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**MAY 2007**

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**NICK MORRELL**

**GIG GUIDE**

**ON STAGE**

**CHINESE STATE CIRCUS TICKET OFFER**

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# Circus Ticket Offer

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combines the martial arts warriors from the Shaolin Temple (pictured on our front cover), artistes from Peking Opera and acrobatic stars of the Chinese State Circus. Young and old alike will be spell-bound by the spectacle of flying warriors, acrobatic terracotta



soldiers and the sensational "woman of a hundred faces". There's also knotted contortionists, Chinese pole balancing and a lusciously set and costumed performance of the Lion Dance.

The Evening Standard described it as, "The most exhilarating Circus it has ever been my privilege to see".

Thanks to **Ipswich24** you can see the show and save money too by clipping the coupon here.

The Chinese State Circus is at Ipswich Trinity Park, Thursday 3rd May until Monday 7th May.

Also at Colchester Old Heath Recreation Ground Thursday 17th May until Monday 21st May. Contact the ticket office for performance times.



This Voucher will allow one Adult who purchases a full price ticket to receive a second ticket (for either an Adult or child) free of charge.

It is not valid with any other offer or with tickets already purchased. It can be used at any performance but has no monetary value.

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# INSIDE THIS MONTH

# MAY

## Suffolk Show

Preview of what to expect at this year's Annual County Show at Trinity Park on Wednesday 30th and Thursday 31st May.



## Ipswich Events

The April Gig Guide is on page 9 and on pages 12 & 13 you will find our Events Listings telling you literally everything that's happening in and around town in April.

**9,12&13**

## Competitions

This month sees our biggest collection of prizes on offer to date. Look out for the great competitions throughout the magazine, there really is a prize to suit everyone.

**4**



## On Stage

In the woods with Blondie, High Society with Wayne Sleep, Drama, The Pulse Fringe and more.

**14-17**

## Nick Morrell

Town102's breakfast jock on moving house, Ricky Gervais and screaming teenage girls



## Movies

The latest releases

**18**

**6**

**TWO GREAT SHOWS IN ONE - CIRCUS AND KUNG FU!**

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**The Chinese State Circus**

**GRAND MASTERS OF KUNG FU!**

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**www.ipswich24.co.uk**

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PO Box 774, Ipswich, Suffolk IP1 9FW.

**Tel: 01473 720212**

**The 2007 Suffolk Show takes place this year on Wednesday 30 and Thursday 31 May - half term week.**

Last year's special 175th Anniversary Show saw some of the coldest weather ever experienced at the event, but this did not deter Show visitors who flocked to the event in their thousands. Eighty-eight thousand people attended, showing the huge popularity and support for the County Show.

The 2007 Show will once again be led by Show Director, Stephen Miles, in his final year of office and will feature over 800 tradestands, more than 600 livestock classes competing for over £70,000 in prize money, improved themed areas,

Grand Parade of livestock featuring many breeds of heavy horses, cattle, and sheep from across the UK. There will also be Heavy Horses classes, as well as the spectacular Coaching Marathon. For those who enjoy show jumping, some of the UK's top show jumpers will be competing in the five major competitions that take place over the two days.

The President's Ring entertainment includes: Cyril the Squirrel and his Racing Terriers, the Suffolk Gun Dogs, Ladies Side Saddle competitions, Sheepdogs at Work, Heavy Horses and Sheep Classes. New to the Show this year will be a dedicated Countryside Area. This will

last year and will be returning with more of the county's best interior designers, furniture and soft furnishing manufacturers. The area will also feature sample room layouts and designs.

Team Ipswich will be taking a prominent position in the Interactive Sports Village. Their stand will feature continuous mobile activity stations encouraging people to participate in Sport including cycle skills, trampolining, karate, judo, basket ball, gymnastics and dance. The X-Treme Trials Team return, featuring two of the world's best stunt riders, whose display features jumps up vertical walls and a full range of freestyle tricks, usually attempted by just a handful of riders throughout the world. The Interactive Sports area will also feature Ipswich Town Football Club, rugby, rock climbing, sailing, windsurfing, scuba-diving, tennis, cricket and golf.

With the national focus on green issues, the Show will highlight a number of national and local issues which will include local food miles, carbon footprints and 'Suffolk Creating the Greenest County. This County initiative will be launched at the Suffolk Show, by the Show's President, Bishop Richard Lewis.

The Farminanglia Display area will focus on locally grown produce and food miles. There will also be Cookery demonstrations using local

featuring the Ipswich Caribbean Steel Band.

Evening entertainment on the first evening of the Show will be provided by Millennium, a Robbie Williams tribute band. They will be performing from 6.30pm in the President's Lawn area. Other musical entertainment during the Show will be provided by the Ipswich Over 50's Brass Band, the Ipswich Hospital Band and the Ipswich Caribbean Steel Band. Dancers from DanceEast will also be performing a specially commissioned dance, Sabar Drumming from Gambia, will be performing in the Avenues.

Horses and livestock remain an integral part to the Show and this year will see nearly 300 equestrian showing and jumping classes competed for over the two days. Livestock entries reached record levels last year. There will be classes for cattle, sheep, goats and pigs.

In addition there will be approximately 800 tradestands offering a huge variety of products and services. Agricultural tradestands include an extensive selection of farm machinery, implements and ancillary equipment, alongside new technological developments. Trinity Plaza will provide everything from designer clothing to unique gifts. Catwalk shows in this area will feature clothing from a number of local boutiques.

Pre-Show discounted tickets are available now from Trinity Park office, the dedicated ticket line - 01473 707117 or online at [www.suffolkshow.co.uk](http://www.suffolkshow.co.uk) and will be on sale until Thursday 24 May.



exciting ring displays and all the traditional favourites.

The Grand Ring will again offer top class entertainment throughout both days. The Royal Artillery Motor Cycle display team return to the Show this year with their high octane performances, performing feats of courage and skill and showing precision riding at its very best. There will also be the traditional

# Suffolk Show

## — 2007 —

feature a variety of tradestands, activities and displays representing countryside pursuits, wildlife, rural skills and crafts. This can be found as you enter the Showground through the main Nacton Entrance. The centre piece of this area will be the Countryside Ring, with displays including Adams Axemen, Ferrets, rabbit longnetting and sheep dog trials.

The Suffolk Luxurious Lifestyle Pavilion, housed in the Events Centre proved extremely successful



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 Tues: Juniors 6.30-7.30pm  
 Tues: Ladies only 7.30-8.30pm  
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produce by the TV Chef, Rachel Green. The theme of local food is further supported by the all British Food Hall, one of the most popular features of the Show, it will again offer a variety of locally-produced foods and food products from Taste of Anglia members. The Cookery theatre has been organised by Otley College and will feature students from the college along with guest chefs.

For those who love crafts, the Rural Crafts area is the perfect venue, complete with Art Show, bandstand and catering area. The Flower Show has also undergone improvements in its design and layout. This area will have its own bandstand,

As well as offering a discount, Pre-Show tickets allow fast track entry. Adults £16.00 on the day (£14.00 pre-Show) children £6.00 (£5.00 pre-Show) and Senior citizens' £12 (£11.00 pre-Show). Car parking on the day is £5 (£4 pre-Show) Family ticket £35 for two adults, two children plus car parking. Family tickets are also available on the day at £40 but exclude the Car park ticket.

Members' tickets cost £35 each and allow admission to the Showground on both days, free entrance to the Flower Show, together with forward car parking and access to the Ringside Club.

# Don't Dream It, Live It



Are you looking for a perfect holiday home? • A second property?  
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## What is your favourite Tuscany?



### The Art of Historical Cities

### The Breathtaking Countryside

### The Crystal Clear Sea

### Medieval Hamlets

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### Sports and Health

Living in Tuscany is an unforgettable experience. Art, history and natural beauty blend into magical landscapes.

From tiny hamlets to rural areas, from heritage to fine food and wine, everything conjures up to make Tuscany a truly unique land.

Despite being a rather large region, Tuscany answers every tourist's expectations by offering a diversity of holidays, only a short journey away.

The seaside, for those who cannot go without a swim in blue, crystal clear waters. The countryside for those seeking relaxation and tranquillity among green hills and scented woodlands.

Cities of art for those who love immersing themselves in the history, culture and emotions of the regions glorious past. The mountains, in winter and summer, for keen skiers or dedicated hikers.

This magical combination of landscape and tradition, nature and man creation, has roots in the past and has now become a lifestyle in its own right, that "Tuscan way of life" of worldwide fame, that makes this land so special.

New developments and refurbishments are carried out by local architects and interior designers, specialised in recreating or refurbishing the original features by using reclaimed materials.

Local craftsmen carry out the works, employing skills and techniques passed down over the centuries to maintain the true Tuscan style.

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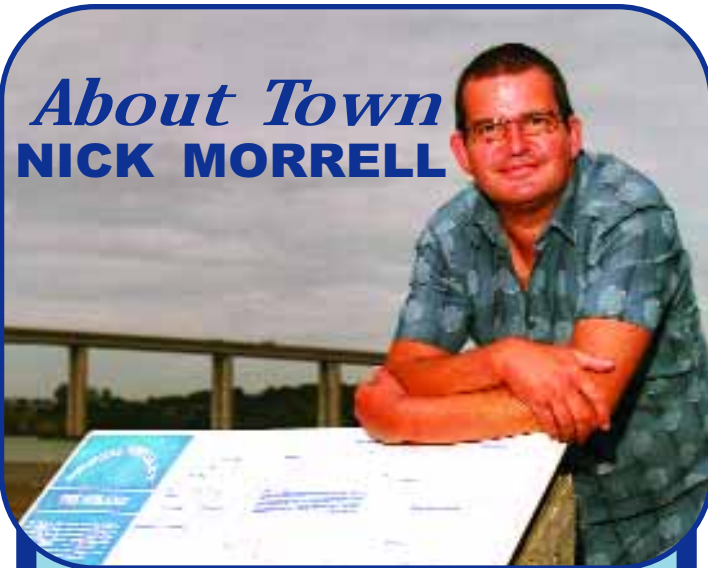
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## About Town NICK MORRELL



Summer's arrived then and the weather has been great!

Normally at this time of year, I'm getting impatient for warm afternoons when I can sit outside the pub or in the garden soaking up the sun, but this year, here we are, doing it already!

Not that I get a lot of time to sit in the garden. In fact April was a very busy month for me.

I'm moving house you see. Ah the stress of it all! Actually it's not been that bad, but wouldn't things be much easier if the people dealing with the move got to grips with email instead of posting letters back and forth!

Still, as you read this I should be in a new house (fingers crossed).

I've still had time to get out and about over the last few weeks though and I've been to some great shows at The Regent.

After the disappointment of Ricky Gervais, (OK, I was chuffed when he had a pop at me for not giving him a good review on the second night!) I was pleasantly surprised by Russell Brand who was superb. A very clever and funny show with one of the highlights being when Russell borrowed a mobile phone from the audience and started ringing for goods in the small ads of the Ipswich Advertiser!

Then there was the McFly gig. They were brilliant as always and very loud, but not as loud as the hundreds of teenage girls who screamed like a jumbo jet taking off! It's a wonder they're not deaf... ooh I sound like my Grandad!

As I write this I'm getting excited, because The Doctor Who Convention in Ipswich is looming and this is my chance to rub shoulders with fellow geeks for a whole day! I'll talk more about that next issue!

### What about Town 102 then?

Well it's a been another busy month and we launched our Charity "Town Kids" with a great fund raising night at Greshams with football legend Alan Ball and raised over a thousand pounds.

We also raised over a grand for St Elizabeth Hospice at the second of our pub quizzes at The Kingfisher in Chantry.

Thank you to everyone who supported both these events and look out for more coming soon!

Have a great month and don't forget to slap on the suntan cream!

Now where's my sonic screwdriver.....



Nick Morrell is on Town102  
Mon-Friday 6-10am  
Saturday 8-10am

## Ladies Driving Challenge

9th & 10th June

- Over 600 booked in to take part - Limited places left
- Many ladies taking part for 3rd or 4th year in a row
- Over 60 different charities represented so far
- Many new vehicles in this years event
- 10th year looking to be the biggest and best one ever!



## Abseil

7th & 8th July

- Over 700 booked in already
- Limited places available on both days
- Over 100 charities represented so far
- Ages from 12 to 74 booked to take part

At both events, there will be live broadcasts, certificates and activity discount vouchers for all participants. As well as the opportunity to win special prizes, kindly donated by some of our many supporters.



For further details and application forms see [www.mega-uk.com](http://www.mega-uk.com) under Fundraising or by contacting the Main Event Group Activities office on 08707 661100 or email [info@mega-uk.com](mailto:info@mega-uk.com).

## Latitude Festival/Luke Durbin

Latitude Festival organisers the Mean Fiddler have kindly provided a pair of tickets for the 2007 event and a cash donation to the National Missing Persons Helpline Charity to help renew awareness of Luke Durbin's disappearance on 12th May 2006.

Local Suffolk boy Luke, aged 19, went missing after getting separated from his friends after a night out in Ipswich and has not been seen nor heard from since. To mark the year anniversary of his disappearance and reawaken media awareness his mother, Nicki Durbin is organising a silent auction of many great prizes including the pair of Latitude tickets.

For more information on the auction, how to donate money and the investigation please visit [www.findluke.com](http://www.findluke.com); or contact Nicki Durbin at [findluke@hotmail.co.uk](mailto:findluke@hotmail.co.uk)

For more information on the National Missing Persons Charity, the only UK charity established for the missing and families of the missing, please visit [www.missingpersons.org](http://www.missingpersons.org)

The Latitude Festival is will be held on the weekend of 12th – 15th July 2007 at Henham Park Estate in Suffolk.

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PRIZE  
COMPETITION

# 10 FREE JUNIOR I-CARDS TO BE WON!

[www.getoutgetactive.com](http://www.getoutgetactive.com)

We all know the importance of keeping our children active and healthy, well now here's your chance to do just that completely free of charge!

We've teamed up with Ipswich Borough Council's sports services to offer you the chance to win a free months junior I-card. This card will provide your child with 4 weeks free use of all casual public session activities such as:-

- swimming
- sportschemes
- football
- rollerskating
- junior clubs
- casual holiday sessions
- PJ sessions in the gym

With another school holiday just around the corner - this card will be great value.

You can register to receive information about IBC's Sports holiday programme at [www.getoutgetactive.com](http://www.getoutgetactive.com) - this is also where you will find details about what's on every holiday at our sports centres and Crown Pools. Simply answer the following question and send your answer on a postcard to:

**I-cards, Ipswich24,  
PO Box 774,  
Ipswich IP1 9FW**  
or enter online at  
**[www.ipswich24.co.uk](http://www.ipswich24.co.uk)**  
(Closing date: 19th May, 2007)



Q: What is the name of the website where you can view the Sports Services holiday programme:-

- a. [getoutofbed.com](http://getoutofbed.com)
- b. [getoutgetactive.com](http://getoutgetactive.com)
- c. [getupandbehappy.com](http://getupandbehappy.com)

Visit Team Ipswich at the Suffolk Show this year in the sports village!

## Town Hall Galleries ••••• May-June



• Richard Billingham, 2007

Throughout May The Town Hall Galleries, Ipswich will play host to a variety of exhibitions, each bearing different links towards local artistic and cultural production - historical and contemporary. From May 5 - June 16, Gallery 1 is pleased to be hosting new commissioned work by artist Richard Billingham.

Billingham, who studied at the University of Sunderland as a painter, rose to prominence through his candid photography of his family, a body of work later added to and published in the book *Ray's A Laugh* (1996). In 1997 he was included in *Sensation*, at the Royal Academy in London. Since being nominated for the 2001 Turner Prize he has developed his lens-based practice to explore other subjects. In 2006 he exhibited a major new series of photographs and videos entitled *Zoo*, inspired by his memories of visiting Dudley Zoo as a child.

For his exhibition in Ipswich, Billingham has been exploring his interest in "Constable Country" to produce a series of photographic studies - contemporary interpretations - of the environment that became the favoured subject of the Romantic painter.

The Suffolk Craft Society will be continuing its dedicated showcase of work by Suffolk Craft Society members in Gallery 2. Between 1 - 26 May ten of the Society's furniture makers show examples of their work both large and small in Focus on Furniture. Tables, chairs and cupboards, will be shown together with trinket boxes, ornaments and toys.

Throughout the summer Gallery 3 continue to host Ipswich Museum community project, COMING TO IPSWICH. On show until May 10 is the FAIRTRADE EXHIBITION, a display of children's posters and drawings submitted in to a competition by pupils at schools around Ipswich, responding to issues of Fair Trade and what it means to them.

Between 22 May - 22 June different groups will be using the gallery space to share stories of when and why they or their families came to Ipswich. Using a range of media they will help to build a display that reflects and celebrates the town's rich and diverse heritage. This is a partnership project with English Heritage.

PRIZE  
COMPETITION

# Win a Birthday Party at All Fired Up!

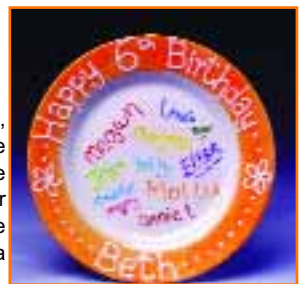
Looking for a birthday party with a difference? All Fired Up Ceramics Café in Ipswich offers creative and fun birthday parties that will appeal to children of all ages.

The Birthday Package includes party invitations, a choice of ceramics, full supervision, a drink and a Birthday Plate that everyone at the party will sign. Book a buffet for the party and it will include a chocolate fountain which is sure to be a hit with all the guests!

The ceramics café is open seven days each week, including late night opening on Wednesday, Thursday and Friday. Check out the website at [www.allfiredupceramics.co.uk](http://www.allfiredupceramics.co.uk) for more information, directions and inspiration!

**All Fired Up, Crown and Anchor Mews,  
Ipswich IP1 3DJ - 01473 286142**

This month, we are offering one lucky reader the chance to win a birthday party for 8 children at All Fired Up.



All you have to do is email your name and address and the answer to the simple question below to:

**[ipswich@allfiredupceramics.co.uk](mailto:ipswich@allfiredupceramics.co.uk)**  
the answer to the following question:

**Q: What is the website address of All Fired Up Ceramics Café?**

Closing date: Thursday 31st May, 2007.

Good luck!



# Local Bands SCENE All Day Fun!

I've never quite figured out if any other town in the country has quite as many all-dayers as we do here in Ipswich. An all-dayer is the marathon of all alternative gigs; they usually run from lunchtime until closing time and have anything up to twenty bands playing in one location! In effect an all-dayer is a one day festival. First all dayer of the year was the one organised by One Man & His Guitar (aka Marc Noooby) in aid of the fund for an Ipswich compilation album. Unusually for the Easter weekend the weather was awesome and those with constitutions strong enough to last the course were treated with a remarkable twenty bands performing the Steamboat Tavern for their pleasure, and all for the piffly price of a fiver! The undisputed king (or should that be queen?) of all-dayers is Val at the Steamboat Tavern. This year the Steamboat will host ZEEBfest (21/07/07), The Red Flag all-dayer (28/07/07), St. Augustines Festival (date tba) and hopefully the Blank Generation Collective all-dayer as well! So if you're not



tempted by the line up at any of the major festivals this summer then pop along to an all-dayer instead. The beer is better, they have real toilets, and the ticket price is anything up to £160 cheaper! Best of all, at the end of a long day of live music you can sleep in your own bed! As always, latest details are up on [www.ipswichgigs.co.uk](http://www.ipswichgigs.co.uk)

**Andrew Culture**  
[www.knowyourproduct.net](http://www.knowyourproduct.net)  
[www.beatmotel.co.uk](http://www.beatmotel.co.uk)

## DEBS WARREN



Singer-songwriter since her teens, Debs has performed acoustic to rock, impressed her audiences, and now brings us a brand new set of top drawer compositions straight from the soul. Debs writes mainly on acoustic guitar, even when writing with the rock band. Being able to express her music either rocked up or stripped down has a real advantage for being accessible to a wider audience, not to mention a satisfying way to channel her songs. The new album, "barefoot" promises to be an acoustic journey of beautiful melodies, deep lyrics and moreishness..



When she's not performing Debs is teaching others the finer art of singing as she is a well-known vocal coach.

**Q: What/Who Are Your Influences?**

**A:** Everything from Mozart to AC/DC... here's my off-the-top-of-my-head-first thought only A-Z.....Audioslave - Bob Marley - Christina Aguelira - David Bowie - Eric Clapton - Foo Fighters - George Michael - Hoobastank - Incubus - Jamiroquai - Kylie - Leaves - Muse - No Doubt - "O" (Damien Rice) - Prince - Queen - Radiohead - Sade - The Police - U2 - Van Morrison - Weezer - "XYZ" Coldplay - Yeah, Yeah, Yeahs - ZZ Top ..... Phew! This list could go on and on. Try it for yourselves - it's surprising what you first think of!!

**Q: What next?**

**A:** Forthcoming ventures include: Appearances at Ipswich May Day Festival and HachFest in July. Plus "A Bit Later with..." which will be held at The New Wolsey Theatre on Saturday 14th July, an evening of mellow summertime music with Debs plus two more local singers, Al Lyndsay and Belinda Gillett. The date will also see the launch of her latest album "Barefoot".

Debs has her own websites at [www.bluecatrecords.co.uk](http://www.bluecatrecords.co.uk) and [www.myspace.com/debsmusicsoul](http://www.myspace.com/debsmusicsoul)

## IPSWICH MAY DAY FESTIVAL

The Festival has been held every year since 1978 and is so popular locally that there are, no doubt, enough people around to have been to every single one of them! For many people this Festival marks the start of the outdoor season – certainly it is the first major musical outdoor event in the region.

Local acts include, Debs Warren, Tom Crosswaite, Kadence, Ear2deGround, Skin the Fish, Copper Pilot, Whisky Chaser, Ronstadt and Shamoogaboo Shufflers.

Monday May 6th, Alexandra Park.

More details at [www.ipswichmaydayfestival.co.uk](http://www.ipswichmaydayfestival.co.uk)

# Have your Gig Listed Free!!

Email: [gigs@ipswich24.co.uk](mailto:gigs@ipswich24.co.uk)

Post: PO Box 774, Ipswich, IP1 9FW

# GIG guide

## Wednesday 2nd May

KARAOKE, Cross Keys, Henley.

## Thursday 3rd May

SLIDE, The Cork, Felixstowe.

## Friday 4th May

SINGLED OUT with guests Once Over.  
Steamboat Tavern, West Cut.

SOUTH OF THE BORDER, Railway, Foxhall Road, Ipswich.

SLIDE, The Milestone, Woodbridge Rd.

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

SUFFOLK CONCERT BAND. Concert as part of the Bradfield Festival, Mistley Church. Starts at 7.45pm.

## Saturday 5th May

PUNK ALLDAYER - Railway, Foxhall Rd.

BILLY SHEARS, Douglas Bader, The Square, Martlesham Heath.

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

BALLASTICS, Steamboat Tavern, West Cut.

## Sunday 6th May

SLIDE, Railway, Foxhall Road.

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

IPSWICH MAY DAY FESTIVAL, Alexandra Park. 3 Music Stages and including, Al Lindsay and Debs Warren.

DEBS WARREN, The Bell Inn, Kesgrave.

## Monday 7th May

ADVOCATES, The Ice Bar, Tacket Street.

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

WORDS & MUSIC BY LENNON & McCARTNEY, Cross Keys, Henley.

## Tuesday 8th May

BELINDA GILLETT, The Bell, Kesgrave.

## Thursday 10th May

A 5th NIGHT OF ACOUSTIC SOUNDS, Steamboat Tavern, New Cut, including: Matthew Aldous; Tom Van Eker; Mister Christopher; Luke Smith; Some Best Friend; aflightremember.

## Friday 11th May

GORDON BENNETT BAND, Railway

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

ROSALITA, Lloyds Tavern, 22 Lloyds Avenue.

## Saturday 12th May

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

MAKING EYES AT ELVIS, Premier Pool Club, plus support from AFLIGHTTOREMEMBER.

## Sunday 13th May

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

## Friday 18th May

ODD MAN OUT (rock) Railway, Foxhall Rd.

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

WORDS & MUSIC BY LENNON & McCARTNEY, The Bull, Brantham.

KNOW YOUR PRODUCT presents UK SUBS and SUSPECT DEVICE, Steamboat Tavern, New Cut.

## Friday 18th May - cont.

sNOasis Concern End of Inquiry Ball, Gt Blakenham Village Hall THE INFLATABLES (made up from members of Titian Red, RiffRaff and Curious Penguins).

PIXELH8, HENRY HOMESWEET & BANDERSNATCH!!! The Railway, Foxhall Rd.

## Saturday 19th May

GET IT ON, T-Rex Tribute, Railway, Foxhall Rd.

TYLER KEMP, Douglas Bader, The Square, Martlesham Heath.

B4 - Rock band from Thetford - at The Plough, Dogs Head Street, Ipswich.

ROSALITA The Speaker Boutique, Unit 7&8, Farthing Rd.

## Sunday 20th May

IAN SIEGAL BAND, Ipswich Jazz Club, The California Social Club, Foxhall Rd.

## Friday 25th May

NO SHAME, (Rock), Railway, Foxhall Rd.

DEATH FOR A DAY, Capel Village Hall, Capel St Mary.

## Saturday 26th May

WHITESNAKE TRIBUTE BAND, Railway, Foxhall Road.

RAVE ON, Douglas Bader, The Square, Martlesham Heath

MORPHEUS, Cross Keys, Henley.

## Sunday 27th May

QUEEN TRIBUTE BAND Railway, Foxhall Rd.

## Mon 28th May

WIZZO'S KARAOKE, Case is Altered, Woodbridge Rd, Ipswich.

Ipswich24 cannot be held responsible for cancellations of events. If in doubt contact the venue

## End of Inquiry Ball

sNOasis Concern are holding an End Of Inquiry Ball on Friday May 18th at Great Blakenham Village Hall. Tickets are £5 and there will be a Buffet and Raffle and live music from 'The Inflatables'. All proceeds go to Snoasis Concern Group who are a non-profit making group fighting to

preserve the Masons Quarry site which is already a Special Landscape Area and now upgraded to a full County level protected wildlife site at Great Blakenham. Playing at the event will be the newly formed band 'The Inflatables' which has been formed from members of Titian Red, RiffRaff

and Curious Penguins. The Inflatables play a mixture of music from 60's to current charts and the main aim of the band is to keep the dancefloor full. This will be the last fundraising event staged by sNOasis Concern and they hope to go out with a bang so to speak.

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Words & Music by  
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Wed. 2nd May - 9pm CHARITY QUIZ NIGHT  
Wed. 9th May - 9pm KARAOKE  
Sat. 26th May - 9pm LIVE MUSIC MORPHEUS  
Prize for Winning Team Everybody Welcome Food only served until 7.30pm

**4th - 7th MAY - BEER FESTIVAL**

# BuryStEdmundsFestival

The 22nd Bury St Edmunds Festival runs from Friday 11 May to Sunday 27 May, bringing top performers from all over the world and attracting record audiences to the historic market town at the heart of the Suffolk countryside.

project; using recordings of church bells from across the country to create new music with free performances daily. Last year's Festival broke box office records and booking tickets is easier than ever via the new-look

concerts and the Theatre Royal's online box office at [www.theatreroyal.org](http://www.theatreroyal.org) for all Festival events.

**2007 Festival highlights include:** Spectacular Opening Night Celebrations: the Band of the Brigade of Gurkhas beating the retreat and a 400-strong Bury St Edmunds Township Choir performing South African songs on stage with jazz band Mbawula on Angel Hill (11 May).

Gala Concerts: the English Chamber Orchestra (15 May) performing Bach, Boccherini, Bartók and Dave Heath and the Philharmonia Orchestra (23 May) returning with a programme of Elgar and Tippett. Acclaimed performers: the top-selling Ukulele Orchestra of Great Britain (12 May)

•Stacey Kent & Jim Tomlinson



Exciting combinations: The Orlando Consort's medieval choral music mixed with jazz from the Perfect Houseplants (19 May); and Opera East (22 May) performing The Rake's Progress at St Edmundsbury Cathedral.

•Tango Siempre



This year's Festival programme offers another enriching mix of orchestral concerts, new music, choral fusions, open-air party nights, lunchtime jazz and folk, top classical players, community workshops, dance, theatre, opera, art, film, walks, and more in some spectacular settings.

Festival manager Nick Wells strives to find new events that are 'refreshing and different' to combine with old favourites; a winning formula that ensures there's always something for everyone to enjoy and a few surprises!

This year sees an even bigger Bury St Edmunds Township Choir with up to 400 local children and adults performing South African songs on stage with jazz band Mbawula for the Opening Night Celebrations (11 May).

Composer Terry Mann will be in residence at St Edmundsbury Cathedral for the Bells of Paradise

•Polly Gibbons



Festival website at [www.buryfestival.co.uk](http://www.buryfestival.co.uk) for outdoor

•Trio Gitano



back by demand; children's comedian James Campbell (12 May),

The King's Singers (18 May), and guitarists John Williams and John Etheridge (24 May).

Hot jazzers: local girls made good Polly Gibbons Trio (21 May) and Anna Brooks Quintet (18 May) plus Stacey Kent and her band (21 May), Phil Mason's New Orleans All Stars (25 May) and a Homage to

<p><b>GIANT MODEL AIRCRAFT SHOW EAST ANGLIAN</b> May 5th &amp; 6th 10am to 5pm Large Aircraft Top Pilots FAMILY FUN</p>	<p><b>10TH SUFFOLK KITE FESTIVAL</b> May 19th &amp; 20th 10am to 5pm Skunk Kite-Making and Kite Flying Competitions on Saturday Win a Flexifoil Kite!</p>
<p><b>KIDS GO FREE!</b> Cats: Private Adults: 08 Concessions: Over 12s: £3 Donations welcome. Tickets from £10.00. May 01 01359 270524</p>	
<p><b>Rougham Airfield</b> West Suffolk's Open Air Venue</p>	

## Rougham off to a Flying Start for 2007 Season

Summer is around the corner and so is Rougham Airfield's season of weekend shows, some focussed on specialist hobbies like The Large Model Aircraft Show, sponsored by East Anglian Daily Times, on 5th & 6th May. This event has the support of the Large Model Association and will attract anyone interested in aircraft whether real or models, but some of these models have wingspans of up to 26 feet whilst some fighters can travel at speeds of 200mph. Whispers reveal that we could expect some Lancasters!

Another specialist weekend will be the 10th International Kites Festival on 19th & 20th May. Famous names in the kiting world will

be showing off their skills from Stack, the international organisation which promotes competitions for individuals and teams to become UK, European & World Champions, Evolver the UK's & World's Championship Display Team, Beccles Bunch's 100ft kites, Power Kiting with Craig, Lewis & Aston, Skunk's celebrated single line displays and much more! This event will also see the introduction of Rougham's first Kite Making & Flying competition for all schools in West Suffolk with prizes for Primary, Middle and Secondary Schools with prizes sponsored by Flexifoil. To enter all they have to do is apply through the Rougham office on 01359 270524.

# BuryStEdmundsFestival

Grappelli from Chris Garrick and his band (14 May).

New music: tenor and harp duo James Gilchrist & Alison Nicholls (17 May) performing the UK premiere of a piece by Nicola LeFanu and the Sacconi Quartet (14 May) with a new work from John Metcalf.

International flavour: the Tord Gustavsen Trio (11 May) from Norway and Indian sitar player Gaurav Mazumdar (23 May).

British musicians also bring a taste of far away places in Tango Siempre (13 May), and Trio Gitano (16 May).

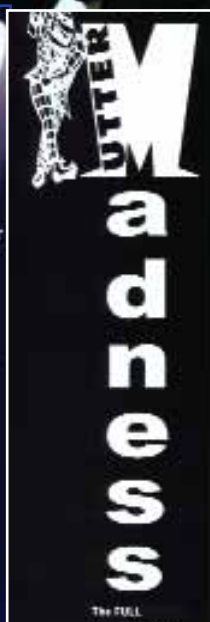
Party nights: sing and dance the night away in the beautiful Abbey Gardens with The

• Anna Brooks Quintet



• Festival brochures are widely available; visit the Festival website at [www.buryfestival.co.uk](http://www.buryfestival.co.uk) or call the Festival hotline on 01284 757099.

• Tickets for all Festival events are now on sale. Book through the Festival Box Office, Theatre Royal, Bury St Edmunds on 01284 769505, or online at [www.theatreroyal.org](http://www.theatreroyal.org) (Early booking and group discounts available)



Commitments band (25 May), a Queen & Madness tribute night (26 May) or the hot South Africa jazzy grooves of Mbawula for a fizzing Festival Finale with fireworks (27 May).

And much more: weekday lunchtime concerts, organ recitals, Festival walks and talks, pre-event suppers, a kite-flying festival, a flower and continental market, and touring theatre.

Councillor Paul Farmer, portfolio

holder for Arts and Culture, St Edmundsbury Borough Council, said: "Each year it becomes harder to believe that the Festival can improve on its last success, but it always does. This year's programme contains popular reprises from 2006, yet adds further variety to what is already an eclectic mix. As usual our many visitors will be spoilt for choice at this artistic feast!"



• Sacconi Quartet

## BURY ST EDMUNDS FESTIVAL

Book now for three great Festival nights in the Abbey Gardens!



### The Commitments – 25 May 2007

The energy & excitement of Alan Parker's incredible movie has been transferred into a thrilling, unforgettable live experience that will stir your soul! Mustang Sally, Chain Of Fools, Try A Little Tenderness, Take Me To The River, In The Midnight Hour & many more!



### Queen & Madness Tribute Night – 26 May 2007

There's another great party night in store as Queen B and Utter Madness return to the Festival so dig out your Baggy Trousers, get down to the Abbey Gardens and We Will Rock You.



### Firework Finale with Mbawula – 27 May 2007

With 18 in the band and two great singers, this joyous fusion of South African dance grooves, stunning vocals and big band jazz will put a smile on your face and get your feet twitching.

Tickets from 01284 769505 or [www.buryfestival.co.uk](http://www.buryfestival.co.uk) or [www.theatreroyal.org](http://www.theatreroyal.org)

# Have your Event Listed Free!!

Email: [info@ipswich24.co.uk](mailto:info@ipswich24.co.uk)

Post: PO Box 774, Ipswich, IP1 9FW

# EVENTS diary

## WEEKLY EVENTS

### Every Monday

**Yoga** 5.30 - 6.30, Rope Walk, Ipswich £5 - 'Taster session' or £4.50 when paying for 6 week course - 'Taster sessions/courses' must be pre-booked by emailing [sarah@livelifelightly.co.uk](mailto:sarah@livelifelightly.co.uk) or calling 01473-658193

### Every Tuesday

**Ceroc** - St Clements, Ipswich.

**Ceroc**, - Delphi Centre, Sudbury.

**Yoga** 5.30 - 6.30, Endeavour House, Russell Road, Ipswich - £5.50 'Taster session' or £5 when paying for 6 week course. 'Taster sessions/courses' must be pre-booked by emailing [sarah@livelifelightly.co.uk](mailto:sarah@livelifelightly.co.uk) or calling 01473-658193

### Every Thursday

**Line Dancing** at Rosary Conservative Club, Bramford Rd, Ipswich.

**Ceroc**, Manor Ballroom, Woodbridge Road, Ipswich.

### Every Sunday

**Ceroc**, Scout Hall, Lawford, Manningtree.

### Every Tuesday & Thursday

**Guided Walks** - on Tuesdays and Thursdays throughout the summer at 2.15pm, full details at Ipswich Tourist Information Office.

## Until Sat 12th May

Orwell Art Club, 60th Anniversary Exhibition, Tourist Info Centre, St Stephen's Church, Ipswich, 9-5 (Closed Sunday) 3.45 close last day

## Wed 2nd-Sat 19th May

Art Exhibition featuring Mick Beale and Rob Watson at Frame Workshop, 22 St Nicholas Street.

## Thurs 3rd May

Orwell Country Park - Pipers Vale Car Park - 8.30pm - Dusk Chorus - Book on 01473 433994

Ipswich Tourist Information Centre - Guided Walk - 2.15pm - Town Taster - £3 adults, £2 concessions

## Thurs 3rd-Sat 5th May

Rushmere Primary School, Lanark Rd, Ipswich - Rushmere Players present Wuthering Heights - 7.30pm - £7, concessions £3.50 - 01473 604655

## Fri 4th May

Regent Theatre, Ipswich - Concert - Jason Donovan

## Fri 4th-Sun 6th May

Orwell Park School, Ipswich - 24th Singing Weekend

## Sat 5th May

Rushmere YM Tennis Club (within Rushmere Sports Club, Rushmere Street, Rushmere St Andrew, Ipswich). 11am to 1pm. Junior Open Day. Free tennis for 6 to 16 year olds.

Regent Theatre, Ipswich - Concert - The Meat Loaf Trilogy.

Foxhall Stadium, Ipswich - 6.45pm - Hot Rods/Stock Cars/

Jimmy's Farm, Wherstead, Nr Ipswich - Farmers Market - 10-

Orwell Quay, Ipswich - River Orwell Cruise on Orwell Lady - 3 1/2 hours - departs at 2pm - Book on 01473 258070

## Sat 5th-Mon 7th May

Trinity Park, Suffolk Showground, Ipswich - Chinese State  
Further details and discount voucher on page 2.

## Sun 6th May

Regent Theatre, Ipswich - Concert - Could It Be Magic- The Magic of Manilow featuring Darren Day - 7.30pm [www.ipswichregent.com](http://www.ipswichregent.com)

Bury St Edmunds Abbey Gardens - America 400 - Family Entertainment with an Anglo/American

Otley Hall - Open Day - 1-5pm - Adults £5 Children £2.50

Alexandra Park, Ipswich - May Day Festival

Christchurch Park, Ipswich - Ipswich to Felixstowe Historic Vehicle Run - 01473 715715 - [www.ipswichtransportmuseum.co.uk](http://www.ipswichtransportmuseum.co.uk)

Thornham Walks Car Park - Dawn Chorus - 4am-7am - £3/1

St Andrew's Church, The Street, Rushmere St Andrew - Sunday Afternoon Concert - 3-3.45pm - followed by refreshments - Admission Free

## Mon 7th May

Trinity Park, Suffolk Showground, Ipswich - Woodbridge Horse Show

Manor Ballroom, Ipswich - Comedy Evening - [www.jokerscomedyclub.co.uk](http://www.jokerscomedyclub.co.uk) - Doors open 7.15pm - Tickets from £7 online/£9 on door

## Tues 8th- Sun 13th May

Regent Theatre, Ipswich - Riverdance - 01473 433100 - [www.ipswichregent.com](http://www.ipswichregent.com)

## Weds 9th-Sat 12th May

New Wolsey Theatre, Ipswich - Suffolk Youth Theatre presents Fuente Ovejuna

## Sat 12th May

Christchurch Park, Ipswich - 4.30am - Dawn Chorus - Book on 01473 433994

Holywells Park, Ipswich - Flower Walks - 10am & 2pm - [www.holywellspark.org.uk](http://www.holywellspark.org.uk)

Ipswich Corn Exchange - Concert - Wolsey Orchestra - 7.30pm - 01473 433100

## Sat 12th/Sun 13th May

Trinity Park, Ipswich - Foundry Nurseries Plant Sale

## Sun 13th May

Trinity Park, Ipswich - Deben Riding Club Show

New Wolsey Theatre, Ipswich - Gilad Atzmon Quartet - Concert

## Mon 14th - Fri 25th May

Ipswich Art Society, 130th Annual Open Exhibition, Robert Cross Hall, Corn Exchange, Free Admission, Mon to Sat 10.30-4.30pm

## Mon 14th May-9th June

John Russell Gallery, Ipswich - Art Exhibition -

Jill Leman:New Paintings. Gallery open Mon-Sat - 9.30am-5pm - Gallery Closed 7th & 28th May

## Tues 15th May

New Wolsey Theatre, Ipswich - Pluck - Musical - Concert

# Have your Event Listed Free!!

Email: [info@ipswich24.co.uk](mailto:info@ipswich24.co.uk)

Post: PO Box 774, Ipswich, IP1 9FW

# EVENTS diary

## Wed 16th - Sat 19th May

The Deben Players present "Post Horn Gallop". A farce, nightly at 7.45pm at The Seckford Theatre, Woodbridge. Tel: 01394 615015 for tickets.

Ipswich Corn Exchange - 7.30pm - Concert - City of London Sinfonia - Pre Concert Talk at 6.45pm

New Wolsey Theatre, Dylan Thomas - Return Journey

## Thurs 17th May

Regent Theatre, Concert - The Best Disco in Town Live 2007

New Wolsey Theatre, The Truman Capote Talk Show

## Fri 18th May

New Wolsey Theatre, Up For A Laugh - Comedy

## Sat 19th May

Orwell Quay, - River Orwell Cruise on Orwell Lady - 3½ hours - departs at 2pm - Book on 01473 258070

Foxhall Stadium, Ipswich - 6.45pm - Stock Cars/Lightning Rods

New Wolsey Theatre, Home from Home - George Alagiah

## Sat 19th-Sun 20th May

Rougham Airfield, Nr Bury St Edmunds - Suffolk International Kite Festival - 01359 270524 - [www.roughamairfield.org](http://www.roughamairfield.org)

## Mon 21st May

Regent Theatre, Concert - G4

## Tues 22nd May

Regent Theatre, Derren Brown - 8pm

New Wolsey Theatre, Andrew Motion - An Evening with the Poet Laureate

## Wed 23rd-24th May

Regent Theatre, Concert, The Chisinau National Opera

## Thur 24th-26th May

New Wolsey Theatre, Pete & Dud: Come Again

## Sat 26th-Mon 28th May

Ipswich Little Ships at Ipswich Haven Marina

## Sat 26th May-Sat 2nd June

Spa Pavilion, Felixstowe - Felixstowe Drama Festival - More details and booking on 01394 282126

## Sat 26th May

Orwell Quay, Ipswich - Theme Cruise on River Orwell on Orwell Lady - departs Orwell Quay 7.30pm - 60s & 70s Night with Skywalker Roadshow - £24pp - Ticket price includes 3 ½hr cruise and 2 course informal supper - Book at Ipswich Tourist Information Centre - 01473 258070

1940S DANCE, Gosbeck Village Hall, 40s-50s Disco, Tickets £6 - No bar Bring Your Own. Tel 01473 635176

## Sun 27th May

Otley Hall - Open Day - 1-5pm - Adults £5 Children £2.50

## Mon 28th May

Foxhall Stadium, Ipswich - 2.30pm - Hot Rods & Bangers

## Tues 29th May

New Wolsey Theatre Don't Let The Pigeon Drive The Bus - 11am & 2pm - Ages 3-7

Christchurch Park, Ipswich - meet in front of mansion - 10am & 2pm - History & Wildlife Walk

## Wed 30th May

New Wolsey Theatre, Ipswich - The Elves & The Shoemaker - 11am - 3yrs +

## Wed 30th-Thurs 31st May

Trinity Park, Suffolk Showground, Ipswich - Suffolk Show 2007

Regent Theatre, Ipswich - The Tweenies



### Over 600 veteran cars, motorcycles, trucks and buses will take part in the 37th annual Ipswich to Felixstowe Historic Vehicle Run on Sunday 6th May.

The event, sponsored by Debach Enterprises, is expected to attract over 20,000 visitors to Ipswich and Felixstowe. This year's event sees a number of changes from the established format due to building work in Christchurch Park and promenade repairs in Felixstowe. Event organiser Viv Carter explained: 'Vehicles will travel along Westerfield Road, Colchester Road, Bixley Road and Heath Road, avoiding the town centre as we cannot use the Sloane Street exit to Christchurch Park. In Felixstowe, we will be using the Pier car park as principle entrance to the promenade (instead of Maybush Lane) and vehicles will park the full length of the seafront.'

The historic vehicles all have to be over 32 years old to take part in the event. Star attractions this year include two Stanley Steam powered cars built in 1922. The oldest vehicle taking part will be a 1913 built Foden Steam Lorry. In contrast the newest cars are a Ford Cortina and a Triumph Stag built in 1975, proving the 'Run' has something for everybody.

The Mayor of Ipswich will inspect vehicles before they depart for Felixstowe at midday. The first vehicles are expected to line up on Felixstowe Promenade from around 12.45. Rally organiser Viv Carter said 'We hope everyone understands the route changes - necessary to accommodate a bumper 600 vehicle entry. We reckon our show is the biggest free event in Suffolk, with no public admission charges. The Transport Museum is very grateful for the support of this year's sponsor, without their support it would be very difficult to put on a massive free event'.

## NEW LOOK FOR RALLY

**PRIZE  
COMPETITION**

# RAY DAVIES WIN TICKETS

Ray Davies will play an East Anglian date as part of his current UK tour when he performs at Ipswich's Regent Theatre on Friday 25th May. Read on to find out how you can win tickets.

Following the Kinks induction into the UK Hall of Fame in 2005, 2006 saw the release of Ray's eagerly anticipated debut solo album 'Other People's Lives'. Written, produced and arranged by Ray, the LP features 13 stunning new songs recorded in Konk Studios, London. The new and long-awaited LP is Ray's first official solo album and is a veritable masterclass in songwriting. Recent adulations include the Ivor Novello Outstanding Contribution to British Music Award and the BMI Icon Award.

Ray is one of the most successful and influential songwriters to emerge from the British music scene of the 1960s, he founded the band The Kings with his brother Dave in 1963. They went on to have a string of top ten international hits including "you Really Got Me", "All Day and All of The Night", "Waterloo Sunset" and "Dedicated Follower of Fashion".

Ray has gone on to compose music for both television and movie productions. Affectionately known as The Godfather of British Pop many

artists have cited him as an influence including The Vines, The Hives and the Libertines, proving that his popularity is as great today as it was in the 1960s.

Tickets are priced at £28.50 from the venue box office on 01473 433100 and from 24 hour hotline: 0870 735 5000 and online at [www.bookingsdirect.com](http://www.bookingsdirect.com)

## WIN TICKETS TO SEE RAY DAVIES

We have two tickets to giveaway for the performance on Friday 25th May.

Just tell us the answer to the following question:

**WHAT KIND OF SUNSET DID THE KINKS SING ABOUT?**

Send your answer with your name, address and telephone number to :

Ray Comp, Ipswich24, PO Box 774, Ipswich IP1 9FW.

Closing date and draw is: Saturday 19th May, we will notify the winner by phone and winners name will also appear at [www.ipswich24.co.uk](http://www.ipswich24.co.uk). Usual comp rules apply, no cash alternative, editors decision is final.



**dp deben players**  
Winner of 6 Awards at the 2006 International Drama Festival  
presents...

**POST HORN GALLOP**  
by Derek Benfield

Benfield at his Best

Don't miss it!  
This is a must see!

**16<sup>th</sup> - 19<sup>th</sup> MAY**  
Performances 7.45pm nightly

BSL Signed performance 18th May [www.debenplayers.org.uk](http://www.debenplayers.org.uk)

**SECKFORD THEATRE**  
01394 615015 WOODBRIDGE

## An Absolute Farce

The Deben Players spring production is "Post Horn Gallop", a farce by Derek Benfield which will be performed at The Seckford Theatre from 16th to 19th May 7.45pm. The play is set in the 1960's at the ancestral home of Lord and Lady Elrood. As the play is set in an ancestral mansion, the stage set will not be easy to construct due to the design having panelled walls, an enormous fireplace and many hidden doors. With an experienced production team the play will not only be



very funny, but will visually stunning.

Last year, the Players were overall winners at the Felixstowe Drama Festival with a production of 'It Runs in the Family'. They also picked up the Audience Award, plus awards for best producer, best team acting, best dressed set and Henry Tebbutt took the Best Actor Award.

**The Red Lion**  
Martlesham Heath

**Main Road, Martlesham**  
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[red.lion.4403@thespiritgroup.com](mailto:red.lion.4403@thespiritgroup.com)

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**10-12 THE SQUARE  
MARTLESHAM HEATH**

There are more show guides at  
[www.ipswich24.co.uk](http://www.ipswich24.co.uk)

# OnStage

**PRIZE  
 COMPETITION**

## Juan Martin at Corn Exchange Win Tickets & CDs

Twice voted into the world's top guitarists, Juan Martin visits Ipswich's Corn Exchange on the 27th May and thanks to Ipswich24 and the promoters you can be there. We have two tickets plus Juan's latest CD to give to our first prize winner and two CDs to give to two lucky runners-up.

'Rumbas Originales' is a glorious collection of Juan's compositions, fusing flamenco, jazz and classical harmonies in a style and manner purely his own. The emotion and spirit of the album is breathtaking and all the tracks have been selected from his vast back catalogue, making it the perfect testament to Juan's remarkable recording career. Featuring tracks such as Maria Angeles, Rumba nostalgica, Vuelo, Arlequin and Rio Andino, 'Rumbas Originales' evokes memories of warm summer evenings and beautiful sunsets. Juan not only demonstrates he is a true master of the guitar but a brilliant composer, creating music that appeals to all generations.

Named 'Doctor Flamenco' by The Times, Juan presents a talented line-up of musicians and flamenco dancers, exploring modern harmony, crossing over into contemporary ideas and yet retaining the great tradition within his compositions. The interplay between the bass guitar, flute, and saxophone guitar improvisation creates a crescendo of torrential passion, which is ultimately physically realised through the carnal expression of dance.

Juan Martin and Flamenco Ensemble provide a thrilling night of flamenco music, percussion and dance that should not be missed.

Corn Exchange, 27th May. Box Office: 01473 433100.



### — COMPETITION —

To be entered into this competition just send us your name, address and telephone number along with the answer to the following question:

Q: What is the name that The Times gave to Juan?

Send to: Juan, Ipswich24, PO Box 774, Ipswich IP1 9FW.

Closing date 19th May, 2007. Winners will be notified by telephone, Usual Ipswich24 rules apply.

## When The Lights Go On Again!

The Stage Door Theatre Company will be presenting East Anglian Premiere of this show, which follows the Parker family through World War II. Performed by the award winning Stage Door Theatre Company this show has 39 well loved songs of the era.



Scenes will cover Air Raids, Air Raid Wardens, Queues, An Army Concert Party, A Wartime Christmas, the Saturday Night Dance, School Concert, Rationing, Sir Winston Churchill and Family Life, all with original 1940's clothing as Stage Door create the sights and sounds of the era.

Spa Pavilion, 3rd-5th May. Box Office: 01394 282126

**POPLAR FISH BAR** 01473 258358  
 Bottom of Woodbridge Rd (behind The Regent)  
 Freshly Cooked Fish & Chips, Pies & Sausages  
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## The Pulse Fringe Festival

31st May - 24th June

PULSE Fringe Festival returns to Ipswich this summer with an even greater line-up, more venues, acts and entertaining possibilities! PULSE 07 has a staggering 58 performances to choose from at New Wolsey Studio, Sir John Mills Theatre, St Nicholas Centre, The Great White Horse, The Steamboat Tavern, Ipswich Caribbean Centre and The Basement Gallery. PULSE is one of the UK's leading multi-disciplinary festivals of contemporary performing arts and showcases everything from innovative and new theatre, visual arts, dance, live art, mixed media and music. The focus of the festival is to highlight emerging artists, to introduce audiences to fresh performances in all discipline and to present innovative and daring work that impacts, moves and invigorates an audience. The festival also provides an excellent opportunity for artists to meet and get involved with cross disciplines and find new ways of creating work. PULSE is supported by ESCALATOR, an initiative from Arts Council England, East, aimed at

finding, supporting and investing in the best artistic talent across the East of England. ESCALATOR is available to individuals, groups and organisations working across all art forms and at different stages in their careers. PULSE is an important showcasing opportunity for ESCALATOR artists and demonstrates the breadth of work and talent which is being supported as well as encouraging artists out there not currently involved to find out more about the opportunities available. PULSE presents an Open Info. Exchange at New Wolsey Studio on Saturday 8 June at 4pm, an opportunity for artists and organisations to meet each other as well as find out more about ESCALATOR Performing Arts which include projects such as the touring network, coaching bursaries and East to Edinburgh.

Tickets for most PULSE events are just £5 – call the Ticket Hotline 01473 295900 to book.

**The PULSE 07 brochure is available from the New Wolsey Theatre (01473 295 900) or visit [www.pulsefringe.com](http://www.pulsefringe.com) for details.**

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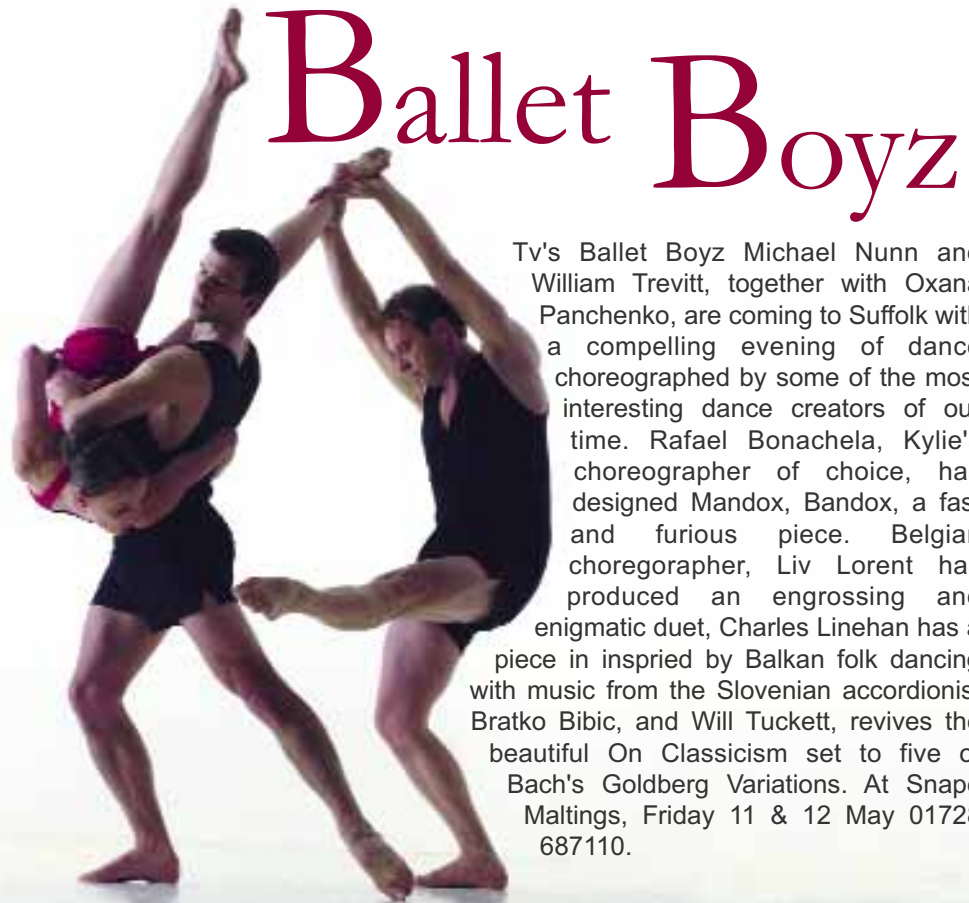
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Performance dates  
 August 15th, 16th, 17th & 18th @ 7:30pm (2:30pm on 18th)

Tickets Adult £10.50, concessions £9.00, Family 2x2 £37.00  
 Book early before 01/03/07 & get Adult tickets @ £9.50  
 Friday 17th All Tickets £8.50

**Touched by the  
Presence of  
Blondie**

One of the most significant bands of the popular music era, Blondie, will play Thetford Forest, Suffolk as part of The Forestry Commission's 2007 Forest Tour. Emerging from New York's celebrated late '70s new wave punk scene by defying easy categorisation. Innovative music makers, they scored major hits with reggae, rock/disco and hip-hop songs. Their groundbreaking material brought them a stash of top 10 singles like 'Denis (Denee)', 'Dreaming', 'Rapture' and No 1's like 'Heart Of Glass', 'Sunday Girl', 'Atomic', 'Call Me' and 'The Tide Is High'. Fronted by Deborah Harry, arguably the greatest female pop icon of all time, albums like 'Plastic Letters', 'Parallel Lines' and 'Eat to the Beat' became a statutory part of a record collection for a whole generation. More recently they topped the charts again with 'Maria', becoming one of the few bands to score No 1 hits over 3 decades. Blondie will be performing at High Lodge, Thetford Forest, Nr Santon Downham, Suffolk, on Saturday 14th July 2007. Tickets priced £29.50 (subject to booking fee) are now available from Hotline: 01842 814612, and online at [www.forestry.gov.uk/music](http://www.forestry.gov.uk/music) or [www.seetickets.com](http://www.seetickets.com)



Tv's Ballet Boyz Michael Nunn and William Trevitt, together with Oxana Panchenko, are coming to Suffolk with a compelling evening of dance choreographed by some of the most interesting dance creators of our time. Rafael Bonachela, Kylie's choreographer of choice, has designed Madox, Badox, a fast and furious piece. Belgian choreographer, Liv Lorent has produced an engrossing and enigmatic duet, Charles Linehan has a piece inspired by Balkan folk dancing with music from the Slovenian accordionist Bratko Bibic, and Will Tuckett, revives the beautiful On Classicism set to five of Bach's Goldberg Variations. At Snape Maltings, Friday 11 & 12 May 01728 687110.



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**Siegal Blues**

The seventh annual joint presentation with BBC Radio Suffolk, who will record the performance for later broadcast, features the dynamic blues of Ian Siegal and his band.

Born in the deep south (of England) in 1971 Ian's early influences were Buddy Holly, Jerry Lee Lewis and Chuck Berry. This led him to a life-long passion for the blues and a love of the music of Muddy Waters and Howlin' Wolf.

Now established as part of the London blues scene Ian has opened for Bill Wyman's Rhythm Kings and has performed at the Royal Albert Hall. He has also toured with Bill Morganfield the

son of Muddy Waters and played the major festivals all over Europe.

His latest CD and DVD "Meat & Potatoes" is an album of powerful urban blues, which was given 4 stars in the Penguin Book of Blues Recordings.

The band has now been together for 10 years and features Ian Siegal on guitar and vocals with Andy Graham on bass and Nik Bjerre on drums.

Sunday May 20th, £11. Ipswich Jazz Club is at The California Social Club, 195 Foxhall Road, Ipswich IP3 8LB.

**Juniors Ready to 'Rock You'**

The East Anglian première of *We Will Rock You* bursts onto the stage at Ipswich Corn Exchange this June. Featuring the music of Queen along with the wit of Ben Elton and takes a look into the future when instruments are banned and everyone listens to the same downloaded music. The award-winning Ipswich Co-op Juniors are presenting this amateur production for seven performances from June 20-24. All tickets are £10, and can be booked online at [www.ipswichcornexchange.com](http://www.ipswichcornexchange.com), by phone on 01473 433100 or in person at the Corn Exchange customer service centre, Princes Street Ipswich, or the Regent Theatre box office in St Helens St Ipswich.



## Jimmy Carr

*'A comedy hero for our times'*  
- The Guardian

One of the most original and distinctive stars on television, radio, stage and now the big screen, Jimmy has enjoyed a hugely successful 2006, with 2007 looking just as exciting.

Although Jimmy's profile is more as a television personality, he started out and continues to be a very talented stand-up comedian. Jimmy's first live show – Bare Faced Ambition – gained him a Perrier Nomination in 2002. National sell-out tours quickly followed with Charm Offensive in 2003 and Public Display of Affection in 2004. Jimmy finished his 2005 'Off the Telly' tour in the summer of 2006 and is now underway on his 'Gag Reflex' tour – the largest tour he has undertaken to-date - playing to sell-out theatres across the UK over 101 dates. He has recently performed his third Hammersmith Apollo show of 2006.

Jimmy's first DVD has now sold over 150,000 copies and his second stand-up DVD has overtaken this already.

With conventional media conquered, Jimmy is also a pioneer of digital comedy, topping the album charts on iTunes and the MySpace comedy rankings, with over 18,000 fans online. He is shortly to become the first major comedian to perform within the online world of Second Life.

**Ipswich Regent, Sunday 27th May (over 16s only)**

## Felixstowe Drama Festival

The first Annual Felixstowe Drama Festival was held in 1951 and it has taken place annually since. The Spa Pavilion Theatre is proud to host the 57th Annual Drama Festival, bringing a new programme of plays performed by amateur groups around the UK.

Towards the end of the year previous to each festival amateur drama groups throughout the UK are invited to submit their plays for consideration. From those submitted the committee chooses a short list of who they would like to perform in Felixstowe. The aim in choosing the plays is to have a broad balance of high quality entertainment spread throughout the festival week.

This year seven societies have been selected to take part and Russell Whitely will be playing the role of adjudicator.

Further details can be found at [www.showlitesoundandlight.co.uk](http://www.showlitesoundandlight.co.uk)



## Pete & Dud: Come Again

Peter Cook and Dudley Moore remain one of the greatest British comedy partnerships of all time. This brilliantly funny show tracks the rise and fall of their work together, from their breakthrough early work with

Beyond The Fringe partners Alan

Bennett and Jonathan Miller, through to the hilarious pint-drinking pundits Pete and Dud, and the outrageously funny Derek and Clive. Against the backdrop of an 80's chat show, the production reveals what brought this definitive double act together and what eventually drove them apart. This combination of powerful drama with plentiful laughs makes the show enjoyable both for ardent fans of their work and those who haven't yet had the pleasure. Don't miss this first tour of the acclaimed West End comedy.

**New Wolsey Theatre, Thursday 24th to Saturday 26th May**

## MERCURY - Felixstowe Spa: 12th May

Mercury's first gig was played in humble surroundings at the George and Dragon pub in Derbyshire on 19th February 1999. Tolo Pomar of Romantic Corporation in Spain was in England searching for a Queen Tribute Act to play a summer season in Mallorca -so in stepped Mercury. Today, Mercury are enjoying success worldwide, filling large venues and leaving audiences feeling fully entertained by the kind of show Queen themselves would have been proud to deliver. Mercury's performances have been televised live from Holland to Hungary. A New Years Eve concert in Dubai was broadcast live by MTV Asia to millions of homes. But perhaps Mercury's most memorable moment was being invited to perform a live gig for Roger Taylor and his friends.

# PRIZE COMPETITION WIN an Evening of Elegance & Style

**Ipswich24 has teamed-up with the Ipswich Regent Theatre to bring you an evening with a difference. Your chance to watch Cole Porter's High Society along with THREE FRIENDS from the luxury of your own theatre box.**

Adapted from one of Hollywood's best-loved movies, Cole Porter's classic musical is a giddy blend of corking songs, fizzing one-liners and champagne fuelled farce.

You are invited to the society wedding of the year! The flowers have arrived, the champagne's on ice and the guests, press and paparazzi are assembling. All they need now is for the bride to choose her groom....

Featuring 15 of Cole Porter's Greatest Songs!

Based originally on the play The Philadelphia Story, (which also went on to become a movie, starring Katherine Hepburn and Cary Grant). High Society took the story and added some singing, dancing, Grace Kelly, Bing Crosby and Frank Sinatra.

The story centres round the lives of the top tier, the highest of society, and follows the Lord family as they prepare for their daughter Tracy's wedding. Throw in an absent father, a strange uncle (Wayne Sleep), a mischievous sister and an ex-husband and you have the makings of a wedding that's more loony than lavish.

There are lots of songs in High Society that you might be familiar with without knowing this was where they came from: "Who wants to be a Millionaire?", "Well Did You Ever", "True Love", "I Love Paris", "Let's misbehave" and of course, "High Society".

The show stars Wayne Sleep, fresh from his recent appearances on I'm a Celebrity, Get Me Out of Here! and BBC's Strictly Dance Fever.

High Society is at The Regent from Monday 11th - Saturday 16th June.

Box Office: 01473 433100

**WIN TICKETS FOR A BOX FOR 4 PEOPLE TO SEE** 

**To be entered into the draw to win a Box for 4 people at the performance on Monday 11th June, 2007 just tell us how many of Cole Porter's songs are featured in the show.**

Send your answer along with your name, address and telephone number on a sealed envelope or postcard to: **HIGH SOCIETY, Ipswich24, PO Box 774, Ipswich IP1 9FW** to reach us no later than Thursday 31st May. Draw will take place on Friday 1st June and winner notified.

Winner's name will also be posted on our website at [www.ipswich24.co.uk](http://www.ipswich24.co.uk).

*Usual competition rules apply. No cash alternative, editor's decision is final.*



## The Magicians

British comedy starring comic duo Robert Webb and David Mitchell as stage magicians Karl and Harry. Written by Jesse Armstrong and Sam Bain, who are also the writers of the Channel 4 sitcom Peep Show, which also stars Mitchell and Webb. Other cast members include Jessica Stevenson, Darren Boyd, Steve Edge, Andrea Riseborough and Peter Capaldi.

Harry and Karl are two of the best magicians in the business then Harry discovers that Karl has been having an affair with his wife. The same day Harry accidentally kills his wife during an onstage guillotine trick. The duo split up, but must reunite for one last magic competition.



**Right: Shrek The Third** on general release June 29th. All the original cast are there as well as Justin Timberlake, Eric Idle, Ian McShane. When Shrek married Princess Fiona, becoming the next King and Queen of Far, Far Away wasn't part of the plan. So when his father-in-law, King Harold, falls ill, it is up to Shrek to find a suitable heir

**Bottom: Pirates of the Caribbean:At World's End.** Captain Barbossa, Will Turner and Elizabeth Swann must sail off the edge of the map, navigate treachery and betrayal, and make their final alliances for one last decisive battle. Stars Johnny Depp, Orlando Bloom, Keira Knightley, Geoffrey Rush, Jonathan Pryce and Bill Nighy.

**Bottom Right: Samuel L. Jackson in Black Snake Moan.** There was a time when Lazarus played the blues - now he lives them. Bitter and broken from a cheating wife, Lazarus' soul is lost in spent dreams and betrayal's contempt until he chances upon Rae (Christina Ricci).



The Top 10 DVD Rentals  
The UK movie chart is supplied by Blockbuster (R).  
For more information on films, please log on to [www.blockbuster.co.uk](http://www.blockbuster.co.uk)

**DVD**  
chart

<b>1</b>	Night At The Museum (PG) ****	Comedy
<b>2</b>	The Holiday (12) ****	Comedy
<b>3</b>	Casino Royale (12) ****	Action/Adventure
<b>4</b>	Flushed Away (U) ****	Family Animation
<b>5</b>	Eragon (PG) ****	Science Fiction
<b>6</b>	Shadowboxer (18) ***	Thriller
<b>7</b>	The Departed (18) ****	Drama
<b>8</b>	Borat (15) ****	Comedy
<b>9</b>	The Queen (12) ****	Drama
<b>10</b>	Stranger Than Fiction (12) ***	Comedy

**Days of Glory (12A)**  
Fri 27 April - Thurs 3 May  
[Not Sun 29 & Mon 30]

**EI Aura (15)**  
Tues 1 May

**EI Habitante Incierto (15)**  
Tues 1 May

**Curse of the Golden Flower (15)**  
Fri 4 - Thurs 10 May  
[Not Sun 6 & Mon 7]

**Bamako (PG)**  
Fri 4 - Sat 5 May

**Eragon (PG)**  
Sat 5 May at 1pm & 3.30pm

**Casablanca (U)**  
Tues 8 - Thurs 10 May

**The Lives of Others (15)**  
Fri 11 - Thurs 17 May  
[Not Sun 13 & Mon 14]

**Old Joy (15)**  
Fri 11 - Sat 12 May

**Racing Stripes (U)**  
Sat 12 May at 1pm & 3.30pm

**Into Great Silence (U)**  
Tues 15 - Thurs 17 May

**The Painted Veil (12A)**  
Fri 18 - Thurs 24 May  
[Not Sun 20 & Mon 21]

**The Caiman (12A)**  
Fri 18 - Thurs 24 May  
[Not Sun 20 & Mon 21]

**Charlotte's Web (U)**  
Sat 19 May at 1pm & 3.30pm

**This Is England (18)**  
Fri 25 - Thurs 31 May  
[Not Sun 27 & Mon 28]

**Fast Food Nation (15)**  
Fri 25 - Thurs 31 May  
[Not Sun 27 & Mon 28]

**Teenage Mutant Ninja Turtles (PG)**  
Sat 26 May - Sat 2 June  
[Not Sun 27 & Mon 28]

**Mr Bean's Holiday (PG)**  
Sat 26 May - Sat 2 June  
[Not Sun 27 & Mon 28]

**Screen Babies** is IFT's special monthly screening exclusively for parents & carers with babies aged 18 months or younger. The screenings are not children's matinees but rather to allow those who care for the very young an opportunity to bring their baby with them and see some of the films they might be missing without having to arrange childcare or worry about their baby causing a disturbance.

May's screening will be **The Painted Veil (12A)** at 11am on Wed 23 May. Up to two adults will be admitted with each baby and tickets, available from the ticket office in the Customer Service Centre at the Town Hall (Tel: 01473 433100), cost £3 per adult with babies admitted free. Buggy parking facilities are available.



**Corn Exchange, King Street,  
Ipswich Box Office: 01473 433100**

IPSWICH24 COMPETITION RULES & CONDITIONS: The Editor's decision will always be final. No competition entry will be entered into. Ipswich24 cannot be held responsible for cancellation of events or failure for entries not arriving by deadline. All winners names (not addresses) will be published on our website at [www.ipswich24.co.uk](http://www.ipswich24.co.uk). There is no cash alternative to any prize.



Talking with  
**Fiona Wright**  
The Riverdance  
Vocalist

got to do lots of fun things like perform at the Royal Albert Hall with Cliff Richard and sing for the Royal family! I did lots of TV and radio and recorded an album that was actually in the classical chart top ten at the time. I

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**Q: Tell us about being in Riverdance**

A: I joined Riverdance two years ago as the lead singer, and since then I've toured South East Asia, Ireland and America with the show. Everywhere we go people go crazy for Riverdance, and end up dancing out of their seats by the end of it! Being the singer is wonderful - the music is beautiful and the band is incredible. It sounds cheesy, but we really are like a big extended family - we spend so much time in such close quarters!

**Q: When is your next record release?**

A: I've just released my debut solo album "The Last Rose" - it's a very exciting time! It's an original contemporary celtic world album with songs I wrote with Musical Director of Riverdance, Cathal Synnott, as well as new arrangements of traditional songs. I produced the album with Cathal, and play the piano on it too. It's an uplifting and refreshing sound, and we've got some of Ireland's top musicians on the album which is fantastic.

**Q: Tell me about your solo career?**

A: I started out at about 13 years old, when I won the BBC UK Choirgirl of the Year competition. I

got to do lots of fun things like perform at the Royal Albert Hall with Cliff Richard and sing for the Royal family! I did lots of TV and radio and recorded an album that was actually in the classical chart top ten at the time. I



**Q: What else have you been doing over the past year?**

A: I've been recording and promoting my album alongside the Riverdance tour. It's been hectic - I've been really involved with the entire album process, from studio production to artwork design and the website. Oh, and I filmed a music video of She Moved Through the Fair too!

**Q: What are some of your favorite songs that you wrote?**

A: I love our new Spanish/tango influenced arrangement of She Moved Through the Fair, which is the music video. It's got a wild gypsy fiddle sound thanks to the superb playing of Cora Venus Lunny. Another favourite is a song with words inspired by Chaucer's

**Q: Why do you think Riverdance has been such a success?**

A: You can't help but be moved by Riverdance. We have so many different styles of dance in the show - from Irish to flamenco, Russian folk ballet to American street tap. The music has a genuine and timeless quality that people are drawn to. It's uplifting, stirring and quite spectacular.

**Q: What future projects have you got in mind?**

A: After Riverdance I'll be touring the UK with my album "The Last Rose" - hopefully coming to a theatre in Ipswich soon! We are also writing our second album, which will be released next year.

**Q: What was the first record you bought?**

A: Madonna, Like a Virgin. Not exactly appropriate for an eight year old! I grew up listening to pop, rock, folk, classical and world music. My whole family are involved in music - from bagpipes to the bass guitar!

**Q: What was the last record you bought?**

A: Lily Allen - I bought it for my dad if that counts? The last album I bought for myself was Altan, Harvest Storm - it was up at Celtic Connections in Glasgow. They are an amazing band.

**Q: What else do we need to know about you?**

A: I can play the spoons!

*The Riverdance is at the Ipswich Regent, Tuesday 8th-Sunday 13th May.  
Box Office: 01473 433100.*



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## Leanne's weight-loss benefits children

Big hearted slimmer Leanne Rogers of Ipswich has successfully completed her challenge to loose weight and raise money for children.

Her work colleagues and friends supported here in this venture helping her to raise approx £350 for the NSPCC.

This is very significant to Leanne due to the fact that she works within Social Services.

Of her weight loss she says: "I feel great now and I am fitting into clothes which look fab. I still have a long way to go until I reach my target but I know my achievement so far is something to be proud of."

Leanne has asked us to pass on her thanks to everyone for their support and sponsorship. She attends the Slimming World class on a Thursday at 7pm, at Conservative Club, Clapgate Lane, Ipswich.

Last year Slimming World raised over £20,000 for the NSPCC and hope to top that this year.

For more information on the Slimathon and to pledge money to support Leanne's NSPCC appeal please ring Liz on 01473 728380.



## How Angie's 'walk in the park' changed her life

Angie Mills tells how she has finally taken control of her weight and improved her life.

As a child I was always small, my brother and sister are both taller than my 5'4". As a teenager I was envied for my perfect 36 - 24 - 36 figure and weight of eight stone. By the time I married my first husband at 18 I had put on two and a half

for the next few years. When my marriage broke up after six years I stayed slim and was still nine stone when I remarried in 1986.

I moved from Weston-Super-Mare to Norfolk and settled into a Forces way of life which soon started putting the weight on with all the dinners and functions. In 1993 we went to live in the Outer Hebrides and I started work in the airport café (my bacon rolls were delicious!). I moved on to manage a restaurant and before I knew it my weight had ballooned to 11 stone!

After two years of living the high-life we moved to Ipswich and settled into civilian life and I never worried about the weight issue. In 1999 I stood on the scales and was shocked to find I was 13 stone 12lbs. I joined Slimming World but never went for long as I didn't find the classes friendly. I lost a few pounds on my own but it wasn't

until 2002 and a chance meeting in the park. A lady told me about the local Slimming World Club at the Conservative Club in Clapgate Lane. I joined that same evening and although it's taken me a while I have

now lost three stone and got to my first target of 10 stone 12 lbs.

I have been helped along the way by swimming once or twice a week for an hour and I do a lot of walking, about three miles a day, with my dogs. Once a week I ditch the car and walk to town and back, about five miles. The best bit of the new look is the inches I've lost, seven around my waist alone! I've started doing sit-ups and now do 125 every morning. Not bad for someone who 12 years ago was sat in a wheelchair on her 40th birthday and didn't know what the future held after having a bad fall and suffering from a back injury that lasted for a year.

I am now fitter than I think I have ever been, so if I can do it so can everybody. My final crowning glory is 12 weeks ago I gave up smoking.



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stone and after my children were born gained another stone. When my youngest was two years old I dieted with a friend by calorie counting and went back to eight and a half stone which made me look awful. I then gained half-a-stone and stayed around nine stone

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**THURSDAY**  
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The Conservative Club,  
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Tel: Liz  
 on 01473 728380



## Yoga for health and wellbeing

Exams looming? Tired all the time? Yoga can help  
*Need to improve your concentration?*  
*Want to increase your energy levels?*

Try this uplifting Yoga posture: try standing like a tree.

The Tree posture is one of Yoga's most uplifting exercises. Although Yoga is an ancient practice originally from India, it offers many remarkable solutions for our everyday lives. This exercise gives you a new skill that will help you concentrate when you need to; boosting energy levels at times when you most need a natural 'lift'.

### Want to make a start?

Clear some floor space. Practice with bare feet on a non-slip surface. For maximum benefits, practice SLOWLY - step by step. Trees don't grow overnight. If you can practice outside - so much the better. Always listen to your body and release the posture when you need to. There is nothing to be gained by over-stretching. (If you have a balance problem, this posture can be practiced lying on your back.)

**Step 1** Stand tall. Gently move your shoulders. Flex one knee joint at a time.

**Step 2** 'Plant' both feet firmly - in contact with the ground. Lengthen upwards - imagine a piece of string lifting the top of your head towards the ceiling. Breathe fully and deeply. Relax arms by your sides.

**Step 3** Focus your gaze on something at eye level or higher.



• Try standing on one foot to improve your concentration

can be in contact with the floor if you need them to be).

**Step 5** Maintain your gaze. Lift arms to shoulder height - stretching them out to the side. (If you have High Blood Pressure or mobility problems don't lift any higher.) Continue to lift arms overhead and stretch upwards. To develop your 'branches' further - widen the distance between your hands and draw your arms backwards a little so they are over your shoulders or back a bit further. Hold the posture as long as you can

hold your balance.

**Step 6** Release the Tree as SLOWLY as you went into it.



• Variations on the Yoga posture - the Tree

Practice Steps 1-6 standing on your right foot.

with Sarah Partridge BWY Dip

Once you have become confident with the

posture you can add another dimension. Take yourself into the posture and breathe fully and deeply. Imagine that the sole of your standing foot has roots growing deeply into the earth. Your body is the 'trunk' of the tree. Arms are branches and fingers twigs - growing upwards and outwards to the light and warmth of the sun. With every inner breath breathe strength and spring energy through your foot and up into your body. Every outer breath, imagine tiredness or tension releasing down through your body and out through your foot.

Swap over standing leg. Pause to notice how energised and focused you feel. Tiredness and tension released. You'll feel calmer too and ready to apply yourself to whatever needs doing - but from a relaxed and strengthened perspective. This is the essence of Yoga. Enjoy. Practice SLOWLY.

Invite your friends and family to join you. Create a small forest in your living room!! ..... Let me know how you get on.

*This is one of many Yoga exercises designed to improve your health and wellbeing. If it has given you an appetite for Yoga - 'taster sessions' are available Monday and Tuesday evenings 5.30 - 6.30 near Ipswich town centre. Also Saturday morning workshops on the 26th May and 30th June. These are suitable for beginners and improvers. To book your place ring 01473-658193 or visit [www.livelifelightly.co.uk](http://www.livelifelightly.co.uk)*

**Next month - topical tips for looking after your spine.**

## Sneeze Free Summer



One in five people suffer from seasonal rhinitis (hay fever), typical symptoms including itching nose, eyes, throat and mouth, watery sore eyes, runny or blocked nose and sneezing.

All this can cause fatigue and make life pretty miserable for suffers this time of year, especially when others are out enjoying the wonderful warm weather.

Hay fever is a sign of imbalance in the immune system, which can be addressed with constitutional Homeopathic treatment before the itchy season begins. If however you are already experiencing symptoms, run through the tips below, they might just help you cope. In addition Trish Bryant, local Homeopath has suggested some popular Homeopathic remedies that can alleviate symptoms for this year without causing drowsiness and other side effects.

- Take a Homeopathic preparation of Pollen before the season begins, available from some pharmacies or your local Homeopath.
- Try to stay indoors, keep windows closed, esp. mid-morning and early evening when the pollen count is highest.
- Smear a little petroleum jelly inside of you nostrils.
- Vacuum regularly, dust surfaces and laminate flooring with a damp cloth.
- Keep pets out of bedrooms
- Splash your face with water to remove pollen, shower and wash hair each evening.
- Turn your pillow over before laying on it at night.
- Euphrasia (bright eye) tincture or low potency remedy can alleviate sore, itching eyes.
- Sabadilla calms the over production of mucus and sneezing.
- Arundo is great at alleviating itching at the back of the nose and throat.
- Allium Cepa is especially good when the nose and eyes will just not stop running.

See [www.brydenhomeopathy.co.uk](http://www.brydenhomeopathy.co.uk) for more information on how you can help yourself become Hay fever free for future years, and cope until you are! Remedies available, Tel 01473 412840

Enjoy the summer.



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## Angling monthly

with Gary Markham, Markham's Fishing Tackle

Hello and welcome to *Angling Monthly*, with me, Gary Markham. I am the owner of Markham's Fishing Tackle in Ipswich which is probably one of the oldest fishing tackle shops in the county, serving the area's anglers for over 45 years.

In this column I would like to try and cover all three areas of angling; sea, coarse and game; and give you the readers information on how places are fishing, what baits you should be trying and reviews on new items of tackle and baits.

**SEA:** January saw the usual disappearance of fish on local beaches from Felixstowe to Gt Yarmouth. This is due to vast sprat shoals appearing and the larger fish going offshore to spawn. Through February and March and into April the beach fishing has been pretty good for most anglers with plenty of small codling being caught, fish ranging from six inches in length to around two and half pound in weight. One of the problems that anglers have faced this year has been the awful weather conditions that we have had to endure for several weeks. As soon as the weather did quieten down the fishing picked up

and now I am getting reports into the shop of a few fish around the 4-5lb mark. I did also hear of a couple of cod caught on Orford island weighing around 10lb each, as well as thousands of small under-sized cod which have to go back.

**BOAT** anglers have fared well during the last few weeks with several cod caught and the first summer thornback rays or roker as we call them in Suffolk. This year the high winds have stopped boat anglers from getting to sea and this has been the worst period of bad weather to effect the charter fleet since 1978.

At the time of writing we have a settled period of weather and the boat fishing has been very good with cod weighing up to 16lb, skate to 14lb and the first smoothounds of the season along with lots of dogfish and whiting.

**TROUT** anglers have had some really fine catches of rainbows on many of our fisheries in the county. The best flies at the moment seem to be bloodworm patterns and small nymphs and buzzers. For more information on the local trout fisheries do call me at the shop or pick up a free leaflet.

**LAKE** fishing has been good over the Easter break with good fishing almost everywhere. Many carp have been caught with the best local one that I've heard of at 37lb from the Suffolk Water Park. With the sunshine that we've had recently there have also been many fish caught off the surface using controllers.

The warm weather could cause lots of our species to spawn early so that the fishing may go off for a week or two.

I would love to hear from anybody who has any information on club waters, day ticket fisheries of just any good catches, whether it be sea, coarse or game.

*Tight lines and good fishing*

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## Gift Wrapping with a Difference

If you want to be creative when giving a gift why not decorate a tin to hold those little gifts. Tins can be personalised according to the occasions - christenings, weddings, baby shower, and birthday. Once the gifts inside are revealed the tins can be used to store all those little bits of pieces in that you don't want to throw away but don't quite know what to do with at the moment.

Tins are first covered with decorative paper using a good PVA glue or double sided sticky tape then decorated with stickers, flowers or words and if the tin has a handle this too can be decorated with ribbon.

Ideal containers for gifts at any time of the year, especially when they are filled with something sweet and edible!

Editorial supplied by *Crafts and Candlelight*, 8 Riverhill Bramford, Ipswich IP8 4BB  
Tel: 01473-744714  
[www.craftsandcandlelight.co.uk](http://www.craftsandcandlelight.co.uk)

**PRIZE COMPETITION**

## KITCHEN CREATIONS COMPETITION

It's the school holidays and the kids are no doubt relishing the chance to run riot. According to Persil Washing Up Liquid, almost a quarter of mums say their kids enjoy nothing more than experimenting in the kitchen - whether it's learning to bake a cake, trying out new recipes or even using their creative streak to make some potatoes art! Best of all it's a chance to sit around the table together, it's just the washing up after that's a chore.

For children, getting creative with mum and dad in the kitchen is family time well spent. But as all parents know, sticky fingers and fertile imaginations take their toll on the hub of the house and everything in it. So to minimise your time at the kitchen sink, get everyone involved. Hand out the scrubbing brush and tea towels to the rest of the family, and try a washing up liquid that's not only kind and gentle on delicate hands but will also cut through grease quickly and easily, giving a superior clean. Leaving you with more time to share your family's adventures.

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Enjoy more time with your family and less time at the sink with a Persil Kitchen Creations Prize Pack, containing a supply of Persil Washing Up Liquid, and a tablecloth, set of napkins and napkin holders for when you sit down to eat your kids' creations.

In which age was the first-ever washing up liquid accidentally discovered?

- a) Bronze Age
- b) Iron Age
- c) Gold Age

Send your answer and name, address and telephone number on a postcard/sealed envelope to: Persil, Ipswich24, PO Box 774, Ipswich IP1 7FW. Closing date: 26th May, 2007. Usual comp rules apply.

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