust 12 years ago, and is currently President of the Jersey Association of Trust Companies. Julie has recently been appointed as a non-executive director of Jersey Finance Limited

Julie has always taken a particular interest in education and has been involved in training throughout her career. She regularly gives talks to students about career options and participates in the Institute of Directors 'work-shadowing' scheme.

Terry Le Sueur Minister of treasury and resources



Senator Terry Le Sueur has been in charge of the Island's finances for the last six years. Prior to that he spent many years as political champion of Employment and Social Security.

As well as his 20+ years of States

experience, he brings to the table 30 years of experience as a chartered accountant, the last 25 as founder and partner of a medium sized local accountancy practice. Senator Le Sueur has been instrumental in far-sighted Social Security reform, updating of employment practices and more recently in some of the most radical tax reforms ever.

Richard Thomas
CHAIRMAN, JERSEY FUNDS ASSOCIATION



Educated at Oundle School and St John's College, Oxford, Richard began practising law with a firm in London. After moving back to Jersey in 1984, he worked as a regulator of banks and funds before joining Ogier, where

he is a Partner. His principal focus now is on funds and corporate work.

The JFA was formed to enable businesses in the Funds industry in Jersey to work together to consult with the Government and the regulatory authorities on issues which could have a significant bearing on funds business in Jersey.

Geoff Cook CHIEF EXECUTIVE OF JERSEY FINANCE LIMITED



Before joining Jersey Finance as Chief Executive in January 2007, Geoff Cook was Head of Wealth Management for HSBC Bank Plc, based in London. He has also been Head of Personal Financial Services and Deputy to the

Chief Executive at HSBC Bank International Limited in Jersey.

An Associate of the Chartered Institute of Bankers and a Member of the Personal Finance Society, Geoff originally moved to Jersey with HSBC in 2002 in order to take responsibility for International Personal Banking and Wealth Management Services for HSBC Bank International.

Jersey Finance is a non-profit making organisation and is jointly funded by the Finance Industry and the States of Jersey. Formed in 2001, Jersey Finance represents the Island's Finance Industry and promotes the Island as an International Finance Centre.

Claire Corson

PRESIDENT, INSURANCE INSTITUTE OF JERSEY



Claire Corson is currently a Senior Commercial Broker at Heritage Insurance Ltd. She started her careerintheInsurance Industry 14 years ago working for a local insurance company, undertaking a variety of roles including

personal and commercial underwriting and claims handling.

Having served on the local committee of the Chartered Insurance Institute (CII) for eight years, she is now President for 2008-2009. Her key responsibilities are to assist in organising the Institute's technical and CPD training events and involvement with fundraising for insurance and local charities The CII is the professional and educational body for the insurance and financial

services industry and has almost 90,000 members nationwide. The local CII offers its 250 members a useful point of contact for educational advice and organises CPD seminars, technical training courses and social events, such as the annual dinner.

Charles Thacker PRESIDENT, JERSEY LAW SOCIETY



Born and raised in Jersey, Charles studied law at Oxford prior to being called to the Bar in the UK in 1970. He was sworn in as an Advocate of the Royal Court of Jersey in 1974 and appointed Notary Public in the same year.

A specialist in probate, property law and litigation, Charles was elected President of the Law Society of Jersey in June 2008. He is currently Chairman of the Social Security Appeals Tribunal and Chairman of the Health & Safety at Work Appeal Tribunal.

The Jersey Law Society is the governing body of lawyers practising as Advocates and Solicitors of the Royal Court of Jersey.

Martin de Forest-Brown Director, international finance, chief minister's department, states of Jersey



Martin de Forest-Brown took up his post as Director International Finance in the Chief Minister's Office in January 2007, joining from his role as Director of Strategy at Prudential UK.

Prior to this he had spent almost four years as Managing Director, Abbey National Offshore, and Director, Abbey National International Division, based in Jersey. An FCA qualified accountant from PricewaterhouseCoopers, Martin has been working in financial services for more than 20 years.

In his role, Martin advises ministers on policy regarding Jersey's finance industry and related fiscal matters. He spends a lot of time talking with representatives of the UK, EU and other countries with the aim of enhancing Jersey's international profile.

JARGON BUSTING

The world of Finance is full of words, acronyms and other jargon that often needs explaining.

This month: W-X

W

Wholesale Banking

Banking by institutions who specialise in dealing with other financial institutions.

Working Capital

Cash and other liquid assets needed to finance the everyday running of a business such as the payment of salaries and then purchase of raw materials

Wall Street

Also known as The Street, this is the main drag in New York Citys financial district.



Χ

Fifth letter of a NASDAQ (National Association of Securities Dealers Automatic Quotation System) stock symbol specifying that it is a mutual fund.

The Field of Finance

The recent Careers Jersey 08 event held at Fort Regent last month introduced students to the range of exciting new career opportunities available and this year attendance was the best yet.

To highlight the diversity in the finance industries, Jersey Finance created a 'Finance Village', including the six major sectors - Banking, Trusts, Funds, Law, Accountancy and Insurance. The 'Finance Village' was manned by over 90 industry practitioners representing 20 organisations.

Naughty Monkeys Juice Bar was used to encourage students to assist in market research, attracting over 700 students to the Finance Village. In order to qualify for their smoothie, students were required to answer a number of questions, which entered them into the free prize draw to win a Nokia 6300 mobile phone (kindly donated by Sure).



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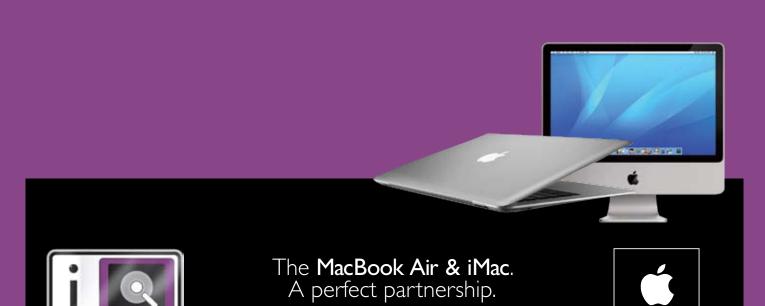


SAMARITANS ON HAND FOR STRESSED OUT STUDENTS AT JERSEY CAREERS FAIR

School pressure, families and relationships are the biggest issues stressing out Jersey students. That's what 14-16 year olds told Jersey Samaritans at the Jersey Careers Fair this week. Volunteers asked students to 'confess their stress' by writing down what was on their mind and sticking it to the Samaritans' stress wall at this year's fair. 'We were there to tell students that whatever they are going through, whether it's big or small, they don't need to bottle it up,' said Director of Jersey Samaritans, Kate Kirk. 'We're available for anyone who is worried about something, feels upset or confused, or just wants to talk. We're available 24 hours a day by telephone but we do find that young people in particular find it helpful to express by email and many write to us at jo@samaritans.org.'

180 students took the opportunity to confess their stress to volunteers of the emotional support charity this week. 31% of worries expressed related to school, exams and coursework. Other issues clearly bothering young people included their weight, bereavement and the expectations they feel are placed on them by parents, teachers and friends. Typically, exams and waiting for results can bring on a unique kind of stress – for students and parents or guardians. But panic, anxiety, fear about the future, guilt and despair are just some of the feelings students may be going through at any time and high expectations and pressure from parents, teachers or friends can push students to the brink. Samaritans is urging stressed out young people to contact the charity for completely confidential emotional support any time of the night or day. 'One student was eager to write down what was stressing her out and then told us "I feel so much happier now I have written this!"' said Kate. "Talking about your feelings puts you back in control and reveals the choices you have. Many people feel pressured into hiding their emotions out of embarrassment or concern, not wanting to burden family or friends, but hiding under a calm exterior only saves the problem for later and stress can build up until it becomes unbearable".

Premium Reseller



MacBook Air from £1,052 (inc GST) • iMac from £701 (inc GST)

iQ 32 Burrard Street St Helier • 769320 • www.i-Quipment.com • shop@i-Quipment.com



Although you may not think it to look at, this Porsche is green.

A really dark green? Not exactly, the bodywork is metallic black. But, if they can keep up with you, those damned environmentalists will have to eat their words because this Porsche, the Carrera S PDK produces the lowest emissions of any vehicle in the Porsche range and they're quite proud of it. It's the first one to fall into the 'F' band on the emissions scale and is the shape of things to come.

Now, being in the 'F' band may not seem all that impressive but you have to remember that this isn't your average nondescript shopping car, this is the latest incarnation of one of the world's best known performance vehicles. A 3.8 litre slippery shape with the power of 385 of Stuttgart's stallions trapped behind the rear seats, ready to charge. Amongst other cars that fall into this emmissions banding are the 2 litre petrol Ford Mondeo and 1.8i Toyota Avensis, so when you think about it like that it's quite an achievement really.

Surely an efficient performance car is, well, a bit oxymoronic? You'd think so, but these are Germans we're dealing with here. German boffins, boffins that have developed über-efficient exhaust catalysts, ultra-aerodynamic bodywork and PDK.

PDK? Pretty Damned Kwik? Pricey Deutche Karr? Neither strictly untrue, yet both incorrect. PDK stands for Porsche Doppelkupplung, or Porsche Double Clutch, for those of us who employ a fair deal of guesswork when it comes to reading the German language.

One clutch takes care of the 1st, 3rd, 5th and 7th gear ratios and the other deals with the even numbered ones. Imagine you're pulling off in first. That clutch has engaged and is transmitting the power to the gearbox. The other clutch is already there, ready to engage second gear as soon as it's required, meaning that come the moment it's needed, it's there. In a matter of less than one hundredth of a second. That's right, one hundredth of a second. Even under hard acceleration the computer knows you've got your foot down and has the next gear ready, regardless of whether you're in full automatic mode or tiptronic. This works on down-changes too, and if needs be you get a blip of the revs too, which is guaranteed to put a smile on your face. Shifting is facilitated by buttons on the steering wheel as well as at a push or pull of the gear lever should you wish, and I can honestly say that this gearbox is in a league of its own when compared with conventional automatic 'boxes as well as a real alternative to a manual, and I didn't think I'd ever find myself saying that. But how can a gearbox make it more efficient?

Burbling around at 30mph the 911 would put itself in 4th or 5th gear, barely ticking over and using the colossal amount of low end grunt available to accelerate away instead of down-changing, as well as 7th gear being purely for cruising with the top speed of 188mph being reached in 6th, not that I'd know, unfortunately. Add to that Direct Fuel Injection, lightweight materials and extensive aerodynamic testing and you can begin to understand why.

It almost goes without saying that the ride is inspiring and not so much as remotely unnerving as you might expect from a machine with just shy of 400bhp. The gearbox is smooth, with almost instant changes, the interior comfortable (unless you're over 3 foot tall and have to sit in the back of course, as the 911 really is a 2+2 in the loosest sense), the fully automatic electric roof fast and painfully easy to use and the powerplant quiet. Right up until you open the taps that is, at which point it howls, and it howls like you wouldn't believe. But then I'm sure you already knew that.

If you've got between seventy and eighty grand burning a hole in your pocket and want to make the most of the sporadic sunny spells whilst doing less harm to the environment than Mr Jones next door then get yourself up to Jacksons Airport and speak to lan Thomson or call the Jacksons Porsche Centre on 497777.

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TOYOTA PRIUS FORD MONDEO 2.0 RANGE ROVER SPORT 3.6 DIESEL Surely an efficient performance car is, well, a bit oxymoronic? You'd think so, but these are Germans we're dealing with here.

Model Tested: Porsche 911 Carrera S Cabriolet PDK with extras, circa £78,000

motor brand news



Mercedes-Benz CLC

The new sports coupe dedicated to the pursuit of pleasure. With a comprehensive range of petrol and diesel engines. Prices from £18185 on the road for the C180K



Jacksons Airport La Rue Fondon, St. Peters, JE₃ 7BF 497777 | www2.mercedes-benz.co.uk



Audi Q5

The new Audi Q5 is not only one of the most streamlined SUV in its class, but its also one of the most spacious. The 2.0Tdi SE is from £26577 on the road. The UK launch is 17th November.



Jacksons Airport La Rue Fondon, St. Peters, JE_{3 7}BF 497777 | www.audi.co.uk



Skoda Superb

Newly arrived at Motor Mall is the New Skoda Superb. Skoda have been topping the JD Power Customer survey for years. This highly specified four door saloon / hatchback crossover is engineered by Audi, and built by Volkswagen Group; The only thing Skoda is the price from £13,995 otr!



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

TARMAC ATTACK!

First held in 1984, this year marks the 26th year running for the Jersey Rally, an event which has been painstakingly organised throughout the year by the Jersey Motor Cycle & Light Car Club, one of the oldest Motor clubs registered with the RAC Motor Sport Association.

This year's rally is sponsored by Paperclix and LC Pallot as well as seven other stage sponsors and consists of 9 different stages including one completely new one and has received the largest number of entires in the history of the event -105 hopeful teams signed up, of which 84 have been guaranteed a starting place. The entrants are a mix of local, UK and Guernsey teams as well as one team travelling over from France with what Ron Allen, Jersey Rally Chairman & Clerk of the course describes as 'A strong top 20' so you can sure that the competition will be a close one.

As always, specatators are more than welcome but please remember that motor sport CAN be dangerous and despite the competitors being skilled drivers things can sometimes go wrong and so it is imperative that you consider your own safety at all times by making sure to watch from a safe place and to take note of what the safety marshalls say. They are there primarily for your safety as well as the smooth running of the event.

This year's event consists of 9 special stages including one so called 'spectator stage' consisting of a floodlit area at the top of Rozel hill (Where La Route Des Cotes Du Nord meets Rue Du Bechet and Rue Du Pot Du Rocher - page 36 of the Telephone Directory map pages, ref. H₃) where you can expect to see the drivers wrestling their cars through a tight left hand bend followed closely by a tight right hander and off down the straight. Parking will be available at Durrell for anyone wishing to spectate



and there will even be catering services present - what could be better?

I'll tell you what could be better - rally star Nicky Grist (ex-navigator for the late Colin McRae) will be there giving a helping hand in the commentary box and keeping you posted on all the latest Jersey Rally news.

It all starts on Friday 10th October on the Esplanade with the first car expected on the start line at around 9:30am before they head off to the first stage in St. Ouen, starting at 10:25 and continues until Saturday afternoon.

As well as out west in St. Ouen, expect to see the competitors racing around St. Catherine's, the Living Legend and German Road, Waterowkrs Valley and ending up by Glencoe to name but a few. We're only lucky enough to see racing of this kind once a year so put it in your diary and be sure to enjoy it!





PHOTOS: WWW.CAPTURED-MOTORSPORT.COM

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After his exploits with a kite last month, we sent Arnie for another experience with wind, this time dropping from 10,000 feet.

I'm an action star and speed and excitement are the hallmark of my trade. Remember me running through the Jungle in Predator? Throwing that sword around in Barbarian and all that drama in Last Action Hero...? I'm great at that stuff. I was therefore über happy to be asked by Gallery to do a skydive this month.

People definitely fall into two groups when you're talking about skydiving; those who say they'd have to be paid millions to do it (like me doing movie roles, I get the money and the action, but that's because I'm a super star) but really... why would you not want to jump out of a plane?! It's super! The guys at Jersey Skydive seem like a good bunch. They bring tandem jump specialists over from the UK each summer to give you Island residents to chance to see your little Island from a completely different viewpoint.

After a briefing, a bit of paperwork that basically says you're mad enough to sign your life away just in case the unthinkable happens and some kitting up we cruised to the aero club and spent about 25 minutes climbing to jump altitude.

Let me tell you, hurtling down toward St Peter and St Lawrence (it was hard to tell exactly where we were falling from that far up) was fantashtique. It's not as scary as other sports like bungee or hang gliding as it's almost ultra real being that high up. Your instructor pretty much controls you jumping out and once you're flying, you've just got to love it! We did a few spins around in each direction and then, after about 30 seconds of freefall, the parachute launched and we cruised around for five minutes taking in some incredible views of the island. Checking out those enormous houses tucked away in the fields and spotting people in swimming pools

You don't have to be Mr Universe or an action hero like me to give it a go. We met some very surprising regular jumpers at the club, people we never thought would be skydivers that had done hundreds of solo jumps. So next time you see it's an amazingly clear day in Jersey in the summer, why not make the most of the clarity and check the island out from above?

If you fancy giving it a go, get in touch with Alun Griffiths at skydivejersey.com. It cost Arnie £275 to jump but you can do all sorts of other courses too and Alun says there's a strong group of jumpers to

Governator verdict:

5 AK-47s







terminal velocity

Arnie.



Das Gallery magazine

Midbeach House

St. Lawrence

Old Jersey

HUNGRY FOR GADGETS?

Turning on your oven from an automated system in your car may be a bit extreme for the general population so we have found a few well designed gadgets to help you in your kitchen.

This great new Intellisteam from Morphy Richards is the latest in steam technology. With different compartments, it means you can bring together a whole meal to cook at the same time using a digital timer and pre-set time guide. It keeps all the food nutritious without having to slave over a hot stove.

£98.60 Futurevision, Voisins





This innovative chopping board uses the latest technology in polypropylene living hinges, when the handle is squeezed the board folds into a chute to help guide diced and chopped food into the pot. This award winning product is dishwasher safe and comes with a 3 year guarantee.

Chop2Pot £10.95 The Goat and Pencil



The original, updated. New mixing and blending devices that take their influence from the kitchen gadgets of old.

Cream Kitchen Aid Artisan Mixer £333.87 & Red Kitchen Aid Artisan Blender £110.67 De Gruchy



So maybe you can't afford to splash out a million or so on a Bugatti Veyron, but you may be able to afford this: the Bugatti of toasters.

The motorized toast lifting system means your toast burning days should be behind you. It's not new on the market but the slick design makes it a firm favourite on our kitchen gadget wish list. £118 Futurevision, Voisins

This is the most useful fridge magnet you will ever own! Built from sturdy polished stainless steel with a super strong magnet, it ensures you'll always open your beer first time and will never have to search around for a bottle opener in the kitchen again.

£14.99 The Goat and Pencil





Sony Vaio FW-Series

The new Sony Vaio FW range of laptops are the real business for enjoying movies, playing games or storing and enjoying your photos. With a large 16:4 Real Widescreen you can watch high definition movies on the recordable blu-ray disc drive. The X-Black LCD screen with 100% colour fidelity gives true-to-life pictures. A host of features include powerful Intel Core 2 Duo processors, up 300Gb of memory combined with sleek styling hinge design and isolation keyboard.

From only £719.94 at Fotosound, St. Helier





The T-Touch Expert

Tissot have just developed this great new tactile men's watch for outdoor adventures. This robust XL-size watch, ith water resistance to 100 meters, omes with three new functions, taking it the ideal partner for rofessional mountaineers, extreme ciers and weekend adventurers. The touch sceen watch includes a arometer, altimeter, compass and termometer.

vailable from £499 at Rivoli Jewellers 1/43 King Street.

The hot story in the phone world at the moment seems to be the first set of 8 megapixel camera phones that are being launched. Apparently, these will finally pass the 'wedding photo test' i.e. you won't need a separate camera to your phone at even the most important of events. Phones to look out for include the Nokia N96, the LG KC910, and, below, the Samsung Innov8.

Samsung Innov8

The most advanced smartphone from Samsung so far comes with an 8 megapixel camera, WiFi and GPS, an advanced multimedia player and a whole host of other features to compete with the Nokia N96 and N95 8GB. As the camera being a main selling point; features include autofocus and a dual LED flash, plus an image stabiliser, panoramic stitching, face detection and a number of other clever features .

The Samsung Inov8 will be available from the first weekofOctoberexclusively in Jersey Telecoms three weeks before the official launch when it will also be available from Sure mobile





SPORT INTERVIEW

We met up with Aaron Lappage who is organising this year's Jersey Mountain Biking Festival.

HAVE YOU GOT ANY BIKING AWARDS?

I would count my highest achievements in downhill mountainbiking as being 13th overall in the masters section of the national points series in the UK, and placing 49th in the Megavalanche, a mass start downhill race in France on Alpe D'Huez where there were 600 other riders and it starts on a glacier!!

WHAT WAS YOUR WORST ACCIDENT?

The worst injury would have to be breaking my collarbone which snapped and a few weeks later I had to go back to the hospital to have a spicule (point of bone) filed down so the shoulder could heal properly.

WHAT DOES THE MOUNTAIN BIKE FESTIVAL ENTAIL?

The mountain bike festival is held to raise money for Jersey Hospice Care, and it gives riders an opportunity to compete on a fun course. This year there will be a junior race on the Saturday open to both boys and girls of all ages, the Sunday will see the Adult races, the Super J senior race and the super steep Downhill, there will also be a combined prize for the quickest rider on both courses. There will also be a beer cider and sausage festival at the Moulin de Lecq with plenty of Jersey's local musical talent on display.

HOW DID IT GO LAST YEAR?

The festival went well last year however it would be nice to see more people competing this year as at the end of the day it's a chance to try something new and raise cash for Hospice. There was a nice vibe to the festival last year with people spectating and enjoying the DJ's, bands and the beer!

WHO CAN GO ALONG?

Anyone's welcome, there's plenty of room for spectators and there is normally something going on to watch, the super steep Downhill on the Sunday is a bit of a finale and provided some spectacular action last year.

WHAT DO YOU DO WHEN OFF THE BIKE?

I recently started a bike club in Jersey with some friends we aim to encourage more cycling in Jersey and hope to put more races on in 2009. I would also like to instigate the building of purpose built mountain bike trails and routes in Jersey. I have recently began a business called Jersey Bike Repairs; I maintain and service bikes and collect and deliver them to people's homes or work place. I also stock Santa Cruz bikes, and offer a custombuild service on many different types and style of bikes.

FOR MORE INFORMATION CALL 07797914452 OR VISIT WWW. JERSEYBIKEREPAIRS.COM





WOMEN & WEIGHT TRAINING TIME TO GET A LOW DOWN? Words | Tania Rodrigues

Words | Tania Rodrigues Oxygen Training & Supplements

The myths about women's weight training don't ever seem to go away. I want to dispel some untrue myths and highlight the benefits of weight training:

Weight training can offer women so many benefits including weight loss and fat burning, improving muscle tone and help in the fight against osteoarthritis and osteoporosis.

Most women solely believe that only performing cardio will lead them to lose weight, but in fact weight training will consistently raise your metabolism and increase fat burning so that you keep the weight off and retain muscle tone.

Weight training does not make you bulky and masculine. Women don't and can't ever produce testosterone like men do; it is therefore impossible for women to increase massive gains through weight training.

Women who weight train get the fit, firm and cellulite free look.

If you want to look great, don't be afraid to pick up the weights and lift hard! Try it for yourself.

Good luck ladies, love Tania x



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Comments in Health... words | Nigel Mann JSSC

I had a client come to see me the other day who complimented me on the fact that I had bothered to ask him what it was that he wanted from his treatment. Ownership of his problems, he felt, was so important in helping him with his recovery as it gave him a focus. I have to agree. As the saying goes, "If you don't know where you're going, you'll end up somewhere else."

Life is a bit like that. Focus on your goals and aspirations and it is likely they will come to fruition. Forget about them and they are likely to fall by the wayside. Sometimes you will need someone to steer you in the right direction. In this respect, I am lucky enough to have had several people to help me refocus myself when needed. That is why at The Jersey Sports and Spinal Clinic, we understand that a successful recovery begins with us and ends with you.

Gary Quinn | Life Coaching. Looking for a little direction?

Gary Quinn, Top International Life Coach and Motivational Speaker, from Los Angeles, will be here in Jersey on Wednesday 15th October 2008.

Gary has authored six books in the field of personal development and has worked with many high profile individuals and organisations throughout the world, helping them to create change in all areas of their lives

Check out his website at garyquinn.tv for more information.



THE JERSEY SURF SCHOOL LAID ON ANOTHER GREAT SUMMER'S WEEKEND DOWN AT ST OUEN'S BAY. MORE THAN 140 EAGER GIRLS OF ALL AGES PICKED UP SURFBOARDS AND WETSUITS FOR THE FIRST TIME AND HEADED INTO THE SURF WITH QUALIFIED INSTRUCTORS AND LIFEGUARDS. JOINING THEM WERE SEVERAL ROXY SPONSORED PRO-SURFERS, INCLUDING UK GIRLS CHAMPION SOPHIE HELLYER, AND AMY-MAY GARVEY, IRELAND'S NEWEST JUNIOR TALENT, WHO FLEW OVER TO JERSEY ESPECIALLY FOR THE EVENT.

The weekend consisted of beginner lessons for everyone; a jam-packed goody bag containing everything from Roxy t-shirts, surf dvd's and surf mags to a cosmetics and beauty pack; followed by an all-girl surfing competition contested in some fantastic surfing conditions and with some nail-biting moments!

The Watersplash also sponsored the event by providing a free BBQ Hog Roast to all participants following their water sessions. In brief, the event was a huge success and everyone thoroughly enjoyed themselves both

in the water and out. Sophie Hellyer commented on how 'fun and fresh' the surfing scene was in Jersey and applauded the enthusiasm and charm of all the Jersey Surf School staff that had made the weekend such a success for all, with Amy-May Garvey thanking all the girls who took part for being so 'amped' about taking to our lovely warm waters to brave the usually male dominated line up!

Sunday's all-girl competition stayed true to the atmosphere of the weekend with all participants 'fizzing with stoke' in challenging head high conditions. Local surfing continued to impress the Roxy visitors with both junior and senior classes being dominated by Jersey surfers.

On a separate note, Jersey Surf School manager Jim Hughes also wanted to expressed his gratitude to all participants of the previous 'Quiksilver Family Surfabout Weekend' in July, and for their generous donations to the Jersey Special Gymnastics Club. He comments: "In all the event raised a whopping £1,482.00 for the club that relies entirely on donations from supporters. Thank you very much!"



Still Smokin



Before she was famous, this risk-taking DJ dropped Michael Jackson's Black or White in the middle of a house set, which propelled her into notoriety almost overnight. This month Clique presents the underground DJ known for her uplifting, soulful funky house style. A regular at Cream, Pushca, The Ministry of Sound, Renaissance, Progress, Sign of the Times and Miss Moneypennies; she also played for the infamous Boys Own, Betty Ford

Clinic and Tribal Gathering. She is still the only female DJ to have won DJ Magazine's prestigious DJ of the Year award and her credentials include playing some of the biggest clubs throughout the world, and is now one of the residents for We Love.. Sundays at Space in Ibiza. She has produced several remixes in including "Make You Whole" by Andronicus, "High" by Hyper Go-Go and "Seduction" by Chrome Seduction. She has also recorded her own tracks under the name 'Bulletproof' for MOS and 'Rude Kulture' on Black Sunshine, Ashley Beedle's label. Recent releases include remixes for Skunk Anansie's chart topping track "Charlie Big Potato". Her style has transcended from Soulful Deep House through to Tribal, but it's Deep & Tech House, Minimal and Techno that now appear on her sets.

Support from Pete Von Clique and Carl Scott.

Date: Saturday 4th October / Where: Pure Nightclub

Spin of the Mills



Hustle is back this month as promised introduces a new face to its roster, Jo Mills. Some of you who have this summer been lucky enough to venture out to Ibiza should know exactly who this lady is as she makes her self known for the first time in Jersey. Jo is currently resident at Pete Tongs Wonderland, Eden, hosting the Lovebox Backroom Sessions. Jo is also supporting Paul Okenfold on part of his tour planned for the on coming months. Based in Ibiza ,Jo has recently been touring around Asia, Australia, Indonesia, Portugal, Paris as well as taking time to produce in the studio so you could say that this is one very busy DJ. Jo describes her trademark style as house music with depth and fluidity, adapted

over the years to suit current trends and her own taste. 'I love deep house with good rhythms and melodies and I enjoy building my sets to draw people in as I play - a bit like telling a story. I love soul music, but I also like techno - even if it's dark and minimal it has to have that element of musicality for me. Support on the night will be residents Suze Rosser & Jimmy Graham, middle floor will be hosted by Audio and top floor fuzzbox

Date: Saturday 25th october / Where: Pure

Time: 10-2am Entry £7

Alex Kidd

Dumff Dumff. 2007 crowned hard dance DJ of the year, DJ Alex Kidd is set to turn the bass up at Club 72 this month.

His skills are unrivalled on the hard dance stage. Using the EFX 1000 as his weapon of choice alongside 3 x CDJ mixing trickery, he is considered a true pioneer of pushing both technology and his own unique sound. His Kiddfectious club nights and Kiddmania phenomenon has been selling out all over the UK, Ireland, Germany, Holland....the list goes on. His legendary partnership with Dark By Design goes from strength to strength and now with a barrage of releases and remixes on a plethora of labels, plus his own new label showcasing his solo productions this night is going to be one for those to who like to hit it hard.

Date: Friday 3rd October / Where: Club 72



cocktail of the month



Lemon Meringue Martini

37.5ml Belvedere Cytrus Vodka 12.5 ml Limoncello 25 ml Galliano Dash of Sugar Cane Syrup 25 ml Lemon juice 25 ml Orange juice

to make

Shake all ingredients and strain into a chilled martini glass.

Garnish with a lemon wheel and small meringue.



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03.10.08 ALEX KIDD.

The success story of hard dance's hottest headliner still has a few chapters left to be written! His skills are unrivalled on the harddance stage. see left

WHERE: CLUB 72



03.10.08

NWB GET CUNNING.

Jay Cunning's been in the mix since day one with various styles of Old Skool, House, DnB and dare we say it; Garage. In 1996 he started to consolidate this jockey sluttage and opted for a bit of monogamy and settled down with Breakbeat. Nowadays his Weekly show on Kiss FM, residency at Andy C's Ram nite at 'The End', international gigs and the running of Menu Music sees Jay as one of the hardest working DJs on the scene. Since his early residency on Breaks FM back in 99 Jay's 3 deck versatility he's seen him putting about across the world from Russia to Canada, Spain to New Zealand.

WHERE: PURE NIGHTCLUB



04.10.08

REMINISCE ENVY.

Warren Le Sueur delivers another 4 hour master class with the original club classics night Reminisce. With it's new found home at Envy nightclub, its sure to be another busy night, with the old skool house classics from back in the day playing all night long.

WHERE: ENVY NIGHTCLUB



05.10.08

DRIFT WITH DERRIN NAUENDORF.

The Drift is proud to welcome back Derrin Nauendorf on Sunday 5th October. An Australian singer/songwriter who has built his reputation and fan base from the ground up, Derrin is renowned for his intense live shows and raw emotive music. This gig comes immediately prior to the launch show of his new album, Skin of the Earth, at the 100 Club in London on the 9th of October.

WHERE: THE DRIFT BAR



06.10.08

CLIQUE ARE SMOKIN.

Clique present another top underground DJ this time with Smokin Joe, her cutting edge style and impeccable taste in music has made sure that Jo is always classed amongst the top name DJs. Her DJing CV contains most major clubs throughout the world. Womb in Tokyo, Panorama Bar in Berlin, Made/ Warung in Brazil, Cavo Paradiso in Mykonos, Crobar in New York, Space in Ibiza & Miami, Vinyl in New York, Zouk in Singapore, Fabric in London and Cocoon in Frankfurt to name a few. See left.

WHERE: PURE NIGHTCLUB

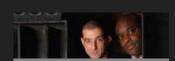


10.10.08

RESIDENT DIS:ORDER.

If it's tough hard dance music that you're after then look no further, because Dis:order has it covered. These 3 local boys who surf by day and party by night, have pushed even harder this year with consistent nights all the way through. October brings the residents together with Jonny Houguez, Matt Turner and Sam George holding it down in the main room all night.

WHERE: PURE NIGHTCLUB



11.10.08

TERMINOLOGY HYPE & DADDY EARL.

The world famous don of Dnb, DJ Hype drops down at The Splash for what might be the last Terminology of the year at that club. With Hype comes MC Daddy Earl, who has traveled all over the world with the DnB legend. With Terminal State, Coalition, Mikey B as the main room support and room 2 occupied by the North West Breakers this is set to be a very busy night.



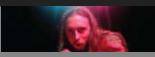
11.10.08

WAY OUT AUDIO.

Audio are back with their winter selection, first up Jody Wisternoff (Way Out West). Jody's biog is deceptive, as he's achieved so much in a short space of time. Selling over 100,000 albums and delivering a Top 40 hit with his band Way Out West would be enough for most people. Yet along side their 4 Albums, countless remixes and production duties on

everyone from the astonishingly cool such as James Holden, Echo & The Bunnymen, The Orb & Roni Size. Suport from the Audio residents Stuart King & Paul Mack.... upstairs Dan Sharpe keeps the beats low slung.

WHERE: PURE NIGHTCLUB



17.10.08

INSOLE KICKFLIP.

Bringing Steel City breaks straight to your ears, Kickflip is now established as one of breakbeat's most respected producer/ DJs. Kickflip's productions encompass a wide range of styles, taking in influences from funk, drum and bass, house, hip hop and old skool hardcore. Each track is polished to work as well at home as it does on the dance floor. Support from the Insole crew Andy Manson, Rich Eager and Nick R

WHERE: PURE NIGHTCKUB



25.10.08

CLOCKS GO BACK SPECIAL

Fussion is back with a huge gig planned for the end of October with a date set on

the day the clocks go back, so an extra hour of dancing! The guest is special and will be announced very soon. Envy room will be occupied by Philosophy Of House, on the balcony 3 of the finest Jersey bands will be on show.

WHERE: LIQUID NIGHTCLUB



30.10.08

DANCE TO THE BEAT

The Drift is proud to welcome back The Beat. This two-tone ska band proved very popular at their last Jersey gig in April, and are back by popular demand featuring hits such as "Tears Of A Clown", "Can't Get Used To Losing You", "Hands Off..... She's Mine" & "Wh'appen". When The Beat rushed on to the music scene in 1979, it was a time of social, political and musical upheaval and The Beat tried to calm the waters with their simple message of love and unity set to a great dance beat. By Christmas of 1979, Local Support from DJ Nelson.

WHERE: THE ROYAL YACHT





DJ ALEX KIDD BEST HARD DANCE DJ 2008 (FRIDAY 3RD OCTOBER)

WWW.DJALEXKIDD.COM



DJ ALEX KIDD

Alex Kidd's skills are unrivalled on the harddance stage. Using the EFX 1000 as his weapon of choice alongside 3 x CDJ mixing trickery, he is considered a true pioneer of pushing both the technology and his own unique sound.

NIGHTCLUB LINEUP FOR THIS OCTOBER:

3rd - DJ Alex Kidd, Hard Dance DJ of the year 2008 - Tickets €5

4th - Formula DJ Rory Neill, Mixed House, Techno & Trance

11th - Philosophy of House DJs Ross Hunter & Del McKeawn, Funky & Dirty Deep House

18th - DJ Biko, Sexy House

25th - Miss Moneypenny's DJ Jeff Jefferson



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To find out, visit our website at www.littlegreenrock.com and check out our clothes at Earth Wind & Water in St Helier or Laneez in St Peter



$\mathbf{H}^{\mathbf{s}}$

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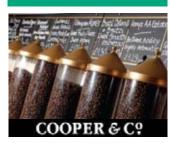




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3questions

1. What's your favourite Jersey restaurant for a first date?2. What's your favourite Jersey restaurant for a hangover?3. What's your favourite Jersey restaurant for a party?



EmmaProprietor of Delish

- 1. The Dicq shack on a sunny evening
- 2. Spinnakers
- 3. Salty Dog



Adam

24, Proprietor of Higgies

- 1. Salty Dog
- 2. Breakfast at Greve de Lecq
- 3. The Royal Yacht



Cindy

22, Full time mum

- 1. Red Rose
- 2. The Gunsite café
- 3. The Merton Hotel in the Starlight room

boardom

Scores on the board for the following question: What's the strangest thing you've ever eaten?



Jim, proprietor of Trade Secrets



Marcia, 28, sales



Danielle, 17, retail assistant



John, on holiday from Yorkshire



Chris, 37, journalist



Andreia Vieira, 18, student

August's competition winners:

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September's competition winners:

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St Clement Immaculate family home

4 - 2 AVI CAT A-J

An immaculate family house, tastefully refurbished throughout and presented to a high standard. Located in quiet cul-de-sac, well away from any main road and within easy commuting distance of schools, beach and town. There is a large kitchen/breakfast family room with new fully fitted units which opens on to the sitting room, from which sliding doors lead on to the safe, enclosed, lawned garden. In addition there is a paved patio area for quiet evening alfresco meals or cocktails. A study or 4th bedroom on the ground floor gives flexibility, plus separate utility and a further three double bedrooms and two newly fitted bathrooms at first floor level all add to the benefits of this lovely home.

£725,000 leasehold

arrange a viewing

Call Christine on 07797 712722



St Helier

Modern masterpiece

- 4 - 3 - VI CAT A-J

A most stunning, modern, contemporary home, located on the outskirts of St Helier, close to the Trinity border. This detached house is south facing and situated in an elevated position, affording superb views over open countryside, all the way to the south coast. The property was constructed just two years ago and remains like a brand new home, with the highest quality fixtures, fittings and systems throughout. A unique feature, which is rarely seen in a new build are open ceilings on the first floor, with ceiling heights of approximately four meters, giving an air of decadence and space. There are floor to ceiling windows in two of the bedrooms, which open on the south facing balcony with commanding views beyond. To truly appreciate this magnificent home, viewing is highly recommended.

> £1,275,000 leasehold arrange a viewing

Call Christine on 07797 712722

