

THE DIARY - JUNE 1998

This diary gives details of campaigns and meetings in Nottingham, or events elsewhere supported by Nottingham based activists, concerning Human & Animal Rights, Environmental & Social Issues, and Peace & Co-operation Worldwide. There are no single issues in reclaiming the future.

The Diary is updated continuously, based on info displayed in the Nott FIN newsletter and in the Free Information Network area at Nottingham's Rainbow Resource Centre, where more details and more up-to-date event info may be found.

To receive further editions send the required number of self-addressed, stamped envelopes to the Rainbow Centre. Or tell us where you picked up this copy, or saw it displayed, and we'll try to distribute future copies at the same place.

June 1998

- Til 20th Genetix test site occupation, and permaculture creation, see article front cover.
- Sat 6th Rage Against The Cage. Rally, Exhibition, sound systems, kids stuff and 1pm March Against Vivisection. 11-5pm Devonshire Green, Sheffield. Transport with Veggies. Uncaged 0114 253 0020.
- Sun 7th National Veggie Week ends with Veggies trip to VegFest, vegetarian food & lifestyle festival, in Manchester.
- Sun 7th Nottm Animal Rights Confederation. '1st Sunday' meeting & campaign planning. 6.30 - 9pm Rainbow Canteen : Refreshments-Come hungry!
- Tues 9th Friends of the Earth. 2nd & last Tuesdays. 7.30pm. Friends Meeting House, Clarendon St.
- Wed 10th Anti-Hunt Demo. Noon at Houses of Parliament, London.
- 11th-13th 10th Notts Punx Picnic Gigs. Evenings at Old General & other venues (cost£). Free picnic on Forest 2pm 13th.
- Sat 13th Reclaim Europe! demos. Cardiff. Limited transport with Veggies.
- Sun 14th Earth First! Bimble. Meet 2pm Bestwood Country Park Car Park, Ring Rainbow to confirm.
- Mon 15th Heckler & Koch C.A.A.T. Demo 8.30 am Royal Ordnance Factory, Castle Marina, Notts. Details: 960 3693
- Wed 17th Nottm Claimants Action. Fortnightly meeting. 7.30pm at the Rainbow Centre Canteen.
- Thurs 18th Protest against animal testing by Proctor & Gamble, with PETA, People for the Ethical Treatment of Animals. Noon at St Peters Gate, Nottm. HELP NEEDED contact ARC at Rainbow.
- Thurs 18th Green Party meets to discuss Lesbian & Gay Issues. 8pm prompt at 61b Mansfield Road.
- 19th-21st Nine Ladies Free Festival, Nine Ladies Stone Circle, Derbyshire.
- Fri 19th Critical Mass Bike Ride to protest traffic congestion. 5.20pm Market Square.
- Fri 19th McLibel Day of Action to march anniversary of High Court Victory by London Greenpeace Activists.
- Sat 20th Nottm McLibel Pickets. Meet Noon at Clinton St East Market (near Veggies Stall).
- Sat 20th Benefit gig for the East Nottingham Unemployed Workers Centre, Old Vic pub, 8.30 until 1am. Adverse, Propane Elaine + DJs Ring Chris Shannon (0115) 9472705.
- Wed 24th Anti-Vivisection Demo. Harlan Animal Breeders. Meet 4pm at Belton, nr Loughborough. 0116 236 6450.
- Sun 28th Earth First! Open Meeting. Video and Social. 7pm - Rainbow Centre Canteen. Ring to confirm.
- Fri 26th ? Nott FIN / Ned Ludd News editorial workshop. 7pm Rainbow Library (back door);

JULY

Sat 4th Save Northern Swimming Baths Campaign - Fun Day! Stalls, side shows, music. Parade/march from Bulwell Market at noon to Northern Court (opposite the Baths on Vernon Road). Call: 916 2215 / 915 3868

Sun 5th Nottm Animal Rights Confederation. '1st Sunday' meeting & campaign planning.

Mon 6th Greenpeace Support Group meets 1st Monday monthly at The Navigation, Wilford St, nr Canal St.

Mon 6th Nottm Action for Southern Africa meets 1st Monday monthly 7.30 at The Lincolnshire Poacher, Mansfield Road. Contact Mike on 970 2120, or Box 6, 118 Mansfield Road, Nottm NG1 3HL.

Shell Picket - Fridays at 5.30pm at London Road. Contact June / Dave / Rainbow Centre to confirm.

Nottm Hunt Saboteurs Assoc. To help with fundraising or active wildlife protection contact Brent c/o Rainbow.

Prevent Unwanted Pets. To help with fundraising or in any other way call 941 8872.

Sanctuary Working Party. Helping local sanctuaries where no healthy animals are ever destroyed. Details from Rainbow.

CONTACTS : RAINBOW CENTRE: 176-188 Mansfield Road, Nottm NG1 3HW. 10am-5pm. Ph: 958 5666

Contact these c/o the Rainbow Centre : NottFIN - the Free Information Network; McLibel Support Group; Animal Rights Confederation (also Angie on 974 6814); Kirkby Cats Home (also Phil on 01623 756592); Enough - Nottm Anti-Consumerism Campaign (also c/o Women's Environmental Network on 913 3029); Earth First! Friends Of the Earth (also Jill on 953 8843); Nottm Windpower Project (also 948 0829); Prevent Unwanted Pets (phone on 941 8872); Vaccination Awareness Network (also 948 0829); Vegetarian & Vegan Society (also Tracy: 981 7620); Veggies Catering Campaign (also Lunchtimes at Clinton St East); ALSO : Green Network News has news & dates of many more environmental activities. Phone Tim Gray on 941 7849.

Campaign Against The Arms Trade: 89 Crossman St NG5 2HL. Phone: 960 3693 (eve) / 970 6994.

Greenpeace Nottingham Support Group: Karl: 914 0974.

Note: All the groups listed do not necessarily endorse the activities of all the others.

PLEASE SEND FLIERS & POSTERS for display in the Free Information Exchange, in Nott FIN and on The Diary, to The Rainbow Centre, 176-188 Mansfield Road, Nottingham. Billboard / banner display facilities also available.

PLEASE COPY AND CIRCULATE.

NED LUDD'S NEWS

Reclaiming The Future!

Misbehavin' for the Planet!



Well it happened - the Global Street Party against cars, capitalism, and the G8 summit in Birmingham occurred simultaneously in 37 cities in 22 countries. The parties round the world have been a mixed bag; Sydney, Australia, had a wonderful day with several stages on the street, and orange and black bamboo tripods; then in Prague, in the Czech Republic, they had the best free party in memory with thousands of people. After the party in Prague they didn't want to give the streets back, and a riot kicked off, police cars, McDonalds, KFCs, bill boards, and a fascist book shop were all trashed.

In Birmingham at the heart of the party 8000 people reclaimed Bullring Roundabout and laughed in the face of the superpower summit. There was a good turn out from Notts. with a crew of Scaffoldists setting up a tripod, then two EF! climbers scaling it and holding it for several hours (until they were nicked and held for 40 hrs.) including one in a Tony Blair mask. The RTS Tony gave a speech saying, "as the undemocratically elected prime minister of this country I declare that parliament is a farce and the super power summit is taking the piss so I've gone and joined the anarchists!". Veggies also provided guerrilla catering, and local system Desert Storm were

involved in providing the tunes. Predominantly nonviolent except for small incidents. Three cheers to the clown who got the police inspector in the face with a custard pie. For what was all about and contacts see HAHAAHA inside.

Also in Birmingham just before the street party 50,000 people formed an 11km human chain around the summit calling for an end to third world debt held by the rich countries.

London RTS has now gone local, and there will be 2 street parties in London on the 6th of June. Contact for the North London Party is: 0958 795189, & the South London party is: 0961 398257.

Genetic Actions in Nottingham



On Saturday 9th May we embarked on two actions. We had nine people on the actions, one of them from Friends of the Earth, and eight from Greenpeace. Our first was at Morrisons at Colwick in Nottingham, the manager was at first very polite and said we had to have permission to be there and that he would give us the address to write to get permission. When we said we would not move on he got a bit stumpy and called the police. When he found stickers inside the store he got very angry and the security guard was becoming very aggressive towards us. We left just before the police arrived. The customer response was very good and lots of people were very concerned.

We then went on to Safeway at Gamston in Nottingham. The manager at this one was not pleasant from the start and called the police straight away. Customer response was again good at this store.

NottFIN 9

1st June '98
Free/Donations

Squat the lot



At 5am on Saturday morning 40 activists set up the first ever land occupation of a genetic release site in this country. Despite the Financial Times advertising one of the meeting points the day before, the police presence was minimal. Two police cars turned up about 40 minutes after the site was taken, because they were informed by a concerned local that there were 40 youths marching in a field with sticks, only to find out "they were building interesting structures with them". After the original structures were built the genetically modified sugar beet, mysteriously dug up a few days before the occupation, were collected and the beginnings of an organic permaculture site was set up. This occupation is planned to last for a month and intends to highlight the dangers of Genetically Engineered Organisms to our health and environment and to establish a working demonstration of the alternatives to genetic engineering of crops and industrial agricultural monocultures. It is actively trying to involve locals and farmers, in order to demonstrate how to grow foods in an ecological manner.

This site is extremely exiting in many ways. There are no defences on site as we are not defending areas of land that are about to be trashed and this points to us being on the offence again. It also teaches activists about permaculture and food production, this is very radical and useful as we all need to grow our own food as the alternative to capitalism and pollution involved in big agrochemical industries. The preparation for the post revolutionary era is happening. Get yourself down there and bring some plants, site mobile is 0831 332520 or remember there are 6 release sites in the Nottingham area and over 300 throughout the country.

"Resistance is the secret of joy"

Act Now ! Then send your words to Nottingham Free Information Network
c/o Rainbow Centre, 180 Mansfield Road, Nottingham NG1 3. Better still email veggies@innotts.co.uk

AVAILABLE IN LARGE PRINT

Following a campaign by Greenpeace, a number of major UK companies have recognised that their customers would not wish to be part of this ecological catastrophe and have declared that they will stop purchasing Canadian timber and pulp until the Canadian Government obviously wanted to grow their tree seeds.

To all the consumer partners if you want your streets back you've got to take them! As a side Veggies guerrilla catering crew were topped and searched and the police seized all their copies of Ned Ludd's News.

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And a stroll in the woods
+ Discussion on Affinity Groups for those interested

See the site of the proposed Tarmac Quarry.
And a stroll in the woods
+ Discussion on Affinity Groups for those interested

2pm Sun June 14,
The Car Park Bestwood Country
Park.

Wolves R.T.S.

Wolves R.T.S. went off the weekend before Birmingham and had a few problems, due to West Midlands Police force practising on them for the big one. The sound system was confiscated on the way to the party which was a bad start. Then at the party venue there were too many party goers and not enough street reclaimers, so everyone was forced into a pedestrian area to have the party. A group of drummers picked up the vibe and saved the day.

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If you want to help out please contact Smoke Bass on: 9162215. It could be a lot of fun and protest.

They want everyone's help; jugglers, fire breathers, stunts, face painters, bands, street theatre, and general bodles.

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The Campaign to save Northern Bats, & Oakleigh Tenants Association, is continuing. Campaigners locals and supporters are to stage a procession with banners and floats from noon on 4th July at Bulwell Market and moving off to the Northern Court opposite the baths for a day of fun and protest.

Independence Day

At midday today (13th May 1998), just before the Canadian Prime Minister, Jean Chretien, was about to reopen Canada House in Trafalgar Square, London, three Greenpeace climbers started to unfurl a 70-ft banner from Nelson's Column. The banner, which reads "God Save Canada's Rainforest", sends a direct message to Chretien, urging him to protect what remains of his country's priceless rainforests, which are being destroyed by logging and other commercial activities. The three Greenpeace activists held the banner for a few minutes before it was taken down by police. The activists were not hurt and were released after a short stay in hospital.

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Rainforest Actions In London

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RECLAIM
EUROPE!
Cardiff, UK, June 9-16

Save Northern Swimming Baths Campaign

Presenting
American Independence Funday
July 4th

The Baths shall rise again!

Everyone is invited on Saturday 4/7/98 to come to Northern Court (opposite the Baths on Vernon Rd.) to have some fun and help the Campaign to raise money for it's "fighting fund"

Please get involved, if you would like to join a stall, provide a side show, play music, join in the parade or contribute in any way to support our campaign please get in touch with Smokey Bass 9162215 or Ian 91533868

We would like to invite other community groups and campaigns to come along and advertise and raise money for their cause or group... get in touch soon!

DAVI
FUN!

Show the City Council you care about our pool!

CARDIFF STREET PARTY

THE DAY THAT SHOOK THE WORLD

Cardiff Central Train Station at 4pm 16 June

the first Welsh RTS

Bring yourselves, your kids, your friends, music, costumes, art, performance, drums, banners, rhythm, humour

Contact 0378 389063

CRITICAL MASS

RECLAIM THE STREETS

RAID (9th June 5.20am Market Square)

5.20am Market Square

RAID (9th June 5.20am Market Square)

JOIN THIS SPECTACULAR MONTHLY EVENT TO CAMPAIGN FOR BETTER CYCLING AND TRANSPORT CONDITIONS. CRITICAL MASS WORKS! IT JUST NEEDS PEOPLE. DO SOMETHING POSITIVE AND BE PART OF IT.

Don't Forget Them.



"All human beings are born free and equal in dignity and rights"

Article 1 Universal Declaration of Human Rights

1948 saw the governments of the world unite to declare that all human beings have rights worthy of respect in every circumstance. This is known as the Universal Declaration of Human Rights.

However, fifty years on, despite the provisions, the brutal and systematic repression of human rights on the part of many of those same governments continues. For some people standing up for human rights is dangerous, or even deadly.

Consider these recent cases.

- A Trade Union President is killed for denouncing human rights violations. A colleague, a member of the same union and facing threats to his own life, is preparing to leave the country with his wife and children. His body is found in a back street disfigured with torture.

- Two university lecturers are murdered in front of their children as a result of their work exposing government sanctioned human rights abuses.

Every one of the thirty basic rights, from the right to equality to the right to participate in cultural life, is violated everyday somewhere in the world.

Amnesty International believes that it is time to remind all governments of the basic principles they have promised to uphold.

The Get Up, Sign Up campaign was launched in February 1998 to raise global awareness of the Declaration and the relevance to our lives. Through the world wide circulation of signature books, Amnesty hopes to secure support for the Declaration from millions of people. The signatures will be presented to the United Nations next year, thus insuring that fundamental issues of human rights assume their rightful place at the forefront

of international politics. If people know their rights they are better able to defend them.

How you can help:

- Sign up! Add your signature to the thousands already gathered as part of the Get Up Sign Up Campaign. If your department or friends would like to get involved by circulating a signature book, please contact the Amnesty East Midlands Office.

- Write a letter. Your letter can save a life. Support the work of Amnesty International by sending letters of appeal to governments on behalf of victims of human rights abuse.

- Join Amnesty International. Everyone's help is needed for the movement to secure and safeguard human rights. Join now and receive Amnesty's magazine, which gives information on human rights abuses around the world and details of how you can help, from writing a letter to joining a local group.

For further details of all the above or of any aspect of the work of Amnesty International, please contact Callie Lister at the East Midlands Office on 0115 924 5100.

DiY Doris.



Hey up me ducks, well summers finally here, and whether they're in the middle of motorways, abandoned quarries, or sunny fields it's outdoor free party season again. For all those used to consumer parties, where you have no responsibilities here's a quick guide to DiY party etiquette for when you stumble wide-eyed into techno thumping nivana.

• Be prepared to be self-sufficient. Facilities could be minimal. If you think you're going to get too messy to cope with bulky possessions eg blankets etc... take one of those silver space blankets that can fit in your pocket, when you wake up in a field 5 miles away from the party covered in dew wearing just a t-shirt it might be handy.

• Park sensibly, and keep site roads clear.

• Be friendly to local residents, dog walkers and the like, smile and be happy

you're at a free party!

• Bury your shit. 1. no one wants to stand in it, and, 2. piles of shit and loo roll in the woods is a bad advert for free parties. You can buy small folding shovels for your car boot from army surplus.

• Don't trash the site - take a bin liner and fill it before you go home.

• Don't take drugs because it's illegal - well not too many! No needles - they're not welcome.

• Fires - use dead not live wood. (It doesn't burn anyway!)

• Make a donation, if someone's passing a bucket around don't be a mean git put some money in it, only donations keep parties free.

• Escort the sound system out of the party if the police turn up. If the system's pigged it won't be there next time, in fact there won't be a next time.

• Know your rights - get yourself a BUST CARD, 10p from Release, Advice line; 0171 729 9904. Emergency Help Line 0171 603 8654.

• Enjoy yourself - and don't let the party poopers grind you down.

Canteen Crisis.

For those of you who haven't been there (what are you like!) there is a "not for profit" vegan/veggie cafe on Mansfield Rd; a chilled space, good music(?), a plate full of veggie breakfast for £1.50, a cuppa for 30p, and hundreds of radical & not so radical publications.

Money from the cafe funds such funky things as Ned Ludds, and the Rainbow Centre.

Sandy the canteens hinge pin volunteer, after many years service is sick of the sight of veggie burgers. So, if we are to stay open much longer providing cheap food, a chilled place and even the FiN, we need more volunteers.

The works easy, and only occasionally hectic, and there's room for innovation by committed people. So if you can spare a morning/afternoon or more time on a committed regular basis get in touch with Nick, Kate, or Sandy at the Rainbow Centre. If not come and eat here before we go. (not open weekends, as no volunteers.)

Animal Help!

Local animal sanctuaries desperately need volunteers. No experience necessary. Transport provided most Sundays. Contact Brent on 916 0300.

Dogs, cats & rabbits in need of good loving homes. Lots of different sizes, types, and ages, always available. Contact Celia on 01623 753 883.

Ha! Ha! Ha!

After the RTS party in Birmingham many party goers were seen queuing for shit burgers in our fave corporate killers McDonalds, so for all those who went to the party but missed the point here's the rant;

The struggle for car free space must not be separated from the struggle against global capitalism, the streets are as full of capitalism as of cars, and the pollution of capitalism is much more insidious. Overcrowded, gridlocked cities, destructive new road schemes, unusual weather patterns, the growth of global poverty, the lowering of wages while share prices soar, the elimination of social services, deforestation, the patenting of life forms, the extinction of countless species - are all products of the same logic: the manic logic of global economy.

Capital has always been global. From the slave trade of earlier centuries to the imperial colonisation of lands and cultures across the world, its boundless drive for expansion - for short term financial gain - has recognised no limits. Backed up by state power, capitalist accumulation has created widespread social and ecological devastation where ever it extended.

But now capitalism is attempting a new strategy to reassert and intensify its dominance over us. Its name is economic globalisation, and it consists of the dismantling of national limitations to trade and to the free movement of capital. It enables companies, driven by the demands of the rapacious gambling of money markets, to ransack the entire globe in search of ever higher profits, lowering wages and environmental standards in their wake. Globalisation is arguably the most fundamental redesign of the planet's political and economic arrangements since the industrial revolution. It is the final act of enclosure.

Globalisation shifts power even further away from human beings towards the most effective instrument for concentrating power and wealth ever developed: the transnational company. Many command larger economies than most countries. Indeed of the 100 largest economies in the world; 51 are trans national companies, 49 nation states. The economy of General Motors is larger than that of Indonesia, the fourth most populated country in the world.

Meanwhile the army of bureaucrats in institutions such as the European Union, the World Bank, the International Monetary Fund and the World Trade Organisation are busy writing pieces of paper which force the ruthless principles of "free" trade into the lives of every citizen of the planet. The only thing which is "free" about "free trade" is the freedom it gives corporations to deprive everyone else of their freedoms. The rule of the

markets, of competition and money is declared an inevitable future on every continent. The goal everywhere is the same: free all economic resources to serve the needs of transnational companies and financial institutions, not people or the environment. Soon everywhere will look and feel like everywhere else, the same supermarkets and food, the same clothes and music, the same streets crowded with cars, poverty and misery. Globalisation will not neutralise our resistance, it will globalise it!

Revolutions are the parties of the uninvited.

We are the uninvited; the oppressed, ignored, despised downtrodden. The rejected and the rejecters. Occupiers of the sterile streets and no-go zones. Jokers in the racketeer's pack, day-glo fools, grinning while the microphons and high priests sermonise. We are the clowns serving pie-faced farce to the invited guests.

The invited, for their part, play the game in earnest. They perform tricks and recite fine words solemnly. They debate their serious business, while the world looks on.

Outside, the creative chaos of the carnival reigns, and for a moment we catch a glimpse of a different world. A world where 'divine rights' and 'natural laws' are dissolved, a topsy-turvy world where paupers can become kings, feasts are a free-for-all and imagination can run riot.

The revolutionary carnival that is emerging will not only "turn the world upside down" temporarily, but inside-out permanently.

As the serious ones stand for their curtain

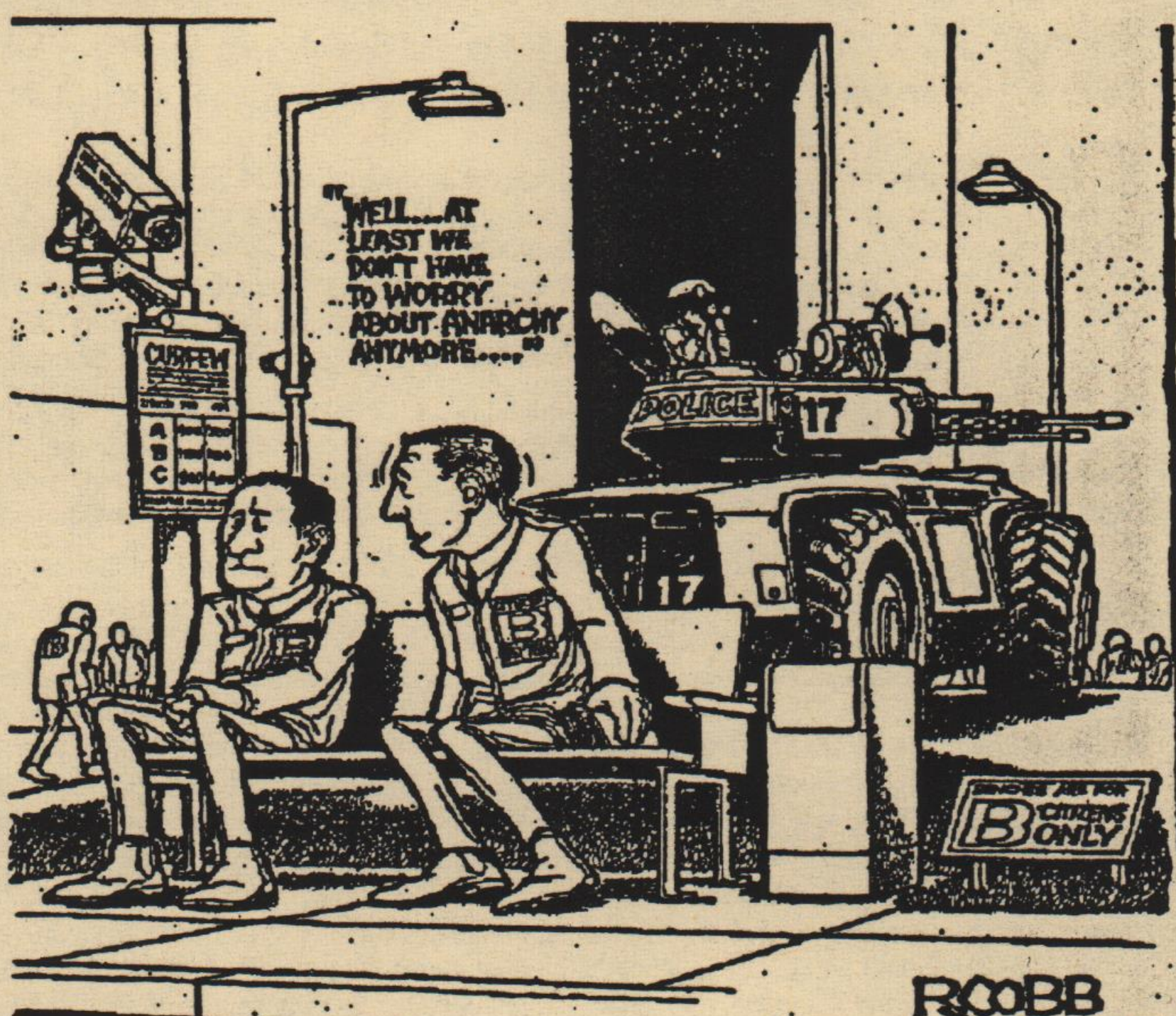
call, we fall about with irresistible laughter. We laugh with thousands of indians surrounding the World Bank and laughing "HA HA HA", we laugh with the Zapatista supporters who fill the streets of Mexico City with "HA HA HA first world". We laugh with the nervousness of the watched and the contempt of the 'thief' for private property. We laugh with the mad and the broken, the desperate and the determined. Our laugh is the laugh of life itself and we plan to be laughing last HAHAHA....

The global street party, with its challenge to private space and celebration of defiance, is part of a growing worldwide movement against the enclosure of our future. The global street party is not an end or a victory in itself, but a premonition of the time when the present conditions of our lives will be no more than a memory. If we do not leave the street and begin to work in any one of countless ways for communities instead of corporations, for people not profit, then the euphoria of the street party will recede to leave a hazy memory and growing sense of powerlessness. Never before has there been such a powerful potential for global mass resistance. Never before has there been such unity in diversity. The moment is NOW - RESIST, REFUSE, RECLAIM.

Reclaim the streets, (Direct Action network of anti-car & capitalism groups). 0171 281 4621 email: rts@gn.apc.org Web site: <http://www.hrc.wmin.ac.uk/campaigns/rts.html>

People Global Action: 00 41 22 344 47 31. <http://www.agp.org> pga@agp.org

Your local RTS contact is Notts EFi see contacts listings.



The Leaders Poem.

Ian Macallen is taking us for a ride. When we go and see him he has to go and hide. He thinks the public is a fool, he's the one who shut our pool.

So keep on fighting to the end, because you will send him round the bend.

He's broke the council's rules, and now he's trying to shut the schools.

But don't forget we'll be on the beat, when he tries to shut Noel Street.

If I was you I'd go and hide, because the public won't be on your side.

So sit and think before you vote, because Macallen is a joke.

Nottingham Free Information Network!

The Free Information Network is a community based paper providing information on subcultures and the fightback against this earth-raping, exploitative and oppressive system. Ned Ludd's News is just one of a network of FiNs and similar publications around the country.

Although we obtain much information from this network, we also rely on you writing and sending us stuff, particularly about local issues. If you like Ned Ludd's then give us some cash. Only donations keep us free. If you organise gigs/parties then do a benefit for us, or invite us to run a stall or collection at the event. We can help in the organising.

This Newsletter is produced by a collective of Nottingham campaigners. Your help is welcomed. We need writers, typists, layout designers, distributors, fund-raisers

... Interested?

The publishers of Ned Ludd's do not necessarily condemn or condone any action considered illegal under any law, we fully expect you to sit at home in front of the TV and do nothing!

Ned Ludd's is anti-copyright, please feel free to reproduce and part of this publication. Stuff censorship.

NottFIN does not necessarily agree with the views published herein.

Join us at the next editorial workshop on Friday 26th June?, at 7pm at the Rainbow Centre Library, 182 Mansfield Rd, Nottm (yellow back door at junction with Huntingdon St, near Elm Avenue, 4 mins from Victoria Centre Bus Station)

Thanks to Nigel & Andy NottFin is on the internet at <http://www.geocities.com/RainForest/Vines/4111/ned.html>

Loughborough Campaigns.

Hello campaigners; Loughborough Animal Concern would like to draw your attention to our two new campaigns against the vivisection labs - Astra - Camwood, Loughborough, and Harlan Sera-lab, Belton.

Astra test on beagles and other small mammals; Harlan breeds beagles and tests on monkeys and small mammals. We need as much help as we can on our regular demo's! See diary dates and look out for our big march and demos on Sept 5th.

Nuggets of Knowledge on Ecstasy:

1. Many people argue that Ecstasy should be a name given solely to a chemical called MDMA. Increasingly, however Es may contain 3 possible chemicals: MDMA, MDA or MDEA. This family of compounds are mainly derived from the oils of natural substances such as nutmeg, saffron, dill, calamus, crocus, parsley and saffron.

2. MDMA appeared as a recreational drug in 1972, having been first synthesised in 1914. It was used by some therapists for its capacity to encourage empathy between users, particularly as an aid to the solution of marital problems. In 1977 MDMA was made a Class A illegal drug in Britain. You can get 7 yrs for possession, and life for dealing.

3. The Class A prohibition of Ecstasy has meant that its distribution is largely controlled by money making gangsters.

So Es have slowly become more contaminated. Contamination has included Ketamine, Procaine and Ephedrine. In more socially aware Holland tablet testing has been allowed in clubs. Self test kits are available here, see FiN No8.

4. The explosion in rave culture, and its preferred drug MDMA happened at the end of the eighties. As a result of crack downs Es contained more MDA as it is less time consuming to produce. But, MDA has a higher neurotoxicity than MDMA and is not as communally ecstatic.

5. It has been found in tests that Es have a greater effect when taken collectively rather than individually. How this empathic process takes place is not understood.

6. Ecstasy acts on nerve cells in the body, stimulating the release of a natural body chemical called serotonin. This chemical is associated with positivity, empathy and pleasant feelings. It may also work in other ways.

7. It has been generally estimated that 54 people have died in circumstances relating to ecstasy use since 1990 (1995 figures). Despite its widespread use there is no centralised research or social analysis.

8. The majority of people who have died in ecstasy - related circumstances have overheated and dehydrated (about 46 of the estimated 54 deaths). Ecstasy raises body temperature, and in combination with dancing in hot clubs and forgetting to drink, a lethal core temperature, or a lethal level of water deprivation may occur. Leah Betts died after drinking too much water thinking it would stop the ecstasies effects, she was not dancing hard so she wasn't sweating it out and ecstasy inhibits urination.

9. Some clubs switch off water taps to raise bar profits, this is becoming rarer due to bad publicity. For hard dancing drink about a litre per hour, a pint an hour if you're not sweating that much. A pinch of salt with your water helps the body absorb it.

10. Some doctors have noted what they call post-ecstasy depression. Possible reasons for this phenomenon include the fact that the stimulation of serotonin by Ecstasy temporarily exhausts the body's supply. As serotonin is a chemical associated with day-to-day feelings of positivity and happiness, there may be an ensuing period where the body and mind do not have enough left to naturally feel good; so producing a depressed period whilst the bodies own reservoirs of serotonin recover. The effects of long term use are unclear it hasn't been used recreationally for long enough yet to tell. There may be some loss of serotonin in the spinal fluid with heavy regular use. The implication for human use of these tests are unclear, although it can be said that taking several Ecstasy tablets on a night and doing it regularly might well lead to long term depression and nerve cell dysfunction. (TA Squall 12)

It's yer cheatin' recipe column.

Cheatin' yogurt

The vegan natural yogurt stuff that you can buy is quite expensive so here's how to make your very own magic yogurt pot.

First you've got to buy one and eat nearly all of it, leave about an inch in the bottom. Warm enough soya, or sunflower milk to fill the rest of the pot, don't boil - it just has to be warmed! Pour the warmed soya milk into your yogurt pot. Put some holes in the lid of your pot and stick it in the airing cupboard or similar place. 24 hrs later here presto another pot of yogurt. Leave a bit in the bottom and you can do it again. After a couple of times it starts to lose some of its taste so when it's done mix in a small squeeze of lemon juice.

Cheatin' Mayo

Get a bowl and a whisk, or a blender for all you techno-vegans. The main bulk of this one is oil and soya/pea milk, so work out how much you want to make and use an oil to milk ratio of 30% to 70%. Stick your oil in the bottom of the container and add a diced clove of garlic some ground black pepper, and fresh parsley if you fancy it. Blitz this with whisk or gadget. Add a couple of dashes of vinegar, or lemon-juice, and mix. Add your soya/pea milk next and give it another blitz. You may need a bit of experimentation with the amounts but generally if it's too runny add another

squeeze of lemon an a touch more oil. If it's too thick a touch more milk. Panic when you've made a bucket full and give it away to your friends.

Martha Woodford Gets Tipsy

If you're on a giro the chances are that 20% of your income goes on alcohol and if you like a damn good piss up the beverage of choice is likely to be chemical cider or lager. Alcohol is incredibly easy to make though, and at very little expense. What you get is quality wine made with local, wild/organic ingredients in reused/reusable packaging. What you avoid is donating to political parties via the breweries and paying loads of tax.

A good book is essential when making wine but don't let the science of the hydrometer put you off. If you follow the basics all should go well. The basic essentials are a plastic fermenting bucket, a couple of demijohns, airlocks, plastic tubing, yeast, fruit and sugar. Most of the hardware can be bagged, borrowed or bought at second hand shops or car boots. Some of the best wine making ingredients are free such as elderflower, dandelion, elderberry and blackberry - others can be obtained with a bit more effort. Markets sometimes have damaged fruit that wine can be made from and some gardeners also produce gluts that they want to see used. Sherwood was built on old orchards and many of the trees are still there. Most of these trees produce too much fruit for the house's needs and people would probably swap a few pounds of apples for a bottle of wine.

To get a quick return you can also use a kit which will give you an idea of what to do.

Making your own wine allows you to make personalised wine for your mates. If they have a favourite fruit or vegetable brew up a few bottles for their birthday or start a wine that increases with age in time for their 40th birthday. Someone made a bottle on the day their friend gave birth and saved it till the child's eighteenth birthday party which shows incredible resistance to temptation!

So start now and by Christmas you could be supping elderflower champagne. I won't end with a sad drinking reference cos as Martha used to say "you can't beat a cup of tea" or was that tea wine.

Forest Gardening.

Ecoworks are developing a forest garden at their Hungerhill site. If you want to get involved with this project then please call Paul: (0115) 978 0180. We usually get together on the last Saturday of the month to plant, mulch and munch.

Derby Update!

The Derby protesters have still been harassing the council and visiting dignitaries with their petition, they now have 11,485 signatures and counting.

Local Freedom radio did an interview from the top of Sid's tree house 90ft up. The council tried to get the radio station to pull the plug on the broadcast but failed.

Protesters are doing banner drops, and are still building treehouses and defences. Go down and have a look. The Bass Recreation Ground is near Derby Bus Station; or contact Dot 01332 727237 (ansa); Jason 0797 0318397 (mobile); Grippa 0961 909025.

Dealers in Death.

On Monday 15th June, Nottingham Campaign Against the Arms Trade plans to step up the pressure on local arms dealers Heckler & Koch, with a demonstration outside their factory gates.

H&K are notorious for their sale of arms to repressive regimes and have recently struck a deal with Turkey to allow the production (under Licence) of 200,000 assault rifles - this despite that country's appalling human rights record. In the 13-year long genocidal war waged by the government against the Kurdish population, over 3 million Kurds have been made homeless, 4,000 Kurdish villages razed to the ground, and 24,000 lives lost. Human rights workers and trade unionists have also suffered, as the Turkish Government attempts to silence any opposition.

With this in mind, local CAAT members have decided to call a protest planned to coincide with the E.U. Summit in Cardiff in mid June. Turkey will be pressing for E.U. membership, and Britain's presidency has seen a rush of orders placed by Turkey with British arms firms: surely not an attempt to bribe their way in through the back door?!! What with Labour's May 1997 Mission Statement, assuring us that "the Labour Government will put human rights at the heart of it's foreign policy", & the E.U.s recent adoption of a number of ethical criteria regarding arms sales, it would seem unlikely that Turkey's bid will succeed... nice idea but let's live in the real world! New Labour is of course, highly principled on paper, but a little remiss in delivering the action to go with the words. Our June the 15th protest is designed to remind the government that some of us want more than pretty speeches and false smiles. Please come if you can: this issue is local, national, and international, and deserves your support!! (Due to start around 8.30am, Mon 15th June, outside the main gates of the Royal Ordnance Factory, Castle Marina, Notts). More details: Christine Curran on 960 3693 (local C.A.A.T.)

