

YOU CAN'T SAY NO TO HOPE...

ISSUE 6 WAS DESTROYED BY THESE COOL FOLKS:
 SAM KNIGHT, STEVE RIPPING THRASH, STEVE BBP, ALEX SHADOWPLAY, ANDY BALD CACTUS, PAUL INTONIT, IAN GONE TO THE DOGS, KIERAN O'CONNOR, PAUL + THE SAILHOUSE, TONY SUSPECT DEVICE, MARV GADGIE, MARK MPATA, ANDY BEAT MOTEL, TIM CRAP FOR THE KIDS (BELGIUM), + DRESTIS NOISY KID (GREECE).
 CHEERS LOADS!


71 MERLIN AVE.
 NUNEATON
 WARWICKSHIRE
 CV10 9SY

FREE
 FREE
 FREE
 FREE
 FREE
 FREE

INSIDE!
 -more veggie beer!
 -make a log pile!
 -some crap about walking!
 -a bit of a whinge about letter writing!
 -spelling mistakes!

unbelievably up to issue

CHEERS FOR NOW! IF YOU WANT TO GET IN TOUCH, HELP WITH DISTRO, TRADE MIX TAPES OR WHATEVER, THEN WRITE TO ME AT THE ABOVE ADDRESS! OR IF YOU'RE A LAZY BASTARD THEN EMAIL ON zomwest@hotmail.com OR EVEN WORSE www.myspace.com/youcantsaynohope.

Love 



PUBLISHED BY HERBERT T. MACPHERSON, DUNFERMLINE



IT'S LIKE BILL ODDIE ON DRUGS
LISTENING TO EVIL HxC.



HELLO + WELCOME TO ISSUE 7 OF "YOU CAN'T SAY NO TO HOPE...",
HASN'T TIME FLOWN BY? I'VE BEEN DOING THIS FOR OVER TWO YEARS
NOW, CRAZY. ANYWAY, HOPE YOU ENJOY IT!
IF YOU CAN HELP ME DISTRIBUTE THIS TO YOUR MATE'S, AT YOUR GIGS,
WITH YOUR ZINE OR THROUGH YOUR DISTRO THEN JUST LET US KNOW
HOW MANY YOU WANT + SEND US SOME STAMPS OR SOMETHING TO
COVER POSTAGE. CHEERS!

THANKYOU! TO COV + NUNEATON FOLKS: BAILEY, AXON + MONTANA,
ALEX + PICTURES PAINT WORDS, HOLY SMOKED! (R.I.P.), MIKEY, BROADS +
MIRROR MIRROR, ALL NUNNY BANDS + GIG GOERS, SAM, KIERAN, ALL
ZINES + FOLKS WHOVE SENT/TRADED STUFF: ANDY CULTURE, ANDY
SSNTGM, APPLECORE, ANNA KEY, PAUL WITONITY, TONY SUSPECT, ALEX
SHADOW PLAY, TIM UNBRIDLED, ISY NORCEWUFFLE, WILL BOMB, ANDY
CACTUS, + AARON BEATUP.

THIS ISSUE IS DEDICATED TO SOPH BECAUSE SHE ASKED (AND SHE'S GREAT!)
AND TO NUNEATON BORO' FOR BEING ACE, AND TO MIDDLESBORO' FOR BEING
COOL AS WELL.

GARNER'S
FREE RANGE

Pickled Eggs

Specially Selected Ingredients
Hand Packed for Quality

CRAPPEST FOOD
LABELLING OF
THE ISSUE

INGREDIENTS
Free Range Eggs,
Distilled Malt Vinegar from barley.

Suitable for Vegetarians & Vegans
Garner's, Pershore,
Worcestershire, WR10 2DL
www.garnersfoods.com



MORE VEGGIE BEERS!

HERE'S A LIST OF MORE VEGETARIAN BEERS IN ADDITION TO THE
LIST THAT WAS IN #6. LIKE THEM, I'VE GOT THE INFO DIRECTLY FROM
THE BREWERIES MYSELF, BUT I DO ENCOURAGE YOU TO CHECK STUFF OUT
AS WELL. I'VE NOT GOT ANY COPIES OF #6 LEFT BUT YOU CAN FIND THE
LIST ON [WWW.MYSACE.COM/YOUCANTSAYNOHOPE](http://www.myspace.com/youcantsaynohope) (YEAH, I KNOW...).
FEEL FREE TO RIP THIS LIST OFF!
NO COPYRIGHT OR SHIT LIKE THAT!

- ASDA - BELGIAN LAGER (5%, 10x25cl)
- FRENCH LAGER (5%, 24x25cl + 10x25cl)
- FRENCH LAGER (4%, 24x25cl)
- FRENCH LAGER (2.8%, 10x25cl)
- GERMAN LAGER (8%, 10x25cl)
- (ALL BOTTLES)
- BATEMANS - ALL BOTTLES
- BROOKLYN - ALL (EXCEPT CASK)
- BROTHERS - FREEDOM LAGER (BOTTLE)
- BROUGHTON - ALL BOTTLES
- BUDVAR - ALL
- CHIMAY - ALL
- DURHAM - ALL BOTTLES
- FULLERS - ALL BOTTLES + KEG
- HARPOON - ALL
- HEATHER ALES - ALL BOTTLES
- HYDES - ALL BOTTLE + KEG
- INNIS + GOWN - ALL
- JENNINGS - CUMBERLAND ALE
- COCKER HOOP
- SNECK LIFTER
- CRAG RAT (ALL BOTTLES)
- JOSEPH HOLT - BROWN STOUT
- FIFTH SENSE
- HUNDINGER
- TOUCHWOOD
- 1844
- MAPLE MOON
- THUNDERHOLT (ALL BOTTLES)
- MARBLE - ALL
- NEW BELGIUM - ALL
- PERONI - ALL
- REFRESH UK - CIRCLEMASTER
- ORGANIC ALE
- BRAXPEAR ORGANIC ALE
- DUCHY ORIGINALS ORGANIC ALE
- DUCHY ORIGINALS SOMMER ALE
- SAMUEL ADAMS - ALL
- SHARES - ATLANTIC IPA
- DOOM BAR BITTER
- EDEN PURE ALE (ALL BOTTLES)
- YOUNGS - PILSENER
- EXPORT
- CHAMPION

OTHER VEG BEER LISTS: [WWW.VEGSOC.ORG](http://www.vegsoc.org)
[HTTP://HOME.PAGES.NYUWORLD.COM/GERAINT.BEVAN/VEGETARIAN_BEERS.HTML](http://homepages.nyuworld.com/geraint.bevan/vegetarian_beers.html)

THINGS TO MAKE + DO... LOG PILES!

OK, THIS IS BY FAR THE EASIEST "MAKE" THAT'S BEEN IN THIS ZINE SO THERE'S NO EXCUSE FOR ANY OF YOU NOT TO MAKE YOURSELF A FANTASTIC LOG PILE! A LOG PILE IS A MICRO-HABITAT FOR LOADS OF DIFFERENT INVERTEBRATES + WILL ATTRACT LOADS OF OTHER STUFF: BIRDS, SMALL MAMMALS, AMPHIBIANS + SUCH.

WHAT YOU NEED:

SOME LOGS! IF YOU CAN COLLECT FALLEN WOOD FROM A MATURE WOODLAND THEN THIS IS BEST, BUT FRESHLY CUT TIMBER WILL ROT DOWN IN TIME. TRY + GET WOOD FROM DIFFERENT TREE SPECIES TO PROVIDE A BIT OF VARIETY, + IF YOU CAN, GET THEM WITH THE BARK STILL ON.

WHERE TO PUT IT:

TO GET THE MOST WILDLIFE IN + ON YOUR LOGPILE IT SHOULD BE IN A DAMP SHADY AREA TO MIMIC THE NATURAL CONDITIONS FOUND ON A WOODLAND FLOOR. MY LOGPILE AT HOME IS TUCKED UNDER A HEDGE, SO ANYWHERE LIKE THAT IS SOUND.

WHAT YOU'LL GET:

FUNGI - THESE ARE DEAD IMPORTANT AS THEY BREAK DOWN THE DEAD WOOD INTO A SOFT PULP WHICH IS FOOD FOR ALL THE OTHER STUFF THAT LIVE ON DEAD WOOD. MOST OF A FUNGUS IS BELOW THE SURFACE OF THE LOGS THEMSELVES, + THE MUSHROOM/TOADSTOOL IS ONLY THE FRUIT.

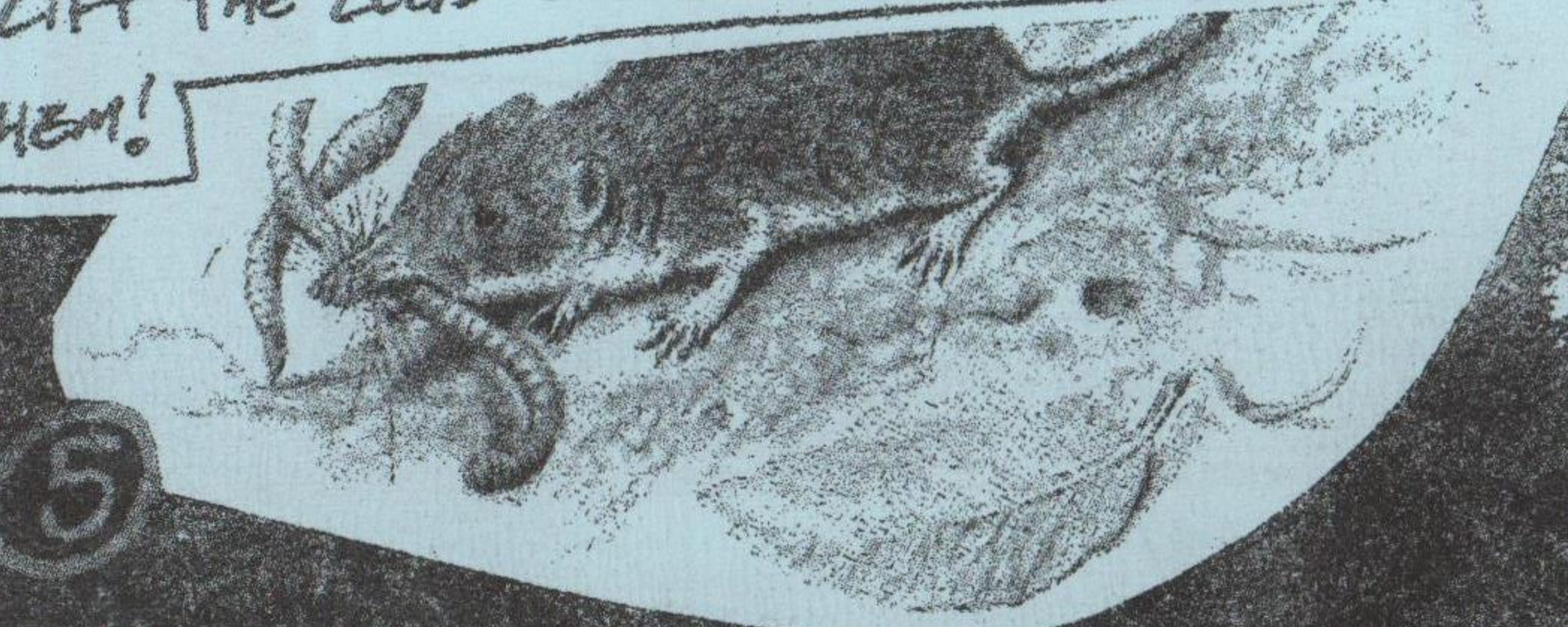
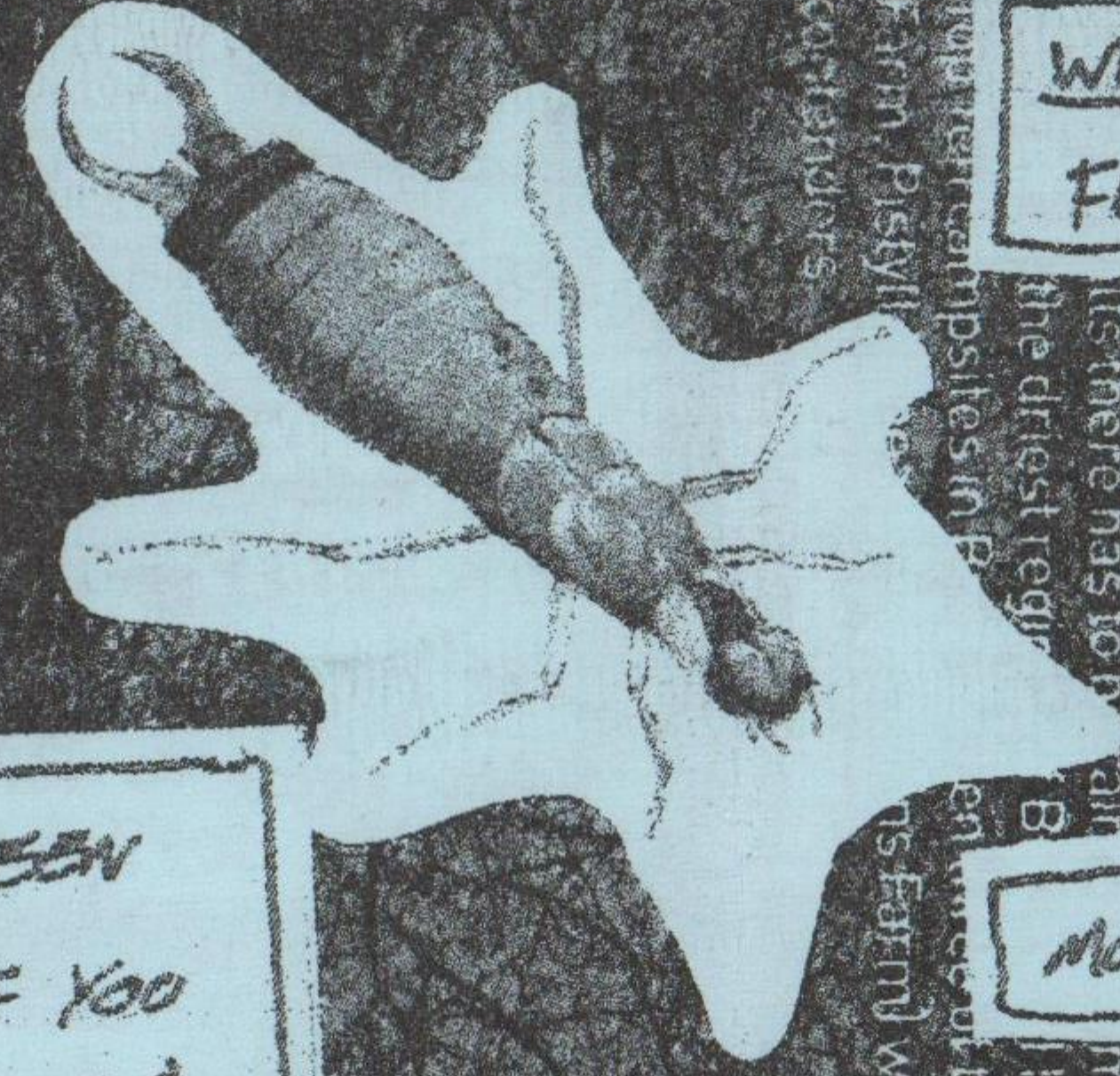
MOSESSES - IF YOU GET A MAGNIFYING GLASS + HAVE A GOOD LOOK AT MOSS IT'S REALLY AMAZING (HOW DULL DO I SOUND!). IT LIVES ON THE PULP THE FUNGI BREAK THE WOOD DOWN INTO.

LICHEN - THESE ARE REALLY COOL PRIMITIVE PLANTS THAT I DON'T KNOW MUCH ABOUT! THEY NEED CLEAN AIR THOUGH!

INVERTEBRATES - YOU'LL GET LOADS OF THESE! BEETLE GRUBS, MILLIPEDES + WOODLICE FEED OFF THE DECAYING WOOD PULP, + CENTIPEDES, EARWIGS + SPIDERS FEED OF THEM. SCIMEY THINGS LIKE WORMS, SLUGS + SNAILS WILL SHELTER IN THE DAMP.

OTHER STUFF - ALL THE INSECTS + OTHER VERTIBRATES WILL ATTRACT BIRDS LIKE ROBINS, WRENS + EVEN WOODPECKERS, MAMMALS LIKE HEDGEHOGS, + AMPHIBIANS LIKE FROGS + TOADS.

YOU CAN LEAVE YOUR LOG PILE ALONE, OR IF YOU'VE GOT KIDS IT'S A GREAT CHANCE TO GET THEM UP CLOSE TO NATURE WITH A BIT OF BUG HUNTING! LIFT THE LOGS CAREFULLY + SEE WHAT YOU CAN FIND UNDER THEM!



» sites waterfalls

CAMPING

GET OFF YOUR ARSE!

OK, this is for all you lazy bastards who get in the car just to nip down to the corner shop, even though it's just a 10 minute walk...

Walking is fucking great, it does good stuff for physical & mental health, and it's a cool way to meet folks in your road. You can do it anywhere and anytime, you don't need any special equipment or stuff, and it's free!

Me and my mate Eddie V went to a gig across the other side of town the other night, both of us thinking we might drive cos it's about 3 miles, but then hey! we decided to walk it! So instead of just being in the car together for 10 minutes we rambled for about 3/4s of an hour, chatting & drinking as we went.

Most folks that know me would say that i'm fairly laid back, and I reckon that's down to fast angry music and walking in the fresh air. Luckily my job means i get to do lots of the latter & I rack up several miles a day. This really chills me out if i'm stressed or worried about stuff. If i'm on me own i get time to think or watch what's going on in the world, & if i'm with other folks I can talk stuff through with them.

Hints:

- walk on short trips instead of driving
- get off the bus a stop earlier
- use stairs not lifts
- if you've got kids, walk them to school
- walk to the pub!!

www.whi.org.uk

Walking can:

- make you feel good
- give you more energy
- help you sleep better
- help reduce stress
- keep your heart strong
- reduce blood pressure

WALKING THE WAY TO HEALTH
THE COUNTRYSIDE AGENCY
JOHN DOWER HOUSE
CRESCENT PLACE
CHELTENHAM
GL50 3RA

THE LOST ART OF WRITING A LETTER...

Great thing email ain't it? It's made everyone, including me, totally lazy when it comes to communicating with folks. I know i've got an email address in here, and it's cool to get an email off someone new, but there's an actual postal address here too and it's way cooler if someone writes to me out of the blue. There's no excitement with an email, not like getting home from work & finding an envelope on the mat with strange or familiar writing on it. I can just blast off an @ne line email to someone (sorry steve RT) without much thought when i know i should be writing a long letter that i've actually had to think about. I can't think of the last time i wrote a letter to one of my friends outside the punk/zine scene & that's really bad.

Letter writing is a lot more inclusive than email as well. You might think "oh man! i can't write a letter, i've gotta go and buy a stamp and an envelope... i'll send an email, ~~XX~~ it's free..." but how cheap is a stamp compared to the cost of buying and running a computer? How many people that can read & write aren't computer literate? One of my pet hates at the moment is reading a review and it only having an email address or website as a contact. Aren't you cutting off a sizeable chunk of people who might be interested?

Well this seems to have tailed off into nowhere so i'll end by saying "hey!" to all the folks i write to, and if you want to get in touch with me then WRITE ME A LETTER! The address is on the back cover...