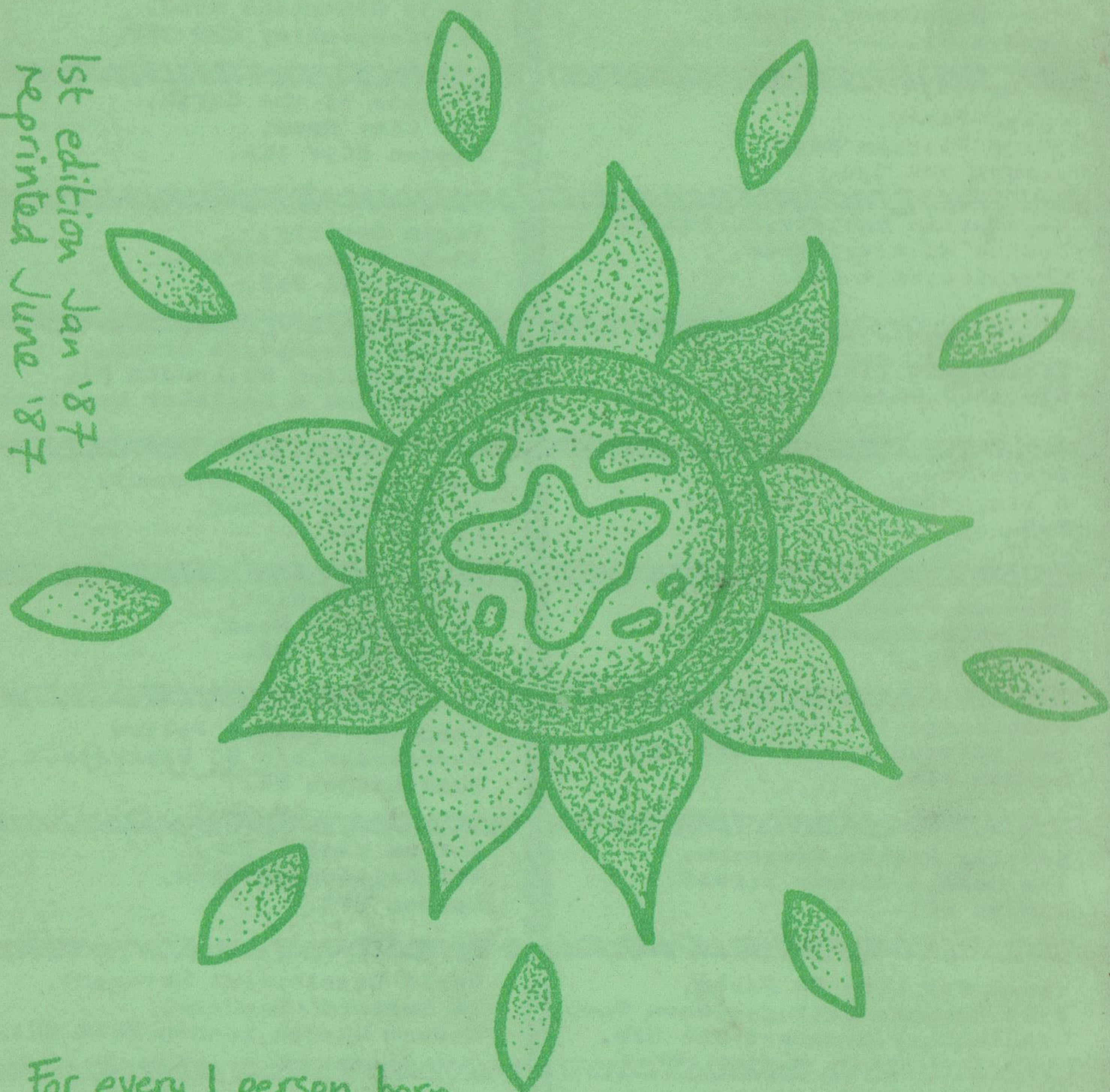


Since the Gulf War started, Britain has supplied both Iran and Iraq with military equipment, including tank spares, radar equipment, landrovers, ships and training.

The world's nations spend \$400 BILLION a year on military activity. And \$22 BILLION on economic aid to the 3rd world.

1st edition Jan '87
reprinted June '87



For every 1 person born in a Western country, 4 people will be born in poor countries. But the one will consume 50 times as much of the world's resources as the 4.

If the U.S. cut it's meat consumption by just 10%, it would release enough grain to feed 60 million people.

#1

PEACE OF MIND

FEMINISM, McDONALDS,
3RD WORLD, POEMS,
ART, + MORE!

BENEFIT FOR GREENPEACE
+ VEGAN ACTION GROUP



WELCOME TO

PEACE
OF
MIND
FOLKS!

A BIG HELLO TO EVERYONE !!

It's been good to do something creative and constructive. There's so much that needs doing in the world, hopefully this goes some of the way to creating a more peaceful and greener planet. Every action helps, whether it's on a personal level or a mass protest.

If anyone wants to write to any of us, please do! Articles, especially on the topics for PoM 2 would be great, but anything non-exploitative would be appreciated.

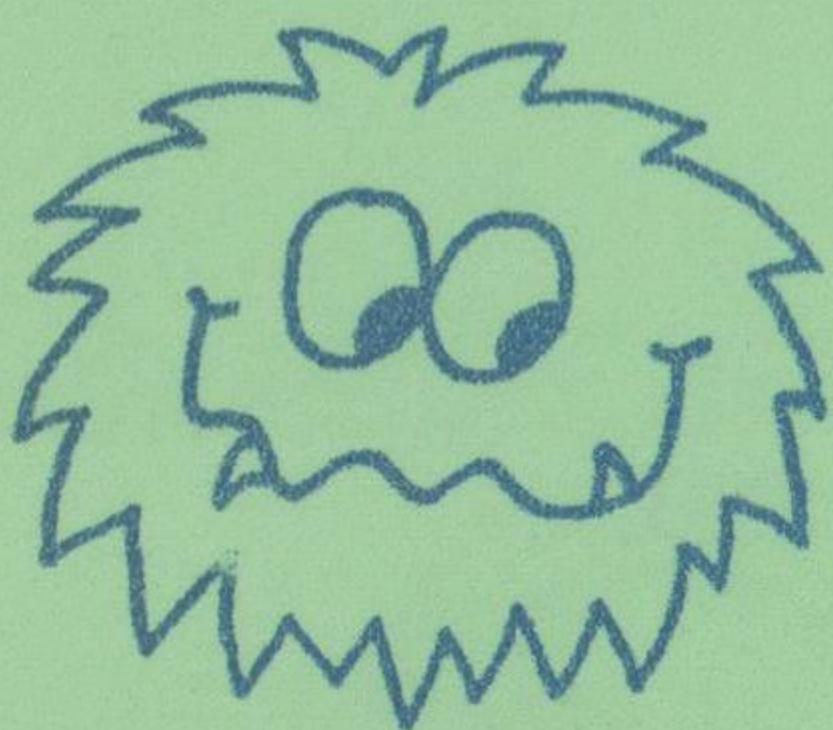
We'd welcome any communication about anything we've written, or just a general exchange of ideas.

John

COMMUNICATION BREAKS DOWN BARRIERS

John : 14 Medway, Fulwood, Preston, Lancs. PR2 4UY

Ravenheart : 173, Watling St. Rd, Fulwood, Preston, Lancs. PR2 4AE



Hello! This is the first PoM production, and the next one is roughly planned, so watch out for it! - AUGUST-15th '87
Our plan is to cover one or two topics in depth in each issue, this one having articles on - feminism, 3rd world exploitation, and McDonalds,

among many other things.

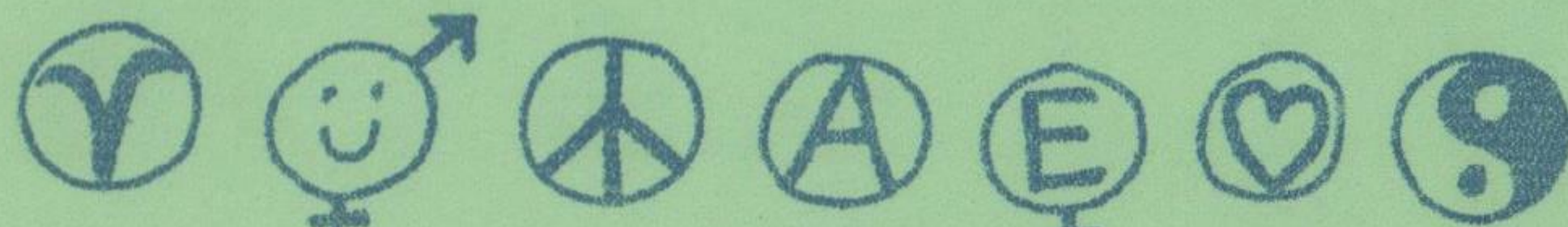
PoM 2 will mainly focus on - animal rights and the environment (how we abuse both), and poems, art and other subjects. Please join in and send us something for future issues.

Raven.

♥ MANY THANKS AND HUGS TO - ♥

♥ Jon (for starting it all) and Russ (for inspiration)
♥ Dave, Gordon, Bodkins, Mott, Col (obscure DM humour), Mr. S,
♥ Mrs H, Bob (of Enough is enough), Chumbawamba, everyone we
♥ write to (for a sense of purpose), and John (PIBE), Cockney,
♥ Duesy for selling it for us.

And a special brick to Andrew S. for juicy gossip and a good laugh - RICH SOLICITORS SONS MAKE GOOD SOCIALISTS, eh?



VEGAN ACTION GROUP

THIS BOOKLET IS
A JOINT BENEFIT
FOR THESE GROUPS

136 Ingram Street
Glasgow G1 1EJ

The VEGAN ACTION GROUP are a group working to create a less exploitive and more humane way of life. They promote veganism and produce leaflets concerning all forms of animal abuse.

"Many organisations are campaigning against cruelty to animals, but their range of concern is often necessarily limited to the eradication of specific abuses. We extend such concern to ALL forms of animal exploitation whether for food, clothing or any other purpose and, as far as is possible and practical, vegans apply the ethic of compassion in their personal lives.

The Vegan Action Group promotes the ideals of compassion and justice towards all animals, human and non-human, in contrast to the pursuit of narrow and short-sighted self-interest. It was the great Leonardo da Vinci who said that 'the time will come when men will look upon the murder of animals as they now look upon the murder of men'. We are working positively to bring that time closer." (V.A.G. leaflet.)

For copies of their leaflets and campaign information write to the above address (preferably with an SAE and donation).



GREENPEACE (LONDON) are a local Greenpeace group which brings together all aspects of the peace movement in their work.

They produce a wide variety of material (see the McDonald's article-pg 7) and act as an excellent information centre. Again, SAE's/donations are helpful when writing for info.

5, Caledonian Rd. London N.1. tel. 837 7557

+ THE PoM COLLECTIVE +

SILLY BITS
AND
THOSE
GRUDDING
STUPID
MONSTERS!



MORBL
ARTICLES
AND
ARTY-
FARTY
BITS!

• WHY • ARE • PEOPLE • 4 • STARVING? •

DROUGHT ? BAD HARVEST ? TOO MANY CHILDREN ?

These and many more reasons are often put around, and show just how little of the truth is widely available to the public. A close look at the workings of governments and international businesses show that the answers aren't so simple or blameless.

Multinational Companies (MNC's) grow luxury goods on 3rd world land for us, where peasants work for practically nothing, in appalling conditions, because the only alternative is starvation.

These workers would have originally grown food for their communities, till their governments or rich landowners dispossessed them of their land. This elite group then sells the land to MNC's so while they get richer, the poor die of hunger.

For example, in Ethiopia, with all the Live Aid publicity, it was never mentioned that there is fertile land with crops growing there. The government has decided to grow coffee and tobacco on it to make money, to buy arms for the civil war. They are providing consumer goods for us that we don't even need, while millions die of starvation.

Cash aid to the poor, from governments or charities doesn't actually do much good, apart from keeping them alive in the short term. Nothing is done to prevent the same problem existing again in another few days, weeks or months.

It's a myth that by encouraging economic growth in the 3rd world they can get on their feet. World trading is designed so that poor countries are ALWAYS ripped off, being underpaid for the goods that they export. This isn't likely to change, since it is the businessmen of the rich countries who make all the rules.

What is needed is a radical change in the position of poor countries in relation to rich ones. We should stop exploiting them and draining their resources.

But at least half of our food is cheaply grown in the 3rd world, not to mention other cash crops like tea and coffee. That is a situation that governments and businessmen aren't going to want to change. It's up to us to make the decisions - our actions make a difference.

TRAIDCRAFT is a non-profit making organisation which trades with poor countries, buying goods and selling them over here. They only buy goods from companies which treat it's workers fairly and pay them a decent wage. They sell tea, coffee, and sugar grown on plantations where the workers are not exploited, and from countries which have good welfare policies for it's people.

When the products are sold here, the money goes straight back to the workers, not to the bank account of some rich businessman. Traidcraft also sells recycled paper products, and 3rd world crafts.

Write now for the free catalogue - address at the back !

Raven

• TO • AID • OR • NOT ? •⁵

THAT IS THE QUESTION ! How much of the aid we give to poor countries is for their good and how much for our own ?

Last year, for every £1 given as aid for the African famine, £2 was taken back in debts. Ethiopian grain is being shipped into Scotland to repay the food aid given during the famine. Aid is often used as a weapon, or a source of profit. This system is holding the poor countries to ransom, and once they get pushed into the poverty trap, the system won't let them out.

Aid is given in three ways:

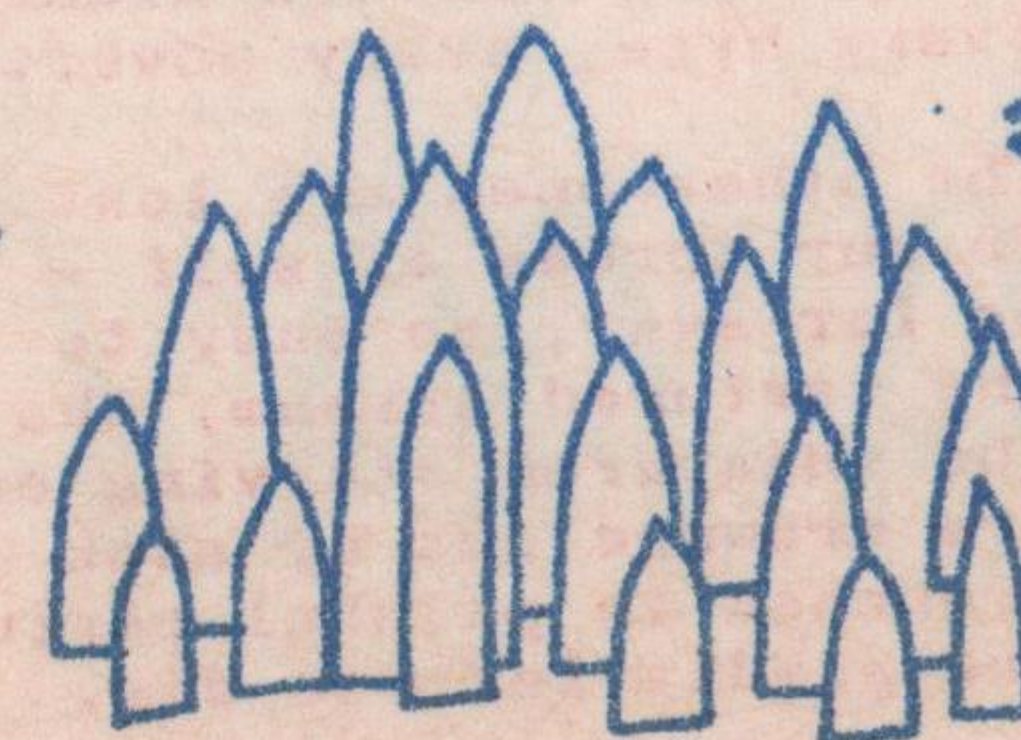
- 1) CHARITIES working in poor countries do very important and useful work, on small scale development projects, or helping refugees. Although this is not the whole solution, charities provide the best form of monetary aid, since it is not politically tied, and the projects are appropriate to the situations. But this is only 3% of the total aid given, and depends on voluntary contributions.
- 2) MULTILATERAL AID is from international organisations (such as the United Nations) to the poor country. Supposedly there are no political strings attached. These agencies waste too much time and money in administration, and it only represents 7% of all the aid given.
- 3) BILATERAL AID is from one rich country to a poor one, and this type is 90% of all the aid. Most of it is in the form of government grants and loans which must be paid back with interest (get another loan to pay it off...) The money is usually tied to special projects, which may not be appropriate. In return for this aid, the poor country must buy goods from the donor country (often guns and other military equipment) or risk having the aid withdrawn. Also, small countries are pawns in a USA vs USSR game, and if they continually vote against the donor, the aid is cut.

We should stop kidding ourselves that governments actually want to help the poor.

They'll offer aid with mock sincerity, and then laugh behind our backs because they know that that doesn't change a thing.

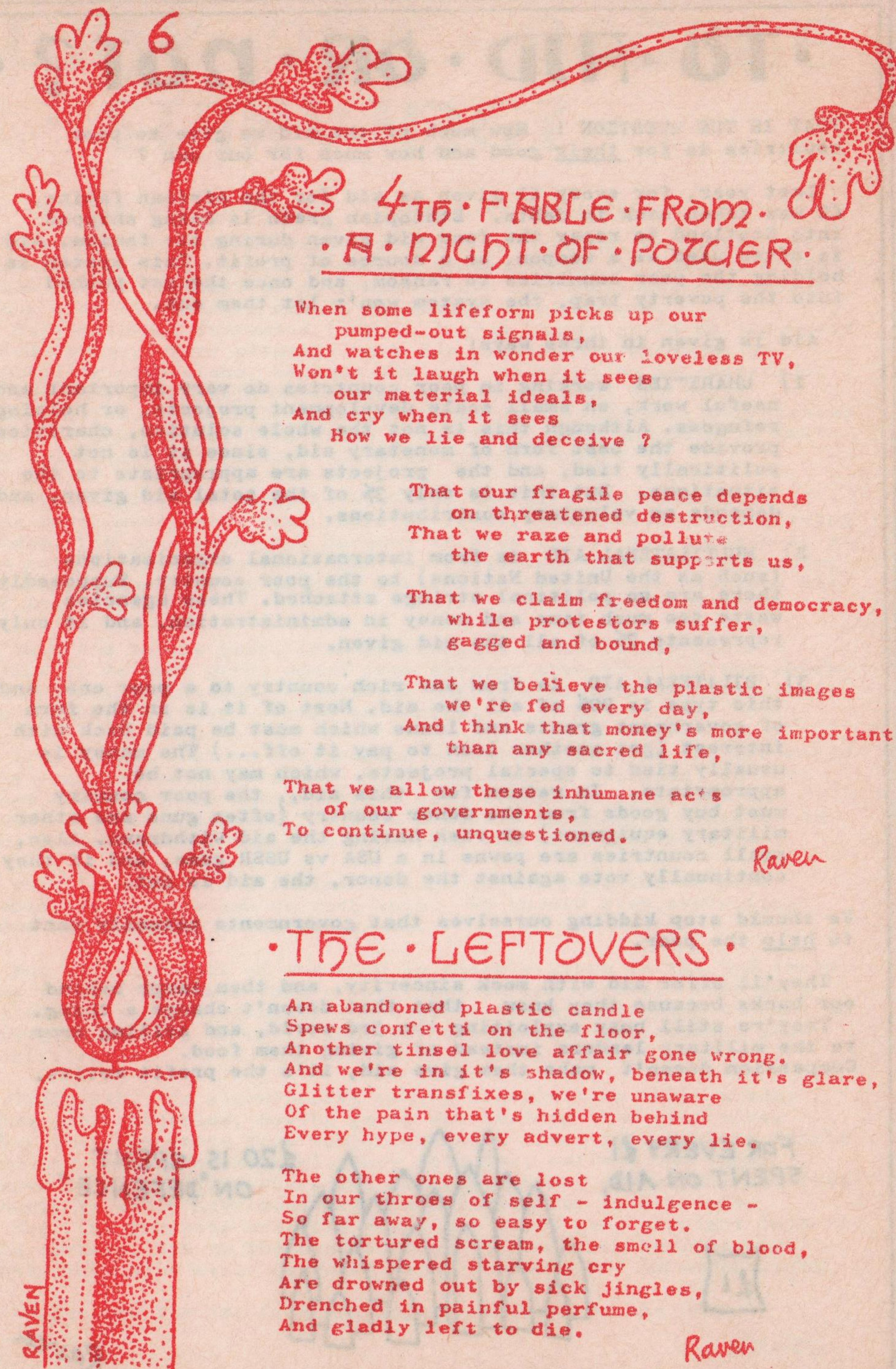
They're still busy exploiting the 3rd world, and selling arms to the military leaders instead of giving them food. Compassion doesn't make them give aid, it's the profit motive.

FOR EVERY £1
SPENT ON AID,



£20 IS SPENT
ON 'DEFENCE'

Raven



6

4TH FABLE FROM A NIGHT OF POZUER

When some lifeform picks up our
pumped-out signals,
And watches in wonder our loveless TV,
Won't it laugh when it sees
our material ideals,
And cry when it sees
How we lie and deceive?

That our fragile peace depends
on threatened destruction,
That we raze and pollute
the earth that supports us,

That we claim freedom and democracy,
while protestors suffer,
gagged and bound,

That we believe the plastic images
we're fed every day,
And think that money's more important
than any sacred life,

That we allow these inhumane acts
of our governments,
To continue, unquestioned.

Raven

THE LEFTOVERS

An abandoned plastic candle
Spews confetti on the floor,
Another tinsel love affair gone wrong.
And we're in it's shadow, beneath it's glare,
Glitter transfixes, we're unaware
Of the pain that's hidden behind
Every hype, every advert, every lie.

The other ones are lost
In our throes of self - indulgence -
So far away, so easy to forget.
The tortured scream, the smell of blood,
The whispered starving cry
Are drowned out by sick jingles,
Drenched in painful perfume,
And gladly left to die.

Raven

McBOYCOTT

7

OR " LOTS OF REASONS TO BOYCOTT McDONALDS "

* Hungry for dollars

McDonalds are a giant multinational corporation, with investments in large areas of land in poor countries. In some 3rd world countries where starvation or malnutrition exists, the staple crops they grow are exported to be animal feed. This is economic imperialism, where the best farmland in poor countries is used for our benefit. (tea, coffee, sugar, tobacco, etc.) McDonalds is directly involved in this, using grain to feed to cattle to make hamburgers.

OUT OF THE 40 POOREST COUNTRIES IN THE
WORLD, 36 EXPORT FOOD TO THE USA, THE WEALTHIEST.

* Wasting resources

Feeding grain to animals, to then be eaten by people is very wasteful of food and energy. Only 10% of the protein or energy fed to a cow can be obtained by eating it. Putting it another way, on 2 acres of land, 2 people can be supported by rearing cattle; but 66 people can be fed if soya beans are grown. If poor countries were financially able to stop exporting their grain, and start eating it themselves, there would be enough for everyone.

* Destroying rainforests

McDonalds and Burger King are 2 of the many U.S. corporations using poisons to destroy vast areas of the Central American rainforest, for cattle grazing pastures. It takes 800 square miles of forest to keep McDonalds supplied with paper for 1 year.

* Colonial invasion

The tribal peoples who have lived in the rainforests for thousands of years without damaging the environment are evicted so that McDonalds can destroy the forest.

FIFTY ACRES EVERY MINUTE

EVERY year an area of rainforest the size of Britain is cut down or defoliated, and burnt. Globally, one billion people depend on water flowing from these forests, which soak up rain and release it gradually. The disaster in Ethiopia and Sudan is at least partly due to uncontrolled deforestation. In Amazonia - where there are now about 100,000 beef ranches - torrential rains sweep down through the treeless valleys, eroding the land and washing away the soil. The bare earth, baked by the tropical sun, becomes useless for agriculture. It has been estimated that this destruction causes at least one species of animal, plant or insect to become extinct every few hours.

IT'S NO EXAGGERATION TO SAY THAT WHEN YOU BITE INTO
A BIG MAC, YOU'RE HELPING THE McDONALDS
EMPIRE TO WRECK THIS PLANET.





* Fast = junk

An average McDonalds meal is high in fat, sugar, salt and animal products, and low in fibre, minerals and vitamins. This diet is scientifically linked to cancers of the breast and bowel, and heart disease. In Britain, 180,000 deaths are caused by heart disease every year.

McDonalds admit that a 'quarter pounder' is 48% water, so you get hungry soon after eating one. This, plus the high sugar and salt content (which can create cravings), encourages overeating.

Big profits for McDonalds, but constipation, clogged arteries and heart attacks for addicted costumers.

* Brainwashing

Adverts show McDonalds as a circus-like place; fun, bright colours and burgers at any time of the day. Children are exploited by the advertising and end up thinking of burger and chips every time they see a clown.

It's hard for parents not to give in to childrens demands, and McDonalds is a 'convenient' way of keeping children 'happy'. McDonalds know this and make the most of it.

* Cultivated animals

Animals are specially bred to be McDonalds products, and some live in totally artificial conditions for their whole lives, with no access to fresh air, and no freedom of movement.

* Murdering a Big Mac

The slaughter of animals and birds is bloody and barbaric. They are are prodded, beaten, electrocuted and knifed.

A recent government report criticised inefficient stunning methods, which resulted in animals having their throats cut while fully consious.

We have the choice to eat meat or not; the 450 million animals killed for food every year in Britain don't.

Would we be prepared to personally slaughter the animals we eat ?

GETTING THE CHEMISTRY RIGHT

McDONALD's stripey staff uniforms, flashy lighting, bright plastic decor, "Happy Hats" and muzak, are all part of the gimmicky dressing-up of low-quality food which has been designed down to the last detail to look and feel and taste *exactly* the same in any outlet anywhere in the world. To achieve this artificial conformity, McDonald's require that their "fresh lettuce leaf", for example, is treated with *twelve* different chemicals just to keep it the right colour at the right crispness for the right length of time. It might as well be a bit of plastic.

WHAT'S YOUR POISON?

MEAT is responsible for 70% of all food-poisoning incidents, with chicken and minced meat (as used in burgers) being the worst offenders. When animals are slaughtered, meat can be contaminated with gut contents, faeces and urine, leading to bacterial infection. In an attempt to counteract infection in their animals, farmers routinely inject them with doses of antibiotics. These, in addition to growth-promoting hormone drugs and pesticide residues in their feed, build up in the animals' tissues and can further damage the health of people on a meat-based diet.



* Slaving for McDonalds

Workers do long shifts in hot, smelly conditions, late at night, for low wages and minimal chaces of promotion. There is no union specifically interested in part-time workers, and McDonalds systematically sack workers who attempt union organisation.

$\frac{3}{4}$ of McDonalds workers are under 21. McDonalds uses cheap labour, exploiting disadvantaged groups like women and black people even more than they are already.

WHAT CAN BE DONE ?

Stop using McDonalds and Wimpy, etc, and tell your friends why.

It **DOES** make a difference what individuals do.

Write to some of the organisations listed at the back, for information and leaflets. Spread your ideas. Communicate.



MOVEMENTS ARE JUST 'ORDINARY PEOPLE',
LINKING TOGETHER, ONE BY ONE...

Based on a leaflet by the London Greenpeace Group:

Ravenheart
John ü

Who made this leaflet?

THE LONDON GREENPEACE GROUP has existed for many years as an independent group of activists with no involvement in any particular political party. The people—not 'members'—who come to the weekly open meetings share a concern for the oppression in our lives and the destruction of our environment. Many opposition movements are growing in strength—ecological, anti-war, animal liberation, and anarchist-libertarian movements—and continually learning from each other. We encourage people to think and act independently, without leaders, to try to understand the causes of oppression and to aim for its abolition through social revolution. This begins in our own lives, now.





JELLY BIAFRA'S REVIEW PAGE.

SUPERTRAMP (debut album) A+M Records

Released more than 16 years ago, in 1970, this record has yet to make a dent in the charts. Mind you, what do you expect with songs varying from 30 seconds to 13 minutes and of all things, acoustic guitars! Now, they went out with flared trousers and floral headbands, maaan!

And what's this on the record cover? these guys are multi-instrumentalists! Pressing a button on a drum machine not good enough for them, eh? Some people have no idea what's fashionable. Little did they know, back in 1970 that they'd go through 2 line up changes, release records that actually sold, and become rich and nearly famous. Well I know cos I've read the book so there.

Bye!

BLYTH POWER / DANDELION ADVENTURE (gig - Preston, November '86)

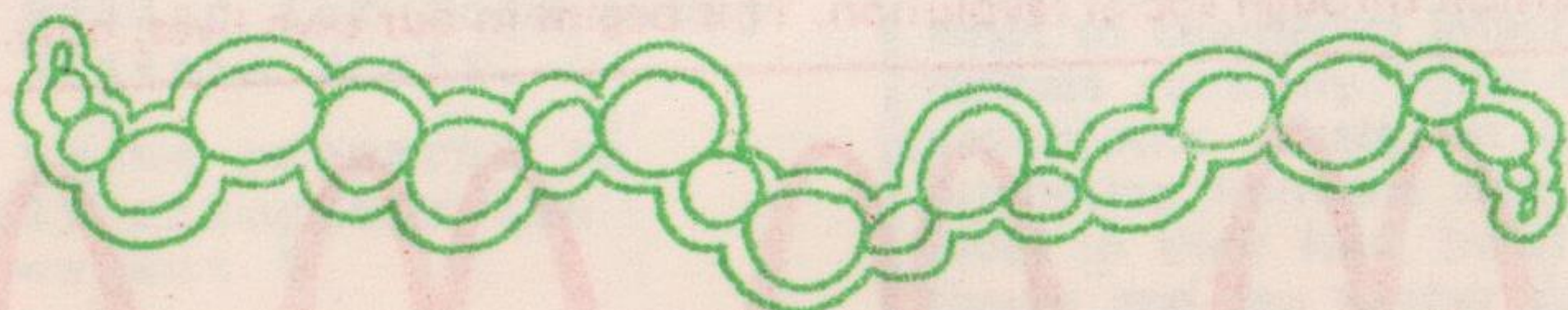
It cost me £1.50 to get in, which would have been fine if the support band hadn't been so crap. (I'm used to paying £1 and getting free food!) But as usual I made my half a coke last the whole night, so I didn't have to part with too much of me money (I'm a hard up student, after all).

Dandelion Adventure seem to think that talking (not singing or anything nice like that) over a background of mediocre thrash is what makes up an 'alternative' band.

Lyrics seemed to be repeated garbage about heroin, stash (man), skateboards and a pet armadillo. My intelligence has never been so insulted (well perhaps it has...) Hurry up Blyth Power!

Actually although Blyth Power were musically very good and the lead singer / drummer a jolly nice chap (or so one of my mates said) for me their music lacked whatever it is that makes me like a band. (well I liked them - R) However everyone else I talked to thought they were great so feel free to ignore me. (too right - interfering typist!)

John.



ADVERTISEMENT



DID YOU KNOW that 1987 has been declared the international, nay, interuniversal year of McDonalds closedown? No? Well that's not surprising as I just made it up, but why not take some anti McDonalds action this year? (Don't forget the other burger places) Talk to people, make a leaflet, write to London Greenpeace (&SAE) for a few copies of their excellent leaflet. Go for it!

John

SAVING PAPER.

With our booklet we, the PoM collective, have tried not to waste any paper (without cramming stuff together so much you can't read it).

It'd be good, we reckon, if as many people as poss read each copy so the 300 copies would reach many more folks. The 20p's saved could always be sent to "Peace News" or the good cause of your choice.

SAVE PAPER, TREES ARE LOVELY.

John

for the PoM collective.

ARCANE POWER?



MAKE PIES.



ACTIVIST'S CORNER John.

HI. I'M A VEGETARIAN AND I READ 'VEGETARIAN NEWS'.



NOTICER!

I'M AN ANARCHIST AND I READ 'GREEN ANARCHIST'.



HELLO.

I'M AN ANARCHIST, LIBERTARIAN, GREEN FEELING, ECOLOGIST, VEGAN, POET, PALESTINIAN, CONSUMER ACTIVIST.



100% PACED

I'VE NO BLOODY TIME TO READ ANYTHING!



stereotypes or what? Sorry Russ.

12. ECONOMIC · GROWTH ·

Economic growth is the phenomenon of increased production, increased exports, increased consumer demands. Therefore supposedly leading to Britain getting back on it's feet and everybody getting a job.

This is a complete myth, yet ever since the industrial revolution, it's been the goal of every capitalist society.

It's short-sightedness and selfishness inevitably means that our country gets richer and prospers at the expense of the poor world. The earth cannot continue to supply the raw materials for our present lifestyle (and survive under all the toxic pollution we create) much longer, and it certainly can't cope with increased demands. Yet considerations like these are always trampled underfoot in the mad rush to make more money for today, and not think about tomorrow.

We should try to treat the earth with the care and respect it deserves, and to give the rest of the world a fair deal at the same time.

· CONSUMER · WASTE ·

We live in a society of consumer images - adverts show us a perfect world we can join, if only we buy their perfume, dishwasher, or car.

It's important to see that we don't NEED any of this, it's just the adverts that make us think we do. All this makes for a throwaway world, plastic and flexible, like the ever changing fashions.

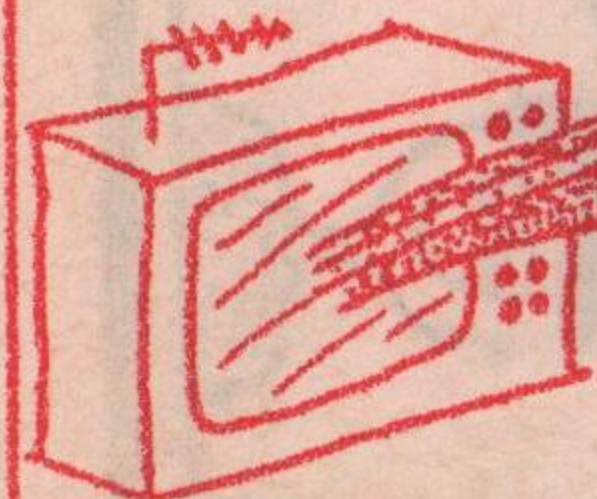
But it's all there just to make money for big businesses, and the prepackaged disposable lifestyle isn't doing us or the rest of the world, or the Earth any good.

Recognising that we can't go on wasting the Earth in this way can lead to rejecting this consumer hype, and to a change in lifestyle.

Accepting a lower standard of living (like, whether you have 2 cars, or a new video) is what, inevitably, our whole western culture must do. Turning away from material ideals, to natural personal goals means having a higher quality of life (like, are you happy or satisfied with your life?)

In this hi-tec society, it can be really valuable to learn to recognise and cater for our personal needs, instead of just the manufactured artificial needs we're conditioned with.

Raven



IS IT A FILM
OR IS IT REAL?

13 ARE · YOU · A · PERFECT · MAN/WOMAN ?

INSTANT REVEALING PERSONALITY TEST !!!

Just tick how many of these applies to you, then turn to the bottom of page 20 to see how YOU rate as a REAL man or woman.

· MEN · · WOMEN ·

WHICH OF THESE DESCRIBES YOUR CHARACTER ?

aggressive
loud
fierce / violent
dominant
"macho"
cold, reasoning, logical
unemotional, hard

submissive
quiet
gentle
subdominant
"slag", "bird"
whimsical, illogical
emotional, soft

WHAT TOYS DID / DO YOU PLAY WITH ?

action man
tanks, cars, guns
lego or meccano
Masters of the Universe
Transformer robots

Cindy doll
horses, doll's houses
tea sets, toy cookers
My Little Pony
Care bears

WHICH OF THESE CHARACTERISES YOUR HOBBIES / JOB / LIFESTYLE ?

football or rugby
wood or metalwork
mechanic / businessman
aftershave
fast sleek sports car
hairy muscly body

ballet or netball
needlework or cooking
housewife / secretary
perfume
small old 'mini'
hairless delicate body

We're all taught that these are the characteristics of 'real' men and women, whatever that means.

But isn't it unfair to be trapped inside someone else's ideas of what you should be? To experience prejudice against you if you don't fit in? To be labelled as a "wimp" or a "she-man" if you want to be yourself?

OF COURSE IT IS !!

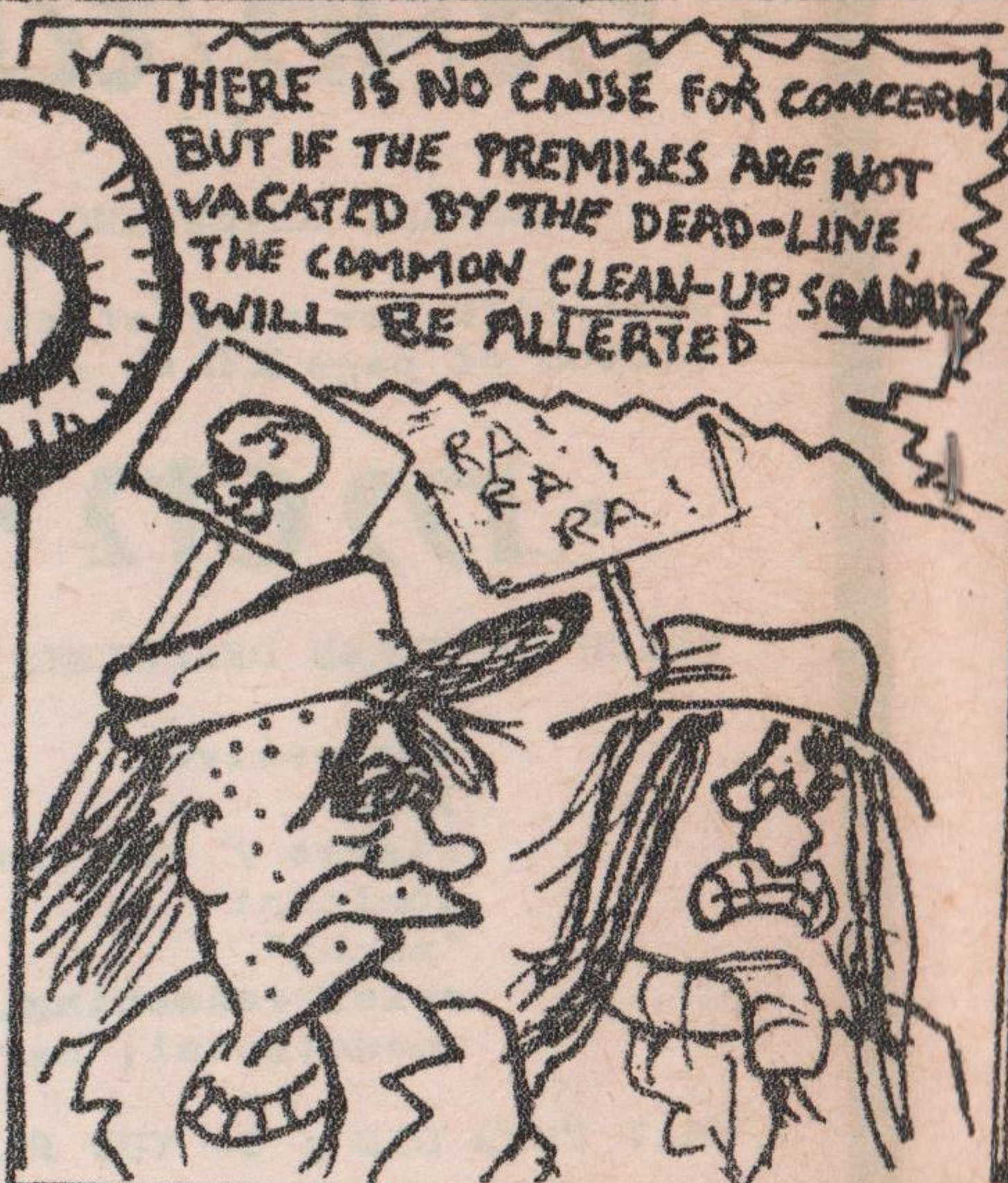
Both men and women need to be liberated from these attitudes. But women are usually the worst off because of these things.

So if you believe in the freedom of women from the sexist attitudes which affect us all, and in the discovery of a previously ignored strength in feminine independence,

THEN YOU'RE A FEMINIST !!

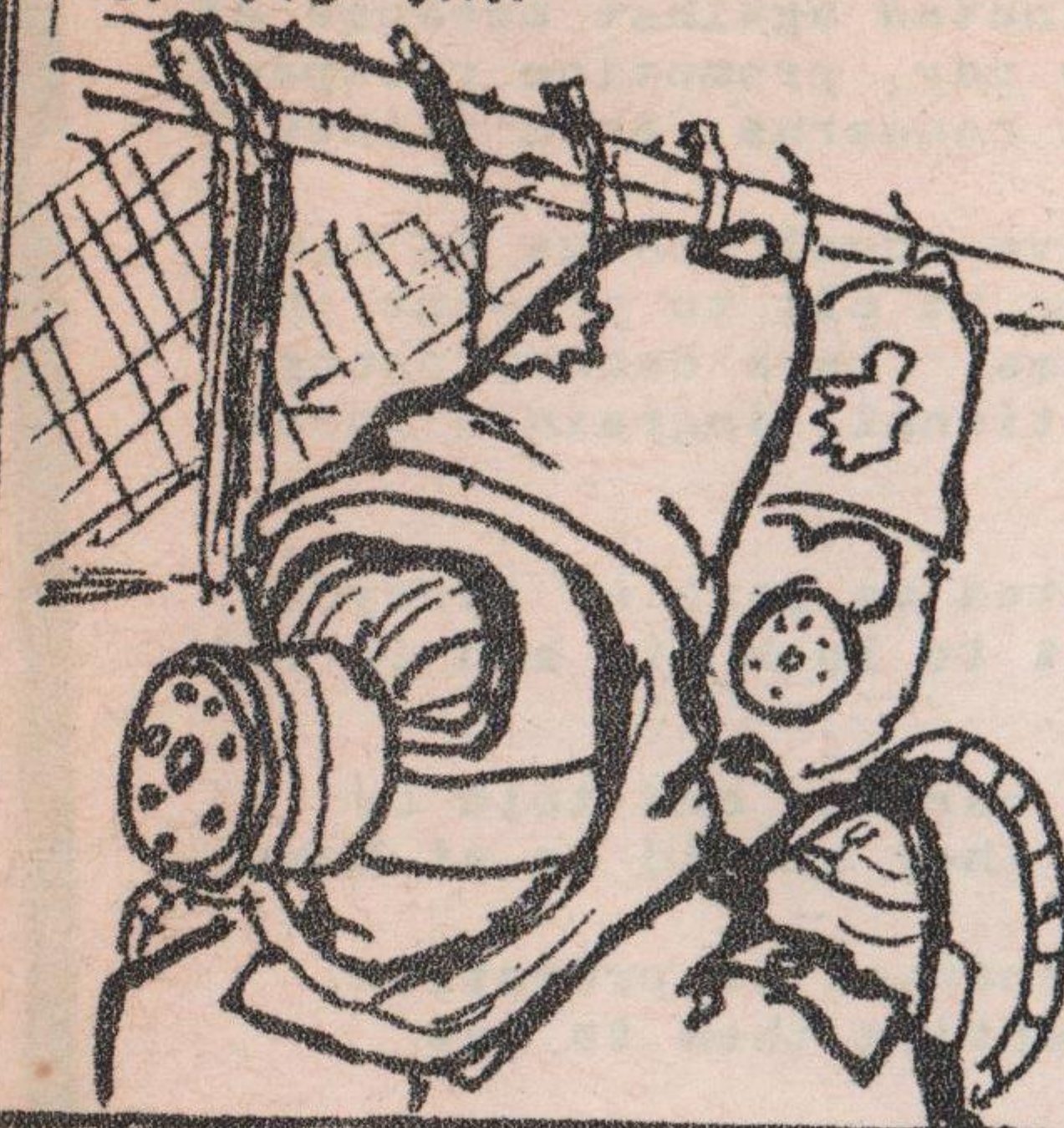
Raven

XOXO

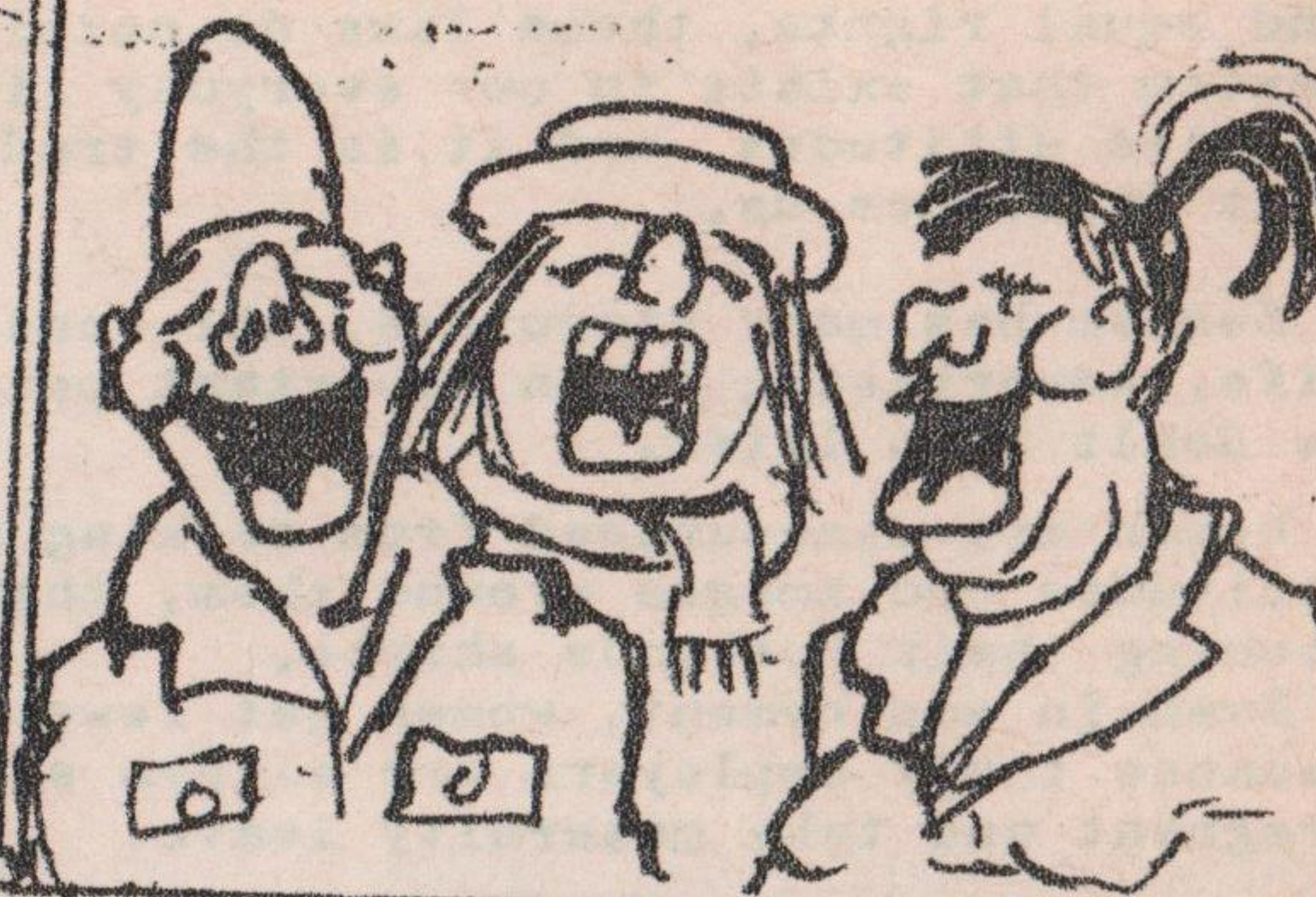


THERE IS NO CAUSE FOR CONCERN
BUT IF THE PREMISES ARE NOT
VACATED BY THE DEAD-LINE,
THE COMMON CLEAN-UP SQUAD
WILL BE ALERTED

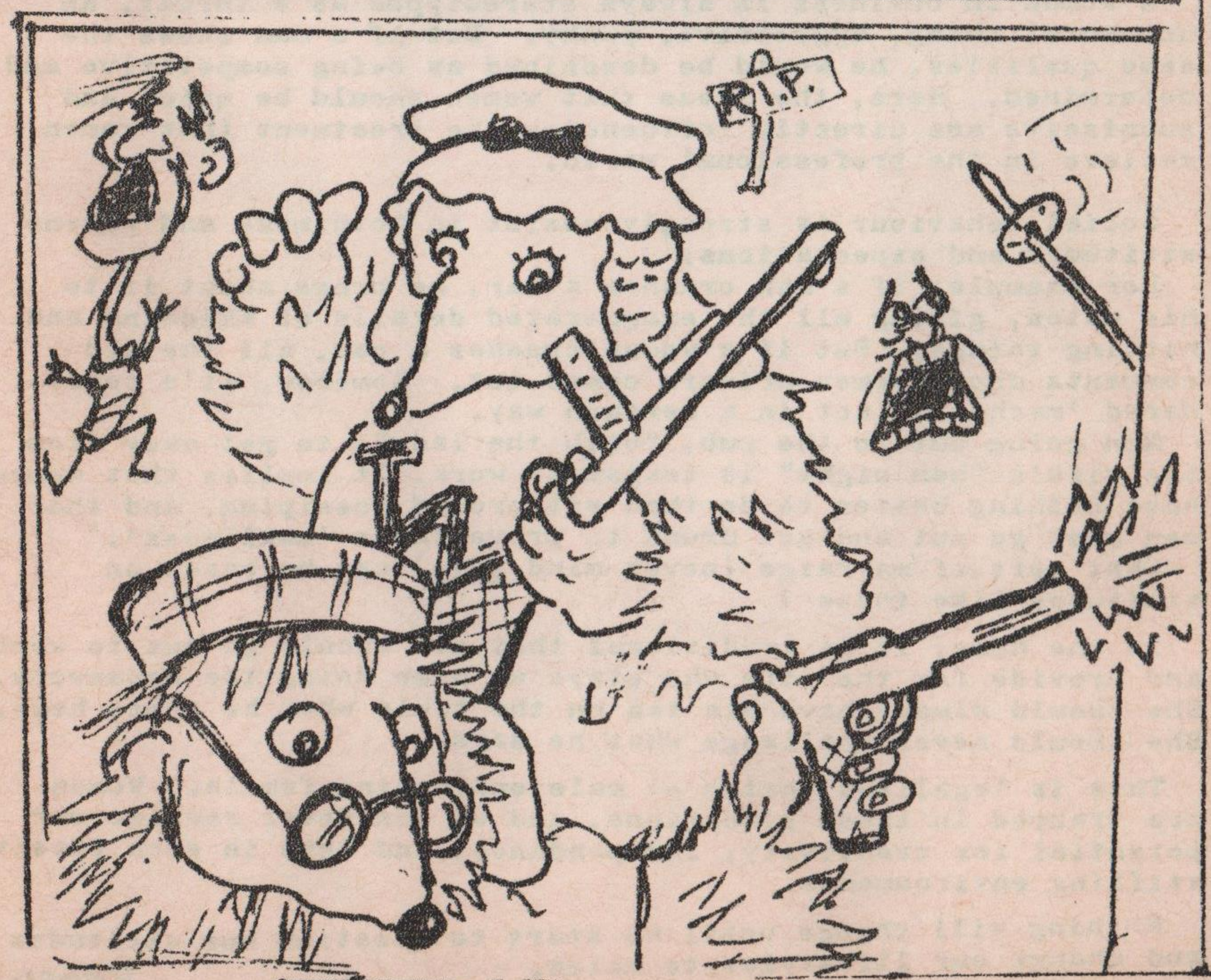
WE REPEAT: THERE IS NO
CAUSE FOR CONCERN AND THE
COMMON CLEAN-UP SQUAD IS
ON ITS WAY



WE SHALL NOT...



BODKINS



• SUBTLE • SEXISM •

Since the Sex Discrimination Act of 1965, it has been unlawful to discriminate against women in education, employment, or the provision of services / goods.

The Equal Opportunities Commission (1975) was set up to help people who felt they had been discriminated against because of their sex. This relates to areas like pay, promotion prospects or getting a mortgage. All very legal concerns, aren't they?

I feel that although legally, women have equal status as men, and equal rights, these laws do nothing at all to prevent the sexism that exists in our everyday lives. Laws cannot change peoples attitudes, and it is the traditional, ingrained ideas that influence us.

Sexism has many disguises, all accepted as part of everyday life. Advertising is an important point to look at, and it will be dealt with later.

Women are discouraged from seeking a career, and told by attitudes and images around them, that they should be at home ironing their husbands shirts.

Even in employment, women get fewer chances of promotion, because their employers are always expecting them to get pregnant and take maternity leave.

A woman in business is always stereotyped as a threat, an unnatural thing, aggressive, pushy. But if a man shows the same qualities, he would be described as being competitive and determined. Here, the ideas that women should be quiet and submissive are directly influencing the treatment that women receive in the professional world.

Social behaviour is strongly sexist in both mens and womens attitudes and expectations.

For example, if a man crashes a car, he brags about it to his mates, giving all the exaggerated details of skidding and hitting things. But if a woman crashes a car, all the old comments about women drivers comes out. Somehow, it's considered 'macho' to act in a certain way.

Men going out to the pub, "with the lads", to get away from the wife's "hen night" is sexism at work. It implies that women have nothing better to do than sit around gossiping. And that men must go out and get drunk to prove their 'manliness'.

What sort of marriage (never mind love) can be based on attitudes like these?

In the home, it is traditional that men should go out to work and provide for the wife who stays at home doing the housework. She should always have his tea on the table when he comes home. She should never challenge what he says.

This is legalised sexism - male oppressing female. Women are trapped in these situations, and we can never realise our potential for creativity, independence, and love in such passive stifling environments.

Nothing will change until we start to question our attitudes and change our lifestyles to match.

Raven

• MALE • VIOLENCE •

**** FACTS ABOUT RAPE ****

1 in 6 women have been raped

1 in 12 rapes are reported to the police (whose attitude to rape survivors is intimidating, uncaring and often suspicious.)

3 in 4 attackers are known to the victims (this does not include incest)

1 in 2 rapes occur in the home of the rapist or the victim.

Male violence is with us all the time, from the macho male image of the army, to the sex attacks that happen every day.

It is universally agreed that rapes and other sex crimes are wrong. As long as they are outside the home, that is. The police refuse to be involved with what they call 'domestic problems', which includes wife battering and forced sex between couples (i.e. rape).

This form of rape is very common, and largely ignored. It is believed by men to be what a 'normal' sex life is about.

For example, if a couple lived together, and the man earned most or all of the money they lived on, he could blackmail his partner into sex with this argument. This is just prostitution under another name, and rape in some instances. Rape between couples is not accounted for in the above statistics. 1 in 10 UK married women has been forced with violence to have sex with her husband.

Rape is an example of male domination, a power struggle.

In wars, the triumphant army celebrates it's victory by raping the women and children of the opposition. In 1971, during the 9 month long conflict between Bangladesh and Pakistan, between 200,000 and 400,000 women were raped by Pakistani soldiers. Power, and violence over women go together, and both express male domination.

But it is important to look at WHY male violence exists. The main reason is that men are indoctrinated that they should be aggressive and powerful, and that women are sex objects to be used and controlled.

Sexual stereotyping reinforces these ideas, and is around us all the time. Pornography is an important upholder of these views, portraying women as mindless toys who live only for male oppression. Such use of the female body for male fantasies is degrading, it allows the women concerned no respect. But on a wider scale, it encourages the idea that women are ALWAYS willing to have sex; that they are ALWAYS available, and that to be able to please a man, women must strive to look like the stereotyped models.

Pornography is widely available in many forms: newspapers, magazines (including photographic ones), books, films, and TV.

It infiltrates our minds from many sources, reinforcing sexist and dangerous attitudes.

What I am saying is that these ideas are a main cause of sex crimes, because men are led to believe that it is O.K. to violate women for their own selfish pleasures, or to vent anger

• MALE • VIOLENCE • CONT

or frustration.

18

We can oppose this now, by writing letters to the local paper or to shops which sell porn, explaining why we believe porn to be wrong and challenging the attitudes which see porn as just another fact of life.

More radical actions, like this from Peace News, could be done. Or how about putting anti-porn stickers on the so called 'general interest' magazines at the local news-agent, so that the magazines are ruined ?

All it takes is a bit of imagination !!

Ravenheart

RAPE STATISTICS - ALL LONDON WOMEN, FROM:

R.E. HALL "ASK ANY WOMAN"
S. BROWNMILLER "AGAINST OUR WILL"

LUTON ANARCHISTS' ANTI-PORN ACTION

The Sisters of Luton Anarchist Group (SLAG) took WH Smiths by surprise on August 9. Pornographic magazines were removed from the shelves and thrown into a dustbin liner smeared with oil and margarine. The manager ordered his staff to return the magazines only to find they had all been completely ruined and had to be thrown away.

The same day a sex shop in Luton was stormed and the contents pulled off the shelves onto the floor. These two actions are part of a continuing campaign against the sale of pornography, and further actions are planned.

direct action

**WAR
ON BOTH SIDES
OF THE FENCE**

**THE
MOLESWORTH
RAPES**

The Reality Of Male Violence

• The Public Order Bill • Pro Patria Mori •
• Generic Anarcho Feminism • Arebury •
• The Reality Of Arrest • Big Mountains •

NO 3 PAY NO MORE THAN TWENTY PENCE

Issue Three
OUT NOW
20p+AN SAE
FROM PATRICK,
62 QUEENS RD
WHITSTABLE, KENT
CT52JG (New Address)



Girlie Mag 20p+SAE
LEEDS HUNT SABS BENEFIT
NASTY PUNK BANDS -
APOSTLES, POLITICAL -
ASYLUM, HELLBASTARD
+ GOOD ARTICLES TOO!
FROM ROSCOE
6 DANESCROFT,
SELBY, BRAYTON,
YORKS YO8 9BA

WOMEN -

Are 1/2 of the worlds population,
Do 2/3 of the worlds work,
Earn 1/20 of the worlds income
And Own 1/100 of the worlds assets

• SEXUAL • • OPPRESSION •

19

They've really got to you, haven't they ?
The system, you can hate it with all of your heart,
But unconsciously, you're programmed, just like the rest.
Natures innocent mind, riddled with ideas,
Not your own, nor mine.

But don't dare try to trap me, will you ?
Into tight skirts and high heels, I won't play that part,
Your plastic porn stinks like the sweat of a man
Raping a woman : power mad, but only taking
What he thinks is his.

So that's what turns you on, is it ?
Sexual oppression in your glossy magazines,
Ingrained attraction to a smooth pair of legs,
Or a sensual pout, a revealed breast -
An unkept promise.

But you know it's all wrong though, don't you ?
Yet you force it on me, every day it's the same.
Put me down for being me, making my choice -
You put me down for choosing to be free,
For being real.

You'd be better off with someone else, wouldn't you ?
A girl with no mind, conforms without question,
To play the subdominant female, of course
So you can carry her rucksack and buy all her drinks -
Be a real man.

But I know this really ain't fair, don't I ?
I know you've tried so hard to fight it,
And that the conflicts are killing you inside.
So we split, forgetting the potential for so much
That we could have had -
understanding, respect,
Sometimes, I even loved you.

Ravenheart

• RAPE •

They'll rape us in the courts where the victims go on trial
Rape us with their culture, promises and smiles,
Rape us with the wars - to the victor goes the prize,
Rape us with big businesses, security and lies.

They'll strip us of our dignity and sell us passive sex,
Take away our choices, leave us no respect.
Rape is hurt men hurting women, bittering trust.
Calculated violence, not uncontrollable lust.

Rape - the power assertion from the press to the street
Selling papers, selling products -
Packaged sex, packaged meat !

Chumbawamba

RAVEN

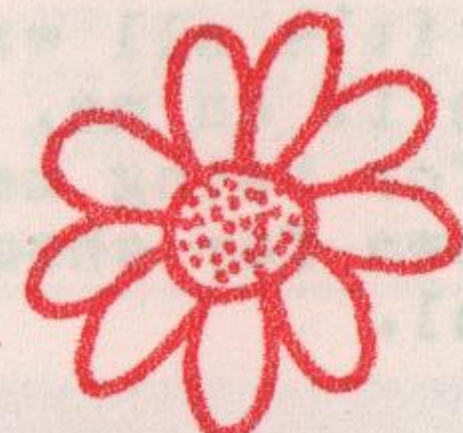


THE DAMNED - "ANYTHING"

What the Damned's latest LP 'Anything' lacks in lyrics, it makes up for with musical excellence. Songs like 'A Girl Goes down' and 'restless' fail to make much of a statement. But the song 'In Dulce Decorum' (inspired by Wilfred Owen's war poems) is a great anti-war song. I was pleased to hear this song on the album, as I first heard it when I saw them live. Every song on the album is musically good and great to listen to, which makes 'Anything' a pretty good LP.

P.S. Steal this record from HMV
P.P.S. Not for hard core Damned fans!

Dave



The Earth has enough
For everyone's need,
But not for everyone's
GREED.

More than 1/2 the 3rd world
governments are controlled
by the military.

RESULTS OF THE PERSONALITY TEST ON PAGE 13

MEN : LESS THAN 10

You soft wimp ! Get
down the pub and see some
REAL men in action.

MEN : MORE THAN 10

Well done macho-man,
go and give the chicks
what they want !

WOMEN : LESS THAN 10

What are you ? Some kind
of freak ? Noone would
want to give YOU a good
time.

WOMEN : MORE THAN 10

Come and give it to us,
baby, whether you want
to or not !



ANTI - GOVERNMENT HEALTH WARNING -
OLD NEWSPAPERS, YOU REALLY SCREW THEM UP !!



REVELATION OF THE HOLY GHOST

13.12.86 8.15 pm

Our purpose on this Earth is to realise that all our thoughts create actions, and all our actions create consequences. Our mission is to avoid creating bad reactions. If someone hurts us, we are paying for something we've done in the past. Revenge is futile since all the injuries we inflict on others come ultimately back to us; it is better to reward hate with love; let someone else complete the cycle and hurt them back-let them become involved in the negative karma.

Since everything we receive came originally from us, it is better to give only love, share beauty and work towards peace (instead of battles which achieve nothing).

Not all we experience in a lifetime can be accounted for without a wider view of reincarnation. Present suffering stems from past cruelty, rather than an unjust god or bad luck, or other people. Our past behaviour is only paid for at the time we can pay for it; if we had to pay it all at once, it would be too much.

If you can see the universe as a whole, you will see that there is no such thing as injustice.

The universe is always restless and never still. The only certainty is change. When it is time for a person to leave our life, it is better not to mourn. Any change must be accepted. Holding onto the past brings only sadness. It is best to only live in the present, take life as it comes. All change happens for a reason, and is for the better, though this may not always be obvious.

All change comes from within. If you want a peaceful world, you must become a peaceful person.

We must always look outwards, thinking of others. Only in caring for others do we care for ourselves.

Spirituality cannot be attained through organised religion since everyone has different needs. The only spiritual path is the one YOU choose to take.

"God" is the name given to a universal force, more commonly known as love. This is what bonds all humanity.

Gordon Ashworth Jnr.,
14 Tootle Road,
Longridge,
Nr Preston,
Lancs.,
PR3 3TD.

© 1986 BIBLE FOR THE INSANE
(FROM VOLUME 19 :
" It's not right, you know ")



A FEMINIST VIEW OF ADVERTISING

Greed, envy, capitalism, exploitation and of course sexism are easy enough to find amongst the various advertising media (and much of the media in general).

Of course much of it is below the surface, for instance the advertisers aren't blatant enough to say "A woman's place is in the washing machine" (or whatever) but choose one of the many soap powder adverts on television and what do we see?

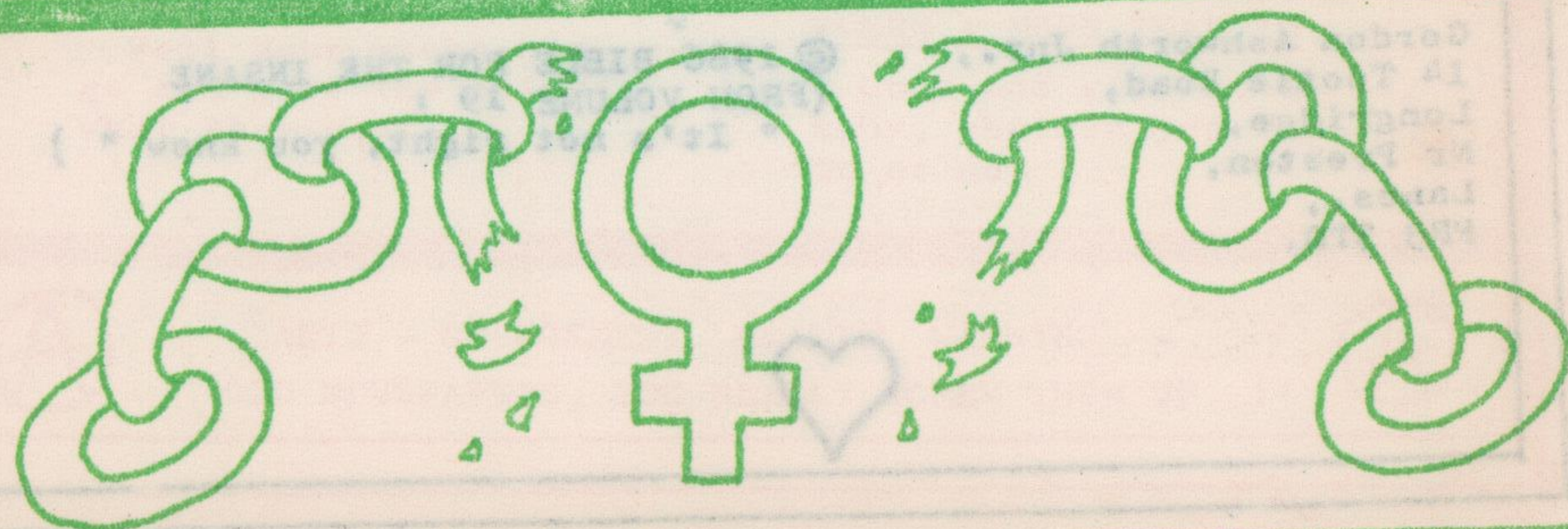
Inevitably a woman in the kitchen, worried to death that there are still stains in little Jimmy's football shorts. Whilst a man in a suit, a man with a friendly, informative voice but above all a man in authority tells the housewife that she's been using the wrong washing powder. But he happens to have a wonderful new powder with him (no matter that most washing powders are made by the same company anyway and that's the masters of exploitation UNILEVER).

But back to the scene above, and what an interesting scene it is too. The poor housewife is at home, quietly worrying about stains when suddenly a man in a suit and a camera crew arrive to tell her about washing powder. Very credible! Is this meant to be a realistic situation or aren't we meant to think? Taking one of the Oxo adverts as another example: there's a family who complain about the meals their mum makes. Also there's the impulse advert where a man starts acting totally stupidly because of the smell of a perfume. I find this advert particularly patronising to men.

Of course there's always my theory that advertisers deliberately make their adverts annoying so you'll remember them. What about those adverts where there's a voice dubbed onto someone talking which is so out of time it's hilarious! Maybe they think we're totally stupid but personally I'd rather buy the small name brands than those advertised on TV so advertising is a waste of money and resources for me.

So if you happen to be watching some advertisements think about them and give yourself a good laugh at the same time (either that or get angry with them). Don't let the advertisers tell you what men and women should be like. Liberate yourself from these images and be yourself.

John xxx



Hello Vauxhall Bang, Strawberry Pig
and Jellipee Greenragon.

When I give food to the hungry
They call me a saint.
When I ask why the poor
Have no food,
They call me a communist.

I know there must be more
Than giving just a little bit more
When half of this world
Is so helplessly poor.

Starved of the real solution -
Charity and traditions
And the cycle of hungry children
Will keep on going round,
Till we burn the
Multinationals to the ground.

Chumbawamba

Keep on Bumbling!

Wednesday 7:1:87 10:15 pm

Cold is the everlasting night
Warm is the voice
Complacent are the majority
Plentiful is the advice
Difficult is the decision
Long is the uphill dirt track
Empty is the banquet hall

Glazed are the eyes
Hollow is the rib cage
Look at this malnourished baby:
It's mother died in the painful birth

Pretty is the gloss of civilised behaviour
Beneath the surface is disease
Slowly killing the future.

1987 PASSION PRODUCTIONS LTD
Gordon Ashworth

About 2/3 of the current
global arms trade is with
the 3rd world.

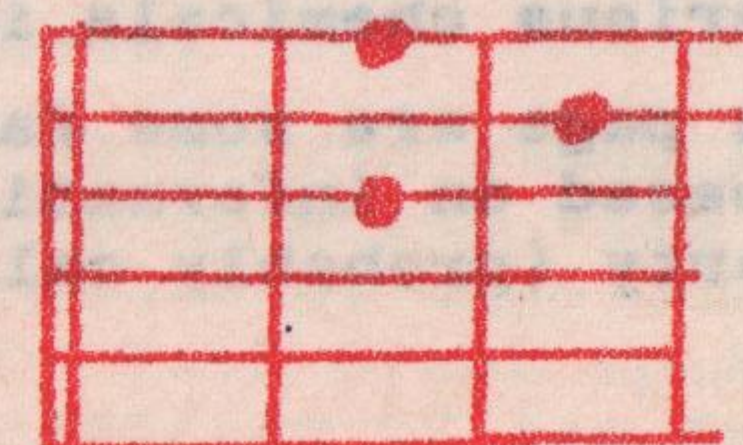
Ever Vigilant -
Excellent rights fanzine -
Animal rights etc 20p
Peter I Corkland Rd,
Chorlton
Manchester
M21
2UR



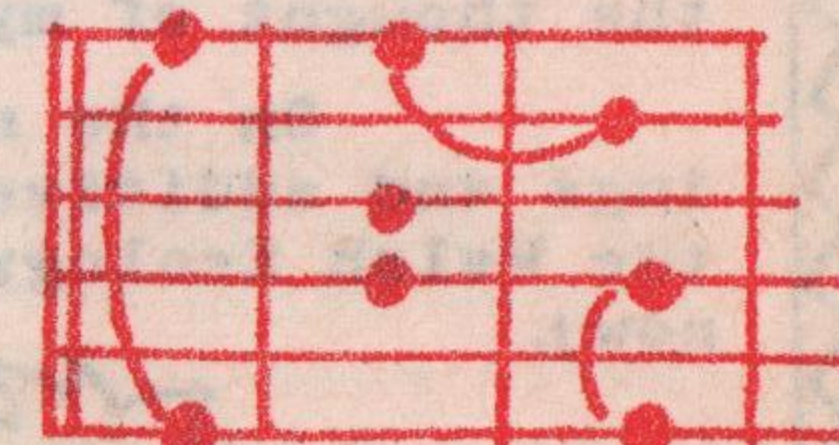
GUITAR CHORDS FOR TODAY:

BEGINNERS

COCKY BASTARD



D major



F min 7 #8 sus 3 1/2

HEALTHY · EATING ·

It's true to say that healthy eating and a healthy lifestyle are the best forms of preventative medicine available, yet are ignored by much of the population to their own cost. An incredible proportion of illness is diet related: liver/kidney problems, obesity, stomach and intestine disorders and others can often be attributed to a bad diet.

What makes someone's diet "bad" though, and what is good? Well I'm not going to pretend to be a nutritional expert but I'll try to give guidelines to a healthy diet which I've picked up from various sources.

Firstly (tho' this is in no special order) the less processed your food is, the more nutritional value it has. Although current trends among food manufacturers are for healthier food, much of the food found on supermarket shelves is overprocessed and often drenched in additives. It is worth -while remembering that the trend for healthier food stems not from concern by the manufacturers for our health but concern for their profits. (I wouldn't say this applied to wholefood co-op's which are great for genuine health food). Remember too that removing preservatives from white bread (for example) does not make it into a health food (as the label would have you believe) it is still overprocessed and unnatural.

Unprocessed foods contain more of their natural nutrients and more fibre than their refined counterparts. Bread is a good example of this, granary or wholemeal bread is high in fibre and without enough fibre in your diet diseases of the digestive system mentioned above are more likely to occur. Note that "brown" bread is often merely dyed white bread-commercialism at it's worst!

Mixtures of beans and grains (soya beans, rice (brown) lentils etc...) as an alternative to meat is a low fat, high fibre protein source. (Soaking beans/pulses overnight reduces the amount of cooking needed and the amount of fart-ing afterwards). Also the way meat is usually produced involves use of chemicals and hormones which can lead to cases of food poisoning. I've never heard of food poisoning from beans which is a comforting thought.

Concern about food additives is growing, and the use of them is rapidly decreasing. This makes me wonder why were they used in the first place. Eating more fresh (or home grown) food and avoiding foods with long lists of E numbers in the ingredients is a good idea if you don't like the thought of mysterious chemicals in your gut.

On the next page are some facts about food colourings and additives based on information from a leaflet by the Welsh Ecology Party (probably called the Green Party by now).



HEALTHY · EATING · CONT.

FOOD ADDITIVES.

- E 123 Very dangerous (prohibited in USSR & USA)
- E210-215 & 217 Carcinogenic products (can cause cancerous cells to form)
- E 220 Destroys B12 vitamins (vegans & vegetarians avoid especially)
- E 221/223/224/226 Intestinal disturbance
- E 250/251/252 Blood pressure incidents

(research by the Research Centre Hospital of Villejuif, France, to draw attention to the effects of additives used in the food industry).

These are just some of the worst examples, about half of the E numbers are harmless but there are many more similar to those above.

Finally and lastly a health food article wouldn't be complete without mentioning sugar. We don't need extra sugar in our diet, it occurs naturally in food anyway so it's a good idea to cut down. Less sugar means less tooth decay and less overweightness (I think I made that word up). When you do use sugar use unrefined brown sugar which has natural minerals still present in it.

Well that's about it, I'll just say eat lots of wholefoods, fruit, veg, nuts and vary your diet and you'll be OK.

If you've any questions or comments feel free to write to John.

· DAVE'S · HEALTHY · VEGEBURGERS ·

- 6 oz TVP
- 2 eggs
- 2/3 slices wholemeal breadcrumbs
- herbs
- 1/2 an onion
- (sunflower/sesame seeds)

Soak TVP & herbs in water/veg stock add breadcrumbs & 2 eggs (2 oz marg melted in a pan with a few big spoons of flour can be used instead of eggs). Chop the onion very finely or the burgers will break up. Add flour/more breadcrumbs if too wet, water/egg if too dry. When the mix sticks together shape into burgers & fry till brown on both sides.

Try variations with bran, nuts or whatever.

Dave

PEACE · PIE ·

Makes 4 huge
servings. YUM!

Pastry

8 oz wholemeal flour
(or 6 oz wholemeal, 2 oz soya flour)
4 oz vegetable fat

Rub together till it looks like breadcrumbs. Add a bit of water and mix till it's like dough, but not sticky. Roll out to make a base and a top for the pie.

Filling

6 oz aduki beans (dry)
1 onion (chopped and fried)
6 or 7 mushrooms (sliced and fried)
1 tin of tomatoes
2 carrots herbs - oregano, basil.

Soak aduki beans overnight in plenty of water. Drain and put in fresh cold water. Bring to the boil, then simmer for one hour. In another pan, chop onions and mushrooms and fry in vegetable oil. Add tomatoes, salt pepper and herbs, then simmer.

In another pan, boil sliced carrots for 20 mins, and keep the water for gravy. Add beans and carrots to main pan. Pour it all into the pastry in a big pie dish and cover with pastry. Make a design on the top with excess pastry, e.g. -



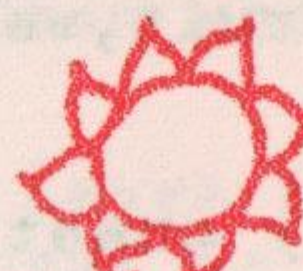
PEACE
PIE



LOVE
PIE



HAPPY
PIE



SOLSTICE
PIE

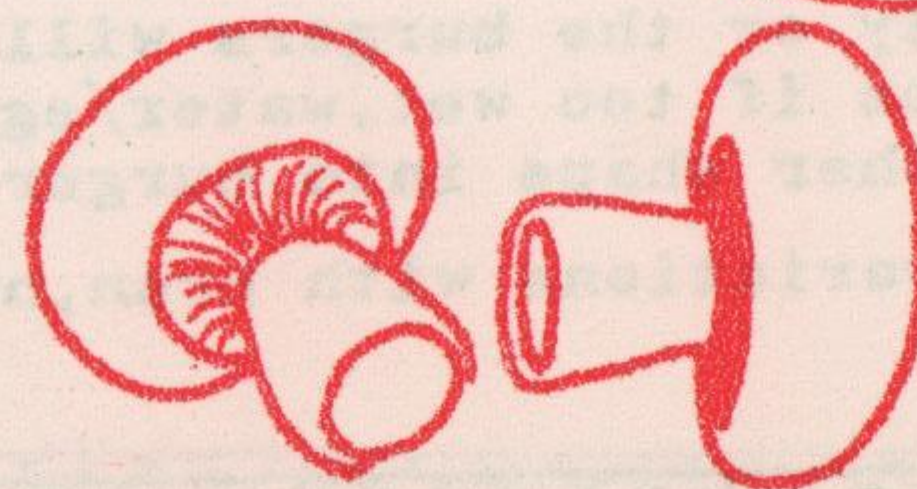
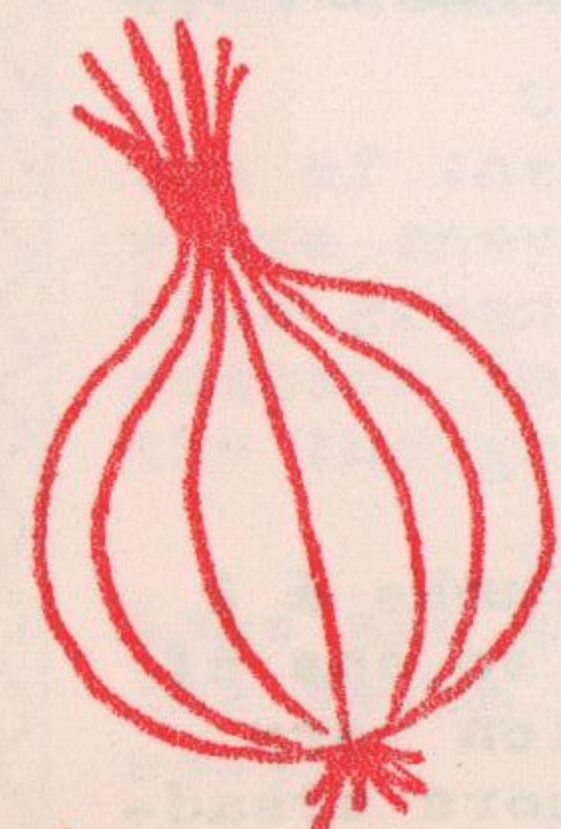
Put in the oven at 200 °C (400 F) for ½ hour.

Gravy

Carrot water
1 vegetable stock cube
2 teaspoons cornflour

Mix cornflour in cold water, till dissolved. Add this and the stock cube to the carrot water. Heat until it boils and goes a bit bit thicker. Make up to the required amount with boiling water.

Serve with potatoes or pasta.



RAVEN

ADDRESSES ·

HERE ARE SOME USEFUL ADDRESSES - WHEN WRITING FOR INFORMATION OR LEAFLETS, IT'S BEST TO SEND AN S.A.E., AND A DONATION TO COVER COSTS, AS THEY'RE USUALLY PRETTY HARD UP.

CND,
22-24 Underwood Street,
London N1.

Green Party,
36-38 Clapham Road,
London SW9 0JQ.

Vegetarian Society, Parkdale,
Dunham Rd, Altringham,
Cheshire, WA14 4QG.

Traidcraft plc,
Kingsway, Gateshead, NE11 0NE.

Peace News,
8 Elm Avenue, Nottingham,
NG3.

Freedom Press,
84b Whitechapel High St,
London E1.

Stonehenge '87 Campaign,
c/o polytantric, 99 Torriano Ave,
London NW5.

Housing Rights Campaign,
c/o CHAR, 5 Cromer Street,
London WC1.

Women for Life On Earth,
2 St Edmunds Cottages, Bove Town,
Glastonbury, Somerset BA6 8JD.

Nicaragua Solidarity Campaign,
20/21 Compton Terrace,
London N1.

Info of Communities Network,
SAE to Gilly, Laurieston Hall,
Castle Douglas, Stewartry of
Kirkcudbright, Scotland.

Greenpeace,
29-35 Gladstone Road,
Croyden, Surrey CR9 3RP.

Friends of the Earth,
377 City Road,
London EC1V 1NA.

Vegan Society,
33-35 George Street,
Oxford, OX1 2AY.

London Greenpeace Group,
5 Caledonian Rd, London N1.
(McDonalds & Unilever Leaflets)

Anti Apartheid Movement,
13 Mandela Street,
London NW1.

Green Anarchist,
19 Magdalen Road,
Oxford, OX4 1RP.

Campaign Against Police
Repression, c/o 83 Blackstock
Road, London N4.

War on Want,
467 Caledonian Road,
London SW1.

World Development Movement,
26 Bedford Chambers,
Covent Garden, London WC2E 8HA.

Amnesty International,
55 Theobalds Road,
London WC1.

Hope you find P.O.M. #1
worthwhile. Communication
always welcome, love John.