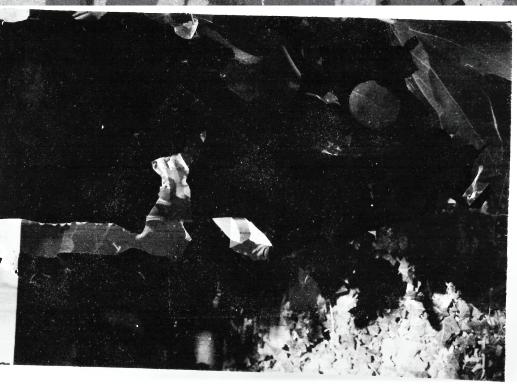
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Substantial adventures in art and life



V31

Editorial

The Internet is Full of Cats - Bans Illustration http://hannahprebble.tumblr.com

Businessman - Rex Birchmore

Looking at Rectangles - Gareth Mostyn Williams

Mens Sana in Corpore Sano - Daryl Waller darylwaller.com

Haiku - Lucy Ross gorillatime.tumblr.com

New Typewriter - Omar Majeed http://smallsongsofhope.blogspot.co.uk/

What Joy Does - Emer O'Toole @Emer_OToole Illustration by Ben Brown

Interview: Black Eye Friday - Gareth Postans

Interview: John Paul Baron

Poster: The Shaking Whips

Meditation on Punk: Spike Mclarrity

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Advertisement

Wild Garlic - Frances Leech tangerinedrawings.com

Epping forest escape club - Llew Watkins

Back Cover - elephant print - Rosie Freeman

The Tibetan word for a being translates literally as migrator. Setting aside migration from life to life, we migrate ceaselessly from moment to moment, from mental state to mental state. Two days ago, in Wales, taking an elephant for a walk was such an antipodal experience, that for a few brief moments, the ferocious migration of my mind was punctured with humour and space – just a tiny gap here and a tiny gap there. Thrown by longing, by mental illness, by accident, over the past six years my physical body has been driven from place to place, joyfully and brutally submitted to ever-widening-horizons, or just from couch to bed to couch. I have met some others who travel more gracefully or more...



...genuinely, my agenda is always set by commitment, I am practical, and life is short. The succession of beings we interact with, and those interactions are the reference point for our mental health, the conversations form a matrix of connections and the image in my mind is that of the board in the game of 'go'. Anecdotes are always forgotten, by character type I am more at danger from regret rather than nostalgia, and nevertheless, either way, the actual process of...

epping forest escape club

...the movement continues fresh, while at the same time owing a great deal to all the history that proceeds it. Intention is a saving grace, a raft in my travel, and although confusion is constant and multivalent, having aligned myself strongly to helping others, at least in aspiration, gives me fantastic confidence that concentrating on the little steps begets a lush journey.



Wild Garlic

Most of my memories are punctuated by something edible, one great meal or a transcendent piece of cake. That weekend in Cornwall will always be linked to wild garlic for me. It fixes the people in my mind more firmly, anchored by the scent of cliff paths and the taste of waxy new potatoes scattered with green.

My granny is lemons, always lemons: her fresh lemonade, her sticky lemon curd on soft white bread and that one time, stitched into family lore, when I had seven helpings of her lemon pudding. Now at the bakery when we have to squeeze hundreds of lemons for our special *crème au citron*, I think of her. When you zest enough, the little puffs of lemon oil given off form a thin mist that sparks green in the gas-fired hobs. And the smell conjures up my granny instantly.

At the moment, in her letters she is telling me lots of stories about her father, my great-grandfather, who was a psychiatrist as well as the author of several books on plants. According to her, "Wild Foods of Britain" was dashed off in the week before he was called up to be a naval doctor in WWII. It is a thin volume with simple line illustrations, matter of fact descriptions of each foraged herb, fungus or weed, and recipes with now-curious names like frumenty, kissel and caragheen mould. He is erudite with a dry wit. My favourite line so far comes under *Pig Nut (Conopodium denudatum):*

'Caliban dug them with his fingernails but most people prefer to use a kitchen fork.'

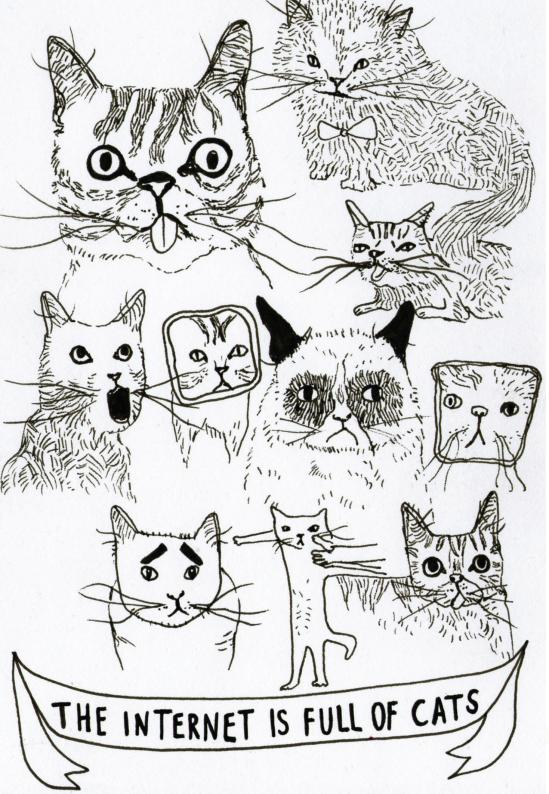
I never met him, never could have, but through the stories and recipes he belongs to me somehow. He is a solid figure. Now I pay attention to all the food around us for the picking, though I couldn't identify a pig nut to save my life. On holiday with my university friends in Cornwall, we picked the delicate white flowers whose stems, crushed between our fingers, were reminiscent of chives, a more subtle version of shop garlic. Finely sliced over boiled potatoes, with the bell-shaped flowers as a garnish, they made a perfect accompaniment to my most travelled recipe, mustard chicken. The one that I make to thank my hosts but also, in a selfish act of immortality, to have them remember me. It has made it as far as Australia and even onto a café menu, of its own accord. You need to allow a whole chicken leg and thigh, a big dollop of crème fraiche and a heaping teaspoon of mustard *per person*. It will certainly be more mustard than you think wise, but persevere. Massage it all into the chicken with salt and pepper, some cumin seeds if there are any lying around, and bake in a very hot oven. The mustard's bite is tamed by the heat, leaving a crisp skin that is delightfully savoury, full of flavour.

We passed around bowls and plates, spun wine on the lazy Susan, laughing and talking over one another. I listened from the stove, mixing a last minute icing for the fresh banana cake. On just a short weekend in a seaside cottage, I didn't have all the right bits and pieces, no whisk, no icing sugar. So just a packet of cream cheese, several tablespoons of raspberry jam and a squeeze of lemon juices. Light and sweet, flower-pink, rich but not cloying. The cake too was easy: two mashed ripe bananas, three eggs, some melted butter (about 50g), one small water glass of sugar, two of self-raising flour and a teaspoon of cinnamon. Mixed with a fork, poured into a greased tin and baked at abut 180C for about 30 minutes, just enough time to run to the supermarket for chicken and wine and to pick some wild garlic from the path.

Now when I think of that meal, I can conjure all of the faces around the table. I hope they recreate and share the food too, or at least the memory of it. Sending a recipe off into the ether is almost as good as writing a book. It is a tangible piece of the past, the wild captured on our plates. It keeps that moment in the present; it keeps my friends close, and my great-grandfather as close as he will ever be.

editorial

This magazine that you hold in your hand has been a joy to curate. Articles, drawings, and interviews have all tumbled in helpfully from a variety of interesting and sympathetic sources, all of whom have been a joy to work with. I hope they are all happy with the end product, as I hope you are, reader. Fanzines are having a bit of a resurgence, but are still a niche item. Perhaps they should remain so. Yet I for one would be glad if more people felt like they wanted their voices heard and had the confidence to put pen to paper, like all these contributors have done. We may have another issue. I hope we do. If you are interested in being involved in future, or just want to get in touch; mydadsjacket@gmail.com. Thanks to everyone who took part, and thanks for reading. Enjoy, and please pass to a friend when you're done. Best wishes, Omar.



THIS IS NOT AN ADVERT.

You already know Gravity Burgers are the best burgers. You have taste. And you're smart enough not to be fooled by that last statement. You know we are perpetuating a brand through ironic self-reflexive language. We don't need to patronise you. In fact, don't eat Gravity burgers. You'll look too cool. And the flavour might be too much for you. Probably not though.

Gravity

Samples at Master of Malt

Gaining experience as a whisky drinker can be expensive, but Master of Malt has made it much easier with their excellent range of samples.

Master of Malt offers a range of spirits at sample size – from highly venerated single malts older than your grandfather to younger blends. These samples contain just enough for a good-sized dram, around 3cl. Samples are available from distilleries based in Japan and the United States, as well as a fine selection of Cognac and Armagnac.

Rather than spending £30 or £40 on one 70cl bottle, you could fill your basket with a selection of spirits from around the globe. Frugality aside, it is a wonderful opportunity to explore the whisky producing regions of Scotland in one transaction. Below are five recommendations, which highlights the diversity of Scotch whisky:

Glenfarclas 10 year old 40% 3cl £3.92

Classic syrupy Speysider – the ultimate after dinner malt. Glenfarclas represents the region well, offering quality clean sherry and rich malted barely. This is a gateway whisky, and could lead to a dependency on heavily sherried malts; you have been warned.

Caol Ila 12 year old 40% 3cl £4.14

Islay's most understated whisky? Far from the peaty blast of Ardbeg, Caol Ila offers a more fragrant, gentler character – redolent of peppermint and grass. Caol Ila sits north of the famous triumvirate of Laphroaig, Lagavulin and Ardbeg on the west coast of Islay.

Arran 16 year old Single Cask (Master of Malt bottling) 55.4% 3cl £4.52

A wonderful opportunity from the Isle of Arran. I've chosen this slightly more expensive dram from the Islands because it's bottled from a single cask at cask strength. Coastal, honeyed malt. Dessert wine character with a complex finish.

Dalwhinnie 15 year old 43% 3cl £4.07

Scotland's highest distillery. This is a lush, complex highlander with plenty of fruit on display. Dalwhinnie is so well balanced with a hint of smoke keeping floral company.

Auchentoshan 12 year old 40% 3cl £3.90

A smooth Lowlander, stylishly presented. 'Tosh is subtle, offering cereal, tannins and a very long finish. An excellent malt for beginners because of its mid-afternoon character. Light as a feather.

Springbank 10 year old 40% 3cl £4.11

Campbeltown's most famous distillery is Springbank. The legendary malt offers the most experienced drinkers a challenge with its trademark quirkiness. Earthen with a unique peatiness, while offering exotic fruit. Dry, coastal finish. Total cost: £24.66 plus £4.95 (Approx) delivery.

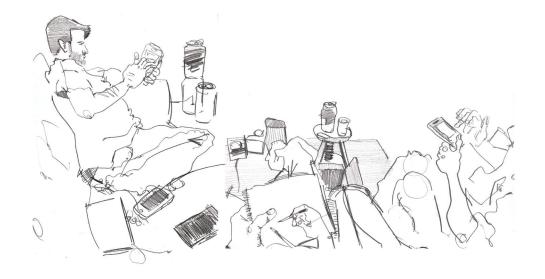




Image credit at:

http://www.masterofmalt.com/Blog/images/PREM2.jpg





looking at rectangles

The Stunt Diet

Guaranteed to stunt your weight gain...

Think you've got what it takes to live a life of extreme? Or maybe you already do. One thing's for sure, if you want to live like a stunt performer you'll need a diet to go with it. Here are the top things you need to know.

Whether you're on the job or just in training, one things for sure - you'll need to eat a LOT. Eating like a teenage girl is not going to keep you alert even after 12 hours of being on call. How much carbohydrates/proteins/fats you need will depend on what you're doing - I usually go for equals.

But...

Quality over quantity. Most people when they think high calorie diet think they can pig out on double cheeseburgers and chocolate for every meal. Sure, go ahead. You'll try to keep up with the training. You'll collapse. And then you'll get fat again. Nice one. Eat plenty of vegetables, avoid high doses of sugar and proccessed food.

Eat for what you do. Don't worry about the weight loss. Eat for energy, and when you work hard enough any weight you need to lose will take care of itself.

Now the hard part. You're going to have to get used to long periods without food. Keep a protein shaker handy. Regular protein will help keep you alert. Energy drinks do the same thing, but you'll die sooner than everyone else.

Drugs. When you're following a high impact lifestyle sometimes even the best diet won't cover it, and that's where the boosters come in.

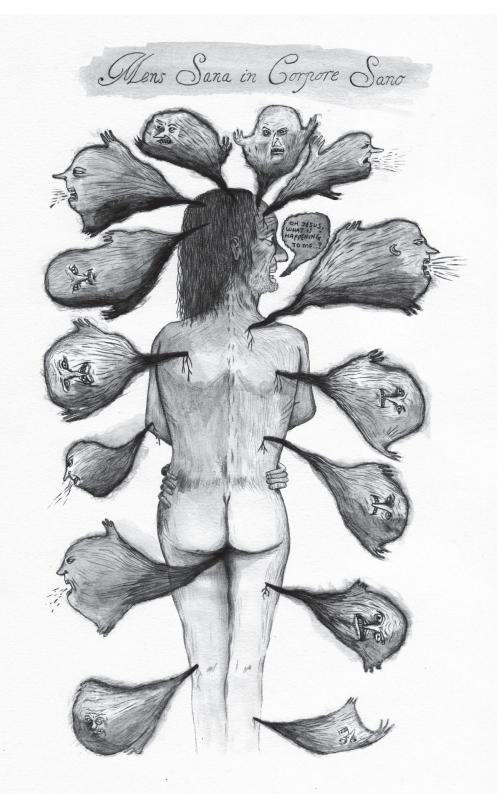
Vitamin C is a must. Take 3 tablets daily and your muscle soreness will go way down. Or you could eat 56 oranges I guess.

Look for something called Glucosamine Chondroitin & MSM. It's the secret formula I use to avoid twisted ankles and heal joints fast. If you can't get the above glucosamine is a good start.

Another good but non-essential one is Chlorella. Helps you digest your food, especially meat, and generally clear out the bad stuff. Like ecstasy but good for you. Avoid chewing, or you'll look like you come from outer space.

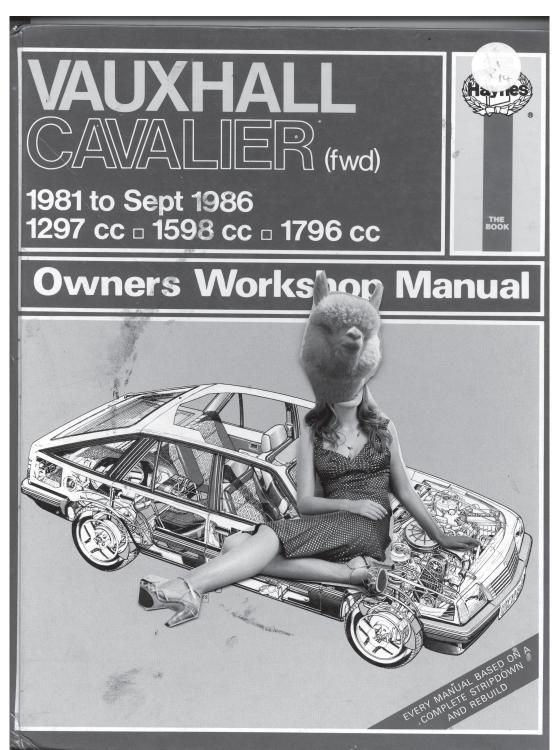
Sorted. Eat plenty, mostly natural, and reinforce your body with a few boosters. Then work hard and watch the pounds fall off. Simple.







LUCY ROSS DID THIS. GORILLATIME.TUMBLR.COM



Where do you think the Heckler could go next as a publication? Are you into staying local or do you think there's space for more national critiques?

There's always the possibility of branching out to somewhere as far away as ... Hay-on-Wye! But as we're routed in the local areas as individuals we doubt we'd have as much success elsewhere. There are similar projects in other towns and cities around the UK that we support. We also do publish national and international news where we feel the story is relevant or potentially inspirational to Herefordshire.

I've read articles about illegal hunting, corporate greed, and government corruption. What is your most loathed form of sleaze? Politicians and councillors believing they have the right to decide things on our behalf just

because they won a popularity contest. That's pretty sleazy in our books.

Is war ever justified?

Wars between nations: never. Wars between classes: always.

Who would you put against the wall when the revolution comes? Right now, Iain Duncan Smith and David Cameron for their collusion in attacking the living standards of the poor.

In all honesty though, come the revolution, we'd hope despicable scum like this get a bit of a slap and then get put to work doing something socially useful, like everyone else has been doing for years.

Is the revolution going to come? Yes. Just after Coronation Street next Thursday so we've heard.

Do you like Che Guevara? Don't know, we've never met him.

What are your thoughts on Marx's criticisms of capitalism (in fewer than thirty words)? We'd disagree with his view that capitalism is a necessary stage of human development. Pointlessly though as we're already living under it. His belief in government was bollocks too.



NEW TYPEWRITER

BOUGHT THIS TYPE WRITER IN THE MARTHA TRUST ANDCARRIED IT AROUND IN A DURHAM UNIVERSITY DRAWSTRING BAG I WENT TO THE PUB AND WAS GOING TO WRITE . IN THERE BUT I BUMPED INTO PAUL AND KA REN AND WENT TO THE BREWERS AND PLAYED POOL I WAS BAD AT IT THOUGH I USED TO BE ALRIGHT IT WAS FUN BUT I FELT ANXIOUS AND I NEARLY LEFT THE TYPEWRITEH IN THE PUB I TOLD THEM +BOUT MY NEW IDEA TO MAKE BADGES OUT OF SECOND HAND UNDERPANTS AND ABOUT SENDING MY MANUSCRIPT TO FABER ON THE W LK HOME FEIT SAD I BOUGHT A SAUSAGE AND CHIPS FRUM THE CHIPSHOP AND WALKEDR UND TO REX'S I HAD A CIGARETTE IN THE GA RDEN AND WATCHED A MUSIC VIDEO AND TALKED ABOUT OUR RAP PROJECT AND STARTED TO FEEL BETTER HE SAID IS THIS THE GREATEST POEM EVER LOST TO A NOSE BLOWING INCID ENT I SAID WAIT TIL IM THE NEW BUKOWSKI THEN YOU WON'T BE LAUGHING HE LAUGHED AND SAID WHO'S HE THEN BECAME INTERSIED IN THE IYPEWRITER WEHAN SM

QM 2013

What Joy Does

By Emer O'Toole

Joy blisters; It is a sour spot in the mouth, tongued to be felt

Joy agitates; It bounces up and down Like a cartoon character With tricky itching powder in his shoes.

Joy is grateful; Thankful for that shit time, That sunk down in a pit time Feathered with red rizla papers And padded up with booze, Nor the questions left-unanswered, For the questions left-unanswered, For the last words left unsaid, For the cherished future fucked-up, For that cold and empty bed That smelt of someone til it didn't.

Joy bursts; The shiny stuff inside Goes everywhere, No-one cares that it will be impossible to hoover up.

Joy persists; It gets into your nose and eyes, And gets stuck In your throat and in your hair.

So much joy Cannot dissipate Oh darling there will always be traces. has a majority of people who are following us because they've already had the paper through their doors and want to keep up with what we're saying.

I'm assuming you're rather disenchanted with the current political structure, when do you become aware of this?

I'd say 'disenchanted' would suggest that we somehow see a glimmer of hope in the present system; we don't. It's not a system we believe in and not one that we want to participate in or try and improve.

What does anarchy mean to you?

Anarchism to us is a far-reaching political, economic and social idea. We'd see it as an extension of genuine socialism, that has at its heart the spirit of cooperation and equality. The anarchist spin on this is that this proposed society should be organised by the people working together and not by governments.

How do you think outsiders view anarchists? Where does this idea come from?

We're either viewed as terrorists or rebellious youths, the latter having a lot to do with a certain punk act from the 70s that sang about destroying everything. Yes we want destruction. But destruction for us is a creative process; you have to get rid of the bad before you can start building the good.

What we have noticed since we've started the Heckler though is that, locally, anarchists are now seen by a lot of people as political activists ... although still disagreed with by most.

What the hell is happening to Britain and what can we do as individuals?

What's happening in Britain is the same that's happening around the world, just at a different, more localised speed. Up until the 70s the working class in this country had developed a considerable amount of collective power and often flexed its economic muscle. Various governments didn't like this. From the late 70s into the 80s the unions, the working class movement – demanding merely fairness and a helping hand 'from cradle to grave' – were kicked, battered and beaten (literally in many cases). For the last couple of decades we've been wheezing on the floor. The recent economic crises have provided the ruling class the excuse they need to give us the final kick of death.

If we're to stop any of this we must realise our interests lie in fighting together, not fighting each other. No working class people in jobs fighting with working class people on benefits. No working class people born in the UK fighting with working class people born outside the UK. An individual can change nothing. Only one working class movement – united – can have the strength to fight back.

mean sume and tracks little

What's your favourite slogan? I'm loving it.

What's your favourite biscuit? Do you dunk?

A fruit shortcake. We are currently engaged in a dunking boycott in solidarity with members of the International Amalgamated Union of Dunking Operatives and Allied Trades, who are involved in a bitter dispute fighting for the rights and respects they truly deserve. Victory to the dunkers!

Is there any escape from the Spectacle? Until the 60s there wasn't, no. Thankfully contact lenses were becoming commercially available.

interviewed:

When was Hereford Heckler founded? Who by, what form did it take, and what was your motivation in starting it?

Hereford Heckler

We started the Heckler in 2008 as a bi-monthly, paper-only newsletter. Up until last year it was published by the Hereford Solidarity League as a way of giving a radical left-wing/anarchist viewpoint on local issues. We wanted to help explain revolutionary ideas in a practical way to people who would otherwise not come into contact with them.

What's an average day in the production of the Hereford Heckler?

We don't have any fancy offices or 9.00am daily editorial meetings; we all have day jobs and families that have to take priority so it's a case of finding some spare time to research a little, see what's making the news and write a story on things we think are relevant and important. These days we publish predominantly online so there is no production as such: once a story is written and images found then we can upload the content and publish to the world instantly.

How would you describe your political viewpoint? We see ourselves as anarchists. We'd like to see a world organised without leaders, with everyone participating in decision making.

We'd like to see an international, united working class movement overthrow the capitalist economic system and replace it with one that gave everyone everything they needed, and where everyone contributed what they were able to. No more ruling class living off the efforts of everyone else.

Most importantly we'd like to see everyone free, equal and cooperating, not competing, with

each other.

Do you believe in the potential of political change through literature? Only to a certain extent. Literature and ideas can influence people, but it's only action that will achieve change. That's what we hope to inspire.

What about the role of protest and organisation in giving societies a voice? In our present society protest acts as a pressure valve that lets people believe they have a voice.

We have the freedom to express our discontent (or support) but government is not obliged to take any notice. The mass protests around the 2003 Iraq war are a case in point. Protest should not be confused with having an actual hand in decision making. Sometimes we get lucky, sometimes we don't. Calling for reforms in the here and now is important but the real fight must be for revolution and establishing a new, free society based on justice and equality.

How do you distribute? Who is your readership?

Up until our February 2013 issue we predominantly distributed a paper newsletter door-to-door of and on the street in Hereford, with a circulation of 3,000 to 5,000.

Because of the method of distribution our readership would be the average man/woman in the street, so to speak. Our internet readership has a higher proportion of 'the converted' but still

Interview: BLACK EYE FRIDAY

Steve – bassist in Black Eye Friday

(1) So, what's the lowdown on Black Eye Friday?

Hardcore band from Leicester.

I don't know what style we are, not extreme, I hope we have energy and sound angry. We should send our demo to MRR and they can tell us what we are like. We have been described as "tinny".

(2) What happens Monday – Thursday? Saturday and Sunday? Blue eyes?

I'm glad you asked that question. I don't know the answer.

Black Eye Friday is one day of the year when people

in Carlisle traditionally fight down the pub. It is real. If you don't want a fight, stay in. Like us. Our singer is from near Carlisle. My dog is dead.

(3) Do Black Eye Friday have a political agenda and do you think all punk/hardcore bands should be politically aware or do you think there's only so many times you can say the same thing over and over?

Yeah we do. Most of our songs are political. We are a mix of socialist and anti-political, maybe anarchist. The songs are about fascism, the corporate political military system, heroin, boredom, work and stuff. We were inspired by the lyrics of punk bands when we were growing up. Songs like Multinational Corporations by Napalm Death and Murder by Extreme Noise Terror really opened my eyes about what is going on and that was part of what made me want to do something positive. If punk bands aren't political then what are they screaming for? You scream when you are angry about something. The people in power fear musicians because they have influence. That's why revolutionary music is suppressed.

(4) EDL and Islam4UK, left in a room to fight to the death with spoons or deported to the Isle of Wight?

I believe the dicks formerly known as the EDL have drunk themselves to death and EDL now means English Disco Lovers thanks to the thousands of decent people who got out on the streets for the counter-demonstrations.

Islam4uk have their rights to free speech and burn what the fuck they want. The old EDL are against free speech. Fuck them. Fascism never again. We learned this from WW3. Remember. That bloke with the hook, he was A Fucking war hero when he was fighting the Russians in Afghanistan and lost his eye and his hand. Now those cowards at Murdoch press and the Daily Mail make him a panto villain. Disease to those cowards. Also disease to drone pilots they are cowards as well.

The Isle of Wight has become disconnected from England and is drifting out. When it hits the currents it will be off on its way up to Scotland which may soon get independence making your question irrelevant.

(5) How are the Splitters going these days? For those who don't know, who are the Splitters?

The splitters are a ska band. They are still going. Two of us from Black Eye Friday are in the Splitters.

(6) How do you feel about UKIP taking seats in the recent local elections? A sign of the times or is everyone actually scared of Brussels?

Nigel Farage crashed his plane and it looks like he will split the conservative vote at the next election meaning neither of them will win so maybe a nonpaedo party will get in, if there is one, which I doubt. Please don't vote nonce. ie. don't vote.

Scared of Brussells? Then fear me because I took a bag of brussels sprouts to an Iron Maiden/ Bad News gig in the eighties at Hammersmith Odeon and threw them at Bad News. Fear me.

(7) Have you guys ever thought of doing a KISS/Metallica style live orchestra album?

Fuck that we don't want the Royal Philharmonic Orchestra riding the coat-tails of our success or something. I suppose Hooked on Classics was sort of a grime instrumental album though, way before its time. Or was it breakbeats/ grime fusion?

(8) How many gigs have BEF done thus far? Any good 'uns coming up in London? Get to London!

Not many, we have travelled a bit but mostly played at The Shed in Leicester with local hardcore bands like Toecutter, Mangle, Meatpacker, Die Wrecked, Swankys, The Nags, Gunishment. Sorry about the name-dropping. We have one in Manchester soon organised by Infiltrate the System Records. We are up for gigs in London.

(9) Is GG Allin (bit like 2pac) still alive but living in hibernation or did all that poo finish him off?

As the true saviour of rock 'n' roll GG lives on in all our hearts. He died that we might have punk rock or something. A great role model for our children, GG's work should be part of the national curriculum and a statue of him with his cock out should be erected in Trafalgar Square for the pigeons to shit on. Or we should dig him up, nail him to a cross and stick him in Alt J's fooking garden.

(10)Where can people buy/steal your musak?

Difficult. We need to sort this out. There is a 7 track demo available sort of on the facebook page. We will be doing a split 7" soon with Overload, Hostages for Smack and The Domestics on Infiltrate the System Records. and The Spice Of Life in Soho, but some of our best gigs have been at some of the most unsuspecting and random places!

Monkey Island was a great game wasn't it? What other games did you like?

I was just totally into the adventure games -Monkey Island, Beneath A Steel Sky, Day Of The Tentacle, Broken Sword - that was my life as a kid -Use X with Y to make Z. Pretty geeky.

Guybrush Threepwood's evocation of computer love makes me laugh. I once used MS paint to undress Lara Croft pixel by pixel. Is this normal? It's the sort of thing that I used to do, so yes, let's go with "it's totally normal". I always wanted to get my hands on Leisure Suit Larry but my mum wouldn't let me have it.

You're doing well on Reverbnation, eh? What do you think of modern methods of releasing music? Is digital the future or do you believe in old formats too?

The whole thing is just a minefield - it's fantastic that you can release music yourself and distribute it to the masses for next to nothing - but it also means that anyone can do it, and everyone does - it all gets saturated. The benefit of being signed to a label is the financial backing and contacts they have to push you out to radio and get you the bigger shows. Unfortunately I still believe that if you got cash and connections you're in a pretty good place to make it in the music industry, good tunes or not! We currently don't have either so we're just doing what we can - the fact that we're doing well on Reverbnation is a great thing - will it help us achieve fame and fortune? Who knows!

Listening to your band I'd say do give up the day jobs, but you're probably all good at them too. What do you all do?

Ah man, we all do a bunch of boring geeky stuff. Web designer, IT technician, van driver, sales, accounts - of course it's the dream to give up the day job - I think any of us would take music over...anything!

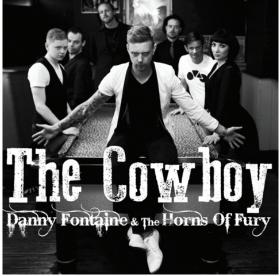
What's your favourite tree? Mine is walnut. I like big trees, ones I can climb and hide in like a big ol' oak tree. I like weeping willows too - maybe I just like hiding..?

Ta for that. What's your poison? I'm going to rob a bank or sell an organ and get you guys a round in.

Generally - beer. But we ain't fussy ...



DANNY FONTAINE AND THE HORNS OF FURY



How would you describe your sound to initiates? It's always a little a tricky to sum up the band's sound, mainly because it depends on which song you're listening to but I'd say we're definitely rock, with a healthy does of ska thrown in, often prog, usually doused in Queen-esque backing vocals, and in places darker than some folk might ever care to venture.

I gather you have some new members. How many are you now and how are the new recruits getting on? Did they presumably survive the hazing process?

Over the last year we've lost and found a drummer, sax player and trumpet player and we're now at a place where the line-up of musicians has never been better. We also gained a second guitarist last month and will be premiering the new song at a show coming soon!

I'm just listening to your music, which I've been aware of since the El Bomb era. How do you think your songs have evolved?

We started out as a ska band - we made music to dance to and be happy about...there is still an element of that but the songs are now much more involved, often very narrative, and the horn arrangements have gotten way more complex as the years have gone by. Your band, along with Hereford's Los Squideros reinvigorated ska music for me. The mariachi influence befits the genre. Sometimes I find ska music oddly tepid and a bit like a thing you've heard loads when you're meant to be having a good time. I think the distinction is playfulness and passion. What keeps it fresh for you?

I think it's all of the influences - I got into ska when I was about 16, but all my years until then were engulfed with highly melodic tunes from the likes of Queen, The Beach Boys, Pink Floyd, Tom Waits, Bowie, Lynyrd Skynyrd, The Beatles, The Cure...the list goes on. I think that when we play ska, all of those influences still show through.

The Cowboy is a great song. Do you like Gene Autry perchance?

I've always been a fan of country music, Gene included - it's the words that really get me, the power of the stories told in some of those country songs are enough to bring grown men to tears - hopefully I've captured some of that with The Cowboy.

Would you liked to have been a cowboy? What sort would you have been?

Yeah, I would've totally loved to be a cowboy definitely the lone type, no friends just a string of women from town to town, my pistol, my hat, and my bottle of moonshine..

It all fits together in a jolly way. Who writes all the parts?

I write the parts on the whole - it's the only way that we can create coherent harmonies and dynamics. usually I'll bring a song to the band, and once we've gotten used to it parts will be tweaked and changed until we're all happy it's sounding awesome.

What venue(s) do you like playing at the most? I like most venues really - once I'm on stage doing my thing the location becomes insignificant. If you had to force me then venues we go back to on a regular basis are The Fighting Cocks in Kingston

IN THE PUB WITH: JP BARON

JP Baron is a talented singer/songwriter based in Hereford. He admitted he has nothing to plug but I thought I'd chat to him anyway because he's worth knowing about, and besides a nice lad to sit in a beer garden with on a sunny day...

We are seated in the Barrels beer garden, on a bench by the table football tables. The sun is bright enough to shelter from. JP fetches over a lime and soda and is smoking a futuristic electronic cigarette. I write down our conversation in a red moleskin...

Gravity: How's it going?

JP: Alright. Sorry I'm late, I had a leisurely cycle over.

G: Let's jump straight in. What name are you going under now?

JP: It used to be return of the spouse, a silly name. It was my old email address. Now I'm performing under my actual name. What are you smoking?

G: Gold leaf. Hard times.

JP: Gold Leaf's alright. I'm not smoking – I've got a gig tomorrow at the Spread.

G: Cool. Any other gigs coming up?

JP: Yeah, I'm playing at Nozstock on the Friday at 4 o clock on the garden stage.

G: What do you think of Nozstock as a festival.

JP: I've always played there. It's good. Small and friendly.

G: I always was terrified of Glastonbury. I thought I'd get lost and never find my way back.

JP: You're never lost at Glastonbury. Everybody's your friend. Maybe just because they're all on drugs though.

G: Are you writing at the moment?

JP: I wrote about four songs a couple of months ago. I'm having a little rest. G: You do your own songs, but do you do the odd cover as well?

JP: Not usually, but for the gig at the courtyard we're doing a couple. A cover of Pavement's Shady Lane, and Bizarre Love Triangle by New Order. Guitar based, not electronic. Should be interesting. [distracted] that's a cute dog!

G: Do you like small dogs?

JP: I think I do now. [sniffs] It smells fishy in here.

G: Does it? They were cooking mussles here a couple of Sundays ago. The owner brought them down to the bar.

JP: That's a good pub isn't it?

G: You don't get that everywhere.

JP: When my sister worked here someone brought back a cured reindeer leg. It tasted amazing.

G: Who do you play with?

JP: It's me, Greg Bishop on drums, Adam Huyton on guitar, and John Banks on bass.

G: Will you record something soon?

JP: We're practicing for it now. We want to record the music live and overdub the vocals.

G: What's your perfect Sunday?

JP: Wake up about 10.30. Turn the tv on and gently pleasure myself for about an hour...

G: What would be on telly?

JP: Jeremy Kyle probably. He's not very attractive but in my mind he'd have blusher on. After the pleasuring I'd go for a walk with a small stolen dog. Then I'd go to the pub and chase girls around, and fall in the grass trying to catch butterflies in my mouth.

- G: What are your top 3 albums of all time?
- JP: [sinks into mire of despair] That's impossible!
- G: Ok what 3 albums are you listening to at the moment?
- JP: That's easier:

Parquet Courts – Light up Gold. It's alright post-punk. The new Cribs album. It's quite heavy, reminds me of my youth. Richard Thompson – Electric. Really amazing guitar work. He's got nimble fingers for his age.

G: What's your favourite non-musical sound?

JP: Not to sound too much of a pansy but I like the sound of breaking waves, also wind in the trees, clinking glasses, and the sound of frying bacon reminds me of my Nan making breakfast in Tooting. I hate the sound of sweeping.

G: I hate lolly sticks on my tongue. The idea of wood grain makes me cringe.

JP: That's odd.

G: What are your lyrical concerns? Heartbreak?

JP: Some heartbreak ones. Stories from people I meet in the pub. Retrospective memories of being in hospital when I was ten. And one about a bad experience I had at a party in Bristol where some people asked if I'd been travelling and when I said 'no' they all turned and walked away.







Meditation on punk

It's the 1970's and an explosion of self-expression tore into my high waist flares and platform shoes, which were all about to be replaced by ripped jeans and Doc Martins. It seems a blur, but the sound of White Riot coming from one of my older brother's bedroom from his proudly owned twin decks - a DJ in the making. The sound was different to the soft tone of Motown, Abba and Tina Turner, the wind had changed and a change was happening, or more of an awakening inside me, between the explosion of puberty, wanking, glue sniffing, The Damned, Sex Pistols and The Jam - a profound change in society was taking place.

On one hand it was a change of class systems, the politics of Crass and Fat Freddie's cat, putting a wedge in the door of Big Brother, challenging the ethics and role that the Government took and a change in individuals consciousness, and how they could take control of things - the DIY culture began in teenage bedrooms in which sat creative spot ridden youths wanting to shout, make a point, make a statement, make something, make music. No longer kids were dependent on newspapers owned by adults, they could create their own news, hand-print their own mags and say what they want how they want.

After years of being taunted as a scruff, beggar, an outsider, here was the answer to unasked questions, a way to become, to look to express, the natural ripped jeans out of wear and tear and pass down culture could be transformed into something magnificent - safety pins, felt pens writing and drawing on the very material that brought misery could now bring a source of inspiration, and become a statement, rather than a beacon of poverty. Punk shook everyone up, including myself - it wasn't just the music, it was a culture, a way of living, a massive tribe, a belonging, all the weirdo's closeted gays, outsiders, could transform themselves from ordinary school kids into a walking torpedo, a force not to reckon with - make up plastered like war paint, hair spiked up with egg white, boots painted with gloss, jackets sewn badly, everything that was seen as useless became something, recycling anything that came to hand, before recycling became a buzz word.

Street corners where groups of like-minded individuals stood around smoking stolen fags, gobbing and sharing the next discovered song. Becoming an Anarchist consumed my own being, drawing a circle with an A through it was seen on bus shelters, dark stone stairways, white walls became a blank canvas and the early form of tagging began, for me I became Spike fi YPD (Young Pilton Derry) those same streets where Irvine Welsh lived, or as we knew them "The Welshes" not to be reckoned with. (Trainspotting country).

Punk was creative, it was loud in every sense, it was anarchic, real, it brought people together, it gave



people control, it gave kids an outlet, not just the music but a change in their consciousness, how they could question authority and make a statement, and bring down the class system. This time also followed by riots, though being in Scotland, and committed to glue sniffing, we started our own copy riot after the original riots in Brixton - this inspired us, we took over a street corner, threw petrol bombs, were chased by police - the idea that we were taking control in some form and that we could stand up to the harassment of the police, was a by-product of punk. For me I ended up with a criminal record that has lasted for 30 years! It was authorities way of trying to put a limitation on my own future and career, which I hadn't really noticed until a couple of years ago that I had a record, only because the all new improved CRB check rose its ugly head, I was fifteen at the time and they held the charges over until I was seventeen as they could then have control - apparently I need to weed it out!

Punk in my own mind was a conscience, a way of seeing the world and questioning it - the music was a way to bring the message to the masses, it was about doing what you can for yourself, about taking control in whatever form - it was the culture of ground breaking creativity, it was about a no nonsense approach and becoming at one with your own personality however fucked up that may be, but being present and not shying away in darkened rooms or corners, but colourfully like a an urban warrior, cutting through the bullshit, everyone had their own idea of anarchy, the group Crass brought it to another level by living on a farm, self-sustaining, living as a commune, making music, growing food - it wasn't all about destruction, that is individuals take on what they thought being an anarchist was about, it was simple, it was about taking control, being in control and knowing that you can achieve anything that you set your mind to.

So it all got lost in that world of McLaren and Westwood commercialising Punk, capitalising on how to look like a punk, being sold things that you could make yourself, these were for the lazy people -the people that had money that could buy into an image while making two people very rich. Punk was the inventor of the DIY, it was important to live by the philosophy that "I can create this" rather than "I will buy that later" it was about being creative, what you can use, how you can adapt anything that needs adapted, for a true punk, this was seeing things for an alternative perspective, even the word alternative has become a commercial commodity and in today's society punk has now become "The Vintage look!", and what of the punks? Well we are still out there doing our thing, being who we want to be, and still taking control of our lives in whatever form they have become, bringing anarchy in our own quiet little ways, stirring up a hornets nest within any institutions that we, well I, can get my hands on.

