

# BEAT MANIFESTO



## TOUR NEWS

Just over three months on the road now in the motorhome and in a word it has been awesome!

Yes, there have been a few tricky bits like after only

two weeks touring smashing the back end of the vehicle, wild rain storms, a nasty virus and an engine screaming at us and eventually dying before being given the equivalent of the kiss of life. All in all the tour so far has been more than we could have imagined, and across each area we've stayed in, new things and new connections have been popping up allowing our music & community workshops to flow out in the world. After lockdown depression, it has truly been medicine for our souls. There are so many people to thank, so here is one big thankyou to you all!!!

Unexpectedly we have been getting back to our acoustic roots, with the acoustic sound & gear being very much suited to our new motorhome lifestyle, we have had plenty of time to develop songs further. The fruits of this you can see on some new videos we have recently put up on [youtube](#).

It has been both moving and at times heartbreaking to hear peoples pandemic stories, and we have been inspired to channel all our creative positivity into a new E.P featuring songs that have visibly lifted people across the tour. We will be working with a producer & recording in Norwich in mid February and hope for a March release.

With a new producer on board we look forward to developing our songs by fusing their electro & acoustic elements.

**Positive Elemental Forces** is coming soon, watch this space



## PATH OF RESISTANCE

The right to protest is under threat, this essential part of our democracy that has brought about much positive change across the ages is facing a grave new challenges with new legislation that could see anyone face a 51 week prison sentence or more for essentially making themselves heard.

The new bill is a direct attack on our freedom to assembly and our freedom of expression, and huge cause for concern is that due to the Covid pandemic these oppressive set of laws have largely managed to avoid the spotlight in mainstream culture and passed through parliament with mostly a disturbing silence from all sides. Whether you are a protester or even like protests it is worth noting this Police Bill will affect us all in profound ways and it is a deep erosion of our basic human rights.

The new proposed laws would certainly look more comfortable in a dictatorship than a democracy and look to criminalize many aspects of protesting by giving the police wide ranging, sweeping ambiguous powers.

There are many sides to the bill yet of the worst is the SDPO ( Serious Disruption Prevention Order).

It allows for it to be imposed on people whose activity is likely to result in serious disruption. You do not need to cause disruption, it's the fact you might have, something you imagine that would have George Orwell turning in his grave.

We are very passionate about this issue from our own experience of living in Spain.

In 2015 a hard right conservative faction of government not unlike the current cabinet we have here in the UK, passed a very similiar set of police powers nicknamed the 'Gag Law'.

The Gag Law so wide ranging in scope has seen many people detained or imprisoned under disturbing & sometimes even ridiculous circumstances.

Since it entered the Spanish system of law, it has disempowered social movements and citizen platforms which have been victims of a high number of sanctions. It has also been used against journalists documenting police abuse.

This has had a massive impact on freedom of speech and expression, and one faction of Spanish society that has been hugely affected is artists. The use of the law has become so blurred that many have been detained, prosecuted and even imprisoned.

Can you imagine that happening here in th UK? That reality is possibly not so far away.

At the time writing the new Bill is making its way through the House of Lords. Let's hope public outcry and protest itself can stop it. If not, the art of protest will have to take on new and creative forms, we will not be silenced.





## UNDER THE MICROSCOPE

### - BREAD & GAMES

Written & Recorded in Tarifa, Southern Spain whilst in sessions for our debut album 'Rebel Heart Club'. Bread & Games was initially inspired by the book title by author 'Ben Okri' - 'Time for New Dreams', which is an unusual & thought provoking set of essays.

The song lyrics take on the idea of how mass media distractions can create personal & societal uncertainty. The song is a calling to move away from that to your own truth & experience.

We are great believers in how a location can envelope your writing and recording experience & Tarifa on the southern most tip of Spain which is in touching distance of Africa and surrounded by national parks, most certainly provides a great backdrop to immerse yourself in your art.

This song is all about transformation and was originally written in English and was more upbeat yet we felt it fell short in terms of atmosphere. After a few live outings we decided to rewrite it. A new guitar line helped root the song idea in a new place and with the introduction of Spanish lyrics and a floating vocal line things started to fall into place.

So many influences can be heard in this song from the desert blues of Tinariwen, the wide open cinematic sounds of Ennio Morricone and the sounds and voices we were discovering around us in Andalusia.

Later on in Barcelona we took on the idea of making a 'B Movie' style **music video**, giving ourselves a budget of just ten pounds. The final result filmed in the characterful district of Poble Nou, finds a dissident poet in a dystopian world being stalked by an old adversary.



## 5 FROM THE ZINE!

### BAND - YARD ACT

Witty, Spiky Post Punk  
from Leeds

### BOOK - THE THIEF'S JOURNAL

An account of  
impoverished travels  
across 1930's Europe

### FILM - NIGHT ON EARTH

5 taxi drivers, 5  
remarkable fares and one  
eventful night

### ART - **KARINA GRATZE**

Deep, mesmerizing &  
soulful collages

### TOUR DISCOVERY - WASSAILING

An unusual and ancient  
winter custom of singing  
at and blessing apple  
trees to create good fruit  
& cider!



## CHOMP CHOMP

### 5-Ingredient Peanut Butter Cup Energy Bites

#### Ingredients

- 1 cup dates (pitted /if dry, soak in warm water for 10 minutes, then drain well)
- 3 Tbsp of peanut butter
- 1/4 cup dark chocolate (roughly chopped)
- 1 Tbsp chia seeds (or sub flax or hemp seeds)
- 2/3 cup rolled oats

#### Instructions

- 1) Pulse pitted dates in a food processor or blender until they're in small pieces
- 2) Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
- 3) Carefully roll into 1-inch balls (about 14 / 15 balls)
- 4) To set, pop in the fridge or freezer for 15 minutes. (Keeps for 1 week).



## CAPED MUSIC

On the streets of  
London our  
intrepid hero  
can be seen  
battling with  
Captain Covid  
utilising a  
dazzling array  
of melody.



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