

has missed the deadline to get onto the teaching basic Adult Education. Now, ES wants more info and cannot guarantee that his giro will be paid, despite declaring his work and attending Project Work. They have stopped his benefits several times and say he has not declared work in the right way. It must be declared in greater detail. John originally declared it before and was told that it was too detailed!

DiY Doris.



Hey up me ducks,

Every time you crumble the Gold Seal into your bong you're supporting monoculture cash cropping, the oil industry, armed criminals and other such pleasant things. But don't let this do your head there's an easy solution to bypass all that bad Karma and improve your smoke! Home Grown: So for those of you without naturally green fingers here's your DiY -

10 Steps To Home-Grown Heaven.

Stop Press: Your first step should always be to write to the Home Office and ask for a licence to cultivate cannabis!

1. Obtain seeds & soak in a weak bleach solution (1 teaspoon bleach to a glass of water) for approx 12 hours. This will prevent mould growth. Then place seeds between two moist tissues in a warm, dark spot (an airing cupboard.) I use jiffy pellets coz you don't have to touch the seedling itself again.

2. Check seeds every day, once the seed has sprouted transfer the seed to soil.

3. When seedling is visible above soil move it to a well lit, warm position. Seedlings at this time need 18-24 hours light for healthy growth. Fluorescent fittings equipped with grow-lux tubes are OK. Keep the light source close to plant tops.

4. Once a good root system has been established transfer the seedlings to a larger container. Pinch out growing tips if height is a problem.

5. The best smoke is obtained from the unfertilised flowers of the female plant so you need to sex your plants. Personally I flower my plants when they are between 8-15 inches tall.

Plants will flower if the amount of light they receive a day falls to about 12 hours. After approx 10 days flowers should start to appear on the plants. Identify and remove males, continue with the 12 hours light. While plants require limited duration of light, the type of light is

very important & it needs to be fairly strong if you want good vigorous plant growth.

6. You are going to need to feed your plants so you must sort out a suitable fertiliser (miracle-gro is supposed to be OK)

7. Plants can take from 6-12 weeks to mature, but by then hundreds of flowers will have formed along with THC crystals (they look a little like glass mushrooms under a magnifier)

8. Plants are, generally speaking ready for harvesting when the stigmas turn brown and shrink.

9. Trim off large leaves and remove the branch holding the buds, these branches should be hung up-side down in a dark, not too warm, well ventilated room or cupboard. Check buds regularly. 5-10 days should be about right.

10. Trim excessive leaves from the buds. Store in a freezer to keep fresh.

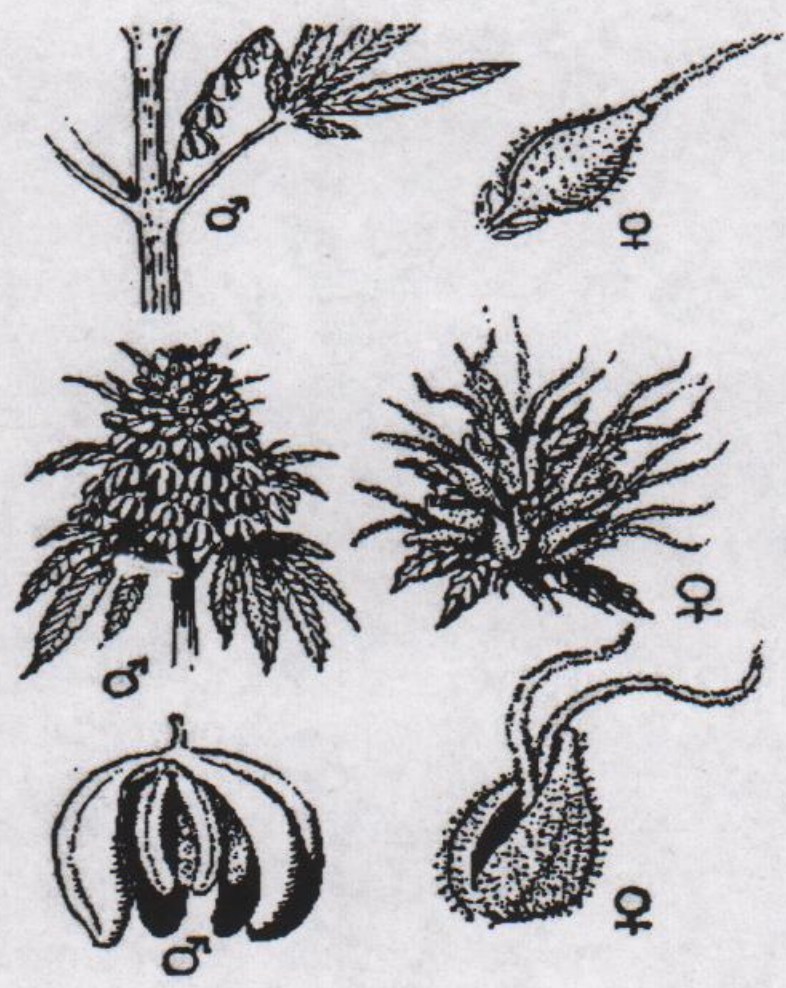
Now, fill bong with crushed ice.

Fill bowl with bud and ignite.

Assume the position & feel those medicinal benefits.

This is a rough guide. Check the net for detailed info. <http://www.hyperreal.com>

Cannabis Flowers



REMEMBER

The cultivation of cannabis is illegal you risk prosecution if caught.

Medicinal Cannabis.

Despite cannabis being illegal in almost every country, doctors are demanding to be allowed to prescribe pot to seriously & terminally ill patients. The British Medical

Association (BMA) and the Society of Neuroscience of Washington (USA) are two organisations demanding comprehensive medical - marijuana research. Also a number of British MP's are calling for the same research. In America, thousands of people are locked in already overcrowded prisons for growing a plant that can bring them relief from diseases such as AIDS, cancer, epilepsy, glaucoma and arthritis. Several states in the US have voted in favour of Proposition 215, this initiative gives patients a legal defence against marijuana charges, as long as they have a doctor's recommendation to use the drug. Prop 215 would also allow doctors to make that recommendation openly. Buyers clubs, where patients can buy cheap pot, provided they have a doctors note, have been set up so that those patients can get their drugs in a safe environment, but the DEA seem intent on closing these down along with growshops. What the fuck is going on? Cannabis is a naturally growing plant that in addition to it's medical uses, can provide the raw materials to produce paper, textiles, fuel, oils, paints and food to name a few. While it remains illegal thousands of people continue to suffer both in & out of prison. A synthetic form of marijuana is available, but patients report that it is not as effective as the real thing. This synthetic marijuana is manufactured by a large (probably multinational) pharmaceutical company whose profits are already fucking huge. Fuck that! Stop lining the fat cats pockets, take control of your life, make your own free choices, don't be dictated to... **GROW YER OWN!** For more info on any points raised in this article contact :-

BOX HEMP c/o 182 Mansfield Rd, Nottingham NG1 3HW

Free Seeds?.

If you are lucky on the front of this FIN you will find a small bag of Organic Hemp seed. We don't suggest you plant these seeds outside your local police station or cultivate them for personal use as this would be silly and illegal, and it probably smokes like old rope! However if you were to be sensible and sprinkle them on a salad you would receive the benefits of;

Alpha Linolenic Acid (omega 3)	19%
Linolenic Acid (omega 6)	50%
Gamma Linolenic Acid	1.6%
of your essential fatty acids, and...	
Protein	22.5%
Carbohydrates	35.8%

Oil	30%
Calories	503/100g
Dietary Fibre (soluble)	35.1% (3.0%)
Vitamin E	30mg/g
Vitamin C	14mg/g
Vitamin B1	9mg/g
Vitamin B2	11mg/g
Vitamin B3	25mg/g
Vitamin B6	3mg/g

or you could use it to (with a licence) make one of the 25,000 products which can be made from hemp.

GANJA SPICE CAKE

Ingredients:

6oz plain flour
4oz brown sugar
4oz margarine
4oz golden syrup
1 tablespoon Southern Comfort or whisky
1 tablespoon orange peel
1 teaspoon ground ginger & 1 teaspoon mixed spice
2 teaspoons baking powder
1 tablespoon soya flour mixed with 1 tablespoon water
1/8th crumbled hash or 1/4oz chopped buds or 1/2oz ground leaves

Method:

Grease & flour a square tin. Preheat oven 170C/325F/gas mark 3. Place marg., sugar, syrup & ganja into a pan and heat slowly. Stir slowly till marg. melts. Add booze & remove from heat. Add flour, ginger, spice & baking powder. Give it a good stir before adding orange peel and soya flour mixture. Give a last stir & pour into tin. Bake for 1 hour on middle shelf. Cool & cut into squares.

Kill Your Television!

We've just had Beltaine, and the Summers coming. It's time to get out and participate in life. Did you know that the "average person" spends ten years of their life in front of the T.V. screen leading a mediated

existence. Just think what you could do with an extra ten years of life, you could have a love affair, you could wander the world, you could create positive change where you live, you could talk, play, and party with hundreds of people.

Here's the true tale of a town;

Cancun, in Mexico, is dreadful - a manufactured tourist resort with huge, sterile hotels facing the water and local indians bused in from dirty neighbourhoods of breeze block buildings to clean the toilets and make the beds.

However, at night, while the tourists watch tv in their air conditioned rooms, the locals of Cancun walk out under the stars to the Zocalo, their town square.

We have town squares in this country - a park, some benches or maybe a flag or a war memorial. But what they have in Mexican town squares (zocalo) that we don't, are people. Children run around, teenagers flirt, old men and women talk, families argue. The whole town just sit there enjoying the night and human beings.

All over Mexico the zocalos are different, in Isla Mujeres it's dominated by a never ending game of football, in Merida people chill out and buskers play.

In Spain people sit outside the bars playing cards, in rural Italy people bring what they're doing out on the street and talk to their neighbours.

Why don't we have Zocalo in Britain? Well, there is the weather, it's usually too cold for half the year and it rains more. Sarah Hawks a woman who lived in the Canary isle for 20 years then came back to Britain thinks there's another reason. "We didn't have a television... we didn't need it. The day they got electricity in that village, the first thing people wanted before anything else was a tv. The effect was devastating instead of the whole town meeting in the church square, everybody stayed at home and watched television. I knew these people." she says, "they were absolutely unmaterialistic. After television, they all wanted cars. They wanted mercedes." She found her self sitting alone in the square with a few old men. "When I came back, I blew my mind I couldn't believe how alienated people had become." Is alienation a mental illness? Is it a medical condition. What is it we are so busy doing, that we cannot bring ourselves to walk out of the front door and join in. Jerry Mander said "We have all been moved into such a narrow and deprived channel of experience that a dangerous instrument like television can come along and seem useful, interesting, sane, and worthwhile at the same time it further boxes people into a physical and mental condition appropriate for the emergence of autocratic control ... To speak of tv as "neutral" and therefore subject to change is as absurd as speaking

of the reform of a technology such as guns." The Summer is coming, Reclaim your streets from the cars that have enclosed them and your time from your tv and join in real life!



R.T.S. Wolverhampton May 9th

R.T.S. Leeds May 9th City Square 12pm

R.T.S. Birmingham and the rest of the world May 16th. Contact R.T.S. on;

0171 281 4621, www.hrc.wmin.ac.uk/campaigns/rtss.html

For anti-tv stuff contact; White dot on; white dot@mistral.co.uk

www.tvfa.org

Art Exchange.

According to the blurb; Art Exchange is an innovative arts space which will provide a dynamic range of exhibitions and events for the East Midland Region. Its made up of; East Midlands African and Caribbean Arts, aims to raise awareness of African and Caribbean artists and to promote a positive Black Visual Arts. They manage the space.

City Arts; will develop arts projects city wide, so that Notts folks can participate in the cultural and creative life.

APNA; will continue to develop South Asian Arts on a national level.

Drop in at 39 Gregory Boulevard. Bus routes 81, 82, 83, 84, 85 from the city.

DiY Version...

The Frontline Network are looking for creative artists who want to make ideas/concepts into reality. In their own words "A collective for like minds is being formed at the Skyy Bar. The aim is to provide a forum for the discussion of ideas with a view to producing happening - Art/Music projects.

meeting weekly contact; Ade on 0115 969 2460, and Bands & DJ's ring steve; 0115 9706326.

G8, WTO, MAI - Global Domination, they must be taking the piss?



Not a lot of people know this! This year the next step to corporate domination and world government will happen unless everyone unites to oppose it.

In Britain;

- Massive wage cuts and job losses for ordinary workers.
- Loss of local small business.
- Environmental damage and degradation.
- Cuts in social services and welfare.
- Loss of animal rights.
- Lowering of food standards and reduced food safety.
- Undermining of local and national authority and democracy.

These are the effects for the majority of people in Britain. The effect of the World Trade Organisation (WTO) and the Multilateral Agreement on Investment (MAI) and the ordinary people and the environment of the developing world will be devastating. The aims of the WTO and the MAI are to open up the global freemarket. Essentially opening up the world for the multinationals and the movement of capital. They call it "Creating a level playing field for companies". This level playing field places, for example, multibillion dollar agribusiness companies in direct competition with the Mexican peasant farmers! Although the world is being opened up to multinationals, it gives them no responsibilities. Under the MAI, multinationals will be able to sue local and national governments for millions if they try and introduce worker or environmental rights which would affect their profits if they invest in this country.

Capital will also have unrestricted movement around the world i.e., they will go where it's cheapest. In effect it will be a rush to the bottom. (or a bum rush). To encourage foreign investment in this country wage levels, workers rights, and environmental standards will have to drop.

Resistance against this mindless system and for the defence of humanity is being organised globally. Indigenous people, farmers, environmentalist, trade unionists, small business's, and human rights activists are organising in a loose, decentralised network, "a struggle of struggles" co-ordinated mainly by Peoples Global Action (PGA).

Join in - this will affect your life

How to resist;

1) **Inform yourself** - Info on MAI from: Corporate Watch, Box E, 111 Magdalen Road, Oxford, OX4 1RQ

<http://www.oneworld.org/cw/> or The World Development Movement, 25 Beehive Place, London, SW9 7QR <http://www.oneworld.org/wdm>

2) **Act** - In May G8, the leaders of the worlds most powerful countries, are meeting in Birmingham on the 15th to the 17th. This will see one of this years largest protests. Christian Aid and Jubilee 2000 plan to surround the conference with a human chain of 60,000 people, and Reclaim the Streets are holding a reclaim the summit street party on Saturday the 16th of May. RTS parties will be held simultaneously in 16 different countries. There will also be other actions and protests on the other days. An ecovillage, and alternative employment centre are being set up, and the New Economics Foundation will be holding a counter summit throughout the conference. When the world leaders leave Birmingham to go to the WTO summit in Geneva they will be met by thousands of protesters from every continent on the planet, in Peoples Global Action. Lets give them a good send off!

For further details on how you can get involved contact:

"The Counter Globalisation Network", c/o Manchester EF1, Dept 29, 1 Newton Street, Manchester, M1 1HW.

mancef@avocados.globalnet.co.uk

or via Notts EF (see contacts list)

In the long term, act locally, think globally.

Support local business/jobs and mutual aid networks.

Defend worker, human, environmental and animal rights.

Build local direct democracy. @@@@

The John Archer Memorial Column



Part two (see no 7 for part one)

Now's the time to plant seeds in the soil and the question arises as to what to grow. The best thing to grow is the things you like to eat, things that are better when fresh or things that are expensive in the shops.

Plants can be divided into two categories: annuals and perennials.

Annuals grow from seed, set seed and die in one year and most of the veg we eat fits into this category eg lettuce, peas, beans, grains etc. These crops have been developed over the years initially to increase taste and yield sometimes at the expense of disease resistance and also to fit into animal based agriculture. As agribusiness became more powerful crops were selected for shelf life, ease of harvest and uniformity of shape for packaging and appearance. This process is being speeded up by the use of genetic engineering. A good example of the difference in requirement between small growers and multinationals is shown in a recent advert for Birds Eye. The combine harvester picks all the crops on the same day (from a field devoid of hedges) so they can be instantly frozen. If your growing peas for yourself a long cropping period is better so that you have enough peas for dinner over a few weeks rather than a glut. These older varieties are part of our heritage and should be grown to preserve them or we'll be left with bland crops with the patent owned by large agribusinesses. If your going to grow annuals ones that go to seed and resprout the following year are very useful (modern F1 hybrids wont germinate and if they do won't come true). These are known as self seeders and my personal favourites are coriander rocket. It gave me a big kick to know that rocket which became the trendy salad plant and was well expensive in Sainsbury's was growing like a weed on my allotment.

The second main group of plants are perennials and these are far more exciting than annuals for a number of reasons (At this point I'd like to insert a warning that following this advice can lead to a desire to buy a flat cap and talk about whitefly on your brassicas. If you feel these urges drop everything and go to the pub.)

Back to perennials. These require far less work as once they planted they'll grow for several years; in the case of fruit trees, for decades. If you compare the amount of work needed to grow 30lbs of apples year in year out with the work needed to get the same yield of tomatoes the difference becomes obvious. When starting to fill the soil it's probably easier to begin with annuals and gradually add more perennials.

If space allows I would recommend soft fruit and a fruit tree on a small root stock. These can be trained against a wall in a cordon of fan to maximise space.

Growing food for yourself is very empowering but it's also fun. If its grown in a small space the worries of having too much to do is non existent. I did most of the work in my back yard because I'd popped out for a bag. Close proximity to your plants means that you notice problems early on and allows you to pick things when you need them. Theirs an old saying that the best fertiliser is the gardeners shadow and this stands up to the test.

Hints and books

Try cut and come again methods or pick and pluck to increase yield from salads and herbs.

Plants for a Future - Ken Fern

Salads for a small garden Joy Larkham

Seed savers handbook -

British Aerospace Murder by Proxy

Peace activists close down

BaE A.G.M

The Thatcherite dream of a share-holding society was given an alternative slant by Campaign against the Arms Trade (CAAT) on 29th April when 130 C.A.A.T members (complete with share certificates!) attended the British Aerospace AGM at the QEII conference centre in London. BaE is notorious for its sales of arms to repressive regimes, including Indonesia and Turkey - subsidiary company, the Nottingham based Heckler and Koch (your friendly local arms dealers: just by Sainsburys at Castle Marina if anyone's interested!) has, in fact, recently agreed to a deal to transfer technology to Turkey for the production of 200,000 assault rifles, despite that country's genocidal persecution of the kurdish population.

In protest at this 11 Nottingham activists travelled down to London for their chance to put questions directly to the board of BaE. Shareholders attending the AGM had to wait for entrance to the heavily secured building by a "die-in" outside

the door. After tea and biscuits in the lobby we took our seats among the suits but somehow the AGM just didn't seem to get off the ground after activists chanting "Stop arming repressive regimes" had been escorted from the premises, other C.A.A.T members dominated the questions session, raising ethical concerns continually until the AGM was finally abandoned 2 1/4 hours after it should have begun. Since we seemed to have spare time on our hands we also visited the DTI (department of Trade and Industry) who issue the export licenses for BaE, just around the corner. 2 activists managed to climb onto the roof and unfurl a banner with "BaE - Murder by Proxy", providing interesting reading for all those busy London commuters!

The local campaign against Heckler and Koch will be continuing over the summer and beyond. New ideas and whatever help people can give is always very welcome! Please contact Nottingham Campaign Against the Arms Trade (address in contacts section)

PHONE FOR FREE!

"Times up, Wake up, Act Now sez; This information is intended for use and trade by environmental groups, as a wider dispersion of these techniques may result in them being acted on by the companies - who probably already know.

1) Find one of BT's older silver metal phone boxes, the round edged oblong ones. The LCD display is not illuminated - just black figures on a grey background. They don't have the fancy volume control and language selection buttons. There's a follow on call button located under the receiver stand. These phones do not accept phone/credit cards.

This technique should whorl with most - but not all - of this generation of BT phones.

2) Put in a single coin with a value greater than 10p. A 20p coin will do. You won't get this back.

3) Make a phone call and watch the credit display. wait until it reads 9p [0:09]

4) Immediately press the "follow on call" button for the first time - whilst the display shows 9p

5) This is the tricky bit that requires practice. Put a £1 coin in the coin slot, and just one moment after that ... press the "follow on call" button again. Don't wait for the pound coin to register on the display before pressing the "follow on call" button, but don't press it at the same time as dropping the coin in the slot.

Practice to find the correct timing of this

sequence for the phone in your area. If it worked the following should happen....

1) The coin is held for a few seconds in the machine, and the credit display goes blank.

2) Your pound coin drops into the coin return compartment and the credit display reads [1:09] - you have a "free" £1 credit.

NOTES FROM EXPERIENCE:

You can't use this technique to get free pound coins!

I have not managed to repeat this to get more than one pound

credit at a time ie. to get a display of [2:09] or [3:09], so the maximum continuous call you could get is £1.09, BUT

When making calls with your free credit - when the credit falls from [1:09] down to [0:09] press "follow on call" and repeat the technique to remain in credit - ie. go back to step 3)

Although you can't make an individual call lasting over £1.09 you can make several calls to the same person by repeating the procedure indefinitely.

This technique allows international, regional, local, mobile etc calls.

Also;

Send "free" text faxes on the internet - try <http://www.tpc.int/sendfax.html>

the BT phone technique is the one to use for phone/fax blockades of yor favourite multinational bastards - it's good to talk!

Top Tat.

Acme Tat Suppliers of Leeds can supply activists with their every needs. Their catalogue includes: 10mm Alloy Maillion Rapide Lock gate £4.50, a Petzel zoom head torch £19.50; wire cutters, folding, heavy duty & pocket sized £5.00; Eco-defence a field guide to monkey wrenching £9.50. 100's of other stuff get a catalogue from Box R, Cornerstone Resource Centre, 16 Sholebrooke Avenue, Chapletown LEEDS, LS7 3HB.

ADVERT, Well they paid!?

Wanted: secure storage space for "Pedals Cycling Campaign" trailer, eg; a garage, bam, or similar. Any location considered.

Contact Andrew Marin @ Veggies c/o Rainbow Centre: 0115 9585666

PREVENT UNWANTED PETS:

PUP finds good homes for unwanted pets and other animals, they also provide a cheap spaying/neutering service for those on a low budget. They now have a charity shop and would like donations of any unwanted goods. Pup shop: 169A Sneynton Dale, Nottingham. Phone: 0115 9418872 for collection.