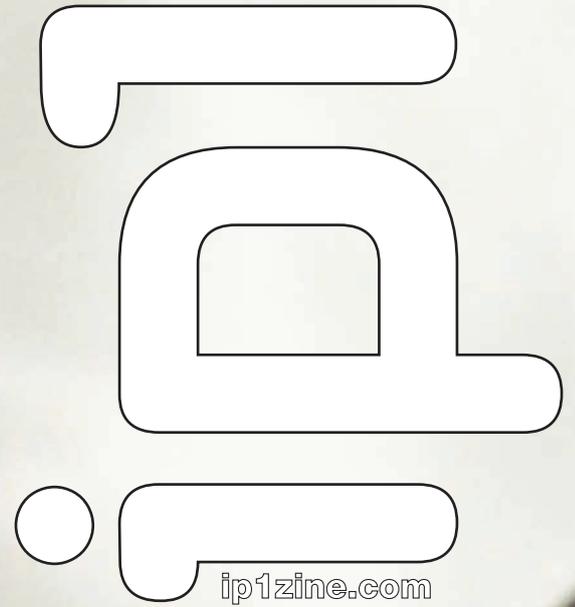


ISSUE 41 FREE



LONDON CALLING

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am*i*clear?

SUFFOLK
CHLAMYDIA
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Disclaimer: All information that you give us is confidential and we will not tell anyone else about your personal information. We do keep all your details on a secure database and we do have to provide reports on the number of young people that have been screened, but you would not be identified by name. All kits are delivered under plain packaging.



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WELCOME

You (our readers) have always been at the centre of IP1. We follow you to find out what's going on, then share with you our discoveries. Often you like what we share with you, so you share it with your friends. We're fans of that, by the way. #ip1

Of course, while most of you are on Facebook posting drunken pictures of yourselves, only some of you can be found microblogging away your days on Twitter. FYI: You're not a twit if you're on Twitter, you're a twit if you're not on Twitter, so stop being a twot and get on Twitter! Follow us @ip1zine for #muchimprovedpersonalwellbeing.

Yeah, social media can be a smart tool to have in your career bag, as Hayley Buckle investigates in Tweeting Your Way to the Top. Whether it's SoundCloud, YouTube or IP1zine, no-one featured this issue isn't using social media to try to further their career. #nobrainer

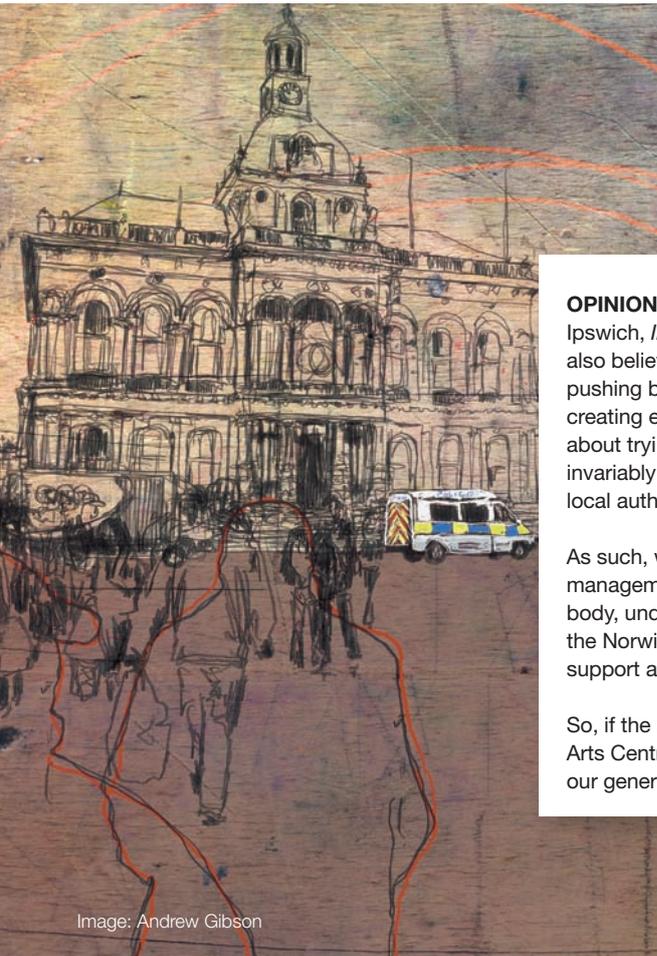
Still, it's nice to see bands actually play gigs and artists exhibit their work in proper galleries, right? Refer to our new-look Listings for a discerning guide to #whatson.

Just beware of the zombies if you're going out, girls! #womaneater

Howard Freeman, Editor

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February 2012



Ipswich Arts Centre

IBC is proposing turning the Town Hall into a community arts centre. For it to work, **IP1** argues, it must be credible...

OPINION: Like many connected with the arts in Ipswich, *IP1* is all-ears to this proposal. But we also believe that an arts centre should be about pushing boundaries, challenging audiences, creating excitement, even outrage – and not about trying to please everyone, which is invariably the Achilles’ heel of venues run by local authorities.

As such, we think the Council should relinquish management of the building to an independent body, under a non-profit model a bit like that of the Norwich Arts Centre, which keeps the full support and backing of the Council.

So, if the Council aren’t the ones to run ‘Ipswich Arts Centre’, who is? *IP1* feels passionately that our generation should be given the responsibility,

particularly when a million of us are unemployed and we are being coined the ‘lost generation’.

To provide cutting-edge, exciting and credible arts provision, Ipswich must look to the new, the underground and the emerging. It must put its faith in the scene’s proven pioneers, that have the contacts and knowledge to deliver genuinely good arts and culture in this town.

Let’s pull together a dream team – of artists, promoters, entrepreneurs, figureheads, money-makers and campaigners – with the vision, skills, ethics and networks needed to not just run the space, but put it on the international map.

For too long Ipswich has been ordinary, let this be our chance to make it extraordinary.

Image: Andrew Gibson

Up starts!

Young entrepreneurs are setting up cool new businesses in Suffolk

It seems the creative flock of Suffolk’s youth are royally fed up with the 9-5 and the dole queue, and are embarking on setting up cool new businesses that represent what we actually want as consumers.

Take for example, ultra chic clothing boutique Fairweather Vintage, which opened recently in Ipswich. Offering girls uniquely tailored vintage pieces for their wardrobes, their prices are a snip to boot, meaning you can literally cut your coat according to your cloth.

Or how about Suffolk’s first pop-up cafe? Fed up with bland coffee from mundane chains, Snob’s Coffee is brewing up the finest milk and



beans around, out the back of their trailer! Using only local produce, owners Abby and Steph will be popping up all over the place at markets, festivals and maybe even outside your house!

Facebook: Fairweather Vintage
snobscoffee.com

New IP1zine

Editor sets vague deadline for completion of new website

Over the past few months our Silicon Valley based development team has been working round the clock, developing you a cool new online platform for all things IP1. There’s still loads of work to do, but the team has assured us that the new IP1zine *will* be ready before the next mag comes out in May.

Editor, Howard Freeman, says, “We’ve printed this as ‘news’ so that we are compelled to pull our fingers out and deliver the new site online and tip top soon, otherwise we might never get round to it!”

So chaps, look out for the all-new IP1zine, which will be coming soon... definitely now.

Image: Neil Salter Photography



Risers: Creatives on the up!

Emily Boon Ying Tan

After an agonising six-month wait, former *IP1* featured illustrator Emily Boon Ying Tan received the news that her work had been selected for AOI's prestigious *Images 36 Publication* (New talent). We caught up with Emily to find out how she felt on hearing the news, and what it means for her career.

"I can't wait to make the most of this exposure for both my work and the cause itself. I have also been chosen as one of 50 illustrators and designers for the Just Us Collective. I'm very excited about both opportunities, and am looking forward to collaborating with other like-minded creatives, as things unfold throughout 2012. I have many projects in line for the future so this will definitely be the start of something special."

emilytan.co.uk

Gerry Read

It's been all of a week now since an electronic music sub-genre has been coined and we're suggesting "Suffolk House"!

Gerry Read is a young producer from this county making house music indebted to the deepness and clarity of Detroit, while skewed and fed by music currently incarnate in the UK.

His string of singles released through Fourth Wave last year - yet another off-shoot from Stowmarket based RAMP Recordings - stood out amongst an ocean of indefinable house-cum-bass producers and Gerry has achieved a laudable level of fame in one corner of the internet. RAMP owner Tom Kerridge is a lauded DJ himself, so if we don't start seeing "Suffolk House" Mafia T-shirts in the next year we'll make them ourselves.

Having already played The Biggest Club In The Country (fabric in London), his success is taking him around the UK in the coming months and even to The Legendary Home Of Techno, Berghain in Berlin.

With an album due on Fourth Wave, more singles and his own branded cider (possibly), big things are expected of Gerry.

ramprecordings.com

Welcome... New Teammates



Kiera-Rose Riley, 20



I'm a photographer, loyal Xena FanGirl and part-time model. I'm in a phase where I want every hair colour in the world right now, so it's difficult to recognise me from one month to the next! My style of photography changes with every shoot, although I love a simple and elegant look. I'll be bringing you some awesome fashion pieces to feast your eyes on.

@TheScarletSaint

Keir Fernie, 22



My name is Keir. I studied photography but I want to cross over into art direction through any means possible. I like food, art, music and the occasional tippie. I'm a bit of a conceptual thinker and I like to put that across in my work. I like to think that I'm bringing myself to the team, nothing specific, just myself.

@KeirFernie

Patrick Scott, 18



Hey, I'm Patrick. I love music and reading, though my transition into writing only came about recently, after discovering that apparently I'm alright at entertaining people and making them laugh. I have a down-to-earth writing style and I'll be bringing a good, subtle sense of humour to IP1. In return I'll be eating all the free food I can get during editorial meetings.

@cerealrace

GOSSIP OR GULLIBLE?



Ed Sheeran's natural hair colour is actually blonde - he hates it so much that he's been dying it ginger since early childhood

Giant Xs are being spray-painted around Stowmarket. They mark the spot where cool stuff is going to happen from April

A man was recently spotted walking naked through Needham Market with a placard saying "Art is Cock!"

McGinty's pub in Ipswich is stopping all live music to focus on serving gastro grub.

Tweet us your comments and news @ip1zine

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Suffolk Young People's Drug & Alcohol Service

Call the helpline: 0808 800 0003

If you want to find out more about the effects of drugs and alcohol or need advice and support, contact The Matthew Project Under 18 Service. We have workers based in Ipswich, Lowestoft and Bury St Edmunds and provide outreach across Suffolk.

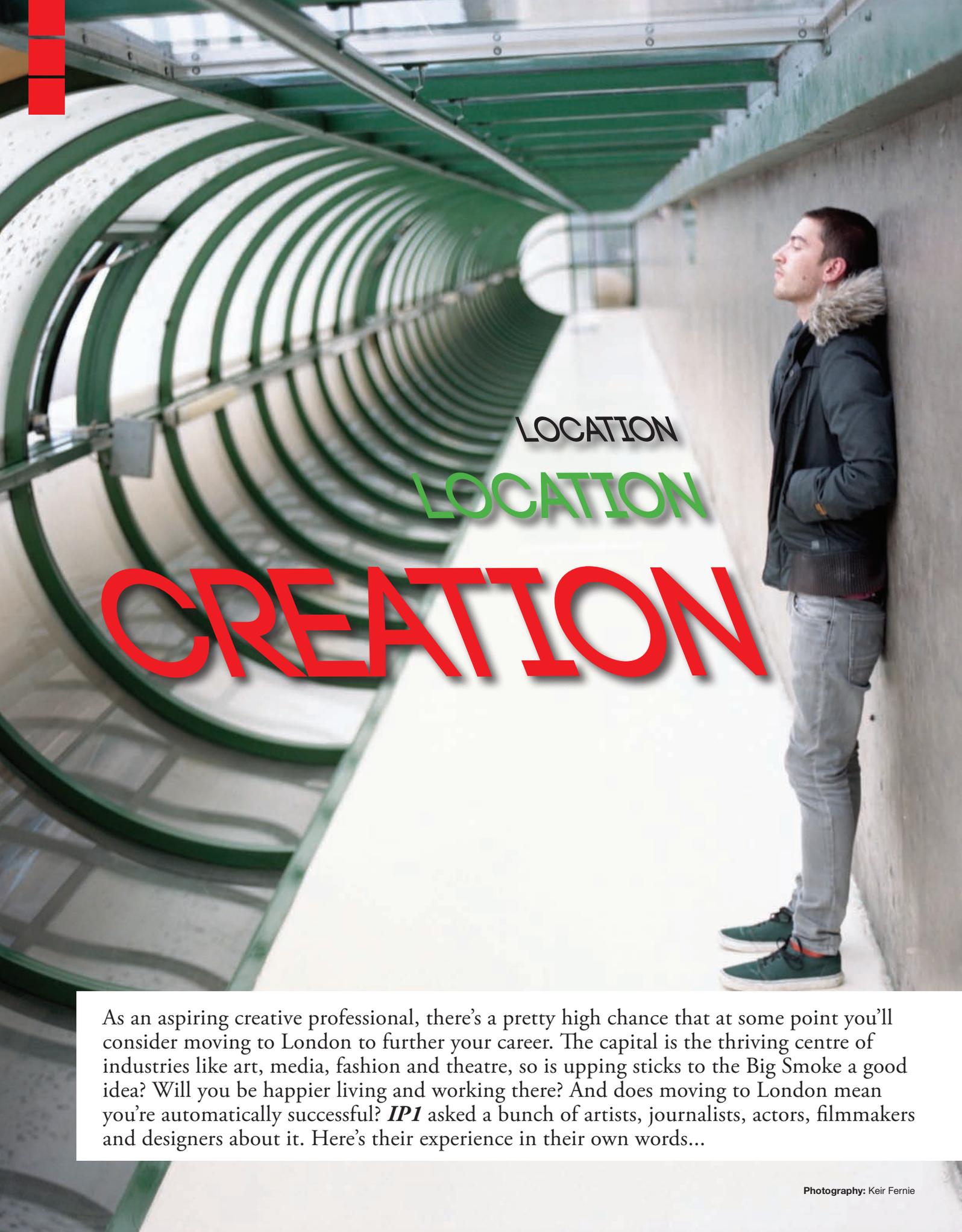
Contact us.
call: 01473 230299
text: 07624 818 402
email: U18suffolk@matthewproject.org



The Matthew Project: Supporting people with drug and alcohol related issues. Providing innovative education about the risks of drugs and alcohol. Empowering people to make more informed choices.



The Matthew Project: Company limited by guarantee
Registered office: 24 Pottergate, Norwich, NR2 1DX
Registered in England - number: 6388343
Registered charity - number: 1122801



LOCATION

LOCATION

CREATION

As an aspiring creative professional, there's a pretty high chance that at some point you'll consider moving to London to further your career. The capital is the thriving centre of industries like art, media, fashion and theatre, so is upping sticks to the Big Smoke a good idea? Will you be happier living and working there? And does moving to London mean you're automatically successful? *IPI* asked a bunch of artists, journalists, actors, filmmakers and designers about it. Here's their experience in their own words...



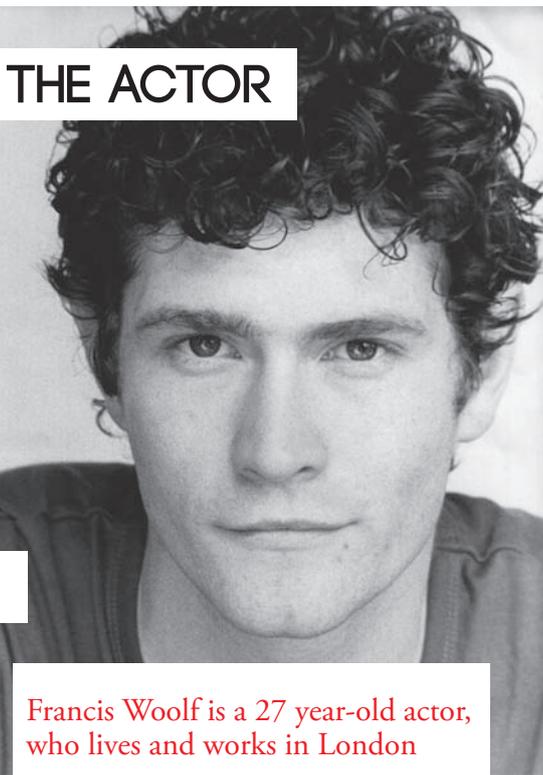
THE JOURNALIST

Gemma Kappala-Ramsamy, 24, lives in London. She works as a journalist for *The Guardian* and *The Observer*

"I didn't really choose to work in London. I applied for a load of jobs in a variety of different places and it just so happened that the one I eventually ended up getting was based in the city. But I'm definitely aware of that pressure to move away from Suffolk. That's probably because journalism/media jobs in Suffolk are, in my experience, quite rare, and London is where most of the UK media industry is based. But for me it was also mixed up with wanting to move out of home and be independent.

"Some people might think you've failed in a creative career if you live in Suffolk but they should open their minds. Many of those who stay in Suffolk are doing creative things under their own steam, rather than moving to the Big Smoke to work for someone else, and that's to be admired.

"Increasingly, I think the idea of moving to the city to be successful will become an outdated concept. I was just watching *Great Expectations* on TV, seeing Pip get hot under the collar about heading to London to become a gentleman; surely we're going to move on from that soon? If there is a shift, the internet will be responsible for it, because it'll offer a way for like-minded people to find each other and communicate no matter where they happen to be."



THE ACTOR

Francis Woolf is a 27 year-old actor, who lives and works in London

"I suppose I would say that I didn't choose to work in London, it's just where the work is. In a way, London chooses you. It feels like the hub of the theatre world, and I suppose it is being amongst it all that affirms you are an actor – even if you're not working much.

"It can be hard to be proud of yourself when you are an actor, and when you are it can sound arrogant. I am basically proud every time I am working – I feel like I have achieved the accolade of doing what I love and making a living from it. However, when not working it is often more like: I am 27 and working behind a till, thinking, 'Is this really where I saw myself years ago?'"

"Moving to London doesn't mean you are successful. When I was touring with Eastern Angles and my friends and family were able to see me on stage in a professional production, I felt very successful. I think success can only be measured by you. You set your own goals, and you can choose if you feel satisfied by what you set out or not. I don't believe location has anything to do with success."

"Some people might think you've failed in a creative career if you live in Suffolk but they should open their minds."



THE FILMMAKER

Tom Newman is 21 and lives in Suffolk. He runs his own film and TV company, SummerIsle Studios

"I felt pressure to move away from Suffolk from tutors at A-level. It was all about getting into London and going further afield to study. No-one ever considered me getting work experience in Suffolk and then setting up here. Fortunately I had friends and family that were very supportive and gave me the confidence to stay and try giving it a shot here.

"I decided to stay in Suffolk to be near my family. I never really wanted to move away from them, but I knew that a lot of my career opportunities would be in London. I managed to get around this by commuting. I hoped that by being in Suffolk I could become more unique, and provide a service with little competition – giving me a much wider client base.

"I think there is a general thought that you are successful if you are in London. I wouldn't say it's always the case; you have to be earning a lot of money to stay there for a start, plus getting jobs is very competitive and you have to like the fast-paced lifestyle of it all. So it's not always the case of you being successful if you move there. You could be making life harder on yourself."



THE DESIGNER

“As time passed the reality of the creative dream became more and more apparent. Far from having freedom to create I was becoming more and more frustrated with the clients and their demands.”

Clarence Howard is 31 and lives in London. He went there to work in advertising, but now works in retail and volunteers for the homeless charity Crisis

“I hoped that living in London would provide me with a measure of anonymity – something that being a long-term Ipswich resident I was struggling to find. I also simply hoped for more career opportunities, as even though Ipswich has a thriving creative scene, opportunities to make a living are still limited.

“After about three weeks I managed to get an unpaid internship at an ad agency. I interned there for nearly four months doing a variety of jobs that included everything from making tea to creating artwork for a large book publisher. I was fortunate enough to be offered a position, which initially was amazing.

“However, as time passed the reality of the creative dream became more and more apparent. Far from having freedom to create I was becoming more and more frustrated with the clients and their demands. I felt my work/life balance had become dramatically skewed, and after a year I left and went back to my retail job.

“Not wanting to become stuck in a rut I started to volunteer for the homeless charity Crisis. I helped in the mobile kitchens that visited various locations in the city providing a warm meal for its homeless residents. As time went on, myself and two other friends came up with the idea of a ‘wash house’. The wash house would simply offer visitors facilities to shower and wash their clothes. It took about six months but with the backing of Crisis we set up our first wash house in an abandoned pub in Whitechapel.

“Today I still find myself working for a failing music retailer, however I work freelance at a small design studio, which keeps me smiling and allows me to still call myself a creative, albeit a part-time one.”



19 year-old Lorna Buckle is a student living in London. She moved because she had to get out of Suffolk. Her sister Hayley, 23, also had eyes for the city, but has since returned to Suffolk

THE SISTERS

Lorna

“I chose to study in the city because of the access I’d have to central London, not only for exhibitions and inspiration, but for the prospect of work experience to follow next year.

“I try to use my location to my advantage and get as much from it as I can. I do this by going to exhibition openings and other creative events as much as possible and meeting new people. I personally don’t think that staying in Suffolk would allow me to experience as much as I have already in London.

“I think it’s important for you to be independent. That is definitely the most crucial trait you need when you leave home. Especially in London where you can’t just pop back. There’s so much to take on board when leaving the countryside for the city; there is a total shift in lifestyle, not just in what you see and do, but how you do it. You have to be independent to go out and travel around. I’d say you also have to be outgoing and courageous.”

Hayley

“I moved away to Rochester to study for a degree in Fashion Promotion. Being close to London, I was under the illusion that I would instantly get my dream job and be living the city life. However, three years later I returned to Suffolk penniless without a clue what to do next.

“I got involved with *IP1* magazine as a volunteer as it allowed me to continue working creatively, whilst also opening my eyes to the growing arts, culture and opportunities that Suffolk is producing. Six months on from the post-uni blues, I have now been given an internship with *IP1*, managing digital media and design and I feel that I have landed on my feet.

“I had an amazing time at university, but I’ve learnt that it’s not necessarily your location that will kick-start your career, but the skills you gain and the passion you have for your field. What I have learnt throughout university has given me the skills to work for the magazine, and my ambition to progress in this career will keep me moving forward.”



THE ARTIST



THE TELLY GIRL

Louise Bromby is 25 and lives in London where she works as a TV Production Co-ordinator. She works on short contracts and does not have the security of a permanent city job

"I studied for my degree in London, graduated and landed a job there straight after. Since then I've been in work and have developed a really nice little momentum that I plan on riding out until something else happens.

"Personally I found living in Suffolk difficult for a number of reasons, so the pressure to move away came entirely from myself. I guess it's down to what character types can creatively develop in particular situations. For me, I thrive on the constant changes and energy that living in a city brings. There's such an amalgamation of different people from incredible walks of life.

"It used to be that the kind of opportunities I went for were considered 'competitive'. But now? With 300 applicants for every job? Everything's competitive. You have to be a go-getter. Know what you want and just go for it. If you don't know what you want, go for something. It does force you to accept that the worst that can happen is a 'no'. The worst thing you can do is sit on your hands and moan about how difficult it is.

"It seems you're put on a pedestal as someone who lives in London. I guess as I've always had a connection here with my dad I don't really hold it in that kind of esteem. It's cool, but only because I want to be here. If I hated it, that wouldn't be very successful at all! It's whether you 'are at' or 'heading to' where you want to be - that I deem to be success. Whether that's geographically, in work, in relationships or personally in yourself. Success is about much more than where you live."

Lucy Selina Hall, 25 is an illustrator who lived in London but chose to come back to Suffolk to pursue her career

"Initially I moved away because I thought I wanted to get away from this 'small town' syndrome. I don't regret studying away - I think it is important to experience other towns and places - but whilst being away it did make me appreciate home more, even more so when I moved to London.

"Now I think very differently. I love the jobs I do, and although it is a struggle to find creative paid work - hence working four other jobs - I would

more than likely be in the same position, if not worse, if I had stuck to one of the big cities.

"I come from an extremely high-achieving set of friends who have all been very successful and already landed their dream jobs. I get a strong feeling of them looking down their noses at me now as their cities mean everything to them. I am simply too 'small town'. All these guys are now in London or other cities around the world so do not understand how or why I am still in my home town, working back at the school I studied at and living with my mum.

"With the powers of the internet; you can get commissions from all over the world and never have to meet clients face-to-face. Your location is not a barrier, simply a small hurdle.

"I don't want to be a small fish in a giant pond... I am much happier being a fish in my own pond!"

"You might have to work harder to network and get your work out and about places, but if you are in a city you are faced with thousands of people in the same boat as you, all wanting to work for certain companies, and all willing to work for free... I don't want to be a small fish in a giant pond... I am much happier being a fish in my own pond!"

WHERE TO SETTLE: SUFFOLK VS LONDON

Is it better to ply your creative talents within the boundaries of Suffolk, or is the metaphorical grass greener in London? *IPI* totals up the benefits and drawbacks of living and working in either location...

LONDON

Pros

The city is the epicentre for creative careers; there are a huge number of opportunities and a diverse and thriving creative economy.

Needless to say there is a lot going on... If you're decision-phobic you might find it a headfuck.

In the city you can make it what you want; there is something for everyone – even mud, ponds and ducks.

You can be who you want to be. The city is anonymous and free – people will not remember if you accidentally flash your pants on a night out.

Inspiring situations, people and activities surround you, as the saying goes, 'If you're bored of London, you're bored of life.'

Cons

Competition in the creative industries is fierce – you may have the talent but you might need luck and contacts on your side too in order to even get your foot in the door.

Moving away can be isolating; it means creating new networks and you might miss your friends and family... Yes, even your mum.

The city is always noisy and hectic and sometimes scary shit happens... right on your doorstep!

The city is not paved with gold; there are no guarantees that you will land on your feet.

The city is expensive and money worries are very real, especially when you will typically pay over £500 a month just to rent a room in a shared house.

You'll certainly get the 'small fish in a very big pond' syndrome.

SUFFOLK

Pros

You can be creative under your own steam.

There are actually stacks of creative things happening in Suffolk.

If you're a self-starter, there's room to create new services that people need with little to no competition.

You can provide creative services with a more personal touch, as you understand local clients' needs and their environment.

Come on, Suffolk is beautiful and the surroundings are inspiring – just take a walk along the coastline on a sunny day – and to keep your spirits high avoid Ipswich's late night Kebab Alley.

You will certainly get the 'big fish in a small pond' syndrome.

The internet is enabling more geographic freedom, so you don't have to be tied to Suffolk – why not work from home/a coffee shop and use Skype and conferencing apps to bring the city to you.

It's cheap as chips with rents typically costing £250 per month to house-share with a friend.

Cons

There are fewer opportunities for those wanting a job with a high profile or national progression route.

Nightlife and leisure facilities will never match up to the diversity and variety of the city.

There is a pressure to move away, either from friends, sixth forms, parents, even the media. Lots of people experience the 'grass is greener' syndrome, especially if you spend all day on Facebook.

The world's biggest and brightest companies are generally not located in Suffolk.

It's easy to feel like you're the only one still 'stuck in Suffolk' and people can be negative to your location choice.

Your independence may get held up in traffic as living with parents is a good option when saving to set up a company or work as a freelancer.



Refracture

Dance music has become a bit safe; pretty melodies driven along by sweet, polite beats for listeners to nod along to. Enter Refracture, who has been storming dance floors across the continent with earth-shattering bass and drums that crash into your ears like bricks through a window. He has been steadily building up a fanbase that includes everyone from BBC Suffolk Introducing, Kiss FM, Mixmag and Ministry of Sound. **Liam Poole** caught up with the man behind the music to find out what all the noise is about...

To put it simply, Refracture's music makes you wish you were on a dance floor. It's impossible to listen to a single track without feeling the need to dance. It's big, fast, loud dance music that incorporates synths that sound like rock guitars, anthemic choruses and stomach churning bass.

Taking inspiration from late 90s-era Aphex Twin and The Crystal Method, through the rock of Nine Inch Nails to modern dubstep, Refracture's music is powerful, energetic and designed for the listener to lose themselves in.

Take *Call It What You Want*, for example. The original, by Yenn, Nam Nori and Rico Caruso, is a thumping electro house track; it's a great song that would easily slip into any decent DJ's party set. You can picture yourself in a club with all of your friends, having a drink, a dance and a good time.

Then have a listen to the Refracture remix: it takes all of the original's energy and dance floor goodness, and destroys it. I believe the term 'face-melting' is appropriate here. It builds, swells and then explodes, daring you to turn up the speakers and jump around. It's the musical equivalent of giving a teenager with ADHD a thousand Red Bulls and some fireworks.

Having been obsessed with music from an

It builds, swells and then explodes... It's the musical equivalent of giving a teenager with ADHD a thousand Red Bulls and some fireworks.

ure

early age, Refracture, aka Orford-born Paul Dobson, began using the PC program eJay to make beats using pre-made loops. However, the desire to craft his own sounds and melodies quickly took over and he moved onto Fruity Loops, which allowed him to create original music from scratch.

His introduction to break beats had a profound effect on the music Paul was making. "Acts such as The Stanton Warriors, Hybrid and BT have been a massive influence on me making music," he says. "I have also had stages where I have been very much into trance and progressive house, but my main love had to be when I started listening to breaks."

From there Paul's influences came from forward-thinking musicians that push the envelope. Most recently, artists like Deadmau5, Noisia and Skrillex provide inspiration for Refracture tracks and the way that they sound. He says, "For me, these guys are pretty much the production quality I strive for when making a track."

Things started to look very promising back in 2008 when Luxembourg-based label Noobish Records contacted Paul after hearing his track *Energy Flow* on MySpace. Fast forward a few months, and *Energy Flow* was released through Noobish and Refracture was playing gigs

across Europe with the support from label boss Yannick.

"I've been lucky enough to play some really cool festivals in Europe, which have been an amazing experience," he states. "The most memorable for me was definitely the e-Lake festival in Luxembourg. It was the first big gig I'd ever played and when I got up on stage I could just see a sea of people!

"The sound system was ridiculously loud and we played a couple of my new tracks. The response was awesome; it was a truly amazing feeling to see that many people jump up and down to a song I had made!"

He adds, "Another really cool gig was the iBreaks Festival in Spain. The Spanish crowd are just so up for it, it's awesome. The DJ before me had spilt drink on my mixer so there was about a 10 minute silence while I sorted it out, but the reaction I got when my intro track dropped in instantly made up for it."

Battering crowds of European ravers with track after track of face-melting tunage is one thing, but what about closer to home? Back in quiet, quaint Suffolk, the story was very different. No-one had heard of Refracture. No-one knew what he did, or to be more precise, what his music did, to faces, to ears, to dance floors, to crowds at festivals, until... "A friend of mine told me about the BBC Suffolk Introducing programme so I uploaded a remix I had just finished off of one of my favourite tracks. It was Radiohead's *Everything in Its Right Place*. It went down great with them and they opened the following show with it, which was really cool."

Another track that went down rather well with BBC Suffolk Introducing – as it does with most

people who hear it – is *Blueprint*. The original by local band The Cads is a beautiful, uplifting sing-a-long indie track filled with spiky guitars and lightning quick drumming.

To call Refracture's version a 'remix' does not do it any justice. It is a complete re-envisioning of the original that perfectly demonstrates what Refracture does best. Massive drums, heavy bass, gigantic anthemic synths; it places itself somewhere between dubstep and drum and bass yet manages to sound like neither. Think big, big, big and it's bigger than that.

So now Suffolk was paying attention. And the saying, 'it's not what you know but who you know' rings true, because in January of this year Refracture was selected to attend the prestigious BBC Introducing Musicians' Masterclass at Abbey Road Studios. And who's going to be there, I hear you ask? Only his bloomin' idol from his favourite band of all time: Trent Reznor of Nine Inch Nails!

So what's next for Refracture? More city-destroying gigs across the world, of course! Plus there's an album due out in the summer, featuring collaborations with "some very talented vocalists" including another hook up with The Cads. But the question on all of our lips, Paul: when you're at Abbey Road, are you going to ask Trent Reznor to be on your album?

"Well, I will certainly try," he laughs. "Even to talk to him would be a massive honour for me so I'll wing it and if things are going well I'll see how far I can push my luck!"

The way things are going for Refracture, he might just get a yes.

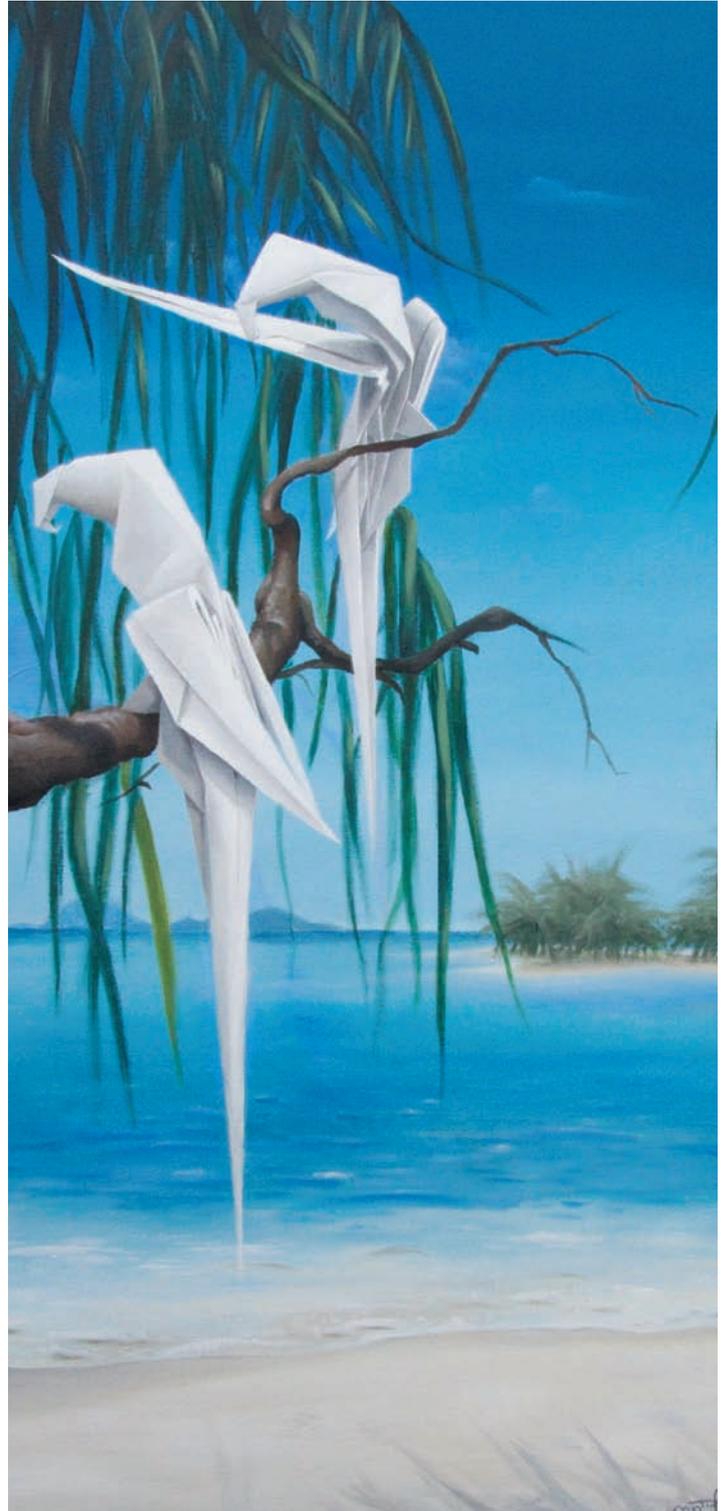
soundcloud.com/refracture



Moth

Aka Ollie Haldon, 20 year-old Moth is from Ipswich and recently completed a National Diploma in Art & Design at Suffolk New College. His work is vibrant, thoughtful and expansive, ranging from acrylic cartoons and MS Paint drawings, to the surreal and thought-provoking oils that are now his trademark. The last of his college days saw his art style and lifestyle converge, and to this day that period remains the inspiration for his work. Now post-college, Moth is looking to print, exhibit and sell his highly original work.

ip1zine.com/showoff/profile/912



Opposite Page: *A Peace*

A Peace is oil on canvas. I initially made the macaw from paper and was inspired to go out of my comfort zone and make a vibrant, bold-coloured piece for which, I can't lie, I've grown a taste for.

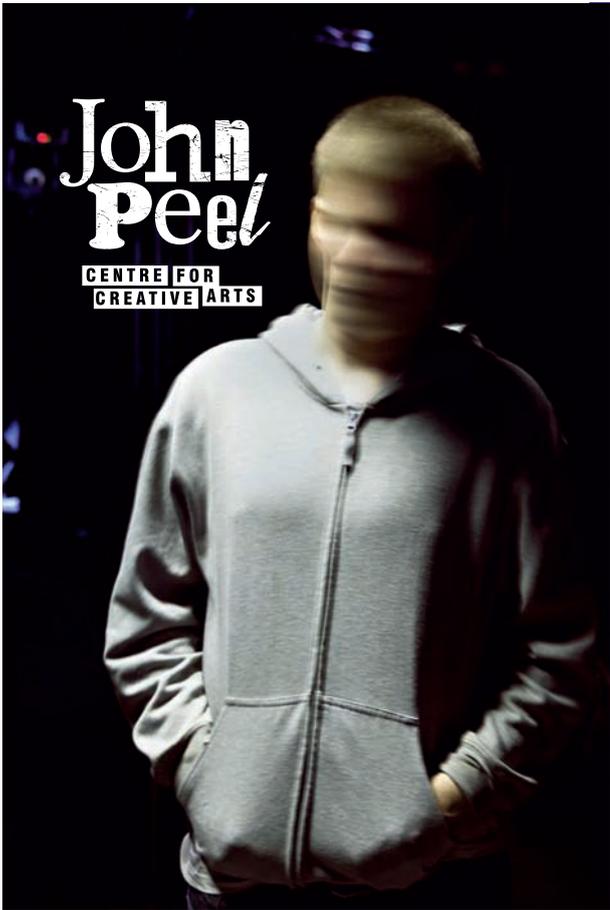
Right: *King Quiet*

The style of *King Quiet* was purposefully made as a tip-of-the-cap to *Scrambled Egg*, and I used the same mediums to produce it. It was pencil-drawn on board, then left for about a year before I decided to work on it.

Below: *Scrambled Egg*

Scrambled Egg was taken from a doodle I made in a lecture. This acrylic on board piece was the first 'lowbrow' painting I did, and is about using your imagination to make something come alive from the mundane.





Gerry Read + Patten + RAMP Djs
FRI 24 FEB | 7.30PM

The first 100% electronic music event at the John Peel Centre! Local lad Gerry Read mixing up profound IDM and Chicago House, brilliantly forward-thinking and creative beats from Patten plus support from RAMP Djs.

TICKETS: £7 on the door, £5 advance
BOOKINGS: Visit Facebook page
<http://on.fb.me/v6pmOI>

John Peel Centre for Creative Arts
Church Walk, Stowmarket,
Suffolk, IP14 1ET
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Cathedrals & Cars

Cathedrals & Cars are the new best thing to come out of Bury St Edmunds. Will Prentice's soft acoustic guitar and percussion, layers with Jack Hubbard's piano melodies to produce gentle indie-folk that is breathtakingly captivating and incredibly addictive. Their sound is completed by Jack Stevens' beautifully sad lyrics, sung with his haunting voice, that is surprisingly husky and mature considering the band are all baby-faced, skinny jeans-wearing 17 year-olds. **Holly Barker** worships at the altar...

I heard you met on a music technology course at West Suffolk College. How does the course aid you in your melody making?

JH: The course is great! It's got so many benefits: the recording facilities at no expense, the studio space for practicing and it provides us with a studio to record, mix and master in.

JS: It means we can record in the studio without a producer and a studio engineer, because we know how to work all the software. But, we're all mates, so we get sidetracked easily!

So, you do a lot of the recording and mixing yourselves?

WP: We love the whole DIY aspect of making music. We helped track our EP with some friends (Ben Stammers and Andy Curry). Then our tutor (Andy Guy at Digital Morpheus) mixed and mastered the EP. We got our friend Nathan Bayfield to do the artwork (who does some illustration for *IP1!*) We then contacted a distribution company to print the CDs and sold them ourselves at gigs.

A lot of people who do music technology tend to produce electronic music. What made you stick to a more traditional, 'live' form of music?

WP: I find electronic music lacks emotion. I'm

not saying it's bad, but when I listen to music, I like the song to have a meaning and almost be treated as a story.

JS: Yeah, I'm surprised how loyal we've remained to acoustic guitars, but it feels more natural and raw emotionally if it's acoustic.

JH: We usually joke around with digital software on the computer, but we genuinely love listening to this particular genre, and playing it live.

JS: And it's lighter to get in the car!

WP: I'm pretty sure it's not...

How are you finding the local gig scene?

JS: There are some great smaller venues, which work well for us because our sound is quite intimate. Bury, Norwich, Ipswich and Cambridge have all been very welcoming.

WP: It's really exciting; we love playing the local area. We did a live session on BBC Suffolk Introducing in January. That went really well. And we played our first gig in Ipswich at The Swan a few days ago, which was really cool.

Any favourite local musicians or venues?

WP: We're good friends with Lewis Mokler. He's a right laugh. We've played a few gigs with him now, so he's one of my favourites. As for venues, I loved playing the Apex for BurySOUND as the sound in there is great, especially for acoustic

music. We also love The LP in Bury St Edmunds.

JH: And we've played with Kate Jackson, the former Long Blondes singer, who was amazing live.

Would you be tempted to move away to London or some other magical city to 'make it' or get signed to a major?

JH: Signing to a major would be a massive decision to make, and gigs in London sound exciting.

JS: I think it needs to be done, really. If you want the exposure, London is kind of regarded as the centre of UK music. But we still want to keep that DIY ethos.

WP: Yeah, we've said before that we wouldn't like a major label deal as we love the idea of the whole DIY record label. But if the offer arises, like Hubbard said, I'm sure we'd have to consider it.

What's the plan for the future?

WP: We're currently writing new material for the album and it seems like 2012 is going to be a fast-progressing and eventful year for us.

JH: It's always changing; it started as open mics and now it's escalating into something more serious.



Oli Brown at The Apex

Gigs & Clubs

February

Feb 23-25: Get On The SoapBox Tour, The LP, Bury St Edmunds/The CUT, Halesworth/St Lawrence Centre, Ipswich

SoapBox presents a quality quintet of musicians, poets and comedians on this innovative regional tour, including indie folk stars Crumbs For Comfort, Bury's Cathedrals & Cars (featured this issue) and Axis Of Evil's Andy Bennet.

getonthesoxbox.co.uk

Feb 24: Gerry Read + Patten, John Peel Centre, Stowmarket

RAMP Recordings are hosting this nifty one, with local house producer Gerry Read and

Patten. Rely on Mr Read for deep, banging house and techno, while Patten's set – judging by his album GLAQJO XAACSSO – will be surreal, peppered with influences, and catch-you-unawares danceable. John Peel would definitely have approved.

johnpeelcentreforcreativearts.co.uk

Feb 25: Radical Lounge + The After Party, Kai bar, UCS, Ipswich

...After the party, comes the AFTER PARTY! Enjoy an evening of positive original acts before getting down to a buzzing night of hip hop, disco, funk and everything in between. DJ Supa Marky, Son of Jorel and Heka on the decks.

facebook.com/RadicalLounge

March

Mar 6: Souls of Mischief, The Swan, Ipswich

For how long does something need to be amazing before you can call it 'legendary'? You would think Rapsplottation Sessions must be getting near that point now, such is the regularity with which they entice quality rap acts across the pond. Jazzy 90s group Souls of Mischief are topping this particularly bulging bill, with welcome returns from Tanya Morgan and Bodega Brothers; plus regular RS DJs.

Facebook: Rapsplottation Sessions

Mar 8: Rudeboy, The Swan, Ipswich **FREE**

The Swan's next ska party promises a step back to the golden age of Madness and Bad Manners. Grab some baggy trousers and get down there.

Facebook: The Swan Ipswich

Mar 10: B.Goodes + support, John Peel Centre, Stowmarket

Finally, after three years of relentless, energetic gigging this bunch of local, lovable ruffians have decided to record their much-anticipated debut album and have invited everyone to the launch – how lovely of them! Expect lots of good old-fashioned rock 'n' roll, as B.Goodes deafen the stigma out of Stowmarket town.

johnpeelcentreforcreativearts.co.uk

Mar 21: Charlie Simpson, Corn Exchange, Ipswich

Following his first UK solo tour and sold out shows, Charlie Simpson is back on home turf. The Busted and Fightstar singer will arrive in Ipswich for the first date of the tour, debuting his critically acclaimed album Young Pilgrim.

ipswichregent.com

March 22 & every month: Washing Machine, The LP, Bury St Edmunds

Washing Machine is fast becoming the freshest night in BSE, sporting an assortment of exciting live acts and DJs encompassing brooding indie to hip hop and grime. Tonight they dish up London based 'country punk' four piece Dexy & The Hand Me Downs.

facebook.com/washingmachineclubnight

Mar 24: nonsuchdjs, The Swan, Ipswich **FREE**

According to organiser Tony, nonsuchdjs is "about having a good time." That's great, because we wouldn't want you to have a bad time. He goes on to describe the music as "funk and disco rubbing shoulders with balearic chuggers and monster rave tunes topped off with a smattering of electronica." Sounds like Tony is right, you will have a good time.

Facebook: nonsuchdjs

April

Apr 1: SwitchTeen ft. Joey Essex, The Switch Nightclub, Ipswich

Ipswich's finest under-18s clubbing extravaganza returns, complete with music, dancing and enough J20 to hydrate a beached whale. Best of all, there's chances to both win money and support charity, so individuals of all moral stances are fully catered for. Oh, and TV star Joey Essex will be there to sign autographs, pose for pictures, and engage in deep philosophical discussions with anyone who's interested.

switchteen.co.uk

April 7 & first Saturday of every month:

UPROCK, The Swan, Ipswich **FREE**

One of the best nights out in Ipswich, UPROCK combines carefully selected live bands with intelligent DJing, covering the finest classic and



Cathedrals & Cars, The Soapbox Tour

obscure life forces ever to be discovered on Planet Music. Tonight epic post rockers These Are End Times take to the stage, supported by These Ghosts.

facebook.com/uprocker

Apr 19 – May 18: Bury Songwriters Competition, The Masons Arms, Bury St Edmunds

Now in its fifth year, the Bury Songwriters Competition aims to give exposure to songwriters and performers from across the region. With three separate heats running through to the final in May – the competition promises exciting evenings of fresh new talent in one of Bury's friendliest, music-loving venues.

burysongwriterscompetition.co.uk

Apr 30: The Oli Brown Band, The Apex, Bury St Edmunds

Championed by the *Telegraph* for bringing sexy back to blues, Oli Brown has enlisted the band for his show at The Apex in April. Despite his young age he's got a history of raw, energetic performances that rival his more experienced comparisons, so it's best to expect a sensational night.

theapex.co.uk

UPROCK combines carefully selected live bands with intelligent DJing



Gerry Read at the John Peel Centre



Gecko: *Missing* at the New Wolsey Theatre

Stage & Screen

February

Until Feb 25: *Stagefright*, Theatre Royal, Bury St Edmunds

A spooky tale combining the magic of comedy, theatre and fear. Sir Henry Irving, the greatest actor of his age, and his manager Bram Stoker find themselves trapped in a dressing room in the dead of night. But they're not alone. What will happen to them? We dare you to find out! theatreroyal.org

Feb 29: *Life in a Day*, The CUT, Halesworth

All in one day 80,000 people around the planet recorded a snapshot of their lives and uploaded it to YouTube. Kevin McDonald's truly moving *Life in a Day* is the result.

newcut.org

March

Mar 2, 3, 6 & 8: *A Dangerous Method*, Ipswich Film Theatre, Ipswich

David Cronenberg's *A Dangerous Method* is a powerful drama handling the turbulent relationship between the twin fathers of psychiatry Sigmund Freud and Karl Jung. Not to be missed.

ifft.co.uk

Mar 3: Under 18s Comedy Night, New Wolsey Theatre, Ipswich

The Duke's Headliners return to the New Wolsey, bringing us a variety of diaphragm-wrenching acts including *Skins* star Joel Dommett and semi-finalist of this year's Laughing Horse New Act competition, Luisa M

Omeilan MC. Don't bother turning up if you're an adult 'cause you won't be let in!

wolseytheatre.co.uk

Mar 24: *Cinema Paradiso*, John Peel Centre, Stowmarket

This is one of those absolute cinema classics where the theme of the story is the love of cinema itself, when a small boy befriends a priest who becomes the town's projectionist. It's in Italian, but don't worry: there are subtitles.

johnpeelcentreforcreativearts.co.uk

Mar 29-31: *Missing*, New Wolsey Theatre, Ipswich

Gecko, the masterful physical theatre company that brought us *The Overcoat*, takes us right down into the depths of a person's being. Lily's life is a deceptive one. Whilst she seems to want for nothing, the hidden memories within her threaten to tear her ego apart in this shatteringly inventive new show.

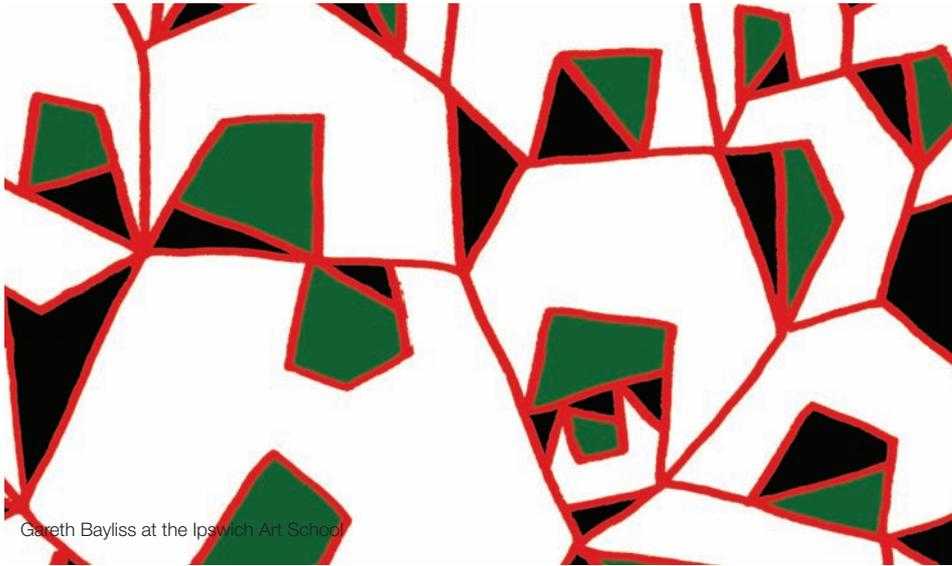
wolseytheatre.co.uk

May

May 11 & 12: *Danza Contemporanea de Cuba*, Snape Maltings, Snape

The world famous company returns to Aldeburgh by popular demand following outstanding performances in 2008 and 2010. Expect fire, passion and plenty of sweat as these extraordinary dancers move seamlessly from classical to contemporary to Cuban. If you're under 26 take £2 off the ticket price!

aldeburgh.co.uk



Gareth Bayliss at the Ipswich Art School

Arts & Culture

February

Until March 4: Return to the Ipswich Art School, Gareth Bayliss, Ipswich Art School, Ipswich, FREE

Bayliss' brilliant exhibition continues at the artist's former school, showcasing his supercool, urban music-inspired graphic art and drawings. For the inquisitive among you, he will be hosting an Artist Q & A on the evening of Feb 23.

cimuseums.org.uk

Feb 23 & last Thursday of every month: Wine Tasting, Arlingtons, Ipswich

Wine is delicious. And wine tasting it is cool. So what better way to spend £10 than to check out Arlingtons' swanky wine tasting event? From the south of France to the New World, this is an evening about quality booze, not pretension. Book early and join the relaxed, wine-related fun.

arlingtonsbrasserie.co.uk

March

Mar 1: Dorkbot Anglia, Ipswich Art School, Ipswich, FREE

The "people doing strange things with electricity" are back and inviting you along for the ride. It's well worth a look, whether you're an artist looking to expand your horizons with the awesome power of lightening, or simply want to see enviably clever people making cool stuff happen. Either way, it's completely free.

cimuseums.org.uk

March 2 & first Friday of every month: Vinyl Night, Arlingtons, Ipswich

DJs from 8pm playing an eclectic mix of vinyl. Bring your own records, CDs or iPods to have your music played... anything goes... within reason. Open late.

arlingtonsbrasserie.co.uk

Mar 23 – Sept 30: Saatchi Exhibition, Ipswich Art School, Ipswich, FREE

For six months there will be an opportunity to see pieces from the world renowned Saatchi Collection; all artists exhibiting will have a connection to East Anglia.

cimuseums.org.uk

Mar 28: UCS Academy Lecture, Professor Blake Morrison presents 'The Future of Reading', UCS, Ipswich, FREE

Regular contributor to *The Guardian* Professor Blake Morrison discusses the current condition of the humble book – whether you're a Kindle lover or loather, take this opportunity to meet one of literature's brightest stars.

ucs.ac.uk

May

May 3-13: HighTide Festival 2012, Halesworth

18 World and European premiere productions are in store for this year's sixth annual HighTide Festival. Billed as 'new theatre for adventurous audiences', expect an entertaining and challenging blend of high quality new writing, production and performance, all in a place where you'd least expect it.

hightide.org.uk



Seymour Quigley image by Papparazzi

A quick chat with... Washing Machine

What's a Washing Machine night like?

It's like stumbling into Michael Jackson's oxygen tent and finding that the socks you thought you'd lost were actually tucked safely under his pillow.

What kind of music do you put on?

We put on literally anything we think might be interesting. Between us, I don't think there's anything we don't like. We like to mix it up.

What type of people attend?

All the cool kids. And their mums.

How did you get involved in promoting?

When you grow up in a town like Bury, you buy into this idea that you have to leave home before your life can begin. Then I got into The Clash and realised, you don't have to wait for permission, you can make cool stuff happen.

Any personal highlights from the nights?

Our last gig at The LP. We had the return of The Shadow Project, supported by unbelievably, the intense hardcore Rats As Big As Dogs. It was a weird mash-up but the place was rammed and everyone seemed to be having a good time.

What are you looking forward to?

In general... flying cars, hover boards and tomorrow night's fish and chip supper!

What's in the pipeline for Washing Machine?

A monthly all-ages gig at new Bury venue The Hunter Club and nights at the enormous Apex.

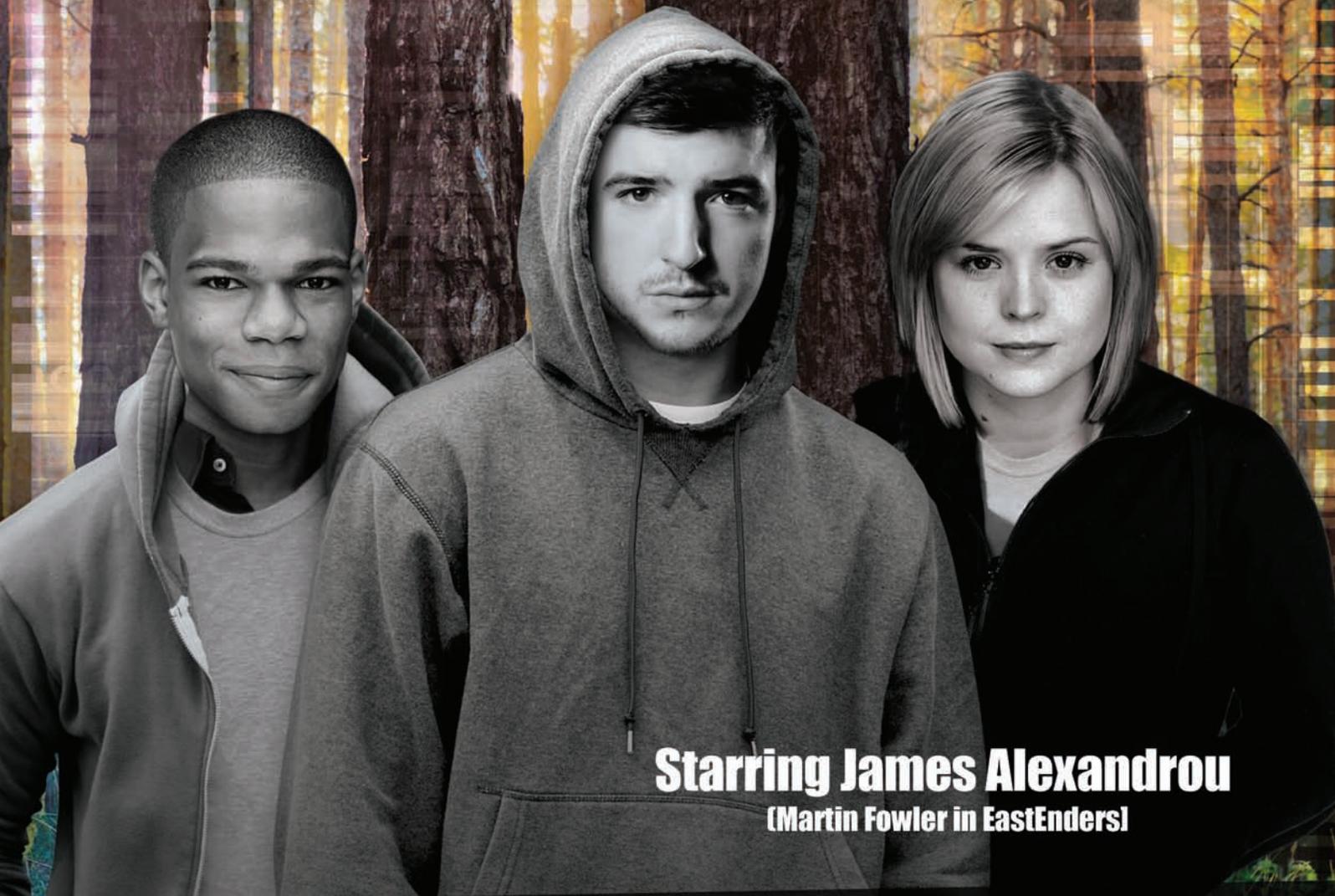
Any bands to watch out for right now?

Yep. Fever Fever, The Soft, Killamonjambo, Lewis Mokler, Broken Shapes, She Makes War, Rats As Big As Dogs, Monet, Simon Lucas-Hughes, Abbie Broom, Something Beginning With L, Scare The Normals... There's so much going on in East Anglia right now, it's ridiculous!

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DNA

By Dennis Kelly



Starring James Alexandrou
(Martin Fowler in EastEnders)

How far would you go to hide the truth?

Tuesday 28 Feb at 1.30pm & 7pm / Wednesday 29 Feb at 7.45pm
www.wolseytheatre.co.uk

UNDER 26?
£5 Tickets
Tickets available on the day of a performance are yours for a fiver!

www.thesteamboat.co.uk

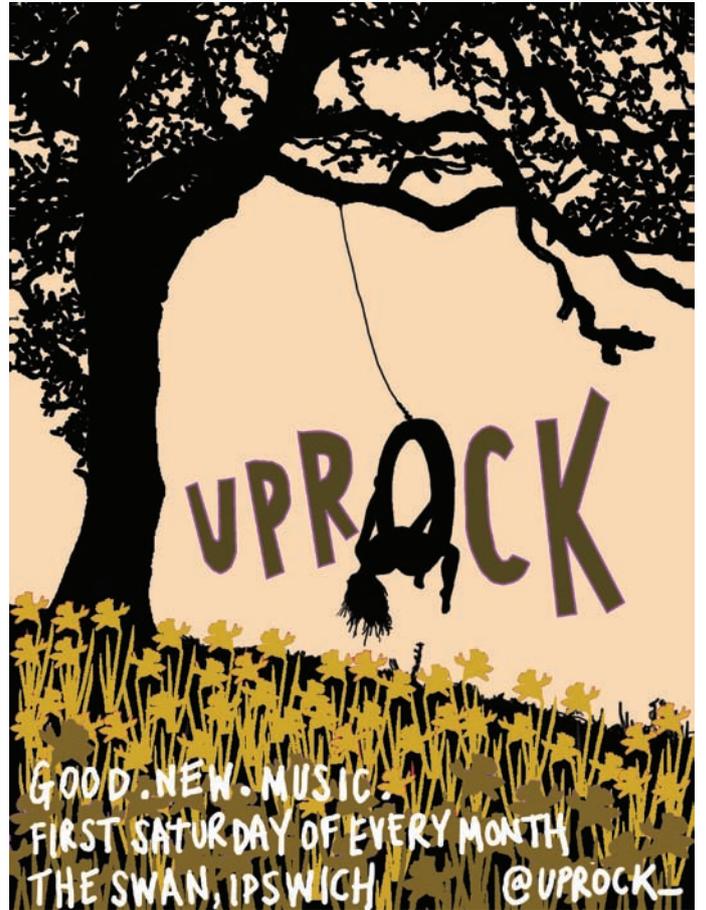
EMAIL: val@thesteamboat.co.uk

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Wednesday 4 April

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THE FITZROVIA RADIO HOUR

'Absolutely spiffing show that recreates the innocent, clipped, Bulldog Drummond spirit of Forties live radio drama, with a skilled company stepping up their retro mics to unfold ripping yarns. A joy.' Daily Telegraph ****

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Thursday 5 April

Gonzo Moose

I'M AN ARISTOCRAT, GET ME OUT OF HERE!

directed by Abigail Anderson

'A riot from start to finish'
Venue Magazine *****

'Outstanding'
Chortle ****



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Some highlights

Saturday 18 – Sunday 19 February

PLACE:

Taking the Waters

Aldeburgh Music's new cross-arts winter weekend takes to the waters, with a wide-ranging exploration of the meanings of the marine, the estuarine and the waterway in film, art, literature and thought

Friday 6 – Sunday 8 April
Easter Weekend

Two performances of Beethoven's Ninth frame a piano recital by Elisabeth Leonskaja

Friday 11 – Saturday 12 May 7.30pm
Danza Contemporanea de Cuba

The breathtaking company of dancers returns by popular demand
'An exotic hybrid of contemporary, classical and Caribbean styles.' *The Guardian*

For more information and to book, please visit www.aldeburgh.co.uk



Aldeburgh Music

SPRING 2012

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Tweeting Your Way to the Top

With the age of the internet well and truly in our midst, getting yourself online has never been so easy. Or so important. The way we use the internet has changed with the introduction of Web 2.0, the social web, allowing us to become part of it. **Hayley Buckle** explains how social media has moved into the forefront, offering up countless websites that allow you to create personal profiles and showcase yourself, your thoughts and your work online...



We're all aware of internet giants such as Facebook and Twitter for posting drunken photos and tweeting about what you had for breakfast, but few of us are using social media sites to their full advantage.

Social media is the easiest way to keep updated and in touch with the world. Countless celebrities have jumped on the Twitter bandwagon, keeping fans updated in real time. It has also become a means of creating new celebrities, the 'internet famous'.

A prime example is Rebecca Black, the teen who became a worldwide phenomenon after her music video *Friday* went viral on the internet. Dubbed 'the worst song ever', *Friday* became the most watched video on YouTube last year and the most talked about topic on Twitter.

Or how about local boy Ed Sheeran, who famously built up a fanbase through social media. Ed has over a million followers reading his tweets but even before he was famous, he used social media to great effect. Speaking to *IP1* in 2011, Ed commented, "My approach is part of what people are doing now; putting stuff on iTunes and promoting it with Twitter."

search #justinbieber and you will be inundated with up-to-the-minute information on the floppy-haired goon.

Social media is all about self-promotion, making it the perfect way to showcase your work and further your creative career. Using the basics of social media sites, you can accumulate interest from fans and employers alike.

Facebook

Mention social networking and Facebook is the first thing that comes to mind. With over 750 million members, Facebook has changed the way in which we communicate and use the web. It even has a film about it, for crying out loud. As well as keeping in touch with friends, Facebook has become a great tool for sharing your work. The Groups and Pages allow you to set up a professional profile, and invite fellow creatives to view and 'like' your work.

Kiera Rose-Riley, a Bury based photographer



and filmmaker, praises the site, saying, "I use a Facebook Fan Page to keep in touch with my viewers and let them have input into my films. They love it as it gives them a more personal experience and it helps me to see who my audience is and what they would like to see from me."

Twitter

Twitter has quickly become a popular platform for consumers and businesses alike, making it great for promoting yourself and getting in touch with real people in the creative industries. The micro-blogging service allows you to carry on conversations in 140 or fewer characters, instantly giving the world insight into your activities and thoughts.

The website introduced the concept of hashtags, which essentially groups together the world's tweets on various subjects by proceeding keywords with the '#' symbol. For example, search #justinbieber and you will be inundated with up-to-the-minute information on the floppy-haired goon. Likewise, you can search #IP1 to find out the latest goings on in Suffolk!

Anyone who is anyone is on Twitter, and once you start following the people relevant to your area of work, you are opening up a world of opportunity.

Anyone who is anyone is on Twitter, and once you start following the people relevant to your area of work, you are opening up a world of opportunity. Companies are tweeting job vacancies every day, so tweet that editor of your favourite magazine and get yourself heard!

with the right title and content can have a huge impact on promoting yourself, especially if your video reaches the most viewed pages.

Optimise your videos by tagging with key words, choosing a relevant image and replying to other videos to create mutual interest and an online community of support. Singer-songwriter Ria Ritchie from Lowestoft began her career by uploading acoustic videos onto the site. "I did a cover of Ne-Yo's song *Because Of You*



Tumblr

Tumblr is probably the easiest blogging site around. The idea is to follow other people and reblog the posts that you like, or upload your own pictures, videos, music, etc.

It quickly becomes an online scrapbook of everything that interests you, and you soon start to gain followers who have the same interests. Upload your own work and after a few reblogs, you'll be sharing it across the whole Tumblr spectrum.

The tagging system allows you to add keywords to your work, i.e. 'music', 'photography' etc., that makes it easier for members to search their interests and for your work to flag up. Ipswich photographer Barnaby Kent recommends it, saying, "Your work gets 'out there'; my photograph which was featured in the last issue of *IP1* has been passed around the blogosphere 10,000 times apparently."

He adds, "I think Tumblr does a good job at getting other professionals interested; I've had a couple of features through the site."

IP1zine

Not only does IP1 publish Suffolk's finest arts and culture mag, it also hosts an excellent online platform for networking and promoting your work. IP1zine makes it easy for you to upload images, music and more, and become part of your local creative community.

As well as being picked up by *IP1* magazine for a feature or review, another benefit to being on IP1zine is the potential for collaborations and job offers. For example, filmmaker Tom Newman who runs Summerisle Studios, recently used IP1zine to find illustrator Reb, who he now employs as a storyboarder.

Tom explains his upcoming projects and how he plans to continue using the site to source new talent. He says, "This year we will also be sourcing all our soundtrack needs from the IP1 website, which means getting in touch with local musicians that have uploaded onto the site. The IP1 website has become such a great tool for sourcing local talent to help us out."

The trick with social media is that once you've cracked one, the others follow. And once you have all your different accounts, it's easy to link them across the internet and interact with one another. So tweet about your Tumblr posts and update Facebook with your YouTube videos, and watch your online following grow.

Follow me: @Hayzdanger

and uploaded it to YouTube," said Ria. "People kept saying they liked it and I just added more." Ria's YouTube channel now has over six million views; this sparked interest from Jay Z's record company and Plan B, who has been writing with Ria on her album.

LinkedIn

LinkedIn is a professional social network that focuses mainly on employment and careers. Once you become a member, you can build up a contact list of connections and promote yourself to potential employers. Your profile acts as a CV and portfolio, allowing employers to search for the right candidate whilst also keeping you updated first about relevant job openings.

Laura Hanratta from Bury uses the site, saying, "I keep all the contacts I've made networking. It's unique because unlike other social network sites, its focus is careers and networking rather than socialising and making friends."



YouTube

Not only is it the hub of viral videos, YouTube is popularly recognised as showcasing new talent and igniting careers. A well executed video



On the Record

When you talk about a young person being arrested the focus is always on their crime or the nature of their punishment. Often it seems that once a person has served their sentence then the story is over. But what actually happens next? How does having a conviction on file really affect your future? **IP1** offered three young offenders a chance to set the record straight.

As a teenager Alice was a casual shoplifter. Hungry for excitement she and her friends would periodically steal things from local shops during school-time. "On this occasion I stole a CD from a well known music shop," she says. Whilst she'd never been caught for anything before, all it took was an ill-timed practical joke to change her life.

"One of my friends was messing about and put a CD in my coat hood," says Alice. "This got the attention of security." Upon searching her staff found stolen property in her pocket. Arriving on the scene the police took her down the station. Alice was given a reprimand, and not only were her details and photograph taken but her fingerprints and DNA were placed on record. "I was told that the reprimand would expire when I reached 18," she says.

It would be easy to think that Alice had gotten off lightly. But years later something happened that came as a massive shock. Upon finishing her degree Alice had to find work and applied for a job with the NHS, who ran a routine Criminal Records Bureau check. "When I applied 'Shoplifting' was on my CRB disclosure," says Alice.

Although her conviction and reprimand were spent, regulation had changed since the time of her offence. Whilst failing to get the NHS position wouldn't significantly affect her future, there was a much larger ramification of having a mark on her record. "[By this time] I knew that I wanted to train for a career in teaching," she admits. But without passing an Enhanced Disclosure there was no chance Alice would be able to find work as a teacher.

Fortunately, as her offence was minor and committed as a juvenile, it was possible to have the record erased but Alice had to provide justification. The fact that she had never again broken the law and could evidence that she had dedicated her adult life to a career in teaching were taken into account and her record was cleared. Now, years down the line, Alice is a qualified teacher and helping to inspire a new generation of children. But despite this she is very aware that a hastily pocketed copy of *Extreme Garage 3* almost cost her future career.

Prior to his offence Myk was working as Head of Kitchen at a major restaurant. One day a spur of the moment decision changed the course of his life. "I [used] the company [wholesale] card to buy just one carton of cigarettes," he says. Weeks passed and the company didn't notice the irregularity. It became a regular habit. Before long he'd found someone willing to sell the cigarettes on. He claims, "I was earning in the region of £500 - £2,000 per week." It all became a bit of a blur; Myk found he could scarcely believe what he was involved in but continued to take greater risks.

"Blindsighted by the free money I was making I became greedy," says Myk. Every time he visited the wholesalers he was making larger and larger purchases on the card. "The last run I did I collected £8,000 pounds worth, [roughly] 120 cartons," he admits. Before long Myk's



employers noticed the increasingly erratic charges being made to their accounts and they notified the authorities. "The last time I went there the police were waiting for me at the exit," he says. "I knew the game was up."

Myk was held in the cells at Ipswich Police Station whilst his activities were investigated. When his case was heard he pleaded guilty to 11 counts of fraud by false representation. He was sentenced to 300 hours of community service; three months with an ankle tag and an 18-month suspended sentence.

Unsurprisingly, Myk's punishment had a huge effect on him. Community service was a degrading experience. His group was required to work outside litter-picking or gardening, wearing embarrassingly conspicuous orange bibs emblazoned with the words 'Community Payback'. Myk found himself stricken by very low moods, exacerbated by his restricted mobility. "[The ankle] tag was the worst," he says. "Not being able to work, sitting at home all day and [then because of] the tag being alone at night too... It all just kinda built up."

His record also prevented him from being able to find work; all too often potential employers wouldn't even grace him with a response. Fortunately a good friend vouched for him at his place of work. Myk says, "He spoke to his manager and said that he trusted me more than anything, and knew how remorseful I was." The manager took a chance on Myk and gave him an opportunity that many would have denied him. It's a trust that has been repaid many times since.

Myk's experience has taught him at least one valuable thing: "Life is too short as it is, let alone to be locked up for most of it. Because of this whole situation my life is back on track."

The price of a conviction isn't always as simple as a criminal record. Sometimes it can rob you of more than just your freedom.

The night of Tim's crime was nothing out of the ordinary. "We [were going to do] the usual thing... have a laugh, a drink and hope to meet a girl." After several drinks Tim found himself chatting to someone and offered to walk her home but as they made their journey they encountered a foreign male who began to berate the young girl. Tim ran over to a group of young lads and told them what was happening. All too quickly the situation spiralled out of control. "Before we knew it he was on the floor."

Everything was caught on CCTV. Tim was soon arrested and found himself facing conviction for a major crime. To make matters worse, in the period between his arrest and trial, his older

brother tragically took his own life. Despite this Tim was sentenced to 18-months in prison for racially-motivated assault; he was told he was to be incarcerated shortly after his brother's funeral.

Prison was like nothing he'd experienced before. "The first month was hell." He was surrounded by strangers, with no idea how he'd be treated. Even worse he found he couldn't properly mourn the loss of his brother in such an environment. "I couldn't cry. [My] cell mates would think I was crying 'cause I couldn't handle it." Mostly Tim kept himself to himself, attending courses and visiting the gym and was eventually given early release for good behaviour.

"Coming out of prison was a mixed bag of emotions. I was happy to be in the fresh air, seeing trees, the sky, birds; everything you see out your cell window." But he found it took him a long time to adjust. He finally had to grieve for the loss of his elder brother and he often found social situations difficult. "I wasn't good in big groups; didn't like people getting too close. I was a different person." Gradually though he found he readjusted to life outside prison and was able to begin his life again.

Whilst Tim's experience was an incredibly tough one, he found a reason to keep his head down and focus on what was important. "I knew I'd get out and [wasn't there] for life. In the end I just did it for my bro."

"I was happy to be in the fresh air, seeing trees, the sky, birds; everything you see out your cell window."

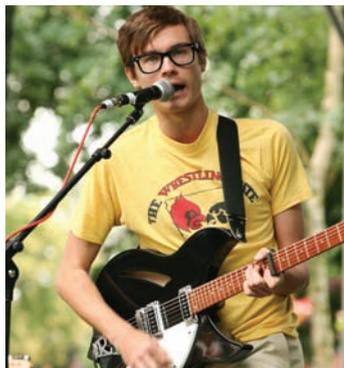




Ipswich Music Day

Ipswich Music Day is just around the proverbial corner again. If you're in a band or play by yourself, it's worth applying to be part of it – last year 45,000 people experienced the biggest free music event in the whole of East Anglia!

In fact, it's probably one of the best places for any up-and-coming band to gain a few followers, while revelling in the experience of playing a festival stage. Keir Fernie had a brief word with some of the acts that played last year to find out just how good it really is...



Poptastic Ipswich curry-lovers, Benjamin Bloom

What was the day like for you? Ipswich Music Day is a great day and probably the best gig going on in Ipswich for any local band. Considering it's a free event the organisation is amazing and there are loads of great stages.

Any cons?

Only one criticism really: I just think given the number of people it's a shame that it doesn't go on a little later, maybe closing with one stage having a well-known headliner plus an up-and-coming local act as main support.

What's next for you then?

We've been in the studio working hard on some new tracks with producer Paul Tipler. We will be gigging them soon as well as eating as much curry as we possibly can.
facebook.com/benjaminbloommusic

Norwich indie/pop trio, We Can't Dance

How did you guys get along last year?

It was a great day out with a lovely audience. There were

plenty of stages and lots of different activities to do.

Would you play it again?

We would love to play it again. There was such a big turn-out and we really enjoyed watching all the other local bands.

"It's one of the biggest free music festivals in the country and one that hosts an array of awesome musicians."

So what are you doing in 2012?

We're now a three-piece, and we're gigging locally, writing new tracks and in the summer/autumn time we're going to release a new EP.
facebook.com/wecantdance

Rising Boxford rockers, This Boy Wonders

What was Ipswich Music Day like for you guys?

As a local band from Suffolk it was a huge honour to headline the ICR/CSV Stage. Especially given that the act to play our slot the previous year was the now

extremely successful Ed Sheeran. The whole day was really good with great acts throughout. It was a blast!

Would you play it again?

Without doubt. It's one of the biggest free music festivals in the country and one that hosts an array of awesome musicians.

What are your plans for 2012?

The plan for 2012 is 'exposure' – to get out there as much as possible and play live! We've just recently released our first album, which is available on iTunes, and headlined the O2 Academy Islington to launch it officially. But overall, the main plan is to keep writing. We've nearly got enough material for the second album so we're positive about this year.
thisboywonders.co.uk

If you're interested in performing at Ipswich Music Day, visit the festival website and apply online. Closing date for entries is March 2.

ip-art.com

Outfitted

Adj. – equipped with appropriate wearing apparel and accessories



Can you keep warm and look good even on the coldest of days? What's your solution – go out in a T-shirt anyway or layer up every wooly in your wardrobe? IPI fashionista **Kiera-Rose Riley** went to Bury to track down some ice-cool looks.



Emily, 15

I just love Emily's relaxed vintage style. Charity shops have some brilliant finds hiding away and you're guaranteed to be the only one sporting whatever you pick up! Emily told me her favourite piece is her Kangol jumper. "I got it from Oxfam. It's so comfy!"

KIERA-ROSE SAYS...

DRESSING FOR COLD WEATHER CAN BE A NIGHTMARE. IT'S TEMPTING TO SMOTHER YOURSELF IN A HUGE COAT AND WAIT TILL SUMMER TO BE STYLISH... THESE GIRLS IN PARTICULAR CAUGHT MY EYE BECAUSE THEY ALL FOUGHT THE FREEZE WITH STYLE!



Vicky's bag:
River Island

Vicky, 23

Although her whole outfit is superbly styled, it was Vicky's scarf that first caught my eye. It works beautifully with her hair colour and coat. Her shoes are also great and she tells me they "go with everything". A real winter staple.



Suzie, 14

I love Suzie's outfit. This is definitely an everyday look I would wear in cold weather. Her bag and shoes compliment her lovely blonde hair; and her jumper looks really snuggly!

Becca, 15

Becca's coat is so eye-catching and looks great with her denim skirt. She was one brave lady; I hope those tights were warm! Becca told me that her favourite item is her Dr Martens. "I love them because they're so comfortable and warm in the winter!"



Becca's boots:
drmartens.com



Style Tip:

Dress weather appropriate; keeping warm in chunky knits will also keep you on trend – just don't overdo it. It's easy to become a woolly mammoth!

WOMANEATER

Following previous self-determining adventure stories based around job-seeking, clubbing and dating, can you plot your way through an evening out with friends plagued by hordes of gorgeous undead men? Will you live to see the dawn or are you destined to end your days as a midnight snack? On a night of the beautiful dead, **Daisy Jones** discovers that men really are like zombies sometimes...



SECTION 1

You're on a night out with the girls and it's not looking too promising. You're in a dingy club where the music sounds like a whale being attacked by a computer. Apparently it's called 'dubstep'. You can't tell if the people around you are dancing or pretending there's an earthquake. You don't join in.

The last time the girls took you out, you went to that Irish pub and Priya decided to re-enact the Irish jig from *Titanic* with you. Your ankle hasn't been the same since. Nevertheless, there are a number of good-looking guys about. You wonder where they've all come from. Maybe the local model agency is having a party or Lynx has just brought out a new deodorant. Either way, it's raining men.

- If you're looking pretty fine tonight and want to try your luck with the hotties, go to Section 2***
- If you'd rather avoid social interaction, go to Section 3***

SECTION 2

You're a cool, confident young woman – who's to say you can't bag a guy who looks like Leo DiCaprio? You go up to a guy standing by the bar with muscles like the Hulk's (only less green), give him your most charming smile and say, "Hey."

He smiles and pulls you onto the dancefloor. You feel his hands on your waist and his teeth gnawing into your skull. This is not good. You are powerless to escape as Hulk guy – who is now obviously a zombie; oh, the joy of hindsight – eats out your brain.

GAME OVER

SECTION 3

You didn't make much of an effort tonight; you're wearing a brown jumper and you look like a Wookiee. You decide to avoid the studs. It's just as well because you spot a hot guy – tall and dark, like a handsome lamppost with the light turned off – sink his teeth into a girl's head and eat her brain. You stare for a moment because you just saw a zombie eat someone's brain and... What the hell?!

OK. Maybe you should leave now. You find the girls near the bar, chatting to a guy who looks like he's just walked out of a perfume advert. "We need to go," you say. The girls groan but the guy smiles and says, "I can give you a lift home."

- If your mother warned you about getting into strange men's cars, go to Section 4***
- If she did but you didn't pay any attention, go to Section 5***

SECTION 4

You're not going to take any chances, especially with a zombie on the loose. "We're fine, thanks," you say, and take the girls outside.

Something jumps out of a bin and you all scream. The something screams right back at you. "Who are you?" you ask, after you've all screamed for a good 20 seconds. "I – I'm Sam. Don't hurt me. I'm hiding from the zombies." Sam's a boy about your age, wearing glasses and a T-shirt that says 'Come to the Maths side. We have Pi'. "How do we know you're not one of them?" you say. "Only cool guys have been affected," says Sam, "And... well... I'm not one of them." He looks at you and smiles awkwardly.

- If you believe Sam's not a zombie (even though he is kind of cute), go to Section 6***
- If you don't trust a guy who spends his Saturday evenings lurking in bins, go to Section 7***

SECTION 5

The girls are only too happy to accept the handsome stranger's offer, and to be honest, you don't really want to walk to the bus stop – you have



a bad ankle from that Irish jig incident and there is the small matter of a murderous zombie lurking about – so you all pile into the back of his car. This turns out to be a bad idea when, about three seconds later, he locks the doors and eats Lily’s brain. It’s like *Jurassic Park*, only the monster’s inside the car. You scream and bang on the window, trying to get out, but it’s no use. Once he’s finished with Lily, he turns on you.

GAME OVER

SECTION 6

You think about it; Sam does have a point. It hasn’t entirely escaped your attention that there’s a quantity of hench guys around tonight. You look at Sam. He’s wearing a multicoloured bobble hat, which is kind of endearing but not exactly cool. “Alright,” you say, “you come with us.” Sam tries to climb out of the bin and ends up tipping it over and landing flat on his face.

“We’ll have to get a bus back to my place, it’s nearest,” Jenny says. You hurry along and soon reach the bus station. All five of you duck behind a lamppost (not really the best cover) next to the bike stand to check for zombies, but you can only see a few people waiting for their bus.

If you’re ready to endure the horrors of public transport, go to Section 8

If you’d rather turn to a life of crime and nick the bikes from the bike stand, go to Section 9

SECTION 7

Sam might seem harmless but so did those other guys. For all you know, anyone could be a zombie, even if they do like Maths. “We can’t trust him,” you say, and head off down the street. “Not that way!” Sam calls after you but you don’t listen.

A few minutes later, it looks like you should have. You run into a group of guys outside McDonald’s. They look like underwear models, but despite being similarly brain-dead, turn out to be far more deadly. Shunning the reasonably priced fast food outlet, they turn towards you. Before you can run, they snatch you and feast upon your brains instead of processed meat.

GAME OVER

SECTION 8

The coast is clear, so you catch the number 5 out of town and sit in a line on the back seat. “Thanks for saving me from a horde of ravenous zombies,” says Sam. The girls giggle and start chanting a song whose lyrics feature you, Sam and a tree. You roll your eyes and tell them to shut

up. Everyone shuts up. Because the bus has stopped and a group of gorgeous guys has just got on. You think of using the emergency exit, but there are more zombies gathered around outside. One of them is the guy who offered you all a lift home earlier.

“OK, I retract my previous statement,” says Sam. You were just beginning to like him. The zombies close in, and you quite literally lose your mind.

GAME OVER

SECTION 9

You’re a good citizen, an honest member of the Big Society. So you feel a slight twinge of guilt as you steal the bikes. But it’s an emergency, okay, there are zombies. Unfortunately, there are only three bikes, so you’re going to have to improvise.

“Who’s the most terrified and has the strongest thighs?” you ask, “Because you’re pedalling.” You end up standing on the axles, clinging onto Sam, which is strangely reassuring even if he does smell like a bin.

Eventually you all make it back safely to Jenny’s house. It’s 3am and you’re cold and tired, but you and Sam manage to stay awake until dawn. “You know,” Sam says the next morning, “if I were a zombie, I’d eat you most.” Which is really kind of romantic.

YOU WIN!





Languid, *Scapes*

Music

Languid

Scapes

Listening to Languid's *Scapes* is a little like watching some rare creature decompose in reverse.

The basic spine that runs the length of the track is a chopped up field recording of the artist trudging through leaves. At first it seems like a slightly clunky affair until the rest of the beat hits, a scratchily disjointed two-step shuffle that holds the loping charm of a Mount Kimbie offering. This forms a rhythmical skeleton that perfectly carries the meat of the track – Languid's lazy Rhodes loop mixing wonderfully with a distant pad line – and what was once stark bone and grinding joints becomes something much more supple and organic.



Cellar Door, *Pon Di Fiya*

Scapes is a skittering and oddly avian record. At points it has the feel of an injured bird; its twitching is borne of torn muscles and damaged ligaments but its slight and fragile composition speaks of something vital yet fleeting. **JR**

Comments

"This is amazing!" (Deadpoole)
ip1zine.com/showoff/media/5456

Cellar Door

Pon Di Fiya Feat Blase

Ipswich's Cellar Door is back with a brand new track, and this time he's hooked up with US rapper Blase.

Pon Di Fiya, which roughly translated means 'on the fire', pays homage to an old school hip hop vibe with an insidious drum loop that delivers instant head-nodding groove. Blase's tight delivery pursues the beat smoothly, hypnotising you and immersing you in the lyrics that read like a dark tale of urban decay. The obviously talented rapper is skilled in his rhyming jaunts, self-evidently, as the chorus muses: *The spit of the spray won't ever wash away.*

Not only racking up hundreds of plays on the ShowOff, Cellar Door is equally as popular on the music revolution SoundCloud, attracting appreciation of his work from hundreds of fellow musicians across the globe. Having successfully collaborated with artistes before, *Pon Di Fiya* is in that rich vein, showcasing Cellar Door at his best. **HSB**

Comments

"Really cool old school hip hop vibe to it. Gotta love the drums and vocals. That Blase has got fire." (Optimistic)
ip1zine.com/showoff/media/4435

Film

Scarlet Saint

A Film About Carl

The harrowing tale of Carl, while undoubtedly tragic, sure does make for entertaining stuff. We follow our floppy-haired hero through 60 years of life compressed into a single, snappy minute of adorable hand-drawn animation. The silent movie-style visuals (complete with speech captions and authentic old-timey piano score) manages to make a story about petty theft and extreme jail time into a charming little slice of whimsical fun. Even more impressive is the fact that the film was made in just two days, as a birthday present to the real-life Carl.

Highlights include the tactfully-used sound effects (which convey everything that needs to be said without a single line of spoken dialogue), as well as the sexy, sexy avatar of Carl's evil side. Lowlights include the fact that none of my friends are cool enough to make me something like this for my birthday. Wherever you are, Carl, you're a very lucky chap indeed! **AP**

Comments

"I love it, good work xx." (Getonthesoapbox)
ip1zine.com/showoff/media/5502

Writing

Ellz

Four Fifteen

Ellz's *Four Fifteen* is a short poem with a simple structure, but it's still emotional, intimate and sensitive. With its enigmatic title, suggesting this poem relates to early-morning reflections and thoughts, the unfussy, understated rhyming couplets have a simple rhythm, with each line flowing into the next – evocative of song lyrics. The subject matter is one that has been addressed by countless poets throughout history: 'a girl who's worth knowing', but it's obvious that this poem is as unique and personal as the relationship it describes.

Ellz's lines sparkle; they're full of light, interspersed with the strong recurring image of being lost, as the author declares: *We're all lost in a maze but she knows where she's going.*

Four Fifteen isn't just about a girl; it's also about trying to find yourself and your way in life, an often daunting and seemingly impossible task. Especially when you're young. **DJ**

Comments

"Poetry that evokes thought is always good." (Emmanuel)
ip1zine.com/showoff/media/5312

It's a celebration of a day when the people of Britain forgot about their troubles

Ewan

Summit

The striking thing about Ewan's poem *Summit* is how its use of language runs parallel to the subject of mountain-climbing that it focuses on: increasing in intensity as the poem progresses.

Starting off with soft imagery conveying uncertain feelings, the blunt statement used halfway through shifts the focus to the rock at the summit, cementing it as the object of desire. Ewan uses this as the point where the poem's theme of uncertainty evaporates, turning instead into a desperate journey to the summit. It works brilliantly, especially when contrasted with the ritualistic language used to emphasise the summit's rock. The vague, cut-off way that the piece ends only increases these feelings, finishing with the implication of an ongoing struggle.

An impactful 15 lines from a clearly practiced writer, this is a stunning example of Ewan's work. **PS**

Comments

"Nice work. I know the exact upright rock you're on about!" (Tom Rose)

ip1zine.com/showoff/media/5448



Ewan, *Summit*



Simon Tolley, *Untitled*

Images

Simon Tolley

Untitled

Where were you on the day of the Royal Wedding? Watching the show at home? Out at one of the street parties in Suffolk? Or were you, like photographer Simon Tolley, right amongst the celebrations in London? This simple black-and-white photograph is a wonderful souvenir of that day. It's a vibrant snapshot of a country in the midst of patriotic celebration, capturing the heightened emotions of a moment in time that will be remembered by history. It's a joy to look at. The viewer is plunged headfirst into the heart of the crowd, surrounded by beaming faces, fluttering flags and falling confetti. Waving arms and flags overlap and spill out of the frame. The atmosphere is real and immediate, and the photo just radiates excitement and enthusiasm. It's a celebration of a day when the people of Britain forgot about their troubles and came together simply to have fun. **DJ**

Comments

"Makes me want to be a Royalist!" (Howard)

ip1zine.com/showoff/media/5183

Claire Stevens

Bug Pattern

Claire is an illustrator who works with printed textile and surface pattern design. Hand-drawing designs in ink, felt tip and watercolour, she then manipulates them in Photoshop.

Bug Pattern is a mesmerising and luminous piece of work. Your eyes find themselves teetering around the edges of the efflorescent spheres, lost amongst what, as children, intrigued us. The insects and leaves invoke a

wave of nostalgia, harking back to days spent setting insect traps to gain a closer glance at these tiny garden monsters. You're then led into an enthrallingly busy centre, beautifully akin to the form of a fluorescent poppy. The innocence of *Bug Pattern* is its most endearing trait; whilst the complexity of it suggests a considerable ability, the overall feeling, although busy, has a great sense of the serene. **KF**

Comments

"Such detailed work. Love the design." (Leah)

ip1zine.com/showoff/media/5516

Elle

Burnt

Elle's work captures the essence of youth and teenage tribulations, with stylised shots of everyday models. *Burnt* is a great example of this. The photograph tells the story of a relationship between two girls, one that can be read as a broken down friendship. The aggressive etching of the space between the subject matter conveys emotions of bitterness and love lost, whilst the coffee splatters and worn appearance suggest a rediscovered photo that was once cast away.

Elle uses various cameras in her work, ranging from traditional film, digital SLR and the Diana F. She also uses filters and fisheye lenses to achieve her distorted effects. This photograph was taken on colour film and then distressed by hand through cutting, burning and scratching into the print. Relating to all things young and hipster, we believe that Elle is one to watch. **HSB**

Comments

"This is great - so atmospheric and quietly unsettling." (Daisy Jones)

ip1zine.com/showoff/media/5407



Diary of a Superhero



In a world where justice takes a nap, who will be its alarm clock? Who will stand up and become the hero Ipswich needs? Read on, dear citizens – for maximum effectiveness: aloud in a gravelly Batman voice – for the exciting audio journal from a night of crime-fighting with... the Suffolk Punch!

22:52

The night is dark. Dark like the blackened heart of evil, pulsating with... wait, isn't night always dark? That seems pretty redundant. Crap. Okay, let me try again...

The night is cold. Cold like the chilling... um, icy... freeze... Screw this. My poignant monologues clearly need work. Nevertheless! There's more to being a superhero than speeches. I stand here now, on the roof of the Buttermarket, watching over the town. My town. My cape is billowing around me like a... Well, like a bed sheet in a draught, I guess. Where do you get capes from, anyway? Doesn't matter now. Watch out, ne'er-do-wells; the Suffolk Punch has arrived!

23:27

Okay, been standing here a while now. I kind of assumed that as soon as I put on a costume and posed dramatically on a rooftop, the town would be overrun by super-villains that I could punch in the head. Apparently not. If I want to battle some evil, I suppose I'll have to go find it myself. Suffolk Punch, away!

23:28

Hmmm. The door to the roof is locked. I had to hide in the shopping centre just to get up here after it shut. Three hours crammed into a shirt rack does terrible things to a man. I didn't think this through very well. How am I going to get down?

23:49

Made it... off... roof. Climbed down drainpipe... Fell off. Pain. Not sure why... I'm recording this. Ow. Spleen...

00:17

I've recovered from my fall. I was only exaggerating, by the way. It didn't really hurt. The Suffolk Punch is impervious to pain. I was just playing up for, uh... fun. Yeah. I'm

a fun superhero. Like Bananaman, but less distractingly phallic.

Anyway, I've been searching for crime on the streets, but I haven't found any yet. Just a bunch of drunks who laughed at my cape. They're lucky I have such powerful self-restraint. I'm itching for a chance to bust out those moves I learned from illegally downloading Jason Statham movies. Wait, is illegally downloading things a crime? Hmm... No, I don't think so. After all, as a young internet user, I'm entitled to all forms of media for free. But, enough talk. The night awaits.

01:05

I'm tired. Tired like the weary arms of justice, struggling to support this godforsaken town. Hey, that was pretty good! I've been patrolling the streets for ages, and this cheap Zorro mask I'm wearing is really uncomfortable. The elastic string is digging into my head. I can't take it off, though. If an enemy discovers my identity, my loved ones will become targets for retribution. Or at least they would, if I had any enemies yet.

Or loved ones, for that matter... Bah! The hero's life is one of solitude. Onwards!

01:39

I'm frustrated. Frustrated like an ageing lion, denied the thrill of the kill. No, that just sounds like a U2 song. A horny 17 year-old? A... typecast actor? Damn it, now I'm just listing things that are frustrated. I'm going to have to start writing my dialogue beforehand. I still haven't found any crime to fight. You'd think a Friday night in Ipswich would be a veritable orgy of law-breaking villainy. Perhaps I'm better than I thought. Is my mere presence enough to dissuade evil-doers from, erm, doing evil?

Yes, that must be it. I'm – hey, is that..? Wow! A young man being mugged by two fiendish assailants! Finally, an actual crime! Hold on, citizen! Deliverance is at hand! Suffolk Punch, awaaaay!

01:46

Okay... If this sounds like it's being recorded from inside a dumpster, that's because I haven't yet made my way out of the one those two thugs threw me into. It seems there's more to fighting than Jason Statham movies make out. I thought I just had to flail my limbs at bad guys until the camera cut to them falling over.

Now I've got two black eyes and a costume that smells like an armpit's nightmare. The muggers got away with that guy's wallet, phone, and even the long-expired condoms he insists he was just carrying for his friend. But vengeance will be mine. That's right, Statham. I'm coming for you.

Beware the Suffolk Punch.

Transcribed by A. Palmer, who is definitely not the Suffolk Punch. He swears.



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